

# NEWSLETTER

Editor: Edna Grenfell – email [ednagrenfell@gmail.com](mailto:ednagrenfell@gmail.com)



## In this Issue

Rainfall & Finance

Security

From the library

Nature & Birding

Welcome Tea

And much more in between



## From the Village Manager

I can't believe Easter is here already. It felt like yesterday when we had our Christmas festivities

We are certainly seeing that winter is approaching, with the sun rising later in the mornings and getting darker earlier. In April, we will be changing the timers on all the outside lights to come on earlier and switch off later.

The weather has also changed from what we are used to, with what seems like Cape Town weather with four seasons in one day: cool mornings, sunny middays, and afternoon showers that clear up as we go into the evenings.

I had a good giggle at Tiaan when he told me about the extreme thunder and lightning experienced in the village last week. Something that Capetonians are not used to but that is a common occurrence in Broadacres.

I am sure you have all enjoyed having Tiaan in the Village with his warm smile and infectious laugh. He has been doing a sterling job of keeping the village's day-to-day running and caringly tending to all residents. He has even welcomed two new residents to the apartments and done their handovers. There has been nothing that we have thrown his way, that he has not absolutely taken on and resolved it. The only exception was when we received a call from one of the residents at the Kengies Gate complex to ask if we were missing a lizard. One of our Nile monitor babies, affectionately named Steve, had moved into his garden and was taking regular swims in his pool. This has resulted in his kids refusing to go outside, and he was hoping we could convince the lizard to move back to Evergreen and restore tranquillity in his household. I suspect Steve overheard the **'Try Before You Buy'** conversation and has taken it upon himself to try out new environments before making a decision on where he will settle. Clever Steve! Now, we need to find a way to convince Steve that our security, community and environment are the best place for his forever home. We will keep you updated on how Steve's journey turns out.

*Till next month!*

# Village Rainfall

By: Cecil Fann



Rainfall this March has been unusually generous, and well exceeds the average for the past twelve years. The reading for this month includes 40mm recorded between 25 to 28 February.

From this month the table for the past year will include the reading for the same month in the prior year. This is purely for comparison, and is not included in the total.

Dam levels across the country have improved as a result of widespread rainfall, from 87% this time last year to 89% now.

As usual, the current situation varies widely, from 103% for Gauteng to 63% for the Western Cape.

Our own Vaal Dam stands at 103% full, a significant improvement of 39.7% since last month. This data is at 18 March 2025.

Water supply constraints in Gauteng remain, and are likely to remain an ongoing challenge.

For this and much more weather-related information visit the websites:

<https://www.afriwx.co.za/state-of-dams> or [dws.gov.za](https://dws.gov.za) or [timeanddate.com](https://timeanddate.com)

April daylight hours continue their increasing reduction, from 11h 48m on the 1<sup>st</sup> to 11h 07m on the 30<sup>th</sup>, a decrease of 41 minutes.

Rainfall by month for the past year	
Mar '24	38.5
Apr '24	91.5
May '24	25.0
Jun '24	3.0
Jul '24	0.0
Aug '24	0.0
Sep '24	1.0
Oct '24	28.0
Nov '24	57.5
Dec '24	71.0
Jan '25	173.0
Feb '25	193.5
Mar '25	154.5
Total	798.0

March rainfall over the years	
2013	28.0
2014	210.3
2015	83.1
2016	251.4
2017	16.8
2018	184.0
2019	14.8
2020	81.1
2021	64.9
2022	54.0
2023	38.6
2024	38.5
2025	154.5
Average	93.8

April 2025 Sunrise, Sunset, and Moon Phases			
1	06:17	18:05	
5	06:18	18:01	First Quarter
13	06:22	17:53	Full Moon
21	06:26	17:45	Last Quarter
27	06:29	17:40	New Moon
30	06:31	17:38	

Day Length
11:48
11:43
11:31
11:19
11:11
11:07



# ResCom Funds

By: Cecil Fann



The Roy Martin collection and presentation, and the 47<sup>th</sup> 100 Club events were referred to in last month's report.

My, and ResCom's, sincere thanks to all who helped make these event a success.

Other fund movements were of a relatively low value, leaving a comfortable balance available after reserves.

As always, transactions in the fund will be willingly clarified if required.

