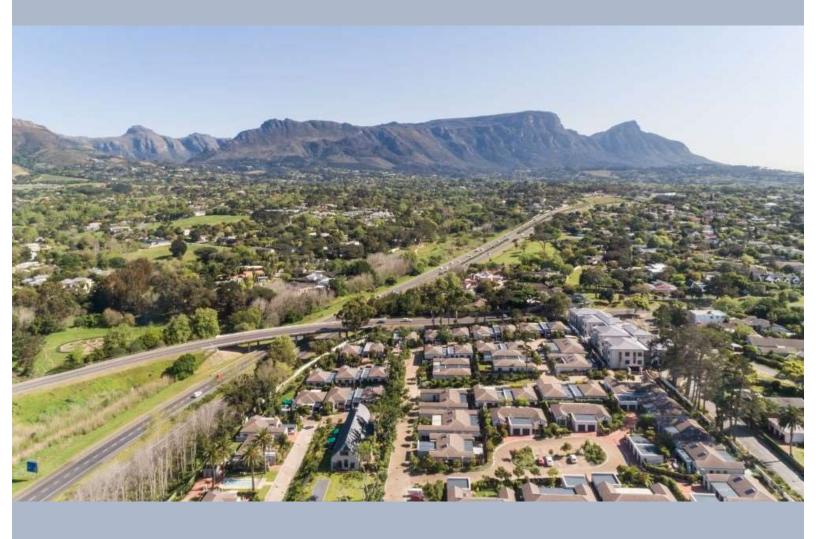
# What's Happening this week...

#### 17<sup>th</sup> April 2023 – 23<sup>rd</sup> April 2023





#### Monday 17<sup>th</sup> April 2023

11:30am Anti-Aging 2pm-Canasta

#### Tuesday 18<sup>th</sup> April 2023

7pm music evening 2pm Scrabble

#### Wednesday 19th April 2023

11am Anti-Aging

#### Thursday 20<sup>th</sup> April 2023

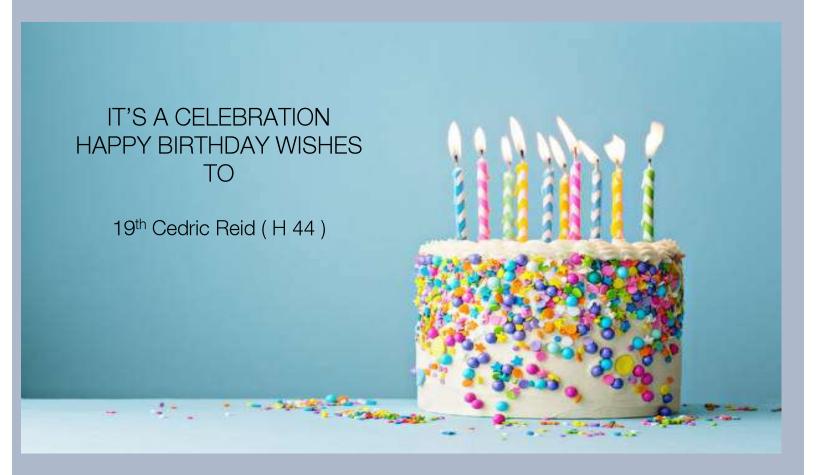
11am Brain Health Talk 2pm Art Class

#### Friday 21<sup>st</sup> April 2023

#### Saturday 22<sup>nd</sup> April 2023

7pm Canasta Night

#### Sunday 23<sup>rd</sup> April 2023



#### BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

**Social Dinner** is hosted every Wednesday evening at 6.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.

## MUSIC EVENING

#### PROGRAMME

Max Bruch : Violin Concerto No.1

Elb Philharmonie Conductor: Manfred Honeck Soloist: Marika Duenas

Saint Saens: Symphony No.3 - "Organ"

Orches de la Suisse Romande Conductor: Fabio Luisi Soloist: Guy Bovei

For more information, please contact Jill Dower on Ext 3032 or Ursula Athiros on EXT 33109 Kindly book with Reception on EXT 3200 by Friday, 14 April.



date: Time: Venue: Tuesday, 18 April 7pm Lounge





#### How to Look After Your Brain Health in Your Senior Years

Getting old is inevitable, but no one wants to see their memory, mental agility, and performance decline. The good news is that as researchers continue to study how the brain functions, they learn more about the things we can do to improve its health.

In fact, researchers are showing that many of the lifestyle choices we make influence how our brains will age – for better or for worse.

Join us in this one-hour presentation, where we'll look at metabolic health and energy production and the important role this plays when it comes to the brain.

We'll then look at seven simple strategies you can adopt to look after your brain and your health.

Speaker: Desiree Pule, Certified Health Coach.

Date: 20th April 2023 Time: 11h00 Book with reception ext 3200



### FRIDAY, 28<sup>th</sup> April 6pm



Join us for our popular social event Friday, 28 April from 6pm. Please book at reception on EXT 3200 for catering purposes or to buy a book of tickets for R100.



## RESIDENTS WALK

28 April 2023 09h00 - 11h00

Join us for our monthly Resident walk.

> 5km and 7km route map available at Reception

#### **BRUNCH OFFERING**

Breakfast Croissant filled with Bacon and Scrambled Egg Includes a Glass of Bubbles Book at the Bistro 0200

> **R70** For more information contact Myrle on 3053 by the 24th April 2023

info@evergreenlifestyle.co.za

www.evergreenlifestyle.co.za () /evergreenlifestyle O @Evergreen\_LV

B