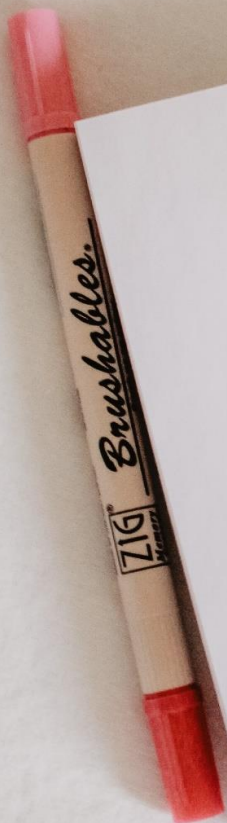


What's Happening this week...

7th February 2022 – 11th February 2022

February



Social Activities:

Monday 7th February 2022

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



Tuesday 8th February 2022

9am Therapeutic Exercise class
2.30 Crafters Club
2.30pm Scrabble
5pm Ladies Pool + Waterhole



Wednesday 9th February 2022

10am Art Class
5.30pm Social dinner

Thursday 10th February 2022

3pm Petanque
6pm Movie Night

Friday 11th February 2022

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
12:30pm Fish and Chips
5pm Waterhole

FishⁿChips

Sunday 13th February 2022

12pm Sunday Lunch



NATIONAL KITE FLYING DAY

8 FEBRUARY 2022



EVERGREEN
lifestyle

NATIONAL KITE FLYING DAY

Observed annually on February 8th, National Kite Flying Day encourages exploring kite flying and making. Enthusiasts across the country mark the day by launching their kites or making plans to attend festivals.

Kites date back to China in 470 B.C. China is full of lore and histories of the origins of the kite. Many are related to the way wind affects the leaves on the trees, the shelters they lived in, blowing away the sails on their ships, and the hats they wore upon their heads. The stories also tell of kites invented to spy on their enemies or to send messages.

Early kites were constructed from bamboo or sturdy reeds for framing. Leaves, silk, or paper made ideal sails. Vines or braided fibers completed the line or tether. While people initially used kites as tools, they also used them for ceremonial reasons as well. Whether they sent messages into the heavens or to lift offerings up to the gods, kites had a symbolic place in the culture.

Haraka

RECLAIMING LIMBER LIVES

Find out how a few simple changes can make the world of difference to chronic pain.

A refreshing, light-hearted talk on

Monday 7 February 2022

at 10:00

in the LifeStyle Centre

will uncover facts and fallacies about arthritis.



Haraka Reclaiming limber lives



As a qualified aquarobics instructor, I have a deep understanding of the impact that nutrition and exercise have on our physical, mental, and emotional health. Although of paramount importance throughout our lives, it is even more important as we age, to take care of our bodies' needs.

Underscoring the above, is my passionate belief in, and understanding of the healing power of plants and herbs. I have worked for over 30 years with naturopaths in finding natural alternatives to certain healthcare problems. Some won awards and many were copied by leading competitors.

The intensive research I have done in the last few years into all facets of arthritis, included doctors, rheumatologists, naturopaths, physiotherapists, arthritis-sufferers, and the Arthritis Foundation. This research uncovered some fascinating and alarming information.

I believe it is important and necessary to share this information with people who suffer from arthritis for the following reasons:

- Activity reduces due to the pain and stiffness caused by the condition
- Eating habits become slack – leading to decreased energy and muscle atrophy
- This leads to increased pain – less activity and more painkillers
- The painkillers cause adverse and side effects
- More medication is taken to offset these side effects
- Mental and emotional health slides, which exacerbates the pain and effects sleep patterns

There are numerous sub-categories to the above points, and it would seem a daunting task to cut through all the medical and nutritional facts to deliver an easy-to-understand synopsis.

However, as I have been involved with motivational speaking and training for many years, I do know how to do exactly that. The response from the talks I have given at the retirement villages has been heart-warming to say the least. People stay fully engaged in the 30-minute talk and leave feeling enthusiastic about implementing the few simple steps to taking better care of themselves. When I contact these people a month later, many are still doing those simple things and feeling the benefit. Not all of them, sadly. We are creatures of habit and often slide back to the "bad old ways". However, if we can reach even a small percentage of those who attend, it is certainly worth the effort.