Should anyone like to see the report for December 2024, I will provide it separately.

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 31/01/2025</b>			<b>54 222.98</b>
47 <sup>th</sup> 100 Club Collections	9 100.00		
47 <sup>th</sup> 100 Club Prizes		6 700.00	
Roy Martin Farewell Collections	7 305.00		
Roy Martin Farewell Presentation		27 155.00	
Condolence Cards		173.60	
Nature & Birding Group	650.00	500.00	
Social Functions Expenses		475.70	
Administration & Office Expenses		60.78	
Bank Charges		109.00	
Bank Interest Received	6.39		
<b>Funds on hand at 28/02/2025</b>	<b>17 061.39</b>	<b>35 174.08</b>	<b>36 110.29 *</b>

## Reserved Funds

Unutilised Lyn Huddy Memorial Fund	(114.90)
Unutilised Library Donation	(1 000.00)
Unutilised Library Functions Budget	(500.00)
Unutilised Hospitality Portfolio Budget	(1 524.30)
Unutilised 2024 Arbour Day Expenses	(815.30)
Unutilised Funds: Nature & Birding Group	(1 250.00)
2025 Staff Christmas Appeal	(1 000.00)
48 <sup>th</sup> to 50 <sup>th</sup> 100 Club Prizes	(150.00)
Waterhole Loan Account funds held for future expenses	(12 506.88)
Bingo "Mystery Prizes" (Monthly Estimate)	(110.00)
Catering Service Fee (Monthly Estimate)	(839.50)
New Residents Welcome (Monthly Estimate)	(822.25)
<b>TOTAL RESERVED FUNDS</b>	<b>(20 633.13)</b>

<b>Funds available after reserves</b>	<b>15 477.16</b>
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## Memo: Funds on hand made up as:

Bank accounts: Business Account	16 364.71	
Savings (Call) Account	1 319.98	17 684.69
Cash:		18 425.60
		<b>36 110.29 *</b>

# Security

By: Dave Nesbitt



## Crime Alert!!

Please do not **scan this QR** code should you be approached by people handing out this pamphlet.

It is a  
SCAM



Here are some steps you can take to protect your hard-earned money:

- **Don't panic:** Scammers were masters of their craft. "They leverage on vulnerability, and they create that sense of urgency: 'If you do not do this now, you will lose money'," To succumb to this state of panic is to play right into the fraudster's hand – so remain calm.
- **Be suspicious of money transfer requests:** Your bank would never ask you to transfer your money to a separate account due to suspected fraudulent activity. If your bank was notified of suspicious activity, it would typically contact you directly to confirm the transaction or to put your account on hold. "If somebody asks for a transfer, that should immediately be a red flag."
- **Call your bank directly:** If someone calls you claiming to be your bank, you should call them back on the number listed on your bank's website rather than the number they give you. No matter how legitimate the caller seems, calling your bank directly is often the only way to ensure you're not having the wool pulled over your eyes.
- **Pay attention to your phone:** SIM swaps can be identified quickly if you are without reception in a populated area. "As soon as your phone stops working, immediately contact your bank. People are quick to contact their cellphone service providers but forget that their number is also linked to their banking affairs."
- **Know your limits:** Tap-and-go scams take advantage of the convenience of tapping your card at points of sale – but card machines typically require your **PIN** to be entered at **purchases over R500**. If R500 is important for your livelihood, consider lowering the limit that your card can tap with before requiring your PIN



# Welcome Tea - New Residents

By: Judy Stuart



Judy Stuart and her Team, Sue Hartley, Sue Stirton, Jenny Bramley, Glynnis Webb-Murfin, Sharon Breval & Caroline Brickett, arranged and hosted a successful tea for 22 new residents in the clubhouse on 21 February 2025.

David Presbury, ResCom Chairman welcomed everyone. Kiloran Townsend was the photographer. John Schulkins presented gift tokens to be used at the Waterhole and Jimmy Allen tickled the piano keys.



