


ACTIVITIES & EVENTS

MON 12 JUNE	TUE 13 JUNE	WED 14 JUNE	THUR 15 JUNE	FRI 16 JUNE	SAT 17 JUNE	SUN 18 JUNE
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09H00 14TH & 28TH MOBEEWASH	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 14th & 28th CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
		15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM			17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

JUNE

FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 29TH

JULY

DINNER SERVICE - 7TH, 14TH, 28TH
OPERA - 4TH
FELLOWSHIP - 12TH, 26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
MOVIE - 27TH
CHRISTMAS IN JULY - 28TH

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

12 JUNE

RON JONES- Noordhoek
JUNE CAWOOD-Noordhoek

13 JUNE

PETER SALTER-Noordhoek
DENISE BYE-Noordhoek

14 JUNE

SUSAN GRAVE- Lake Michelle

15 JUNE

BRIAN ALDRIDGE- Lake Michelle

16 JUNE

SUSAN VAN DER SPEK - Noordhoek
ANTHONY BAGSHAW-Noordhoek

18 JUNE

JACKIE GARDNER- Lake Michelle

ANNIVERSARIES

17 JUNE

BILL & JUDY VENABLES
Noordhoek

NEW RESIDENTS

DAVID & GLORIA BRYEN
NOORDHOEK- APARTMENT 119

SELWYN & INGRID SCHEFERMANN
LAKE MICHELLE - 61 LAKESHORE



WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65

MONDAY

Creamy chicken tetrazzini served with a garlic roll and a side salad

OR

Bobotie filled pancakes topped with white sauce and cheddar cheese, served with a side salad

TUESDAY

Braised pork chops served with herb mash potatoes and pan fried greens

OR

Chicken tikka skewers served with basmati rice sambals and tzatziki sauce

WEDNESDAY

Cornish pie served with mash potato, onion gravy and seasonal vegetables

OR

Beef chow mein served with egg noodles

THURSDAY

Chicken & butter bean curry served with white rice, tomato & onion sambal

OR

Pork, feta and spinach stuffed cannelloni served with a garlic roll and Greek salad

FRIDAY

Beer battered hake served with chips, tartar sauce, lemon wedge and a Greek salad

OR

Creamy chicken florentine served with mash potato and roasted butternut

SATURDAY

Blue cheese, caramelized onion tart served with potato wedges and a green goddess salad

OR

Crumbed calamari served with savoury rice, tartar sauce & lemon wedge

THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST – R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

FATHER'S DAY

SUNDAY LUNCH – R165

STARTER

Peri peri chicken livers served with homemade bread

OR

Potato and leak soup served with homemade bread

MAIN MEAL

Thyme and garlic roasted sirloin served with Pommes anna potatoes, creamed spinach and roasted root vegetables

OR

Lemon & herb grilled hake served with Pommes anna potatoes, creamed spinach and roasted root vegetables

OR

Pork neck served with a mustard sauce Pommes anna potatoes, creamed spinach and roasted root vegetables

DESSERT

Granadilla panna cotta

OR

Tipsy tart served with cream or ice-cream