

What's Happening this week...

15th November 2021 – 19th November 2021



Social Activities:

Monday 15th October 2021

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

SALE

Tuesday 16th October 2021

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

Wednesday 17th October 2021

National Take a Hike Day

- 10am Art Class
- 2.30pm Christian Fellowship – House 69
- 5:30pm Social Dinner



Thursday 18th October 2021

- 2pm Bridge
- 3pm Petanque
- 6pm Movie Night

Friday 19th October 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



NATIONAL TAKE A HIKE DAY

17 November 2021

NATIONAL TAKE A HIKE DAY

Grab your boots, trail mix, and some water because on November 17, it's National Take a Hike Day! This annual event gets you outside for scenery and exercise by tackling America's 60,000 miles of trails. It's also a great way to get that heart pumping while you breathe in pristine air.

HISTORY OF NATIONAL TAKE A HIKE DAY

Hiking, while a major part of our culture today, wasn't always the ubiquitous weekend warrior activity is today. Before Walden, Thoreau, and John Muir there was Romantic and Transcendentalism movement, art and cultural shifts to the natural order and time spent being outside. A reaction to the Industrial Revolution, train schedules, 90 hour work weeks and more.

The idea of taking a hike turned romantic and peaceful

Since the 1800s, hiking has steadily built into the hobby that it is today. This is especially true in the early 1900s to mid-century, as technological innovations allowed us to push ourselves farther and accomplish more in the fields of mountaineering and hiking than previously thought.

Furthermore, the popularity of rock climbing helped propel hiking deeper into the cultural vernacular as most climbing areas require a small hike to reach. Hiking is, really, a gateway drug to other, stronger versions of outdoorsman ship. Skiing, rock climbing, and canyoneering are all just things to do along the trail.

Hiking in your area:

- Constantia – The Alphen Trail – Alphen Drive
- Silvermine – The Waterfall Walk
- Kalk Bay Boyes Drive – Echo Valley Walk
- Paarl Mountain Nature Reserve – Klipkers Circular Hike
- Gauteng – Hennops Hiking Trail

More info on Hiking routes go to – SA-Venues.com

NATIONAL GINGERBEAD COOKIE DAY

21 November 2021

NATIONAL GINGERBREAD COOKIE DAY

National Gingerbread Cookie Day on November 21st encourages us to grab the rolling pin and cookie cutters. The baking will warm the home and decorating will inspire us to design tasty cookies while making memories!

HOW TO OBSERVE – Gingerbread Cookie Day

Invite friends to help you bake and decorate. Get the children involved and continue family traditions.

Read the story of the gingerbread man.

Host a gingerbread design contest. While everyone is decorating, be sure to provide plenty of supplies. This is still important even if you're hosting an online gingerbread design contest. You don't want your home team to run out of icing or sprinkles just for zoom team B to zoom ahead with an abundance of supplies. One way to keep your gingerbread designs moving is by setting up stations. Start with icing, followed by sprinkles, edible glitter, and decorative piping. Then set up a drying station.

Once everyone finishes, assign bragging rights to these categories:

- Most colourful
- Neatest icing and sprinkle usage
- Best use of icing
- Most original design

Everyone should enjoy a good laugh and savour their hard work with a glass of milk and a tasty cookie!

LOOK FORWARD TO SEEING YOUR PHOTOS and GINGERBREAD COOKIE ARTWORK



ELSBET CLOTHES AND HOWARD SHOES **SALE !**

clothes and accessories.

**DATE : 15 NOVEMBER
VENUE: CLUB HOUSE
TIME: 10H00**

EVERGREEN BROADACRES

WHAT'S COOKING


EVERGREEN
lifestyle
broadacres

15 - 19 November 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 15 November	Hungarian goulash finished with soured cream, parsley potatoes and glazed carrots *	Carbonara of beef with parsley potatoes and green beans
Tuesday Lunch 16 November	Roast pork fillet with apple sauce and thyme gravy, fried cabbage and mashed potatoes *	Asian Pork in spicy BBQ sauce with fried rice and bokchoi in soy
Wednesday Lunch 17 November	Feta stuffed frikkadels in tomato and basil sauce, and sautéed baby marrows *	Bacon and cheese burger with fried onion rings, chips and side salad
Thursday Lunch 18 November	Chicken Hawaiian kebab with sweet n sour sauce, fried rice and veg stir fry *	Chicken fricassee with mushrooms and peas served with steamed rice and seasonal vegetables
Friday Lunch 19 November	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas and garden salad Bistro R70.00 Home delivery R77.00	Red Thai prawn curry in coconut milk, with beans, brinjals and potato, served with basmati rice - R120 Seafood pot with corn and potato 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



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

17 November 2021 – R85

Book by 17:00 Monday

On the table

Shaved fennel and radish salad
with pickled peaches

Main Course

Chicken and mushroom pie
with mixed vegetables and parsley mash

Or

Peppered pork fillet with brandy and paprika sauce,
potato wedges and fried cauliflower

Vegetarian Option on request – R70

Dessert – R40

Crème caramel with seasonal sliced fruits

Or

Cheese Plate - R45

Sliced seasonal fruit and cheese, served with cheese straws and grissini sticks

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

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