Pianist - Jimmy Allen



John Schulkins  
Waterhole



Kiloran Townsend  
photographer



David Presbury  
ResCom Chairman



Caroline Brickett & Sue Stirton



Alex Napier & Jenny Bramley



Saraswathi Subrayal



Jenny Els



Sue Hartley & Will Wilson



Valerie Hurrell



Mike Hermansson & Leona Calder



# Welcome Tea - New Residents



Lesley Edwards



Mary Ann Koen

## Tea

*Come, dear friend,  
the kettle calls  
and beckons us to Tea.*

*There's Chai for you  
(with scones and cream)  
and Earl Grey, hot, for me.*

*Come, dear friend,  
take Tea with me.  
Let's drift among the stars...*

*We'll waft around  
the universe  
past Jupiter and Mars*

*Come, dear friend,  
and rest awhile,  
when weary, life leaves you.*

*Just one small sip  
renews your soul...  
there's magic in the brew.  
~ Torrey Moseley*



Elize Serfontein & Kobus van Biljon



Gail Wilson



Camile Burman (Tiny)



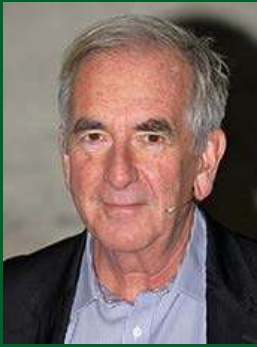
Graham & Carol Woodworth

# From the Library

By: Libby Baker

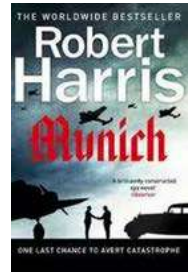


## Robert Harris



Robert Harris started out as a journalist and non-fiction writer, but today is better known for his works of historical novels.

His early childhood was spent in a small rented house on a Nottingham council estate. His ambition to become a writer arose at an early age, from visits to the local printing plant where his father worked. He studied English Literature at Cambridge and then joined the BBC working on news and current affairs programmes. Later he became the political editor of the Observer newspaper, as well as writing columns for several other newspapers. With this background it is clear why his books are so well written and researched – yet his flair and ability to grip the reader is his own alone.



Publ 2.017.

## Robert Harris Munich

Robert Harris is a master at recreating the atmosphere which must have surrounded this historic time. September 1938, Hitler is itching for war and invasion, Chamberlain is desperate to maintain peace. The two leaders meet in Munich, and this novel describes the four days during which they battled out the Munich Agreement.

The book is “meticulously researched and utterly gripping with a brilliantly drawn list of characters, both real and fictional.”

A piece of history, important then, and just as relevant today.



At times I think to myself,  
"Drop the book and get stuff done!"  
Then, I laugh and turn the page.



# From the Library

By: Libby Baker



Elif Shafak



Elif is a Turkish-British novelist, essayist, public speaker, political scientist and activist – but above all, she is a remarkably gifted story-teller

**She poses the question – “What place is there for stories and imagination when tribalism, destruction and others speak more loudly and boldly?”**

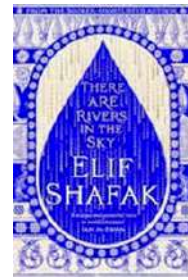
We live in a world in which there is too much information, but little knowledge and even less wisdom.

Snippets of **information** rain on us every single day but we have no time to process what we see, no time to absorb, reflect or feel.

For true **knowledge** we need to slow down. We need cultural spaces, open and honest intellectual exchange – and books.

And for **wisdom**? For wisdom we need to bring the heart into our work and into our conversations, to build emotional intelligence and empathy – and literature.

Elif does not claim that all writers are wise people. But when writing they connect with something bigger and older, and definitely, wiser than themselves. And that something is the ancient art and craft of storytelling. It is universal. It does not belong to any tribe, region or religion. It cannot be confined by borders.



Elif Shafak

There are Rivers in the Sky

This is a remarkable story, a book to read with wonder and awe. Take time to enjoy the imagery and the poetry of her writing – and yet the story itself will captivate and keep you reading far into the night.

The story, which entwines fact with fiction, is of a lost poem, two great rivers and three remarkable characters.

The poem, Epic of Gilgamesh, discovered in the ruins of Nineveh, an ancient town of Mesopotamia, is inscribed on fragments of clay tablets. Mesopotamia, the cradle of civilization, and its two great rivers, Tigris and Euphrates are at the heart of this novel, through which water weaves its way and its magic

*Enjoy with delight*





# NATURE AND BIRDING GROUP (N&BG)

There is no charge to join this group, anyone can come to the meetings.

