



What's Happening this week....

10 May – 16 May 2021

Social Activities:

Monday 10 May 2021

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

Tuesday 11 May 2021

9am Therapeutic Exercise Classes
2.30pm Scrabble
5pm Snooker / Pool
Waterhole

Wednesday 12 May 2021

10am Art Class
5pm Social Dinner

Thursday 13 May 2021

National Apple Pie day

2pm Bridge
3pm Petanque
6pm Movie Night



Friday 14 May 2021

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
12.30pm Fish & Chips Lunch
Waterhole

Sunday 16 May 2021

National do something good
For your neighbor



NATIONAL APPLE PIE DAY

13 May 2021

NATIONAL APPLE PIE DAY

National Apple Pie Day, America's favourite dessert, is celebrated annually on May 13th.

The first apple pie recipe printed was in England in 1381. The list of ingredients included *good* apples, *good* spices, figs, raisins, pears, saffron, and cofyn (a type of pastry crust).

While the apple pie existed well before the Pilgrims landed on the eastern shores of what is now The United States, Americans wax poetic about how American apple pie is. The phrase "as American as apple pie" has been around for more than 100 years.

During the turn of the 20th century when whole toasted cereals were becoming the 'health food' fad, pie gained a bad reputation. Apple pie saved the day of sorts, being more nutritious than other pies according to some.

Teddy Roosevelt was impressed to have a taste of home when he was served an American apple pie while traveling in Africa.

Soldiers during World War II were often quoted they were fighting "for Mom and apple pie." In 1970, advertisers used the patriotic connection with a commercial jingle "Baseball, hot dogs, apple pie, and Chevrolet."

HOW TO OBSERVE – National Apple Pie Day

Share your favourite apple pie recipes. Another way to celebrate is by giving a shout out to your favourite apple pie baker.

NATIONAL DO SOMETHING GOOD FOR YOUR NEIGHBOUR DAY

16 May 2021

NATIONAL DO SOMETHING GOOD FOR YOUR NEIGHBOUR DAY

National Do Something Good For Your Neighbour Day on May 16th each year encourages individuals and organizations alike to be neighbourly to each other.

A neighbour is defined as:

- A person who lives near another.
- One's fellow human being.

Our neighbours are precious, and it is important to show them gratitude at every opportunity. This day is a reminder that we are all neighbours, and that we should treat each other with love and respect.

HOW TO OBSERVE - Do Something Good for Your Neighbour Day



Celebrate the day by displaying acts of kindness to your neighbours, friends and anyone who crosses in your path. It's simple to do. By being mindful of other's needs we become more aware of the world around us.

- Help a neighbour bring their garbage bin to the curb on garbage day.
- Offer to weed a flower bed.
- When running errands, ask if there's anything a neighbour needs.
- Invite them over for a cup of tea or coffee. Visits are always nice!
- Drop a note in the mail just letting them know you're thinking about them.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

MAY 2021

ONLY TAB BETWEEN THE COLUMNS – DO NOT HIT ENTER OR THE SPACE BAR TO CREATE SPACES.
THIS TEMPLATE IS SET UP TO PRINT IN A3.

Date	MENU
Monday Lunch 10 May	Hawaiian pork Stir-fry with fried noodles *
Tuesday Lunch 11 May	BBQ chicken pita with Avocado, roast peppers, feta and cheddar served with side salad
Wednesday Lunch 12 May	Savoury meat loaf with BBQ basting, mash and gravy, steamed broccoli and sweetcorn *
Thursday Lunch 13 May	Grilled pork chop with apple sauce, potato wedges and cream spinach *
Friday Lunch 14 May	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw, 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

***Re-heating guide, set oven to 160 deg C and warm gently for 15-20min**

See you there!



Wednesday 12 May Social Dinner R85

Cream of potato and leek soup with cheesy herb croutons

Main Course

Creamy beef rogan josh curry served with steamed rice, naan bread, cucumber and coriander sambal

Or

Butter chicken served with steamed rice, naan bread and tomato salad with raita dressing

Dessert – R40

Fruit salad and vanilla ice cream with cinnamon toffee sauce

See you there!