




# What's Happening Next Week

## 17<sup>th</sup> February 2020 – 23<sup>rd</sup> February 2020

### Social Activities

<p><b>17</b> <u>1.30pm</u> Shuttle Service</p> <p><u>2pm</u> Social Bridge Fynbos Lounge</p>	<p><b>18</b> <u>10am</u> Bridge for Beginners Fynbos Lounge</p> <p><u>3pm</u> Table Tennis Fynbos Lounge</p>	<p><b>19</b> <u>09.00am</u> Stretch Class in the Fynbos Lounge</p> <p><u>9.30am</u> Shuttle Service</p> <p><u>3pm</u> Darts in the Fynbos Lounge</p>	<p><b>20</b> <u>10am</u> Knitting/Sewing Clubhouse</p> <p><u>10am</u> Cards in the Fynbos Lounge</p> <p><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><b>21</b></p> <p><b>Owl Man on site to place our Owl Boxes</b></p> <p><u>10am</u> Giltedge Travel Presentation in the Fynbos Lounge at 10h00</p> <p><u>5pm</u> Friday Night Sundowners – Clubhouse</p>	<p><b>22</b> <u>8am</u> Park Run - Silverglades Fish Hoek</p> 	<p><b>23</b> <u>12.30pm</u> Sunday Lunch in the Bistro</p>
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# Menu for the Week

**MONDAY 17 FEB 2020**

Roasted Beetroot, Butternut & Smoked Chicken Salad on Rocket leaves topped with croutons & Sesame seeds

**TUESDAY 18 FEB 2020**

Deep Fried Calamari served with Tartar Sauce, Potato Wedges & Coleslaw

**WEDNESDAY 19 FEB 2020**

Beef Stroganoff, Basmati Rice served with Roast Vegetables

**THURSDAY 20 FEB 2020**

Ginger Honey Pork Stir-fry with Egg Noodles & Seasonal vegetables

**FRIDAY 21 FEB 2020**

Fried Fish with Tartar Sauce, chips & Greek Salad & dressing

SUNDAY 23 FEB 2020

STARTER

Beetroot, Butternut & Feta topped with Rocket & Pumpkin Seeds

SUNDAY LUNCH

Stuffed Spinach & Parmesan Chicken Roulade served with Roast Potatoes & Roast Vegetables

DESSERT

Chocolate Volcano served with cream

## National Calendar

- 17<sup>th</sup> National Random Acts of Kindness Day
- 23<sup>rd</sup> National Banana Bread Day

