



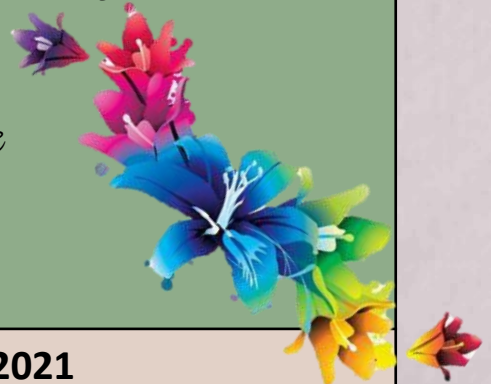
What's Happening this week...

27th September 2021 – 1st October 2021

Social Activities:

Monday 27th September 2021

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



Tuesday 28th September 2021

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



Wednesday 29th September 2021

8am Sashni Audiologist
10am Art Class
5pm Social Dinner

Thursday 30th September 2021

9am Kind 2 hearing
2pm Bridge
3pm Petanque
6pm Movie Night



Friday 1st October 2021

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

NATIONAL SCARF DAY

27 September 2021

NATIONAL SCARF DAY


On September 27, National Scarf Day recognizes the power of the scarf.

Whatever your style, a scarf is the best way to express yourself, make a statement or update your look. Let a scarf inspire your style on National Scarf Day.



HOW TO OBSERVE – National Scarf Day

Whether it's bright and bold or muted and tonal, a scarf is a great way to make your look your own. On National Scarf Day celebrate by wearing your favourite scarf proudly. Tie it at your neck; wrap it around your head; knot it onto your handbag; wear it as a top or even a belt.



OCTOBER 2021 PHOTOGRAPHIC COMPETITION

Safety

EVERGREEN LIFESTYLE PHOTOGRAPHIC COMPETITION OCTOBER 2021

SAFETY

One **emotion** we often feel without consciously knowing it is the feeling of **safety**. Feeling **safe** is not something we discuss often. For example, when a friend asks "How are you?" we rarely respond by telling them we feel **safe**. Yet if you think about it, most of us can say that we feel **safe** on a fairly regular basis.

Being **safe** leads to:

Reduced stress and fear. Longer, healthier **life**. Decreased risk of injury and sickness. Making others safer.

Keeping Safe with a camera – see link below for some tips to follow

<https://www.lifewire.com/keeping-safe-with-a-camera-493774>

THIS MONTH'S THEME IS SAFETY

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 31st of October 2021. With every entry, please *include your name, village, and a caption*.

Please send your entries to photos@evergreenlifestyle.co.za

Winners will be announced in December 2021.

Happy snapping!

The Evergreen team



EVERGREEN BROADACRES

WHAT'S COOKING

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27 September - 01 October 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 27 September	Beef Moussaka with side salad ✳	Chicken schnitzel with mushroom sauce, sauté potatoes and side salad
Tuesday Lunch 28 September	Hawaiian chicken sir fry with fried rice ✳	Salmon and feta quiche with side salad
Wednesday Lunch 29 September	Slow braised beef shin with mash potatoes, butternut and beans ✳	Bacon and cheese burger with chips, onion rings and side salad
Thursday Lunch 30 September	BBQ Roast chicken drumsticks with beetroot and pasta salad ✳	Crumbed tenderised beef steak with tree cheese sauce, sauté potatoes and grilled vegetables
Friday Lunch 01 October	Crisp battered or grilled hake and chips, served with tartar sauce, waldorf 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 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 PRE-PAID 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

See you there!



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

(Vegetarian option available on request)

Dessert R40

Lemon fridge cheese cake
with chocolate sauce

Or

Fruit and cheese plate with cheese straws
and grissini sticks

All reservations must be made with Reception on Ext 1200.
Bookings must be confirmed by not later than 16:00 on Monday.

Please pay for your meal either by account or credit card.
Unfortunately, NO LATE BOOKINGS will be accepted.

No-shows or last-minute cancellations will unfortunately have to be charged to your account.

See you there!