

WEEKLY EVENTS

MON 04 SEP	TUE 05 SEP	WED 06 SEP	THUR 07 SEP	FRI 08 SEP	SAT 09 SEP	SUN 10 SEP
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLNETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 RIAAAN'S FRUITVAN LIFESTYLE CENTRE PARKING		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 13TH & 27th MOBEEWASH	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 06th & 20th CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE				12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 OPERA CINEMA ROOM	15h00 LINE DANCING ACTIVITY ROOM 1		17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h00 BRIDGE ACTIVITY ROOM 2	18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	14h30 TABLE TENNIS TABLE TENNIS ROOM			

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

SEPTEMBER

DINNER SERVICE - 1ST, 8TH, 15TH, 29TH
OPERA - 5TH
BINGO - 21ST
HERITAGE DAY TALK & LUNCH - 24TH
MOVIE (PRETTY WOMAN) - 28TH

OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH
PIANO CONCERT - 17TH

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

04th SEPTEMBER

DON STEPTO- Noordhoek

07th SEPTEMBER

VICTOR POLLACHI- Noordhoek

08th SEPTEMBER

DOUGIE HARRIS- Lake Michelle

09th SEPTEMBER

SELWYN SCHEFERMANN- Lake Michelle

ANNIVERSARIES

06th SEPTEMBER

BRIAN & JENNY BROOKS
Noordhoek

08th SEPTEMBER

PHILLIP & MILDRED PHILLIPS
Noordhoek

NEW RESIDENTS

DONALD & SALLY BALL
APARTMENT 3



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Homemade fish cakes served with mashed potatoes and seasonal vegetables. - R65

OR

Beef meat loaf served with mashed potatoes, gravy and seasonal vegetables- R72

TUESDAY

Tempura Pork served with egg fried rice and stir fry vegetables -R65

OR

Chicken and broccoli bake served with a side salad - R72

WEDNESDAY

Chicken and mushroom filled pancakes served with a Greek salad - R65

OR

Beef stroganoff served with white rice and seasonal vegetables- R72

THURSDAY

Lamb liver in onion gravy served with Mashed potatoes - R65

OR

Chicken kebabs served with a Greek salad and garlic baby potatoes - R72

FRIDAY

Rib burgers served with fries- R65

OR

Fried Hake and chips, served with seasonal vegetables, tartar sauce and a lemon wedge - R72

SATURDAY

Grilled chicken salad - R65

OR

Pepper steak pie served with fries and gravy- R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

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 sauteed onions served with chips

WEEKLY BISTRO PROMOTIONS

MONDAY - SATURDAY - LUNCH

Grilled hake served with a green salad and roasted vegetables served with a glass of wine or a soft drink - R100

Lemon meringue and a cappuccino for R50.00

FRIDAY DINNER- R105

OPTION 1

Fried fish and calamari served with fries, tartar sauce and lemon wedge

OPTION 2

Grilled sirloin served with fries and seasonal vegetables

SUNDAY LUNCH - R195

MAIN MEAL

Roasted pork fillet served with green beans, cherry tomatoes, apple sauce and roasted potatoes

DESSERT

Wild berry, panna cotta and jelly

WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Mac and cheese served with vegetables

TUESDAY

Vegetable bake served with a Greek salad

WEDNESDAY

Vegetable stir fry filled pancakes served with a Greek salad

THURSDAY

Vegetable stew served with white rice and sambals

FRIDAY

Vegetable burger served with fries

SATURDAY

Chick pea curry served with white rice and seasonal vegetables