


ACTIVITIES & EVENTS

MON 19 JUNE	TUE 20 JUNE	WED 21 JUNE	THUR 22 JUNE	FRI 23 JUNE	SAT 24 JUNE	SUN 25 JUNE
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	CALLNETICS RESUMES 18TH JULY ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	LOW IMPACT CARDIO RESUMES 20TH JULY 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		18H00 QUIZ NIGHT BISTRO	17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

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

FELLOWSHIP - 14TH, 28TH

MOBEE CARWASH - 14TH, 28TH

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



QUIZ NIGHT

Test Your General Knowledge June Quiz Night

Join us for an evening of fun and loads of laughter!

HOW IT WORKS

- Enter teams of 6 or sign up to join a table
- Bring your own snacks and drinks
- Prizes to win!
- Entry is R20pp. All proceeds go towards the Village Social Fund.

MENU

OPTION 1- R170 A SELECTION OF CHICKEN STRIPS, SPRING ROLLS, SAMOOSAS, QUICHES AND COCKTAIL ROLLS WITH A DIP

OPTION 2- R150

A SELECTION OF CHICKEN STRIPS, SPRING ROLLS, MEAT BALLS AND QUICHES WITH DIP

OPTION 3- R120

CRUDITÉ PLATTER



WHEN? Thursday 22nd at 18h00 | WHERE? Bistro

To book or for more details contact
Norma Roos. ext 2089 | Food orders must be collected
before 18h00

IT'S A CELEBRATION

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

BIRTHDAYS

19 JUNE

PETE VAN DER SPEK- Noordhoek

20 JUNE

NOMUSA MADLALA-Noordhoek

23 JUNE

ANNE TINGLEY-Noordhoek

24 JUNE

EILEEN SWARTZ-Noordhoek
JUNE PITTERMAN-Noordhoek
JUNE DAVIES-Noordhoek
LOUISE JACKSON-Noordhoek

ANNIVERSARIES

19 JUNE

IAN & ADLYTH THOMSON
LAKE MICHELLE

20 JUNE

JOHN & MARLEEN PRITCHETT
Noordhoek

22 JUNE

BILL & LYNN HARDING
Noordhoek

24 JUNE

RICHARD & JUDITH MOOLENSCHOT
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Grilled chicken fillet served with potato wedges seasonal vegetables and cheese sauce

OR

Homemade vetkoek with mince curry served with a green salad

TUESDAY

Homemade chicken pie served with roasted vegetables and salad

OR

Tomato bredie served with white rice and a sambal salad

WEDNESDAY

Chicken and butternut lasagna served with a green side salad and a cocktail garlic roll

OR

Bacon, feta and mushroom quiche served with green salad and sweet potato fries

THURSDAY

Hake mornay served with creamy mashed potatoes and seasonal vegetables

OR

Beef burger served with sweet potato fries and mushroom sauce

FRIDAY

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

OR

Sweet & sour pork meatballs served on a bed of spaghetti and a side of roasted vegetables

SATURDAY

Grilled chicken fillet burger served with cheese sauce and fries

OR

Shepherd's pie served with a green salad

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - NO DINNER SERVICE THIS WEEK

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

QUIZ NIGHT MENU

OPTION 1- R170

A selection of chicken strips, spring rolls, samoosas, quiches and cocktail rolls with a dip

OPTION 2 - R150

A selection of chicken strips, spring rolls, meat balls and quiches with dip

OPTION 3 - R120

Crudité Platter

SUNDAY LUNCH - R125

MAIN MEAL

Roast pork with roast potatoes and seasonal vegetables and an apple sauce

DESSERT

Malva pudding with custard