

Social Activities

<p>10</p> <p><u>1.30pm</u> Shuttle Service</p> <p><u>2pm</u> Social Bridge Fynbos Lounge</p>	<p>11</p> <p><u>10am</u> Bridge for Beginners Fynbos Lounge</p> <p><u>11am</u> Kind2Hearing Monthly Visit</p> <p><u>3pm</u> Table Tennis Fynbos Lounge</p> <p><u>5.30pm</u> Evergreen Social Function for Lake Michelle in the Fynbos Lounge</p>	<p>12</p> <p><u>9.30am</u> Shuttle Service</p> <p><u>9am</u> Stretch Class in the Fynbos Lounge</p> <p><u>10am</u> Fellowship Group in the Clubhouse</p> <p><u>3pm</u> Darts in the Fynbos Lounge</p>	<p>13</p> <p><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>14 Valentine's Day</p> <p><u>10am</u> - Brunch</p> <p>♥ Breakfast Special ♥</p> <p><u>5pm</u> Friday Night Sundowners –Clubhouse</p>	<p>15</p> <p><u>8am</u> Park Run - Silverglades Fish Hoek</p>  <p><u>09h30</u> Outing: see notice attached</p>	<p>16</p> <p><u>1pm</u> Braai Lunch Fynbos Lounge Bring 'n Braai Contact: ext 2031</p> <p>2pm – 4pm Open Show Day</p>
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Menu for the Week

MONDAY 10 FEB 2020

Beef Lasagne served with an Italian Salad

TUESDAY 11 FEB 2020

Chicken Schnitzel and Cheese Sauce served with Roast Potatoes and Garden Salad

WEDNESDAY 12 FEB 2020

Portuguese Hake served with Cous Cous and Greek Salad

THURSDAY 13 FEB 2020

Sweet and Sour Pork Tempura, Basmati Rice and Roast Vegetables

FRIDAY 14 FEB 2020

Valentines Brunch – see menu attached

National Calendar

- 14th National Organ Donor Day
- 14th Valentine's Day

