

Dear Resident

We are geared up for our Christmas Craft Market and we have had a marvellous response. Vendors will be setting up early in the morning and the Market will be open up at 11am until 4pm

Please remember that pre-ordered lunch will be delivered to your units. However, the Boardwalk Bistro is open the whole day for breakfast, light meals and sweet treats and of course tea and coffee. This will be served in the Tea Lounge (BIG TV lounge). Please make every effort to attend and support your fellow residents and the Crafters who have wonderful items for sale. **Cash and Card accepted!** 

If you have any questions for the Town Hall Meeting to be held on Wednesday, 6 November at 3pm, please drop these off at the office by no later than Monday. 4 November close of business. We have a Full calendar for the month of November. Enjoy! Have a wonderful weekend.

Warm regards, ELV Team

Villlage staff wearing PINK in aid of Breast Cancer Awareness Month - October

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**WEEKLY MENU** 

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**UPCOMING EVENTS** 

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## WEEKLY ACTIVITIES







MONDAY 04 NOV 6.45AM WALKING GRP 9AM ART WITH STEPH

9.30 BUS TO LONGBEACH MALL 10.30AM
AQUA
AEROBICS
12PM PILATES

7PM CANASTA

TUESDAY 05 NOV 9.15AM STRETCH FOR SENIORS 2.30PM
DEMENTIA
SUPPORT GRP

3PM COLOUR-IN MANDALA

7PM EVG
DRAMATC
SOCIETY

WEDNESDAY 06 NOV RIAAN'S FRUIT VAN

6.45AM WALKING GRP 9.30AM AGELESS GRACE 9AM

10AM BIBLE STUDY 11AM TABLE TENNIS

2.30PM SCRABBLE 2.30PM
RUMMIKUB /
CHESS

3PM TOWN
HALL MEETING

THURSDAY 07 NOV

ART GROUP
9.30AM KNITTING

10.30AM LINE DANCING

10AM THE SHOE LADY

2.30PM BOOK
CLUB
DRAMATC
7PM CANASTA
SOCIETY

FRIDAY 08 NOV

6.45AM WALKING GRP 9.15AM STRETCH FOR SENIORS 11AM Remembrance Day Service

11AM TABLE TENNIS

SATURDAY 09 NOV

JOHN ADAMS FRUIT & VEG

CANASTA

1.45 PM

12.30PM SUNDAY LUNCH 6PM RUGBY SA VS SCOTLAND

SUNDAY 10 NOV

8.45AM ONLINE CHURCH

## SPECIAL CELEBRATIONS

Happy Birthday!

**7 November** Peter Heyneke H76

Happy Anniversary

No Anniversaries

New Residents

A335 Estelle Perring

H24 Jen McElwee



### WEEK 2: 04/11/2024 - 10/11/2024

DATE	OPTION 1 – R80	OPTION 2 – R65		VEGETARIAN – R60
Monday, 04 Nov	Basil Pesto Chicken Penne Pasta with Chunky salad	Shepards Pie with salad and Sweet Carrots		Spinach, Feta and Mozzarella pie with salad & sweet carrots
Tuesday, 05 Nov	Smokey BBQ Beef & Mozzarella, Tramezzini with potato wedges and salad	Curried Chicken filled Roti Sambal and veg		Curried Vegetable Filled Roti with Sambal and veg
Wednesday, 06 Nov	Feta and Mozzarella stuffed Chicken fillet with pasta and sweet corn salad	Pork Schnitzel with Mushroom sauce with pasta and sweet corn Salad		Plant Based Schnitzel with mushroom sauce with pasta & sweet corn Salad
Thursday, 07 Nov	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese egg noodles		Vegetable Chow Mein with chickpeas and egg noodles
Friday, 08 Nov	Fish & Chips with salad & Tartare Sauce Butternut, P		eppadew and Cheddar Quiche with salad	
Saturday, 09 Nov	Double Hotdog, Tomato Relish with chips & Salad		Vegan Hotdog Tomato Relish with chips & Salad	
Sunday,	Roasted Pork Belly, Roasted Sweet Potato seasonal			
10 Nov	vegetables and Cranberry Sauce			Dessert
R115	OR Grilled Chicken leg quarter, Roasted sweet potato and veg OR Veg option: Grilled butternut filled with creamy spinach and sweet potato			Fruit Salad and Chantilly cream

