







# What's Happening Next Week

2<sup>nd</sup> March 2020 – 8<sup>th</sup> March 2020

## Social Activities



<u>Monday 2<sup>nd</sup> March</u>	<u>Tuesday 3<sup>rd</sup> March</u>	<u>Wednesday 4<sup>th</sup> March</u>	<u>Thursday 5<sup>th</sup> March</u>	<u>Friday 6<sup>th</sup> March</u>	<u>Saturday 7<sup>th</sup> March</u>	<u>Sunday 8<sup>th</sup> March</u>
<p><u>10am</u> Stretch Class in the Fynbos Lounge</p> <p><u>1.30pm</u> Shuttle Service</p> <p><u>2pm</u> Social Bridge Fynbos Lounge</p> <p><b><u>NOORDHOEK is 2!</u></b> <u>3.30pm</u> Join us in the Bistro for a glass of Champagne</p>	<p><u>10am</u> Bridge for Beginners Fynbos Lounge</p> <p><u>3pm</u> Table Tennis Fynbos Lounge</p> 	<p><u>9am</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><u>6.30 for 7pm</u> – <b>Opera Aida</b> screening in the lounge – bring own snacks &amp; drinks</p>	<p><u>10am</u> Knitting/Sewing Clubhouse</p> <p><u>10am</u> Cards in the Fynbos front room</p> <p><u>10.30-1pm</u> <i>Sales Coffee Morning</i> 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>5pm</u> Friday Night Sundowners – Clubhouse</p> 	<p><u>8am</u> Park Run - Silverglades Fish Hoek</p> 	<p><u>12h30</u> Sunday Lunch in the Bistro</p> 



*from the*  
**HAPPIEST**  
**PEOPLE**  
*don't have the*  
**BEST**  
**OF EVERYTHING**  
*THEY*  
**JUST MAKE**  
*the best of*  
**EVERYTHING**

## Menu for the Week

### MONDAY 2 MARCH 2020

Hawaiian Pork Kebabs, Sweet Potato Wedges & Greek Salad

### TUESDAY 3 MARCH 2020

Bacon, Brie & caramelized Onion, Homemade Quiche topped with Rocket, served with salad

### WEDNESDAY 4 MARCH 2020

Mediterranean Salmon Salad  
Rocket, Assorted Peppers, Cocktail Tomatoes, Feta, Olives & Dill  
served with Homemade Bread

### THURSDAY 5 MARCH 2020

Chicken Schnitzel served with Blue Cheese Sauce,  
Roast Potato Wedges & Italian Salad

PROGRESS  
is IMPOSSIBLE  
WITHOUT CHANGE,  
& those who cannot  
CHANGE THEIR *minds*  
CANNOT  
CHANGE *Anything.*  
- George Bernard Shaw

SUNDAY LUNCH 12H30 - 8 MARCH 2020

STARTER

Caprese Stack, Basil Pesto dressing & Melba Toast

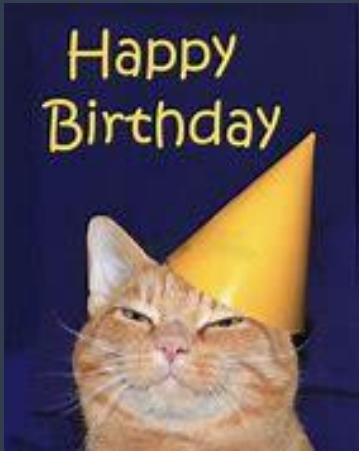
MAIN COURSE

Slow Roasted Red Wine & Rosemary Beef, Jus, Roast Potatoes & Roast Vegetables

DESSERT

Berry Pavlova





*Birthdays*  
4 March – Brian Gold



Keep looking out for Owls



National Calendar  
3<sup>rd</sup> National Anthem Day  
3<sup>rd</sup> National Soup-it-Forward Day  
6<sup>th</sup> National Oreo Cookie Day  
7<sup>th</sup> National Crown of Roast Pork Day  
8<sup>th</sup> March International Women's Day

