

What's Happening this week...

30th May 2022 – 3rd June 2022



Social Activities:

Monday 30th May 2022

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



Tuesday 31st May 2022

9am Therapeutic Exercise class
10am Sashni Audiologist
2.30pm Crafters Club
2.30pm Scrabble
5pm Ladies Pool + Waterhole



Audiology

10am Sashni Audiologist

2.30pm Crafters Club

2.30pm Scrabble

5pm Ladies Pool + Waterhole

Wednesday 1st June 2022

10am Art Class
5.30pm Social dinner

Thursday 2nd June 2022

9am Yoga – contact Kiloran (House 63)
2pm Bridge
3pm Petanque
6pm Classical Music Evening – contact Chris
(House 47)



Friday 3rd June 2022

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
2pm – Bible Study
12:30pm Fish and Chips
5pm Waterhole

NATIONAL SAVE YOUR HEARING DAY

31 MAY 2022



NATIONAL SAVE YOUR HEARING DAY

Each May 31st, National Save Your Hearing Day recognizes the importance of preserving our hearing. It is important to take some time to learn ways to protect your hearing and that of your family. Our hearing is vital, and there are ways that hearing loss can be avoidable.

There are various reasons from which hearing loss can be the result, some of which include:

- Age
- Noise
- Genetic
- Illness
- Neurological Disorders
- Medications
- Chemicals
- Physical Trauma
- Neurobiological Factors

It is estimated half of the cases of hearing impairment and deafness are preventable. There are many effective, preventative strategies including immunization against rubella to reduce congenital infections, immunization against H. influenza and S. pneumonia to reduce cases of middle ear infections, and avoiding or protecting against excessive noise exposure.



NATIONAL RUNNING DAY

1 JUNE 2022



NATIONAL RUNNING DAY

Happy National Running Day!

A day to celebrate runners, running and runners running. A time to applaud non-runners that support runners and runners who convince non-runners to run, etc.etc. Basically – it's an unofficial party day for runners.

"I don't run to add days to my life, I run to add life to my days."

~ Ronald Rook



NATIONAL EGG DAY

National Egg Day on June 3 finds eggs finally breaking out of their shell.

Eggs had some tough years as health experts fretted about the high cholesterol content. But after a revision of the American Heart Association's guidelines in 2000, the health benefits of eggs seemed to outweigh the concerns. The AGA says healthy adults can enjoy an egg per day and easily remain within the daily cholesterol limit.

Also, a single egg has only 75 calories, which is great for those looking to lose weight. And the seven grams of protein in an average egg almost makes this a superfood with a great calorie-to-protein ratio. So those of us who are big fans of poached, scrambled, over easy, hard-boiled, fried, sunny-side-up, or soft-boiled eggs can feel free to use National Egg Day to utter that timeless phrase, "How do you want your eggs?" And it doesn't matter if it's 7am, 7pm, or somewhere in between.

Eggs are great to eat anytime...or any day, for that matter.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

30 May – 03 June 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 30 May	Chicken a la king, savoury rice and cinnamon butternut	Asian style chicken stir-fried noodles, and vegetable stir fry
Tuesday Lunch 31 May	Pork fillet in BBQ sauce, mashed potatoes and cream spinach	Pork schnitzel with baked potato, cheese sauce, cream spinach and roast tomato
Wednesday Lunch 01 June	Chicken paprika with peppers and mushrooms, steamed rice and seasonal roast vegetables	Chicken fettuccini alfredo, in cream bacon and mushrooms sauce, served with side salad
Thursday Lunch 02 June	Steak n kidney pie with mashed potatoes, carrots and peas	Minute steak, bacon, egg and chips served with peas
Friday Lunch 03 June	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Mussel and seafood pot in cider cream sauce served with chips R125.00

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.

PLEASE PAY BY PRE-PAID ACCOUN 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.

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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

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

Wednesday 01 June 2022 – R105

Entertainment provided by:



Starter

Cream of sweet corn and potato chowder with bread rolls

Main Course

Slow braised Oxtail phyllo parcels
with Parmesan mash,
roast butternut and red wine garlic jus

Or

Chicken Cordon Bleu
with garlic potato wedges,
cream spinach and mushroom sauce

Vegetarian option available on request – R75

Dessert

Eaton Mess, ice cream,
meringues and wild berry compote- R40

**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!

JUNE 2022 WEDNESDAY SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
01 JUNE 2022 R105.00	Cream of sweet corn and potato chowder with bread rolls	Slow braised Oxtail phyllo parcels with Parmesan mash, roast butternut and red wine garlic jus	Chicken Cordon Bleu with garlic potato wedges, cream spinach and mushroom sauce	Eaton Mess, ice cream, meringues and wild berry compote - R40
08 JUNE 2022 R80.00	Cream of butternut and apple soup with herb croutons	Beef Rogan Josh with coconut rice, pawpaw salsa and cucumber salad	Chicken schnitzel with cheese sauce, parsley mash	Chocolate brownie, ice cream and salted caramel sauce - R40
15 JUNE 2022 R75.00	Minestrone soup with garlicky cheese croutons	Build your own Burger, with cheese, braised onions, mushrooms, BBQ sauce, and a salad selection	Chicken alfredo with tagliatelle and peas	Seasonal fruit salad in ginger cinnamon syrup served with ice cream - R40
22 JUNE 2022 R75.00	Potato and leek soup served with soured cream and bread rolls	Cape Malay Bobotie, yellow raisin rice, banana salad and chutney	Hunters chicken, in red wine, mushroom and bacon sauce, served with savoury rice and sweet corn	Malva and pear pudding served with Amarula custard - R40
28 JUNE 2022 R80.00	Hearty homemade soup with beans, barley and lentils, served with garlic crostini	Peppered pork fillet with grilled apples, cream peppercorn sauce, baked potatoes, and orange glazed carrots	Smooresnoek with Cape Malay spices, chakalaka, homemade bread and apricot jam	Baked apple pudding in cinnamon syrup served with custard - R40

*Vegetarian main course available on request

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PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

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

Please book by 17:00 on Monday.

See you there!