

What's Happening this week...

1st November 2021 – 7th November 2021



Social Activities:

Monday 1st November 2021

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

Tuesday 2nd November 2021

9am Therapeutic Exercise Classes
2.30pm Scrabble
5pm Ladies Pool + Waterhole

Wednesday 3rd November 2021

10am Art Class
5:30pm Social Dinner

Thursday 4th November 2021

2pm Bridge
3pm Petanque
6pm Movie Night

Friday 5th November 2021

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

Saturday 6th November 2021

9.30am Alzheimer's disease talk

NATIONAL SANDWICH DAY

3 November 2021

NATIONAL SANDWICH DAY

Observed annually on **November 3rd**, National Sandwich Day is one of our favorite holidays. The sandwich is believed to be the namesake of John Montagu, the 4th Earl of Sandwich, following the claim that he invented the first ever sandwich. As one of America's most popular lunch items, this day gives us a great reason to enjoy a sandwich.

A sandwich is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein bread serves as a container or wrapper for another food type. The sandwich began as a portable finger food in the Western world, though over time it has become prevalent worldwide.

ALZHEIMER'S DISEASE

A presentation on Alzheimer's Disease in the
Evergreen clubhouse

Saturday 6 November
09.30 for 10.00

Debbie Beech

BA Social Work (Stellenbosch)

BA Hons. Psychology (RAU)

Ex Regional Manager of Alzheimer's SA

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

01-05 November 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 01 November	Closed due to Public Holiday and Voting	
Tuesday Lunch 02 November	Chicken and spinach lasagne with roast vegetable salad *	Chicken schnitzel with cheese sauce, buttered pasta and seasonal vegetables
Wednesday Lunch 03 November	Sweet n sour pork with fried rice and veg stir fry *	BBQ grilled pork chop with apple sauce and baked potato, served with coleslaw
Thursday Lunch 04 November	Meatloaf with parsley mash and gravy, roast butternut, and sweet potato *	Salmon pasta in cream tomato and basil sauce with side salad
Friday Lunch 05 November	Crisp battered or grilled hake and chips, served with tartar sauce, beet and apple salad and 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 cider cream sauce, served with chips 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

See you there!



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

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03 November 2021 – R85

Roast Mediterranean vegetable salad in balsamic and honey dressing with herb crostini

Main Course

Steak n kidney pie with parsley mash and seasonal vegetables

Or

Chicken Kiev with potato bake, cheese sauce and seasonal vegetables

Vegetarian Option on request – R70

Dessert – R45

Honey and whiskey clouds, sugar baked phyllo layered with honey whisky cream on wild berry coulis

See you there!