PENSIONERS WEDNESDAYS AT WOODROCK CAFE

We are rolling out the red carpet for pensioners every Wednesday and welcoming our seniors to Woodrock Cat Cafe for entrance fee of just a R100.

If any of your residents would like to enjoy the company of our adorable little felines, we'd be overjoyed to host them.

Please let your residents know that their support means the world to us, as all proceeds to to Woodrock Animal Rescue as a donation.

Best wishes Woodrock Cat Cafe





MON: 3 March	TUE: 4 March	WED: 5 March	THU: 6 March	FRI: 7 March	SAT: 8 March	SUN: 9 March
9h00 Water Aerobics 1	9h00 Therapeutic exercise	8h15 Lower back group class	09h00 Therapeutic exercise class			
9h45 Water Aerobics 2		9h00 Broadacres Shopping Centre	10h00 Art Class	9h30 Line dancing	15h00 Pétanque	
10h00 Knit & Natter 10h30 Canasta	14h00 Rummikub	9h15 Walking group class	10h00 Visual Music #81			
13h00 Bridge 14h00 Bible Study	14h00 Scrabble	11h15 Hip & knee group	14h00 Rummikub & Bridge	12h30 Fish		18:00 Movie Night: The Magnifisent Seven
16h00 Men's Snooker	17h00 Ladies pool		15h00 Pétanque			
17:00 Waterhole	17:00 Waterhole	18h00 Social Dinner	18:30 Movie Night: Dr. No	17h00 Waterhole		



Monday

BBQ grilled chicken with corn on the cob, basil seasonal veg, Potatoe crisps, broccoli & cheddar salad - R75

Tuesday

Pork & pineapple kebabs, tomato salsa, apple gravy, toasted green beans with garlic & rosemary potatoes - R75

Wednesday

Beef & mushroom stir-fry with broccoli & egg noodles served with apopyle & cabbage coleslaw - R75

Thursday

Chicken mozzarella, tomato quiche with lemon dressed greens & herb crusted new potatoes with a fresh salad - R75

Friday

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, butternut & feta salad - R98

Friday - SPECIAL:

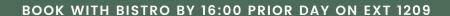
Mussels in creamy garlic & white wine sauce with ciabatta Sides: Chips/Veg or baked potato - R100

Saturday

A la Carte Menu available

Sunday

Bistro closed





WEDNESDAY SOCIAL DINNER 05 MARCH 2025

Starter

Hearty vegetable soup with parsley cream & croutons

Mains

Sweet and sour crispy pork with stir-fried noodles & Asian sesame potatoes - R100

OR

Chicken korma, garlic roti, traditional sambals & vegetable biryani - R85

Dessert

Creme caramel, toffee and fresh fruit - R45

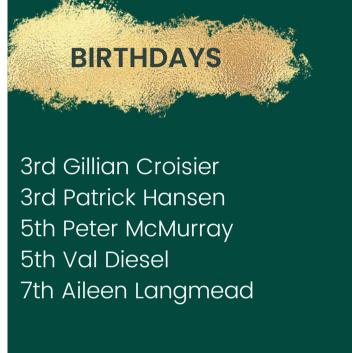


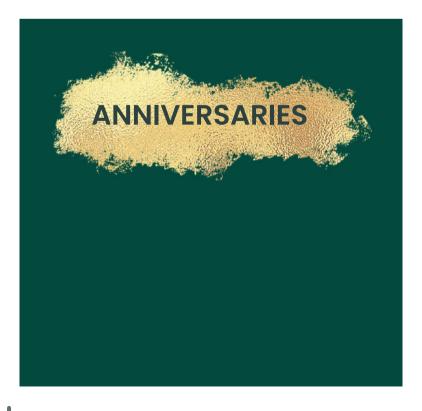
LET'S CELEBRATE!

Count your age by friends, not years.

Count your life by smiles, not tears. — Fohn Lennon



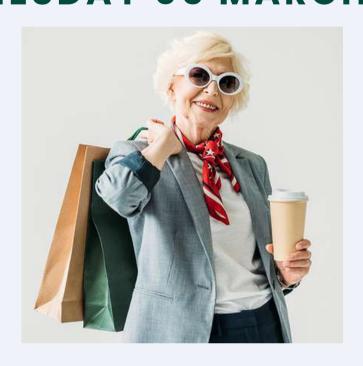








SHOPPING SHUTTLE WEDNESDAY 05 MARCH 2025



The bus will pick you up at 09:00 from the Village. Driver will wait till 11:30 to bring you back to the Village.

Broadacres shopping centre

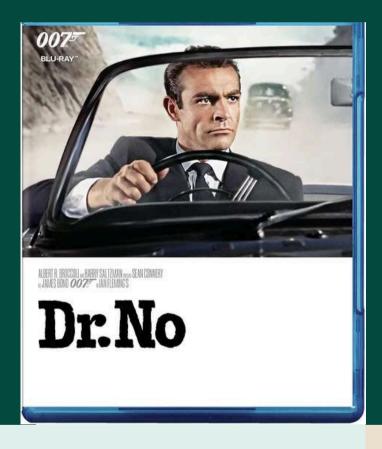
Cost: R50.00 per person per trip.
This will be charged to your levy account.
No cash / No shows will be charged

Please book your seat with Tshwanelo at Reception on EXT 1200 by Monday at 17:00





06 MARCH 2025



09 MARCH 2025



Agent 007 decides to battle against an eccentric scientist, Dr No, who is determined to ruin the US space programme. For this purpose, he journeys to Jamaica to nip in the bud this megalomaniac peril.

Sam Chisholm, a warrant officer, is requested by the citizens of the town of Rose Creek to apprehend Bartholomew Bogue, a corrupt industrialist, and his ruthless gang who terrorise them.



Come learn how to play Canasta. We get toghether on mondays at 10:30

We have 5 experienced players who will teach you the rules.

The more players the more fun.