Next meeting – Tuesday, 6 May 2025.

Mike Prior will give a presentation and talk on the Owl Rescue Centre and Zen Garden at Cedar Lakes that he initiated

## The Owl and Bat Box Project at Evergreen

**A BIG THANK YOU** to the organisers of the Pub Quiz, who have donated half of the net proceeds to the Owl and Bat Box Project. This will be added to the R650 raised at our last meeting which Cecil Fann has ring-fenced for this project. Anyone wanting more information about this project, please drop me an email at [mutchie@mweb.co.za](mailto:mutchie@mweb.co.za) and I can forward the information.

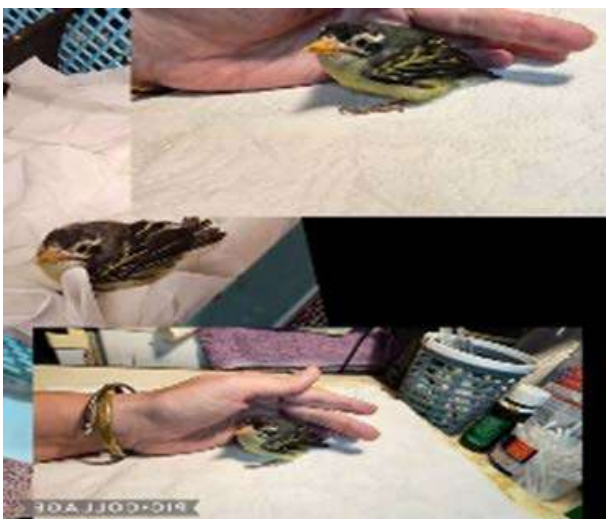
## Feeding rescued birds

Please see the article below sent to me by Mike Prior on this subject.



## Hi Heather

I came across this post in *Birdlife South Africa Facebook* page. It served as good advice to me and might be to others too – especially to those who think they can “save” rescued birds without really knowing what the bird is and what its diet is, and how much damage they can do by feeding it the wrong food. It might be worth putting some of this in our own newsletter.



This post is not up for debate because it has the word 'mynah' in it.  
It is for educational purposes.

This bird was posted on a whatsapp group, misidentified as a mynah and the incorrect diet for both a mynah and tinker bird was given.

Can you guess? ... Pronutro

# NATURE AND BIRDING GROUP (N&BG)

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**THANK YOU**, Leigh, for making the right decision for the little bird and contacting me for help. Just to reiterate that It is illegal to raise wildlife without a permit, does that mean rescuing it is illegal? Absolutely not, but to keep it when there's help, is. So thanks again to Leigh for making such an effort to rescue it and then contacting for help. He's an insect and fruit eater. This little guy is a young yellow rumped tinker bird.

I believe there were comments regarding pronutro on this community whatsapp group. Please don't give any bird pronutro as it is high in sugar and iron, low in protein, and consists of gmo corn. Most birds cannot digest this, especially if they are not seed eaters. Please be careful when giving out dietary care when you are not experienced. Wounds and injuries can also go unseen by the inexperienced eye.

I understand people have used pronutro before and claim no harm was done, but birds can sometimes show signs much later, like liver issues, metabolic bone disease, poor feathering, and growth. I rescued a mynah that was kept as a pet for years. He was handed to me and was starting to go blind already because of sugar diabetes. Despite the diet change, he lived with me for about a year, and the damage was already done, and his liver packed up.

Pronutro is not only dangerous to birds but extremely dangerous to mynahs as they have sensitive livers, and pronutro is extremely high in iron, leading to iron storage disease, death, and even health issues, as a rehabber we see the damages people cause with kindness. Each species requires a different diet in order for them to thrive. There's also a reason we pay to go on wildlife rehabilitation courses as a bag of porridge, and a syringe does not make one an experienced rehabber. Getting the animal ready for release is even more complex. The bird needs to be well socialised with its own species. Otherwise, it will be picked on by its own kind if suddenly released. The bird needs to not be human imprinted. It needs to be well exercised, know how to find its own food, and know what predators are. Please get wildlife found to your nearest liscensed wildlife facility asap.

