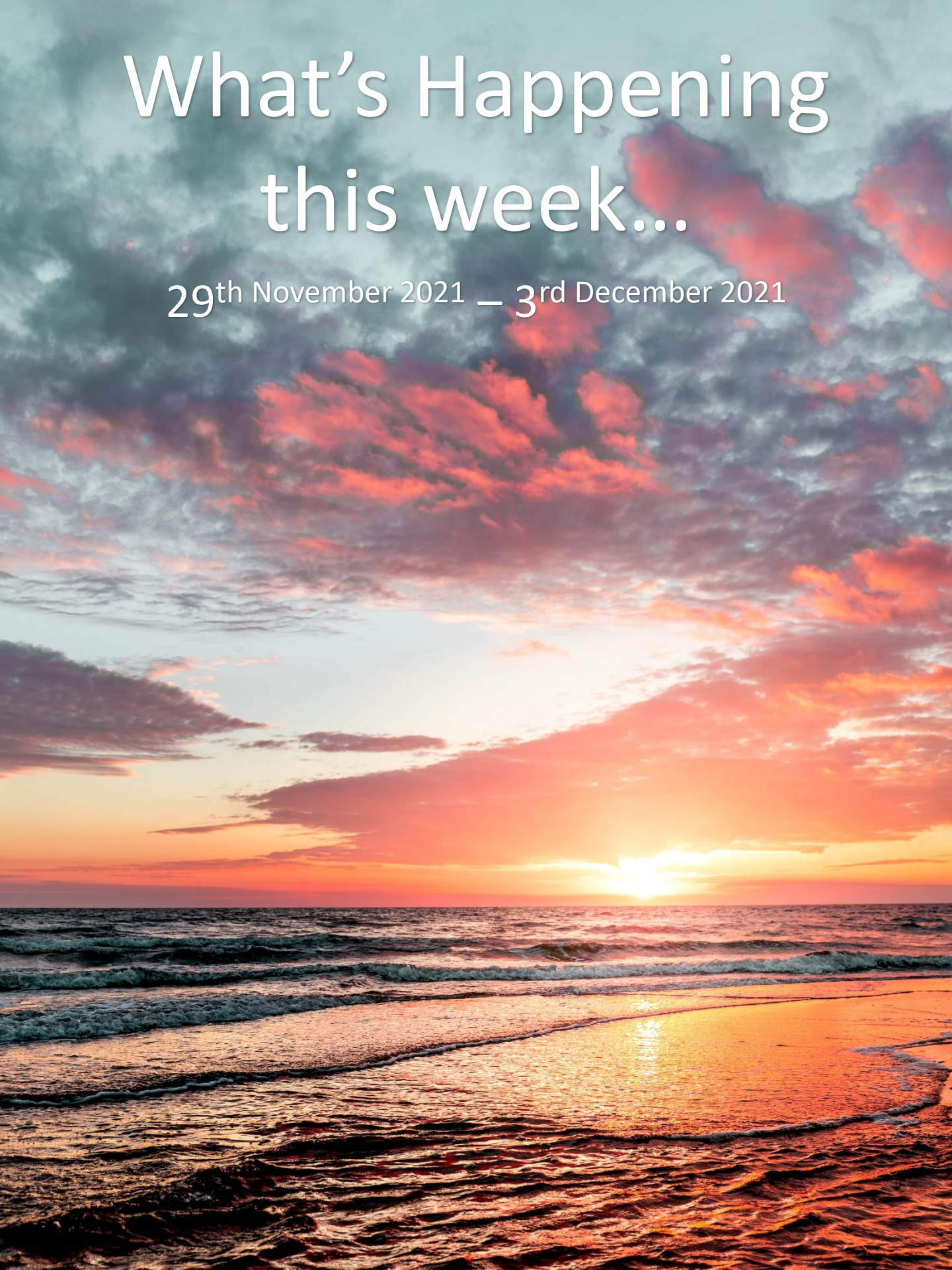


What's Happening this week...

