

What's Happening

Next Week

5 April 2021 – 9 April 2021



Social Activities:

Monday 05 April 2021

Easter Monday

10am Art Classes
10am Knit & Natter
5pm Snooker / Pool



Tuesday 06 April 2021

2.30pm Scrabble
5pm Snooker / Pool

Wednesday 07 April 2021

National Walking Day

10am Art Class
5pm Social Dinner



Thursday 08 April 2021

3.00pm Petanque



Friday 09 April 2021

9am Beginners Line Dancing
10am Line Dancing
12:30pm Fish & Chips Lunch



17:00

Re-opening

Sunday 11 April 2021

National Pet Day





NATIONAL WALKING DAY

7 April 2021

NATIONAL WALKING DAY

The first Wednesday in April is National Walking Day and it encourages people of all ages to get out and stretch their legs and get their hearts pumping. This day is to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, take a 30-minute walk.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes
- Take a friend to pass the time
- Make sure to stretch those muscles
- Drink plenty of water
- Move your arms, too
- Make sure you have good posture

Take thirty minutes out of your day to go for a walk. Find a trail near you or walk around your neighbourhood. Take your canine pals with you, too. They need the cardiovascular workout, too!

We encourage all Residents to take a walk in their Village and send us some fun photos of your walk.



NATIONAL PET DAY

11 April 2021

NATIONAL PET DAY

National Pet Day on April 11th dedicates the day to those pets who may not always get the companionship and attention pets deserve. While loving our pets is something, we do every day, the observance encourages helping out orphaned pet companions. It will improve their health and enhance their opportunities for adoption.

Sometimes their human companions aren't well. Making sure their forever furry friends are receiving the best of care will help relieve stress and worry.

National Pet Day is an excellent time to do a few checks for your pets. Go through your forever family member's toys. Throw away any items that are no longer safe.

Maintain your pet-friendly home. Keep cords and toxins secure from your four-legged friends. This includes phone chargers. Verify when vaccinations are due and schedule an appointment to update if they are due.

Check collars to ensure tags are secure and numbers are current. We sometimes forget to update this information when we move or change numbers.

HOW TO OBSERVE – National Pet Day

Take supplies to those pets in shelters. Help a friend with pets who is recovering from an illness. Adopt a pet. Give your pets extra love with a **bath and rub down**.

EVERGREEN BROADACRES

WHAT'S COOKING


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5 – 9 April 2021

Date	MENU
Monday 05 April	Closed for Public Holiday
Tuesday Lunch 06 April	Pork Stir-fry, fried rice, carrot and pineapple salad *
Wednesday Lunch 07 April	Chicken lasagne with roast pepper and feta salad *
Thursday Lunch 08 April	Thai beef curry in coconut milk, basmati rice and pawpaw sambal *
Friday Lunch 09 April	Crisp battered or grilled hake and chips, served with and tartar sauce, sweetcorn and tomato salad Garden salad per table Bistro R70.00 Home delivery R77.00


**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

Meals eaten or collected at Bistro R55.00,
if delivered R62.00 or otherwise specified

The R7.00 surcharge covers all packaging

Please book your lunch by 16:00 for the next day.

See you there!



EVERGREEN BROADACRES

WHAT'S COOKING



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Wednesday 07th April Social Dinner R85

Chef's salad platter on the table

Main Course

Roast rolled turkey with apple cider and thyme gravy
Roast potatoes
Roast pumpkin
with cinnamon and Maple syrup

Or

Pork schnitzel with mushroom sauce
Parsley mash potatoes
Grilled baby marrow with lemon and garlic

Dessert – R35

White and dark chocolate mousse with berry compote