To this group, not every baby bird is a mynah that needs to die, most of the baby birds posted on here are indigenous and are misidentified. Please do not give feeding advice if you are not in the field, rather try help find a closest wildlife facility. This bird will be going to a licensed wildlife facility today.

**For more information on the Nature and Birding Group  
please contact:  
Heather Mutch on 1080; 083 789 7311**





# Quiz – Chris & Sue Edwards



The quiz held on Saturday, 15th March, at the clubhouse was a fantastic evening filled with excitement and friendly competition. Residents tested their knowledge across a range of topics, with teams eagerly battling it out for the top spot. Needless to say it was the 'Barflies' who won the top spot – Well done!



A huge thank you to Chris & Sue Edwards for their hard work in arranging the questions and prizes for the quiz.

From crafting thought-provoking questions to organizing the prizes, their contribution was truly appreciated by all.

Thank you to Sue Jackson for being the 'runner'

&

John Schulkins and Hans for keeping the waterhole open

**An absolutely fabulous fun evening enjoyed by all!**







# St Patrick's Dinner



St Paddy's Dinner

Enjoyed by all



Brenda Brophy



Kiloran Townsend



Chef Neo & Team



Jimmy Allen







# St Patrick's Dinner



## Saint Patrick's Day

Saint Patrick's Day is here, you see,  
We'll pick some shamrocks, one, two, three.

We'll count the leaves and look them over,  
And maybe find a four-leafed clover.



I'll sew green buttons on my vest,  
Green for Saint Patrick is the best.



I'll wear a green hat, very high,  
And dance a jig - at least I'll try!



# Recipe of the Month

By: John Schulkins



## Easy Butter Bean Soup

The evenings are getting cooler time for another tasty, filling soup recipe!

### Ingredients

- 1 tablespoon extra virgin olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- ½ teaspoon smoked paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon dried thyme
- ¼ teaspoon cayenne pepper
- 2 medium-sized carrots, diced
- 2 medium-sized celery ribs, diced
- 2 cans (400 grams each) butter beans, drained
- 1 cup (240 ml) water
- 2 cups (480 ml) vegetable stock
- 1 bay leaf
- ¾ teaspoon fine salt.
- ¼ teaspoon freshly ground black pepper

### Method

- Heat oil in a large heavy based pot over medium heat. Add onion and cook until soft and translucent, about 3-5 minute
- Stir in garlic, spices and herbs and cook until fragrant, about 30 seconds
- Stir in diced carrots and celery
- Add 1½ tins of beans and 1 cup of water to a blender or a food processor and blend until smooth, then transfer pureed beans and remaining whole beans to the pot
- Reduce the heat as necessary to maintain a gentle simmer, cover leaving the lid slightly ajar, and cook until vegetables are tender (25-30min)
- Turn the heat off, taste and adjust the seasoning if needed and serve with a drizzle of extra virgin oil and freshly ground black pepper, if desired
- Enjoy with crusty bread or croutons



# 'This & That'

The Colouring Group crafted this beautiful clock using their art flair and creativity with colour  
This timepiece can be seen next to the bar



Birthday celebrations  
this month



Graeme Pollock



Rob Lloyd



# Poem for Graeme

By: Frances Kazantzias



Frances wrote this beautiful  
poem for Graeme



## Graeme Pollock: A Lion's Creed

By Frances Ghelakis-Kazan

Born beneath the Pisces sky,  
where dreamers chase the stars so high,  
yet with the heart of a roaring king,  
he led the game with fearless swing.

A prodigy with willow strong,  
his strokes became a nation's song,  
a left-hand titan, bold and bright,  
who carved his name in cricket's light.

At sixteen, young yet fierce in mind,  
with Virgo's grit, precise, refined,  
he played with wisdom, sharp and wise,  
a warrior's fire behind his eyes.

But fate conspired, the world stood still,  
his nation's choices broke his will.  
Political chains shut every door,  
yet passion burned within his core.

No world stage, no cheering stands,  
yet still he played with steadfast hands.  
Through county fields and whispers low,  
his legend found a way to grow.

And though the cap of green and gold  
was taken ere his tale was told,  
his legacy would rise above—  
a leader's strength, a lion's love.

I met him in his later years,  
his body worn, yet strength appears—  
a spirit fierce, unbowed, alive,  
a force of will that still survives.

