

6 - 12 JANUARY IN THIS ISSUE

WEEKLY ACTIVITIES

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IT'S A CELEBRATION



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WEEKLY ACTIVITIES

| MON 6 Jan | 09h30 REC LOUNGE MOVEMENT CLASS | | 12h00 BISTRO LUNCH | CLINIC SR SHARON ADAMS | |
|----------------------|--|--|--------------------------|---|-----------------|
| TUE 7 Jan | 09h00 BLUE ROUTE MALL SHUTTLE | | 12h00 BISTRO LUNCH | 14h00 BISTRO COLOURING IN MANDALA | |
| WED 8 Jan | | 10h15 POOL AQUA AEROBICS | 12h00 BISTRO LUNCH | 14h00 LAWN RIAAN'S FRUIT VAN | |
| THUR 9 Jan | | 10h30 <mark>SKY LOUNGE</mark> FELLOWSHIP | 12h00 BISTRO LUNCH | 14h00 <mark>BISTRO</mark> GAMES | |
| FRI 10 JAN | | | 12h00 BISTRO LUNCH | 18h00 REC LOUNGE MOVIE / SERIES NIGHT | |
| SAT 11 JAN | | | | 18h00 <mark>BISTRO</mark> RESIDENT BRAAI | N CALL RIAAN |
| SUN 12 JAN | | | | | N CALE RIAAN |

RIAAN 072 600 2499 | AMANDA 071 868 0597 | DAMIAN 073 516 4119

WEEKLY BISTRO MENU

| MON 6 Jan | Grilled sweet and sour pork strips with potato wedges and vegetables (V) Chipotle black beans and roasted butternut with savoury rice |
|---------------|---|
| TUE 7 Jan | Grilled chermoula chicken with roasted vegetable cous-cous (V) Plant-based sausage with onion smoor, roasted sweet potato and vegetables |
| WED 8 Jan | Pork bangers with tomato and onion smoor, mashed potato and bean salad (V) Lentil, butter bean and capsicum smoor with sweet potato mash and salad |
| THUR 9 Jan | Tuscan grilled chicken with roasted tomato, green beans and roasted potatoes (V) Creamy chickpea, butternut and spinach with spaghetti and green salad |
| FRI 10 JAN | Grilled or deep fried fish & chips with salad (V) Plant-based schnitzel with cheese sauce, sweet potato fries and salad |
| SAT 11 JAN | Sweet chili chicken pizza topped with pineapple, olives, three cheese with green salad (V) Margarita pizza with salad |
| SUN 12 JAN | Pork roast, cranberry sauce, roasted potato and seasonal vegetables or Grilled chicken leg quarter, roasted potato and seasonal vegetables or (V) Stuffed butternut with creamy spinach and roasted potato. |

- Meal orders close on the day before the meal is ordered for at 14h00.
 Weekend take-away and Monday orders close on Friday at 14h00
 Week-day meals at R50pp & R55 T/A / Weekend meals at R70 & (V) R55

Jinnen Social

THURSDAY, 30 JANUARY 2025

MAIN COURSE

Chicken Yakatori with seared spinach, creamy mashed potato and a mustard drizzle

or

Short Rib Brisket with pea puree, carrot batons, diced butternut, deep fried onions and rosemary infused jus

DESSERT

Chocolate Mousse with cookie crumble, burnt meringue and mixed berries.

or

Strawberry Fridge Tart with whipped cream, topped with berries and berry drizzle

R95 pp | Book at Reception or on ext. 3200



IT'S A CELEBRATION

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11 JAN JANICE SHELVER - APT 318 15 JAN SETHU VELLEM - ELV TEAM 24 JAN DIANE EVERETT - APT 117 25 JAN JEAN DE VILLIERS - APT 104 26 JAN GENEVIEVE PITT - APT 210



GUESS WHO?

To add a few more laughs to 2025 we would like to introduce a "Birthday Game" to add some fun to all our birthday celebrations.

HOW DOES IT WORK?

We ask that all residents submit a baby or childhood photo of themselves to either myself or Amanda. These photos will be shown similarly to the ones below in the first newsletter of each month.

Match all the pictures to the correct resident celebrating their birthday in that month and submit it before the following Friday at reception.

The most correct guesses will earn you a bottle of sparkling wine.