

# WEEKLY EVENTS

MON 25 SEP	TUE 26 SEP	WED 27 SEP	THUR 28 SEP	FRI 29 SEP	SAT 30 SEP	SUN 01 OCT
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLANETICS ACTIVITY</b> ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
		09h00 <b>TÁI CHI (2)</b> ACTIVITY ROOM 1	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	09h15 <b>AQUA AEROBICS</b> POOL		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE ACTIVITY</b> ROOM 2	09H00 13TH & 27th <b>MOBEEWASH</b>	10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2	14h00 <b>GOLF CROQUET FISH HOEK BOWLING CLUB</b>	10h00 <b>06th &amp; 20TH CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE	10h30 <b>GARDEN CLUB MEETING HARRY GOEMANS</b>			12H00 <b>SUNDAY LUNCH BISTRO</b>
		15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h00 <b>BRIDGE ACTIVITY</b> ROOM 2	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>DINNER BISTRO</b>		21h00 <b>SA VS TONGA</b> NOORDHOEK BOKTOWN
		 <b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>	15h00 <b>MOVIE CINEMA</b> ROOM			

# GROUPS & EVENTS

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## 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

HERITAGE DAY TALK & LUNCH- 24TH

MOVIE (PRETTY WOMAN)- 28TH

GARDEN CLUB MEETING- 28TH

### OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS- 7TH & 8TH

QUIZ NIGHT- 19TH

OKTOBERFEST - TBC

# GROUPS & EVENTS

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## LIBRARY CLUB

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AS MANY OF YOU WOULD HAVE ALREADY NOTICED, OUR LIBRARY HAS GROWN QUITE RAPIDLY.

WITH ADDITIONAL SHELVING WE ARE NOW ABLE TO SHOWCASE ALL OF OUR BOOKS AS WELL AS OUR DVD COLLECTIONS.

A LIBRARY SYSTEM HAS ALSO BEEN PUT IN PLACE TO ENSURE THE SMOOTH RUNNING AND SAFETY OF OUR LIBRARY. (INSTRUCTIONS SHARED IN THE LIBRARY)

THE LIBRARY TEAM HAVE DONE A STELLAR JOB IN MAKING THE LIBRARY "COME ALIVE".

TO THE RIGHT YOU CAN SEE A 500 PIECE INTERACTIVE PUZZLE COMPLETED BY NUMEROUS RESIDENTS AND/OR GUESTS WHO TOOK A MOMENT TO ADD TO ITS COMPLETION.



THANK YOU TO ALL THE DONATIONS WE HAVE RECEIVED AND CONTINUE TO RECEIVE & THANK YOU TO ALL THE HELPING HANDS IN OUR VILLAGE LIBRARY

## GARDEN CLUB

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### GARDEN CLUB MEETING

28TH SEPTEMBER 10:30  
HARRY GOEMANS

### NOORDHOEK OPEN GARDENS

7TH & 8TH OCTOBER



For more information on these events or more information on the garden club contact Val Stockden at 2056

# WHAT'S HAPPENING?



All games will be televised, but the following fixtures are where the real focus will be.

10 September 2023	17:45	SA VS SCOTLAND
17 September 2023	15:00	SA VS ROMANIA
23 September 2023	21:00	SA VS IRELAND
01 October 2023	21:00	SA VS TONGA
14 October 2023	17:00   21:00	QUARTER FINALS
15 October 2023	17:00   21:00	QUARTER FINALS
20 October 2023	21:00	SEMI-FINAL
21 October 2023	21:00	SEMI-FINAL
27 October 2023	21:00	3 <sup>RD</sup> AND 4 <sup>TH</sup> PLACE PLAY-OFF
28 October 2023	21:00	FINAL

## MOVIE

RICHARD GERE JULIA ROBERTS



PRETTY WOMAN

28<sup>TH</sup> SEPTEMBER - 15:00  
CINEMA ROOM 1

A very successful, wealthy lawyer, Edward Lewis, hires a beautiful and unlikely prostitute, Vivian Ward (Julia Roberts), from Sunset Blvd to bring along to various business events. An attraction develops between the two, and Edward finds it harder and harder to let the infectious, kind-hearted Vivian go.

RSVP ON THE  
BOOKING SHEET -  
NOTICE BOARD

# IT'S A CELEBRATION

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

## BIRTHDAYS

**26th SEPTEMBER**

WENDY VAN DER NIET- Noordhoek  
MIKE LAMB- Lake Michelle

**27th SEPTEMBER**

SHIRLEY BOSMAN- Noordhoek

**28th SEPTEMBER**

CARRYL FROST- Noordhoek

**29th September**

DIANA JOYNER- Lake Michelle

**30th SEPTEMBER**

ROBERT DICKS -Noordhoek

## ANNIVERSARIES

**30th SEPTEMBER**

ROGER & DAWN BRYANT  
Noordhoek

**01st OCTOBER**

ROB & CORA VERLAAN  
Noordhoek

## NEW RESIDENTS

DAPHNE KEW  
APARTMENT 5



# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS - R65/R72

#### MONDAY

Spaghetti bolognese served with a green salad - R65

OR

Grilled turkey breast served with green beans and roasted vegetables - R72

#### TUESDAY

Honey and soy baked chicken breast served with white rice and roasted vegetables - R65

OR

Creamy garlic pork marsala served with white rice and vegetables - R72

#### WEDNESDAY

Beef pasta served with a garlic roll and a side salad - R65

OR

Chicken schnitzel served with roasted potatoes and seasonal vegetables - R72

#### THURSDAY

Chicken livers in brown onion sauce served with mashed potatoes and a side of vegetables - R65

OR

Sweet & sour pork meat balls served on a bed of spaghetti pasta and roasted vegetables - R72

#### FRIDAY

Roasted chicken pies served with fries and a salad - R65

OR

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

#### SATURDAY

Slow roast pork chop served with mashed potatoes and seasonal vegetables - R65

OR

Crumbed calamari served with chips, tartar sauce and a lemon wedge - R72

## THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

### MEAL PACKAGE - R1220

- 20 Meals for the month (priced at R61 per meal)
- Only applicable to Option 1 meals or Vegetarian options
- Excluding: Special functions, Sunday lunches & Friday dinners
- Including: A la carte breakfast - Full house

Additional charge: R6 for take-away containers. If you would like option 2, an additional R10 can be added for each meal

### FRIDAY DINNER - R105

#### OPTION 1

Fried hake and calamari served with chips and seasonal vegetables, tartar sauce and a lemon wedge

#### OPTION 2

Chicken schnitzel served with a baked potato, mushroom sauce and seasonal vegetables

#### OPTION 3

Pork ribs served with chips and a side of roasted vegetables

### SUNDAY LUNCH - R165

#### MAIN MEAL

Roasted rosemary and thyme lamb served with roasted potatoes, carrots and peas and a red wine gravy

#### DESSERT

Homemade cheesecake served with berry sauce

# WHAT'S ON THE MENU?

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## MENU

### THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

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## DAILY VEGETARIAN MEALS- R65

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### MONDAY

Vegetable bolognaise served with a green salad

### TUESDAY

Creamy garlic marsala served with white rice and vegetables

### WEDNESDAY

Mac and cheese served with a side of roasted vegetables

### THURSDAY

Sweet and sour vegetable stir fry served with a side salad

### FRIDAY

Vegetable pie served with chips

### SATURDAY

Summer vegetable wrap served with fries