

# What's Happening this week....

13 September - 17 September 2021



# Social Activities:

## Monday 13 September 2021

9am Therapeutic Water Aerobics  
10am Art Classes  
10am Knit & Natter  
1pm Duplicate Bridge  
5pm Snooker / Pool  
Waterhole



## Tuesday 14 September 2021

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

## Wednesday 15 September 2021

10am Art Class  
5:30pm Social Dinner

## Thursday 16 September 2021

2pm Bridge  
3pm Petanque  
6pm Movie Night



## Friday 17 September 2021

9am Beginners Line Dancing Class  
9.30am Line Dancing - Main Class  
10.30am Bible Study  
12pm - Fish and chips  
2:30pm - Bingo  
5pm Waterhole





# SEPTEMBER 2021 PHOTOGRAPHIC COMPETITION

## *Companionship*

EVERGREEN LIFESTYLE PHOTOGRAPHIC COMPETITION SEPTEMBER 2021

### COMPANIONSHIP

A **companion** is a person who frequently spends time with you, associates with you, or accompanies you when you go places. **Companionship** is similar to friendship, and a person one calls a **companion** is usually their friend or romantic partner. But the word **companionship** specifically implies that a lot of time is spent in each other's company.

The word commonly applies to relationships between people, but **PETS** can also provide companionship.

Having a companion in life, whether they are a relative, friend or carer, helps keep the mind active and prevent social isolation. Someone there to engage in conversation with, even if it's for a few moments, encourages mental stimulation and positive thoughts, as well as reminisce memories.

**Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation. – Oscar Wilde**

<https://erickimphotography.com/blog/how-to-capture-emotion-in-your-photos/>

#### THIS MONTH'S THEME IS COMPANIONSHIP

The two most important rules are that it must be your own photos, and you can only submit one photograph per month. Please submit entries by latest midnight on the 30<sup>th</sup> of September 2021. With every entry, please **include your name, village, and a caption.**

Please send your entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

Winners will be announced in December 2021.

Happy snapping!  
The Evergreen team

EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
lifestyle  
broadacres

13 - 17 September 2021

## LUNCH MENU

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday 13 September	Hawaiian pork stir-fry with fried rice and Asian red cabbage coleslaw ★	Creamy beef and mushroom stroganoff with nutty almond rice, and green beans
Tuesday 14 September	Grilled chicken breast on parsley mash, thyme infused gravy and grilled seasonal vegetables ★	Pulled pork wrap with coleslaw and chips
Wednesday 15 September	Hungarian Goulash served with buttered pasta and cinnamon glazed carrots ★	Salmon pasta broccoli bake with side salad
Thursday 16 September	Ham, mushroom and spring onion quiche with potato salad	Spinach and feta strudel with roast tomatoes, basil cream sauce
Friday 17 September	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw, garden salad  Bistro R70.00 Home delivery R77.00	Battered hake and six prawns served with chips and tartar sauce Bistro R120 Mussel pot in cream cider sauce with chips R105

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.**

**PLEASE PAY BY ACCOUNT or 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 ACCOUNT or 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



EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
lifestyle  
broadacres

Wednesday 15 September Social Dinner R75

*Vichyssoise*  
*Cold potato and leek soup*  
*topped with chive crème fraiche and herb croutons*

\*\*\*\*

### **Main Course**

Toad in the Hole... Pork bangers in Yorkshire pudding batter  
with creamed mashed potatoes,  
rich gravy and peas

Or

Chicken and apricot curry in coconut milk (mild)  
served with steamed basmati rice and tomato sambal

\*\*\*\*\*

### **Dessert R45**

Summer pudding,  
pressed assorted berries  
in a bread lining with  
cinnamon crème anglaise



EVERGREEN BROADACRES

# WHAT'S COOKING



EVERGREEN  
lifestyle  
broadacres

**Wednesday 22 September Social Dinner R95**  
**Heritage theme**

***On the table platters***

Butternut, biltong and feta salad with orange dressing  
Mini vetkoek with apricot jam

\*\*\*\*\*

***Main Course***

Lamb green bean bredie  
served with steamed rice  
and pumpkin fritters


Or

Chicken pie with gravy,  
peas and carrots

\*\*\*\*\*

***Dessert R40***

Lemon meringue pie  
served with ice cream



EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
lifestyle  
broadacres

**Wednesday 29 September Social Dinner R75**

**Mixed summer salad platter with balsamic and honey dressing**

***Main Course***

Sweet n sour pork,  
with coconut rice and  
vegetable stir-fry

Or

Hunter's chicken casserole,  
with red wine, bacon and mushrooms,  
served with parsley baby potatoes  
and seasonal vegetables

\*\*\*\*

***Dessert R40***

Lemon fridge cheese cake  
with chocolate sauce