Kind regards,
GAIL REITH

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

07-11 February 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 07 February	Meatloaf and gravy with parsley mash and roast butternut	Individual cottage pie with cheese potato crust, roasted seasonal vegetables
Tuesday Lunch 08 February	Chicken stroganoff with savoury rice, glazed carrots and peas	Green Thai chicken curry in coconut milk, with basmati rice, tomato and onion sambal
Wednesday Lunch 09 February	Fishermans pie served with beetroot salad	Seafood in cream sauce, served in phyllo pastry with garden salad
Thursday Lunch 10 February	BBQ pulled pork pita with coleslaw	Grilled pork shoulder chop with apple sauce and baked potato, cream spinach
Friday Lunch 11 February	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Grilled Kingklip and chips with lemon butter sauce R120.00 Calamari and mussel pot in cider cream sauce, served with chips R120.00

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.

PLEASE PAY BY PRE-PAID ACCOUNT, or CARD

Meals eaten or collected at Bistro R58.00, if delivered R65.00 or otherwise specified

The R7.00 surcharge covers all packaging

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

09 February 2022 – R75

Minestrone soup with cheese croutons

Main Course

**Feta stuffed meatballs
in cream tomato and basil coulis
served with roasted peppers and penne pasta,
Parmesan cheese and sautéed baby marrows**

Or

**Soy, honey and ginger chicken
with basmati rice,
vegetable stir-fry
and pawpaw salsa**

Vegetarians option available on request - R70

Dessert - R40

**Bread and butter pudding
with cinnamon custard and vanilla ice cream**











**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.**



See you there!

FEBRUARY 2022 EVENT CALENDAR

EVERGREEN
Lifestyle
broadacres

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1 9am Therapeutic Exercise Classes</p> <p>10.00 Library morning</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> <p>W, O, R, D.</p>	<p>2</p> <p>09am Shuttle to Dainton Shopping Centre</p> <p>10am Art Class</p> <p>6pm Social Dinner</p>	<p>3</p> <p>10am Visual Music House 83</p> <p>11am-13pm Gold Capital</p> <p>3pm Petangue</p> <p>6pm Movie Night</p>	<p>4</p> <p>9 am Beginners Line Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p>	<p>5</p>	<p>6</p>
<p>7</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>10am Haraka Talk "Reclaiming timber lives"</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p>	<p>8 National Kite Flying Day</p> <p>9am Therapeutic Exercise Classes</p> <p>2.30pm Scrabble</p> <p>2.30pm Craft Classes</p> <p>5-7pm Ladies Pool & Waterhole</p> <p>Watering HOLE</p>	<p>9</p> <p></p> <p>09:00 Shuttle to Broadacres Shopping Centre</p> <p>10am Art Class</p> <p>2.30pm Christian Fellowship house 69</p> <p>6pm Social Dinner</p>	<p>10</p> <p>10am Visual Music House 83</p> <p>3pm Petangue</p> <p>6pm Movie Night</p>	<p>11 9am Beginners Line Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>2.30pm Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p> <p>Watering HOLE</p>	<p>12</p>	<p>13</p> <p>12am Valentine's Day Lunch</p> 
<p>14 Valentine's Day</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Essex bags and shoes market</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p> 	<p>15</p> <p>9am Therapeutic Exercise Classes</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhol</p> 	<p>16</p> <p></p> <p>09am Shuttle to Dainton Shopping Centre</p> <p>10am Art Class</p> <p>6pm Social Dinner and and</p> <p>100 Club Draw</p>	<p>17</p> <p>2pm Bridge</p> <p>3pm Petangue</p> <p>6pm Movie Night</p> 	<p>18</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>10pm Visual Music House 83</p> <p>10.30am Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>2:30 pm BINGO </p> <p>5pm Waterhole</p>	<p>19</p>	<p>20 National Muffin Day</p> 
<p>21</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p> <p>Watering HOLE</p>	<p>22</p> <p>9am Therapeutic Exercise Classes</p> <p>10am Gold Capital</p> <p>2.30pm Craft Classes</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> <p>Watering HOLE</p>	<p>23</p> <p></p> <p>9am Shuttle to Fourways Mall</p> <p>10am Art Class</p> <p>6pm Social Dinner</p>	<p>24</p> <p>10am-12pm Kind 2 hearing</p> <p>2pm Bridge</p> <p>3pm Petangue</p> <p>6pm Movie Night</p> 	<p>25</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing – Main Class</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p> <p>Watering HOLE</p>	<p>26</p>	<p>27</p>
<p>28</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Gold Capital</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p>						

ANNIVERSARIES FEB 2022



5th	Basil & Marlies Bold
10th	Manfred & Margaret Leitner
18th	Chris & Tess Sleigh
19th	Brian & Nora Quinn
24th	Hugh & Helen Stoyell
26th	Charles & Irene Carroll