

What's Happening This Week....

14-20 June 2021



Social Activities:

Monday 14 June 2021

10am Art Classes
9am Water Aerobics
10am Knit & Natter
5pm Snooker / Pool Waterhole



Tuesday 15 June 2021

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

Wednesday 16 June 2021

National Fudge Day

10am Art Class
5pm Social Dinner



Thursday 17 June 2021

National Eat Your Vegetables Day

2pm Bridge
3pm Petanque

Friday 18 June 2021

National Flip Flop Day

9am Beginners Line Dancing Class
9.30am Line Dancing - Main Class
10.30am Bible Study
12.30pm Fish & Chips Lunch
5pm Waterhole

Sunday 20 June 2021

Father's Day

12.30pm Father's Day Lunch
in the clubhouse





NATIONAL EAT YOUR VEGETABLES DAY

17 JUNE 2021

NATIONAL EAT YOUR VEGETABLES DAY

National Eat Your Vegetables Day on June 17th falls in the middle of National Fresh Fruit and Vegetables Month. Today's celebration is one more opportunity to remind everyone to continue with this part of a healthy diet.

Vegetables are an essential part of a healthy lifestyle.

As part of the main meal or as a snack, vegetables can be enjoyed in a variety of ways. Of course, each vegetable has its own nutritional content. Generally, they contain a little protein or fat and varying proportions of vitamins such as Vitamin A, Vitamin K and Vitamin B6, provitamins, dietary minerals, and carbohydrates. Interestingly, they also contain a variety of other phytochemicals, some of which have antioxidant, antibacterial, antifungal, antiviral and anticarcinogenic properties. In addition, many vegetables also contain fibre, which is important for gastrointestinal function. Another benefit is the essential nutrients that vegetables contain that are necessary for healthy hair and skin.

When eating a diet consisting of the recommended amounts of fruits and vegetables, it may help lower the risk of heart diseases and type 2 diabetes. These diets may also help to decrease bone loss and protect against some cancers. In addition, the potassium provided may help prevent the formation of kidney stones.

Make sure you consume your recommended daily allowance of vegetables. What creative ways can you incorporate more vegetables into your diet? We compiled a few suggestions:

- Add veggies to your breakfast. Whether mixing spinach into your eggs or swapping out that muffin for a smoothie, you can get at least one serving in the morning.
- Skip the candy bar when you're craving a snack. Instead, have some carrots, kohlrabi, or other fresh veggies to munch on.
- Another great snack is veggie chips. They not only reduce calories and fats, but they taste great, too.
- Swap out the French fries for a side salad at lunch or supper. If you're having a baked potato, choose a sweet potato instead.

National Vegetable Day Collection

11 June to 17 June 2021



Due to the COVID-19 pandemic the need for hot meals in South Africa has increased. Help us collect fresh vegetables for our Charity Drive between the 11 to 17 of June.

All veggies collected will be donated to the Food For Life Organisation.

Drop off your veggie parcels at reception.



NATIONAL FUDGE DAY

16 JUNE 2021

NATIONAL FUDGE DAY

National Fudge Day comes around each year on June 16th, allowing you to indulge in your favourite flavour of this delicious confectionery. Some of the most familiar fudge flavours are chocolate, chocolate nut, peanut butter, maple, and maple nut.



Fudge lends itself to experimentation when it comes to flavours. Blending favourites or even a moment of inspiration will create a new delicious kind of fudge. Adding bits of candy, nuts or sprinkles can bring just the right celebratory burst of excitement to an old favourite

NATIONAL FLIP FLOP DAY

18 JUNE 2021

NATIONAL FLIP FLOP DAY

Each year on the third Friday in June, National Flip Flop Day encourages us to wear our favourite flip flops and show them off!

Thong style sandals are by no means new to footwear. They've been around for thousands of years. However, the term "flip flop" has applied to flat-soled sandals with straps between the first and second toes and across the top of the foot since the 1960s. The term also describes someone who changes their mind or an electronic component.

This day strictly recognizes the footwear that makes a flip-flopping sound as we walk, slapping the back of our feet as we head to the beach or make way for the pool. They come in all shades and colours, beaded, bejewelled, and bedazzled. Some are made of leather and cork.

The lightweight footwear is designed to protect our tender feet from the hot ground and sand. They're also easy to remove and put on quickly. Many flip flops go from the beach to semi-formal dining in an instant, too!

HOW TO OBSERVE – National Flip Flop Day

Flip Flop Day is the perfect time to go shopping for a new pair of flip flops. While you're out and about, get a manicure, so you can show off your toes in your flip flops.

EVERGREEN BROADACRES

WHAT'S COOKING



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LUNCH MENU 14 - 18 JUNE 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday 14 June	Rosemary & lemon roasted chicken breast, thyme chicken gravy, savoury rice and roast seasonal vegetables ❄️	Bacon, cheese & mushroom burger with chips and mushroom dipping sauce, cauliflower, and broccoli coleslaw
Tuesday 15 June	Fishermans pie with cheese potato crust, carrots and peas with side salad ❄️	Smoked salmon & feta quiche with baby spinach and bacon salad
Wednesday 16 June	We are closed this Public Holiday 16th June. ❄️ However, order a <i>500ml Hearty Lentil and Bean Soup</i> with Garlicky croutons and a bread roll to be delivered on Tuesday 15 th	Apologies we are closed for the Public Holiday
Thursday 17 June	Grilled pork chop with apple sauce, herb potato wedges and cream spinach ❄️	Peppered pork fillet, with leek and mushroom ragout, on potato rosti with green beans in almond butter
Friday 18 June	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw, garden salad per table Bistro R70.00 Home delivery R77.00	Mussel and seafood pot, garlic aioli, served with chips R120 Twelve grilled King prawns served with chips, lemon butter, peri-peri and garlic butter – R215 Six grilled king prawns and hake goujons served with chips and tartar sauce – R140
	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 Order to be placed by 16:00 prior day	PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD Meals only available as sit-down meal in Bistro and not available as take away. Order to be placed by 16:00 prior day



Happy Father's Day!!

Join us for a hearty lunch in celebration of the amazing fathers around the world!

Sunday, 20 June @ 12.30pm - Clubhouse

Fathers Day Lunch



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Father's Day Lunch Menu

Starter

Cream of roast chicken soup
with warm bread rolls

Salad platter per table -Spinach bacon and feta with herb croutons

Main course

Roast Pork Belly with apple sauce
and Thyme jus

Slow braised beef in milk stout,
butter beans and herb dumplings
Roast potatoes

Roast pumpkin with cinnamon, ginger, and maple syrup
Buttered sweetcorn and charred peppers

Creamy wild mushroom pasta

Plated Dessert

Cookies and cream cheesecake
with choc Oreo cookie crumb,
Served on dark chocolate Ganache with
vanilla ice cream and salted caramel

Residents: R145 pp

Visitors: R165pp

Children under 12: R125pp

***Book by Tuesday 15 June 2021 at 17:00
with Tshwanelo at Reception on EXT 1200***

See you there!