

What's Happening this week...

14th March 2022 – 18th March 2022



Social Activities:

Monday 14th March 2022

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



Tuesday 15th March 2022

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

Wednesday 16th March 2022

9am Shuttle to Dainfern Shopping Centre
10am Art Class
5.30pm Social dinner
St. Patrick's Day theme

Thursday 17th March 2022

9am - Yoga - Contact Kiloran (House 63)
2pm Bridge
3pm Petanque
6pm Movie Night



Friday 18th March 2022

9am Beginners Line Dancing Class
9.30am Line Dancing - Main Class
10am Visual Music - House 83
10.30am Bible Study
12:30pm Fish and Chips
2:30pm BINGO
5pm Waterhole



NATIONAL LEARN ABOUT BUTTERFLIES DAY

14 MARCH 2022



NATIONAL LEARN ABOUT BUTTERFLIES DAY

On March 14th, National Learn about Butterflies Day encourages us to look for a blur of colour as butterflies begin migrating across the country. Each year the celebration brings with it an awareness of the varieties of butterflies and their importance to our survival.

Like bees, bats and other pollinators, butterflies make the difference between valuable fruits and vegetables on our tables. While we're planting native flowers and trees, we're also providing for our future. Pollinators such as the monarch butterfly and the honey bee have been in decline. All the reasons have not been identified. However, increasing the available habitat does help!

Butterflies need our help to survive as they rely on flowers and other natural sources for survival. We can help them by planting more flowers.

- There are more than 20,000 types of butterflies worldwide.
- Their wingspans can range from 1/2 inch to 11 inches.
- Butterflies in their adult stage can live from a week to nearly a year, depending on the species.
- Many butterflies migrate over long distances. Particularly famous migrations are those of the Monarch butterfly from Mexico to the northern USA and southern Canada, a distance of about 2500 to 3000 miles.



ST PATRICK'S DAY

17 MARCH 2022



EVERGREEN
LIFESTYLE

ST PATRICK'S DAY

St Patrick's Day is a global celebration of Irish culture on or around March 17. It particularly remembers St Patrick, one of Ireland's patron saints, who ministered Christianity in Ireland during the fifth century.

You're probably not surprised to learn that *St. Patrick's Day* hasn't always been a raucous affair, celebrated with huge parades and green beer. As the feast day of **Saint Patrick**, it was and still is a holy day in Christianity. The day was first established in 1631 as a modest religious holiday, and honoring Ireland's patron saint.

What Do People Do?

St Patrick's Day is celebrated in many parts of the world, especially by Irish communities and organizations. Many people wear an item of green clothing on the day. Parties featuring Irish food and drinks that are dyed in green food color are part of this celebration. It is a time when children can indulge in sweets and adults can enjoy a "pint" of beer at a local pub. Many restaurants and pubs offer Irish food or drink, which include:

- Irish brown bread.
- Corned beef and cabbage.
- Beef and Guinness pie.
- Irish cream chocolate mousse cake.
- Irish coffee.
- Irish potato champ, also known as *poundies*, *cally* or *pandy*.
- Irish stew.
- Irish potato soup.

**HOW TO NAVIGATE THE
MANY TYPES OF**



**SATURDAY
12 MARCH 2022
09.30 FOR 10.00
CLUBHOUSE**

Presentation by
DEBBIE BEECH

EVERGREEN BROADACRES

WHAT'S COOKING

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14-18 March 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 14 March	Chicken paprika in cream tomato base and paprika sauce with mushrooms and peppers, served with rice and cinnamon pumpkin	BBQ chicken kebab served with baked potato and coleslaw
Tuesday Lunch 15 March	Cottage pie with cheese potato crust, served with minted peas	Meat balls and spaghetti in tomato sauce topped with feta served with roasted vegetables
Wednesday Lunch 16 March	BBQ Roasted chicken thighs with savoury rice, monkey gland sauce glazed carrots	Chicken fillet burger with braised onions and cheese sauce, side chips and salad
Thursday Lunch 17 March	Pork bangers and mash with onion gravy, cream spinach and butternut	Sausage, bacon and butterbean casserole served with baby parsley potatoes
Friday Lunch 18 March	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas and garden salad Bistro R75.00 Home delivery R82.00	Grilled Prawns x 6 served lemon & garlic butter and peri-peri sauce with chips R120.00 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, CREDIT or DEBIT CARD
Meals eaten or collected at Bistro R58.00, if delivered R65.00 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!

EVERGREEN BROADACRES

WHAT'S COOKING

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**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
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**Please book at Reception EXT 1200
only between 08:00 and 17:00.
Please book by 17:00 on Monday.**

16 March 2022 – R95

St Patrick's Evening

Cock a leaky soup with cheese croutons

Main Course

Pork chops with balsamic braised red cabbage and apples served with stuffed Parmesan potatoes

Or

Corned beef with colcannon and dark ale jus, roasted carrots

Vegetarian option - Irish white bean and cabbage stew served with colcannon and roasted carrots

Dessert

Irish apple cake and whiskey and honey cream – R45 (pre-order)

Or

Vanilla and chocolate ice cream with white chocolate, peppermint sauce and peppermint crisp crumble - also available (Order on the evening) R45

See you there!



Sunday Lunch Bistro - 27 March 2022

Starters per table

Chicken liver pate with herb crostini
Roasted Mediterranean vegetable salad with feta and olives

Main course buffet

Roast topside of beef with rosemary jus
Chicken and mushroom pie
Fried cabbage, bacon and peas
Roast pumpkin with cinnamon pecan nuts
Potato bake
Savoury rice

Dessert

Malva pudding and custard
Ice cream with chocolate sauce and wild berry compote
Marshmallows and crushed KitKat, choc nibs and choc chips
Fresh fruit salad in cinnamon orange syrup

Residents - R145.00

Visitors - R165.00

Children under 12 years - R125.00

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**Please book at Reception EXT 1200
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Please book by 17:00 on Wednesday 23 March.**

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See you there!