

What's Happening this week...

8th November 2021 – 12th November 2021



Social Activities:

Monday 8th November 2021

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



Tuesday 9th November 2021

9am Therapeutic Exercise Classes
2.30pm Scrabble
2:30pm Embroidery
5pm Ladies Pool & Waterhole

Wednesday 10th November 2021



9am Kind to Hearing
10am Wellness Day
10am Art Class
5:30pm Social Dinner
100 Club Draw

Thursday 11th November 2021

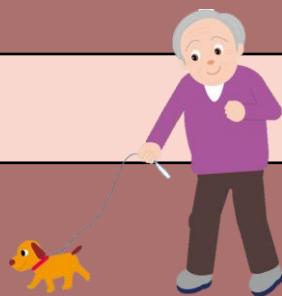
Remembrance Day

10am Visual Music – House 81
3pm Petanque
6pm Movie Night



Friday 12th November 2021

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10am Visual Music – House 81
10.30am Bible Study
12pm Fish and Chips
5pm Waterhole



Saturday 13th November 2021

4:30pm Evergreen Fun Walk

Sunday 14th November 2021

12pm Remembrance Day Lunch

NATIONAL CAPPUCCINO DAY

8 November 2021

NATIONAL CAPPUCCINO DAY

National Cappuccino Day on November 8th whips up a frothy, hot cup of cappuccino. It's a perfect drink on a frosty morning, meeting with friends or just to enjoy a creamy cuppa after dinner alongside a rich dessert. It's amazing that these simple ingredients can make us so happy!

Traditionally prepared with espresso, hot milk, and steamed milk foam, a cappuccino is an Italian coffee drink.

The word cappuccino comes from the Capuchin friars and is the diminutive form of *cappuccio* in Italian, meaning hood or something that covers the head. This popular coffee beverage got its name not from the hood on their habits but from the color of the hooded robes that the friars wore. (The Capuchin friars is an Order of friars in the Catholic Church, among the chief offshoots of the Franciscans



ALZHEIMER'S DISEASE

A presentation on Alzheimer's Disease in the
Evergreen clubhouse

Saturday 6 November 2021
09.30 for 10.00

Debbie Beech

BA Social Work (Stellenbosch)
BA Hons. Psychology (RAU)

Ex Regional Manager of Alzheimer's SA



REMEMBRANCE DAY

Remembrance Day is a Memorial Day observed in Commonwealth member states since the end of the First World War to remember the members of their armed forces who have died in the line of duty.

Following a tradition inaugurated by King George V in 1919, the day is also marked by war remembrances in many non-Commonwealth countries.

Remembrance Day is observed on 11 November in most countries to recall the end of hostilities of First World War on that date in 1918. Hostilities formally ended "at the 11th hour of the 11th day of the 11th month", in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning.

The First World War officially ended with the signing of the Treaty of Versailles on 28 June 1919.

WORLD KINDNESS DAY

13 November 2021

WORLD KINDNESS DAY

On November 13th, as part of World Kindness Day, we are encouraged to spread kindness like an infectious cold. We want to share it more than usual because studies show when others observe kindness in action, they are more likely to carry out an act of kindness, too.

So, imagine if you head out for the day and your neighbour's garbage can has tipped over. Instead of ignoring it and letting the wind make a mess, you pick it up and return it to the corner. Three other neighbours notice and give you a smile and a nod on their way to work.

One of those neighbours notices a stranded driver on the side of the road on his commute to work. He remembers your thoughtfulness and offers assistance to the stranded driver. Several passers-by take notice.

At a business office, a woman struggles with a paper jam. She's had a horrible day. The customer has been waiting, but she remembers the stranded driver she passed earlier in the day. The customer lets the office worker know to take her time. Everyone has a bad day

We each have the potential to improve each other's' lives through understanding and kindness. Whether it's a friend, family member, co-worker or stranger, our ability to show our humanity should have no limit.

HOW TO OBSERVE – World Kindness Day

On World Kindness Day, let your compassion shine brightly. Get caught showing as much kindness as possible, too.



HOWARD SHOES

SALE !

clothes and accessories.

DATE : 15 NOVEMBER

VENUE: CLUB HOUSE

TIME: 10H00



Date: 13th of November 2021

Time: 16:30

Cost: R50 (or more) to cover costs & payable by everyone attending whether you are a walker, helper or spectator.

Indemnity forms: To be completed, signed & returned to Ernie (Unit 80) or Norma (Unit 111) or Brenda (Acacia 1) by everyone attending.

Food & Beverage: Bottled Water, champagne as well as a boere roll & ice cream will be available to everyone.

Start: at the entrance to the Frail Care.

Distances: There are 4 different distances for you to choose to walk or crawl.

800m

1.8km

3.6km

5.4km

Residents walking with their dogs are to bring pooh bags.

**For more information, contact Ernie (Ext 1080),
Norma (Ext 1111) or Brenda (Ext 11001).**



WELLNESS DAY

Time: 10h00 - 12h00

Date: Wednesday, 10 November 2021

IN CONJUNCTION WITH:



Evergreen Lifestyle Village | 43 Frederick Rd | Broadacres

HIRSCH'S

HIRSCHS will be at the wellness day to introduce a special Village discount offer

08 - 12 November 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 08 November	Ham, mushroom and spring onion quiche with potato salad	BBQ grilled pork chop with fried onions and blue cheese sauce, baked potato, served with coleslaw
Tuesday Lunch 09 November	Cottage pie with herb cheese potato crust, gem quash and buttered peas *	Asian beef stir-fry with fried noodles and vegetable stirfry
Wednesday Lunch 10 November	BBQ Grilled chicken breast with potato wedges, tomato and onion gravy, carrot and pineapple salad *	Chicken schnitzel with cheese sauce, buttered pasta and seasonal vegetables
Thursday Lunch 11 November	Beef and mushroom stroganoff with steamed rice and seasonal vegetables *	Cold meats and salads (potato, carrot and pineapple and beetroot), served with continental roll
Friday Lunch 12 November	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw 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 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!

10 November 2021 – R75

On the table

Melon and mint salad topped with feta cheese

Main Course

Pork stroganoff
with parsley potatoes
and glazed carrots

Or


Chicken fillet in tomato and basil cream sauce,
served with buttered tagliatelle and peas

Vegetarian Option on request – R70

Dessert – R40

Eaton mess,
meringues, cream, and berries
served with ice cream

See you there!



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

Sunday Lunch – 14 November 2021

R150.00 per residents / R165.00 per outside visitor / R125.00 per child under 12

On the table

Platter of chicken liver pate,
French bread, red onion marmalade
and salad caprese

Main Course

Deboned roast leg of lamb
with mint jelly and rosemary and honey jus
Soy, honey, and chili spiced chicken wings
Potato and bake with mushroom and bacon
Green beans with braised onions
Cheesy butternut and pecan pasta

Dessert

Cold citrus cheesecake
with seasonal berry compote and chocolate sauce
Vanilla Ice cream with salted caramel
Fresh fruit platter

**Booking to be made with Bistro on Ext 1209
by 16:00 on Wednesday 10 Nov 2021**

See you there!