

What's Happening this week....

6 September - 10 September 2021



Social Activities:

Monday 30 August 2021

9am Therapeutic Water Aerobics
10am Art Classes
10am Knit & Natter
12:30pm Duplicate Bridge
5pm Snooker / Pool
Waterhole

Tuesday 31 August 2021

9am Therapeutic Exercise Classes
2.30pm Scrabble
2.20pm Embroidery Class
5pm Ladies Pool



Wednesday 1 September 2021

10am Art Class
5pm Social Dinner

Thursday 2 September 2021

2pm Bridge
3pm Petanque
6pm Movie Night

Friday 3 September 2021

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
12pm – Fish and chips
5pm Waterhole



NATIONAL TEDDY BEAR DAY

9 September 2021

NATIONAL TEDDY BEAR DAY

On September 9th, National Teddy Bear Day honours the history of one of childhood's favourite toys. We have all had a special cuddly teddy as a child. Some of us still have our teddy bear from our childhood. No matter what kind of teddy bear you had, the day is a perfect time to celebrate your childhood friend!

In 1902, American President Theodore Roosevelt refused to shoot a bear cub while hunting in Mississippi. The incident made national news. Clifford Berryman published a cartoon of the event in the Washington Post on November 16th, 1902, and the caricature became an instant classic.

The Berryman cartoon of Teddy Roosevelt and the cub inspired New York store owner Morris Michtom. He created a new toy and even had a name in mind. Michtom wrote President Roosevelt to ask permission to name the new toy a "Teddy Bear."

A teddy bear does not depend on mechanics to give him the semblance of life. He is loved - and therefore, he lives. ~ Pam Brown

HOW TO OBSERVE - National Teddy Bear Day

Share some of your favourite Teddy Bear characters from a time gone by. Are they recent interpretations of the lovable creature? Or do you have an affinity for the classic Teddy Bear? Other ways to celebrate include:

- Giving a Teddy Bear to someone you love.
- Donate Teddy Bears to a local organization for children.



NATIONAL GRANDPARENTS DAY

12 September 2021

National Grandparents Day honours the love only grandparents can provide.

Grandparents and their grandchildren share a special bond. These hugging, caring and patient people in the lives of children offer more than a generous dose of love. Grandparents provide an abundance of wisdom. They also offer guidance and stability. When grandchildren need a story, grandparents tell the best. A grandparent's wealth of family history and lore offers lessons of their own. Through humorous stories and some serious ones, grandparents gently point grandchildren in the right direction.

The forget-me-not is the official flower for National Grandparents Day.

As the number of grandparents grows from 65 million in 2011 to 80 million in 2020, expect the observance to increase in significance, too.

HOW TO OBSERVE – National Grandparents Day

While we have our grandparents in our lives, it is important to cherish them. Spend time with your grandparents. Learn about their life and ask questions to keep the stories coming. Do the things they enjoy doing. Sometimes, they only want to spend time with you.

Pick up the phone! Surprise your grandparents with a much-awaited phone conversation. Take your grandparents on an adventure. Plan a day doing their favorite things – one of which is probably spending time with you. Write a letter to your grandparents. Share with them the things you've been doing. They will read your letter over and over. Help them out. Clean out a flower bed. Take out the trash. Mow the lawn. Paint a room. Fix the internet. Run an errand. The list goes on. Take a photo. Sometimes we forget to capture moments with the people we love the most. Take a photo with your grandparent and make sure they get a copy. Speaking of photos, spend some time looking through old photos with your grandparents. Ask them questions about the people in them and record the information. Adopt a grandparent. As surprising as it may seem, there are some of our older generations who have no grandchildren. However, they still have love and wisdom to share. If you no longer have living grandparents, share a fond memory of them. Remember something each of them taught you or one of the fun things you used to do. You can also write down your memories to share with future generations.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

6-10 September 2021

| Date | Standard Menu – R55.00 | Premium Menu – R65.00 |
|---------------------------------|--|--|
| Monday Lunch 06 September | Chicken schnitzel with new parsley potatoes, roast butternut and mushroom sauce ★ | Hawaiian chicken kebab, served on fried rice with vegetable stir-fry and pawpaw salsa |
| Tuesday Lunch 07 September | Braised beef and mushroom pie served with carrots and peas ★ | Salmon and avocado pasta salad with feta and herb bruschetta |
| Wednesday Lunch 08 September | Peppered pork fillet with grilled apple, cranberry and thyme sauce and roasted sweet potatoes ★ | Bacon, mushroom and cheese burger, served with crisp onion rings, French fries and BBQ dipping sauce |
| Thursday Lunch 09 September | Cottage pie with cheesy herb potato crust, served with seasonal steamed vegetables | Vegetable strudle with basil pesto, feta and parmesan, served on tomato and basil coulis with rocket salad |
| Friday Lunch 10 September | Crisp battered or grilled hake and chips, served with tartar sauce, carrot & pine salad, garden salad Bistro R70.00 Home delivery R77.00 | Battered hake and six prawns served with chips and tartar sauce Bistro R120 |

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.
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**Meals only available as sit-down meal in
Bistro and not available as take away.**

Order to be placed by 16:00 prior day

EVERGREEN BROADACRES

WHAT'S COOKING

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lifestyle
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**Please book at Reception EXT 1200
only between 08:00 and 17:00.
Please book by 17:00 on Monday.**

Wednesday 01 September Social Dinner R85

Roasted Mediterranean vegetable salad in balsamic and honey dressing with toasted pumpkin seeds and feta

Main Course

Crumbed tenderized steak with tree cheese sauce, sauté potatoes and minted peas

Or

Portuguese chicken peri-peri with cream peri-peri, lemon and herb potato wedges and roasted corn & tomato salad

Dessert R40

Chocolate and vanilla Ice cream slice with salted caramel popcorn

See you there!