



What's Happening Next Week
3rd February 2020 – 9th February 2020

Social Activities

<p>3 9am-1pm Private function Fynbos Lounge</p> <p><u>1.30pm</u> Shuttle Service</p> <p><u>2pm</u> Social Bridge Fynbos Lounge</p>	<p>4 <u>10am</u> Bridge for Beginners Fynbos Lounge</p> <p><u>3pm</u> Table Tennis Fynbos Lounge</p> <p><i>Cancer Day</i></p>	<p>5 <u>9.30am</u> Shuttle Service</p> <p>10am-11am Stretch Demo class by SUE in the Fynbos Lounge</p> <p><u>3pm</u> Darts in the Fynbos Lounge</p>	<p>6 <u>10am</u> Knitting/Sewing Clubhouse <u>10.30-1pm</u> Sales Coffee Morning Fynbos Lounge</p> <p><u>2pm</u> Art Classes for Beginners Fynbos Lounge</p> <p><u>3pm</u> Tables Tennis Fynbos Lounge</p> <p><u>5.30pm</u> Evergreen Social Function hosted at Muizenberg Bus departs at 17h00</p>	<p>7 2pm SMART MATTER Talk 'the fynbos lounge'</p> <p><u>5pm</u> Friday Night Sundowners –Clubhouse</p>	<p>8 <u>8am</u> Park Run - Silverglades Fish Hoek</p> 	<p>9 <u>12.30pm</u> Sunday Lunch in the Bistro</p>
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Menu for the Week

MONDAY 3 FEB 2020

Crumbed Pork Schnitzel served with Mushroom Sauce, Potato Wedges & Garden Salad

TUESDAY 4 FEB 2020

Beef Bourguignon served with Basmati Rice & Seasonal Vegetables

WEDNESDAY 5 FEB 2020

Venison & Mushroom Pie, Gravy, Roast potatoes & Roast Vegetables

THURSDAY 6 FEB 2020

BBQ Chicken Kebabs served with Mango Salsa, Sweet Potato Wedges & Greek Sala

FRIDAY 7 FEB 2020

PREMIUM: Fried Fish served with Tartar Sauce & Lemon, Chips & Salad of the Day

SUNDAY 9 FEB 2020

STARTER

Baked Aubergine Layered with Tomato Relish & Mozzarella Cheese

SUNDAY LUNCH: Red wine Slow Roasted Beef & Jus served with Roast potatoes & Roast Vegetables

DESSERT:

Fruit Tartlets served with Ice Cream

National Calendar

- 3rd National Carrot Cake Day
- 4th National Homemade Soup Day
- 6th National Frozen Yoghurt Day
- 7th National Wear Red Day
- 9th National Pizza Day