At eighty now, he stands so tall,  
though time may slow, it cannot stall  
the fire within, the life so vast,  
a legend's light that's built to last.

And I, a critic sharp and keen,  
stood humbled by the spark unseen—  
this man, this giant, strong and true,  
whose spirit shines in all he'll do.



# Save the Date

By: David Presbury



Sashni Munnisunker  
will give a talk on  
everything about hearing  
7 June 2025



Village Walk  
26 April @ 4:30 pm

# April Birthdays

## Birthdays

Frederik Kraamwinkel	1st
André Oosthuizen	2nd
Diana Russell	3rd
Sheila Schulkins	4th
Vincent Boswell	5th
James McGibbon	5th
Maureen Slogrove	6th
Lisa Nuttall	6th
Chris Brennan	7th
Anna Squair	8th
Philip du Plessis	8th
Catherine Plaskett	9th
Serafina Da Silva	9th
Maureen Privett	11th
Christopher Joyce	12th

Sally Branson	13th
Kiloran Townsend	14th
Heather Morgan	15th
Henry Dobrowolski	16th
Ernie Mutch	19th
Robin Slogrove	20th
Tiny Burman	20th
Dick Townsend	21st
Deneise Gregor	21st
Pauline Joyce	23rd
Cyril Rabinowitz	24th
Cliff Scrooby	25th
Viv Pike	27th
Dawn Figge	27th
Gerd Seufert	28th

# April Anniversaries

## Anniversaries

Graham & Caroline Brickett	11th
Dick & Kloran Townsend	13th
Vince & Gloria Boswell	19th
James & Margo Goodwin	29th
Robin & Maureen Slogrove	30th





# What's happening in April

What's  
Happening  
in



Easter Sunday Lunch  
20 April @ 6 pm



Shuttle Bus  
2. 9.16.23.30  
April @ 9am



Waterhole  
Every Friday @ 5 pm



Social Dinner  
every Wednesday  
evening @ 6 pm



Pétangue  
Thursdays @ 3 pm &  
Saturdays @ 3 pm










Village Walk  
26 April  
@ 4:30 pm



Movie Night  
3. 10. 17. 24  
Sundays  
6. 13. 20. 27  
April @ 6:30 pm  
Titles to be announce  
by Wilma

# March Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> 8am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool 5pm Waterhole	<b>2</b> 8:00am Lower group back class 9am Broadacres Shopping Centre  shuttle 10:15am Special Wednesday Group Class 11:15am Hip and Knee Group Class 6pm Social Dinner	<b>3</b> 9am Therapeutic Exercise Class 10am Art Class 10am Visual music #81 2pm Rummikub 3pm Pétanque 6:00pm Movie Night	<b>4</b> 9:30am Line Dancing 12:30pm Fish and Chips 5pm Waterhole	<b>5</b> 3pm Pétanque	<b>6</b> 6:00 Movie Night: 
<b>7</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10:30 Canasta 1pm Bridge 4pm Men's Pool 5pm Waterhole	<b>8</b> 8am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 5pm Ladies Pool 5pm Waterhole	<b>9</b> 8:00am Lower back group class 9am Lonehill Shopping Centre  shuttle 10:15am Special Wednesday Group Class 11:15am Hip and Knee Group Class 02:30pm Christian Fellowship 6pm Social Dinner	<b>10</b> 9am Therapeutic Exercise Class 10am Art Class 10am Visual music #81 2pm Rummikub 3pm Pétanque 6:00pm Movie Night	<b>11</b> 9:30am Line Dancing 10am Visual music#81 12:30pm Fish and Chips 2:30pm BINGO 5pm Waterhole	<b>12</b> 3pm Pétanque	<b>13</b> 6:00pm Movie Night: 
<b>14</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10:30 Canasta 1pm Bridge 4pm Men's Pool 5pm Waterhole	<b>15</b> 8am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool 5pm Waterhole	<b>16</b> 8:00am Lower back group class 9am Chartwell Shopping Centre  shuttle 10:15am Special Wednesday Group Class 11:15am Hip and Knee Group Class 6pm Social Dinner	<b>17</b> 9am Therapeutic Exercise Class 10am Visual music #81 10am Art Class 2pm Rummikub 3pm Pétanque 6:00pm Movie Night	<b>18 GOOD FRIDAY - PUBLIC HOLIDAY</b> Bistro closed 9:30am Line Dancing 5pm Waterhole	<b>19</b> 3pm Pétanque	<b>20</b> 12pm: <b>Easter Sunday Lunch</b> 6:00pm Movie Night 
<b>21 FAMILY DAY - PUBLIC HOLIDAY</b> Bistro closed 10am Knit & Natter 10:30 Canasta 1pm Bridge 4pm Men's Pool 5pm Waterhole	<b>22</b> 8am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 5pm Ladies Pool 5pm Waterhole	<b>23</b> 8:00am Lower back group class 9am Dainfern Shopping Centre  shuttle 10:15am Special Wednesday Group Class 11:15am Hip and Knee Group Class 6pm Social Dinner	<b>24</b> 9am Therapeutic Exercise Class 10am Art Class 2pm Rummikub 3pm Pétanque 6:00pm Movie Night 	<b>25</b> 9:30am Line Dancing 12:30pm Fish and Chips 5pm Waterhole	<b>26</b> 3pm Pétanque 4:30pm Village Walk	<b>27</b> 6:00pm Movie Night 
<b>28 FREEDOM DAY - PUBLIC HOLIDAY</b> Bistro closed 10am Knit & Natter 10:30 Canasta 1pm Bridge 4pm Men's Pool 5pm Waterhole	<b>29</b> 8am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool 5pm Waterhole	<b>30</b> 8:00am Lower back group class 9am Cedar Square Shopping Centre  shuttle 11:15am Hip and knee group 6pm Social Dinner				



