



What's Happening Next Week

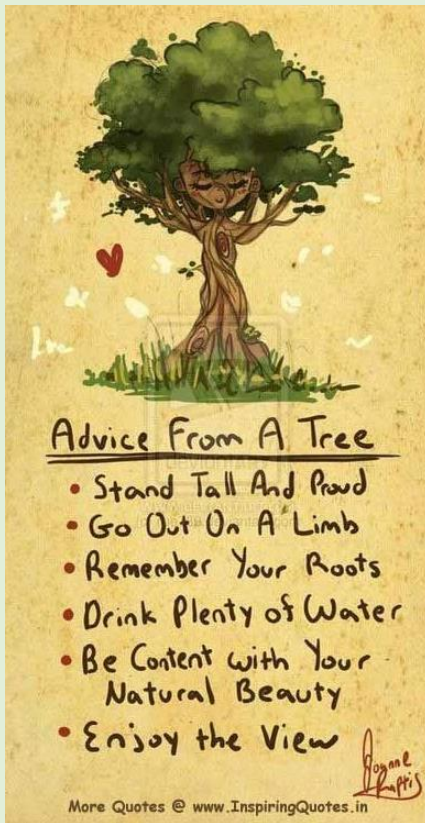
24th February 2020 – 1st March 2020

Social Activities



<p>24 <u>Evergreen Wellness Day</u> see noticeboards – Free Testing! 1.30pm Shuttle Service 2pm Social Bridge Fynbos Lounge</p>	<p>25 10am Bridge for Beginners Fynbos Lounge 3pm Table Tennis Fynbos Lounge</p>	<p>26 9am Stretch Class in the Fynbos Lounge 9.30am Shuttle Service 10.00am Fellowship Group in the Clubhouse 10am Setup Vegetable Planter Boxes – meet at Bistro 3pm Darts in the Fynbos Lounge 7pm Photography Club in the Clubhouse</p>	<p>27 10am Knitting/Sewing Clubhouse 10am Cards in the Fynbos front room 10.30-1pm Sales Coffee Morning Fynbos Lounge 2pm Art Classes for Beginners Fynbos Lounge 3pm Tables Tennis Fynbos Lounge</p>	<p>28 5pm Friday Night Sundowners – Clubhouse 6pm Month End BBB Social R30 Boerie Braai in the Fynbos Lounge</p>	<p>29 8am Park Run - Silverglades Fish Hoek</p> 	
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Menu for the Week

MONDAY 24 FEB 2020

Braised Pork Chop, Gravy, Summer Salsa, Cous Cous & Salad of the day

TUESDAY 25 FEB 2020

Beef Meatballs served with Italian Tomato Relish on Egg Noodles & Roast Vegetables

WEDNESDAY 26 FEB 2020

Spinach & Feta Stuffed Chicken, Roasted Baby Potatoes & Italian Stir Fry Style Salad

THURSDAY 27 FEB 2020

Steak & Kidney Pie, Gravy, Sweet Potato Wedges & Seasonal vegetables

FRIDAY 28 FEB 2020 - PREMIUM

Fried Fish with Tartar Sauce, Chips & Salad of the day



Birthdays

27 Feb – Lorraine Innes

27 Feb – Sharon Alexander

28 Feb - Margaret Thomas (LM)

National Calendar

25th World Pancake Day

26th Tell a Fairy Tale Day

27th International Polar Bear Day

29th Leap Day!



*You've gotta dance like
there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth.*

— William W. Purkey

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