29th November 2021 – 3rd December 2021



Social Activities:

Monday 29th November 2021

9am Therapeutic Water Aerobics

10am Art Classes

10am Knit & Natter

1pm Duplicate Bridge

5pm Snooker / Pool

5pm Waterhole



Tuesday 30th November 2021

8am Sashni Audiology

9am Therapeutic Exercise Classes

2.30pm Scrabble

5pm Ladies Pool



Wednesday 1st December 2021

10am Art Class

5:30pm Social Dinner

Thursday 2nd December 2021

2pm Bridge

3pm Petanque

6pm Movie Night



Friday 3rd December 2021

9am Beginners Line Dancing Class

9.30am Line Dancing - Main Class

10.30am Bible Study

12pm Fish and Chips

5pm Waterhole

NATIONAL EAT A RED APPLE DAY

1 December 2021

NATIONAL EAT A RED APPLE DAY

On December 1, National Eat a Red Apple Day encourages everyone to eat a red apple. As the adage goes, "an apple a day keeps the doctor away," and today is a perfect time to put that theory to taste.

An apple is both delicious and nutritious. With over 7,500 varieties of apples and over 7.5% of the world's production coming from the USA, apples are widely available.

When it comes to a difference in health benefits between red and green apples, it's a close call. Both have their advantages. Green apples beat the red apple slightly in fiber content. They also have less sugar and carbohydrates. However, red apples tend to taste better eaten fresh. They're already naturally sweet and don't require added sugar. The red apple slightly edges out the green in antioxidants.

Most green apples are reserved for baking and preserves. Since most green apples are tart, the added sugar in recipes brings about a better flavor for eating.





NATIONAL MUTT DAY

2 December 2021

NATIONAL MUTT DAY



Let's throw this day to the dogs! Not just any dog, though. Today, we toast to the mixed breeds of the world, so raise your water bowls high... because this one's for the mutts! There are no ifs, ands, or mutts about it - December 2 is National Mutt Day, and we're here to celebrate.

"Dogs are our link to paradise. They don't know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring--it was peace."

"A dog is the only thing on earth that loves you more than he loves himself."





Sashni Munnisunker
Audiology

BOOK YOUR APPOINTMENT

The audiologist will be in the village

**PLEASE BOOK WITH SIPHO AT
EVERGREEN HEALTH EXT 1220**

Date: 30.11.2021
Time: 9H00-13H00
Venue: Clubhouse boardroom

EVERGREEN BROADACRES

WHAT'S COOKING



EVERGREEN
Lifestyle
broadacres

29 November - 03 December 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 29 November	Crumbed pork chop with apple sauce, sauté potatoes and fried cabbage	BBQ grilled pork chop with fried onions and blue cheese sauce, baked potato, served with coleslaw
Tuesday Lunch 30 November	Slow braised beef shin with parsley mash, roast butternut and beans	Bacon and cheese burger with fried chips, onion rings and mushroom sauce, served with side salad
Wednesday Lunch 01 December	Sweet n sour pork with fried rice and vegetable stir fry	Pork schnitzel with cheese sauce, buttered pasta and seasonal vegetables
Thursday Lunch 02 December	chicken lasagne served with side salad ❄️	Cold meats and salads (potato, carrot and pineapple and beetroot), served with continental roll
Friday Lunch 03 December	Crisp battered or grilled hake and chips, served with tartar sauce, red cabbage and apple slaw 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

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

01 December 2021 – R85

Book by 17:00 on Monday

On the table

Grilled Mediterranean vegetable salad
with basil and rocket pesto, Parmesan & herb croutons

Main Course

BBQ pork neck roast
with potato wedges and orange glazed carrots,
honey and rosemary jus

Or

Chicken bake with cheese and herb crust in blue cheese sauce,
baby parsley potatoes
and seasonal vegetables

Vegetarian Option on request – R70

Dessert – R40

Ice cream with chocolate and salted caramel,
meringues and strawberries

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.**