Daily Meal orders by 14h00, previous day
Sunday orders close Friday at 14h00
Same day meal cancellations by 9h00
Use the pre-paid account system or pay via Debit or With Credit card.
No cash payments accepted



## Dinan's Fruit Van



Fresh Fruit & Veg every Wednesday from 8.30am



Cash or Card payments accepted



## SAT 16TH NOVEMBER

5.30PM · LIFESTYLE CENTRE

LAST QUIZ NIGHT FOR 2024

TEAMS OF 4-6 PEOPLE

Bring Own Snacks & Drinks

Donations for Prizezs appreciated

Entrance is Free

BOOK WITH RECEPTION

# Te Tendentle Companions

Wednesday, 13 November '24
@ 3pm Lifestyle Centre
Donation required R20p/p
RSVP & pay at Reception





The Vaudeville Companions are a spirited, active and talented group of volunteer entertainers, (mostly, "of a certain age"). The Group consists of singers, costumed dancers, musicians, and story-tellers. Backed by a dedicated support team of choreographers, sound technicians, stage managers, show schedulers and organizers. They present a Cabaret-style, one-hour variety show for seniors and the disabled throughout the Cape Metropole area.

**Book EARLY to avoid disappointment** 



## 2024 SPRINGBOKS FIXTURES

### A.K.A. "The Important Braai Dates"

Saturday 22 June: Springboks vs Wales (Twickenham, London)

Saturday 6 July: Springboks vs Ireland (Loftus Versfeld, Pretoria)

Saturday 13 July: Springboks vs Ireland (Hollywoodbets Kings Park, Durban)

Saturday 20 July: Springboks vs Portugal (Toyota Stadium, Bloemfontein)

Saturday 10 August: Australia vs Springboks (Suncorp Stadium, Brisbane)

Saturday 17 August: Australia vs Springboks (Optus Stadium, Perth)

Saturday 3 I August: Springboks vs New Zealand (Emirates Airline Park, Jhb)

Saturday 7 September: Springboks vs New Zealand (DHL Stadium, Cape Town)

Saturday 21 September: Argentina vs Springboks (venue TBC)

Saturday 28 September: Springboks vs Argentina (Mbombela Stadium, Nelspruit)

Sunday 10 November: Scotland vs Springboks (Murrayfield, Edinburgh)

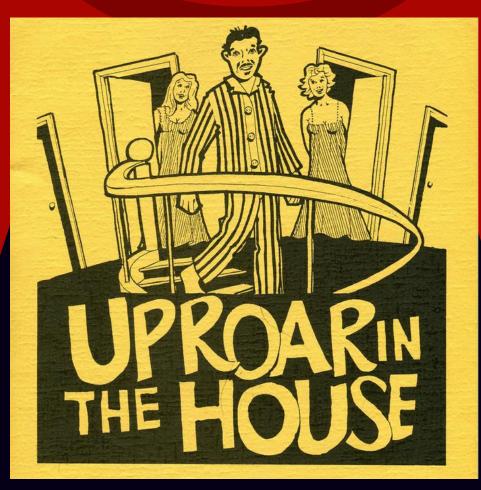
Saturday 16 November: England vs Springboks (Twickenham, London)

Saturday 23 November: Wales vs Springboks (Principality Stadium, Cardiff)





### EVERGREEN DRAMATIC SOCIETY PRESENTS



DIRECTED BY BARRIE HOWARD

SATURDAY,7TH DECEMBER SUNDAY, 8TH DECEMBER SHOW STARTS AT 2.30PM LIFESTYLE CENTRE R20 P/P

## LIMITED TO 40 SEATS PER SHOW BOOK YOUR SEAT WITH RECEPTION BY THURSDAY, 5TH OF DECEMBER

#### British comedy, Uproar in the House.

Nigel Pitt, a prudish twit who is also a fledgling politician, has been set up with a fake wife and household staff in a scheme to sell a country house. When the clients arrive before expected, the resulting dialogue is a series of charming lies, followed by attempts to extricate each other from successive lies.