# Menu



## APRIL 2025 - LUNCH MENUS

Resident Name: \_\_\_\_\_

Unit Number: \_\_\_\_\_

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect, or have your meal delivered. Also please indicate the number of meals.

	Week 1			week 2			week 3			week 4			week 5		
MONDAY			sit down collect Delivery	07-Apr	Chicken Curry with Basmati Rice, Poppadom, Tomato Cucumber Salad, and Raita R75,00	sit down collect Delivery	14-Apr	Grilled Chicken Thighs with Rice Pilaf, Ratatouille, Garden Salad, and Chimichurri Sauce R75,00	sit down collect Delivery	21-Apr	BISTRO CLOSED - Public Holiday R75,00	sit down collect Delivery	28-Apr	BISTRO CLOSED - Public Holiday R75,00	sit down collect Delivery
TUESDAY	01-Apr	Beef Lasagna with Garlic Bread, Caesar Salad, and Marinara Sauce R75,00	sit down collect Delivery	08-Apr	Beef Meatballs with Creamy Mashed Potatoes, Pea's, Greek Salad, and BBQ gravy R75,00	sit down collect Delivery	15-Apr	Roast Pork Loin with Herb Roasted Potatoes, Roasted Carrots, Creamed Spinach, and Apple Gravy R75,00	sit down collect Delivery	22-Apr	Beef Short Rib with Polenta, Seasonal Veg, corn on the Cob, and Sour Cream R75,00	sit down collect Delivery	29-Apr	Grilled pork burgers with potato wedges, caramelized onions, served with a chopped salad R75,00	sit down collect Delivery
WEDNESDAY	02-Apr	Pork Stroganoff with Rice, Steamed Broccoli, Cucumber Dill Salad, and Creamy Mushroom Sauce R75,00	sit down collect Delivery	09-Apr	Chicken Alfredo Pasta, Steamed Broccoli, Italian Caprese Salad, and Parmesan Cream Sauce R75,00	sit down collect Delivery	16-Apr	Beef Shepherd's Pie with Peas and Carrots, Green Salad, and Brown Gravy R75,00	sit down collect Delivery	23-Apr	Pork Chops with Garlic Mash, Braised cabbage, Greek Village Salad, and Dijon Cream Sauce R75,00	sit down collect Delivery	30-Apr	Chicken Kebabs with Thyme Roasted potatoe, Fattoush Salad, and Garlic Yogurt Sauce R75,00	sit down collect Delivery
THURSDAY	03-Apr	Chicken Schnitzel with Roasted Baby Potatoes, Garden Salad, and Honey Mustard Sauce R75,00	sit down collect Delivery	10-Apr	Fish cakes with zesty lemon mash, roasted vegetables, and with lemon butter sauce R75,00	sit down collect Delivery	17-Apr	Grilled Lemon Herb Chicken with Mashed Potatoes, Buttered Green Beans, Greek Salad, and Tzatziki Sauce R75,00	sit down collect Delivery	24-Apr	Chicken Shawarma with Pita Bread, Hummus, Tabouli Salad with red onion, cucumber, tomato & coriander salsa with a plain yoghurt lemon mayo R75,00	sit down collect Delivery			
FRIDAY	04-Apr	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, butternut & feta salad R98,00	sit down collect Delivery	11-Apr	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, waldorf salad and garden salad R98,00	sit down collect Delivery	18-Apr	BISTRO CLOSED - Public Holiday R98,00	sit down collect Delivery	25-Apr	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad R98,00	sit down collect Delivery			

### Terms and Conditions.

Delivery meals will be charged an additional R12.00 for packaging.

Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked with unit number.



# Social Dinner



	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday – 02 April 2025</b>	Butternut Soup with butternut chips and crème fraiche	Crispy pork in sweet & sour sauce with egg fried rice topped with sesame seeds <b>R95.00</b>	Butter chicken cucumber Rita, salsa, poppadum, curried rice, steamed green veg <b>R85.00</b>	Chocolate fondant, vanilla cream, seasonal berries served with a coffee sauce <b>R55.00</b>
<b>Wednesday - 09 April 2025</b>	Tomato and basil soup with crispy basil and cream and croutons	Madras beef curry, steamed rice spiced seasonal vegetables, poppadum's & banana & plain yoghurt – <b>R95.00</b>	Beer can chicken with thyme sauce, steamed savoury rice & seasonal veg <b>R85.00</b>	Fruit Salad with ice cream & zesty orange sauce, orange sorbet <b>R45.00</b>
<b>Wednesday – 16 April 2025</b>	Hearty vegetable soup with croutons & cream	Slow roasted beef sirloin with grilled green beans , roasted potatoes, rosemary jus– <b>R135.00</b>	Chicken Cacciatore , tomato & mushrooms, glazed carrot and grilled green beans with creamy polenta <b>R85.00</b>	Crème brulee , chocolate ice cream – <b>R45.00</b>
<b>Wednesday 23 April 2025</b>	Broccoli and Cheddar soup with crème fraiche & butter croute	Pork wellington, broccoli, carrots, sweet potato croquette & red wine demi-glace <b>R130</b>	Chicken cordon blu, broccoli, mushroom duxelle, glazed carrots, chicken jus served on parmesan mash <b>R105</b>	Panna cotta, orange, berry sorbet, roasted white chocolate crumble <b>R55</b>
<b>Wednesday 30 April 2025</b>	Garden pea soup with garlic croute	Beef and mushroom pie with oven baked garlic vegetables, hassle backed potatoes, brown rosemary gravy <b>R100.00</b>	Sticky lemon chicken, oven baked garlic vegetables, hassle backed potatoes and chicken jus <b>R85.00</b>	Apple Tarte Tatin with Scoop of vanilla & a drizzle of caramel sauce <b>R55.00</b>

# Easter Lunch



## EASTER SUNDAY LUNCH

### Traditional Easter Feast Starter:

Creamy Butternut & Thyme Soup with Easter Bread

### MAIN COURSE

Pork: Honey-Glazed Gammon with a Mustard & Apricot Glaze

Chicken: Lemon & Rosemary Roasted Chicken

Vegetarian: Spinach & Ricotta Stuffed Pastry with a Herb Cream  
Sauce

### Sides:

Roasted Root Vegetables (Carrots, Parsnips, Beets)

Sautéed Green Beans with Almonds

Buttered Mashed Potato

### DESSERT

Classic Hot Cross Bun Pudding with Vanilla Sauce

Chocolate Easter Egg Mousse

Mini Carrot Cake Bites with Cream Cheese Frosting

Ice Cream Station with Easter Sprinkles & Berry Coulis

Local Cheese, crackers, preserves, cheese sticks.

RESIDENTS: R185.00

VISITOR: R200.00

KIDS UNDER 12: R140.00

