

Items you should look for in this Issue

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From the Village Manager

Wilma Swart



We have made it to the end of July and had a busy month with wonderful functions, events, and celebrations.

Evergreen Health hosted a very successful and well-attended wellness morning in the clubhouse which was also a nice opportunity for residents to catch up with each other.

We welcomed four new residents into the Village as well as two new non-Life Right Holders who seem to have found their way to our compost area and Adi Gough's bird feeder. After engaging with the two vervets they did not want to buy a life right, and we are therefore arranging for them to be caught and relocated.

Painting of the next 11 houses has started and should be completed by the end of August 2022.

We look forward to August as we celebrate Women's Month. We are truly blessed to have such an abundance of wonderful women in our Village. We hope you will enjoy the planned women's month activity.

What's happening in August



Classical Evening
4 August

Beethoven
Mozart &
Saint-Saens



Book Morning
16 August

Prof.
Graham
Hall



Women's Day Lunch
28 August



Movie Nights
11, 18 & 25 August
Titles to be announced
by Chris Edwards

We have also started working on plans for the Village 10th Birthday Celebration! We have quite a few residents who moved in 10 years ago and we plan on having a special celebration for this occasion on the **26th of October 2022**. Diarise the date for the Wednesday night social as we are pulling out all the stops for the evening.

A reminder again for residents to give us feedback on the newsletter and what else you would like to see in the publication. We are also looking for volunteers who can assist us with content and write-ups. Please contact Edna Grenfell or me should you wish to get involved.

Enjoy the last month of winter!

Village Rainfall

Provided by Cecil

| Rainfall by month for the past year | | Rainfall for July over the years | |
|-------------------------------------|--------------|----------------------------------|------------|
| Aug '21 | 0.5 | 2014 | 3.5 |
| Sept '21 | 0.0 | 2015 | 6.0 |
| Oct '21 | 87.1 | 2016 | 12.5 |
| Nov '21 | 72.5 | 2017 | 1.0 |
| Dec '21 | 154.1 | 2018 | 1.0 |
| Jan '22 | 119.5 | 2019 | 0.0 |
| Feb '22 | 174.0 | 2020 | 0.0 |
| Mar '22 | 54.0 | 2021 | 0.0 |
| Apr '22 | 150.0 | 2022 | 0.0 |
| May '22 | 7.8 | | |
| June '22 | 14.0 | Average | 2.4 |
| July '22 | 0.0 | | |
| Total | 833.5 | | |

July again reflects a typical pattern for this time of the year.

Not much change can be expected for the next couple of months.

Dam levels across the country continue to show a marked improvement since this time last year, at 93.1% vs 83.1%. Unfortunately the same can't be said about the Eastern Cape, in particular the city of Gqeberha where the situation remains dire. This data is as at 19th July 2022.

For this and much more weather-related information visit the websites:

sawx.co.za/state-of-dams or dws.gov.za





What does Eskom Block Tariff Mean and How to Save

Explained by Andy Johnston

Electricity is bought in bulk by Evergreen Lifestyle Villages, Broadacres (ELV), and some of this electricity is resold to the housing units through MeterMan and to the apartments through SmartMatter.

The Eskom tariff used for this is the prepaid Homelight 60 A.

However, before analysing this in more detail we need to clarify some terminology in as little technical detail as possible.

The first thing to understand is the difference between **power and energy**. The unit of power is the Watt (W), named after James Watt the inventor of the steam engine. A 1000 W is called a kilowatt (kW).

If a generator, having a power rating of say 100 kW, supplies power for two hours the energy supplied would be $100 \times 2 = 200$ -kilo Watthours (kWh).

The unit of energy used in electrical terms is the kWh and is thus also referred to as a unit.

The Homelight 60A tariff is for energy and also what is called an incline block tariff with two blocks.



The present Tariff is:

| Homelight 60A | Energy (c/kWh) |
|----------------------|-------------------|
| Block 1 (0 - 600kWh) | R1.9972 (inc VAT) |
| Block 2 (>600kWh) | R3.3947 (inc VAT) |

One can therefore see that there is a big difference in the cost of energy between the two blocks.

Having had a look at some consumption figures for ELV, it is apparent that some residents do use more than 600 kWh per month but others do not but through the way they purchase are paying for some Block 2 electricity when they didn't need to.

For example, if one were to purchase say R2300 electricity one month and nothing the next, the units acquired would be 925 units or kWh. If one were to spend the R2300 over two months the units acquired would be 1151 units or kWh. 25% more.

Therefore, if one's average monthly energy usage is less than 600 kWh per month, don't spend more than R1200 per month and save money.



Adi Gough provided photos of the Vervet Monkeys - her latest visitors to No 70 & the Rose-Ringed Parakeets below



Our Yoga ladies demonstrating their skills
Interested?

Contact Kiloran on ext 1063



Dick Townsend holding the 'Gold Medal' for acing the photographic quiz at the U3A Christmas in July meeting on the 28 July



Pets Corner

Featuring Residents & their furry friends



Brenda Brophy - (A1. Acacia Building) with Rexxi, her Maltese Cross

Rexxi is the quintessential Maltese lap dog with his lovely white fluffy coat, adorable black-button nose, and bright dark eyes.

Rexxi can often be seen racing up and down the Acacia passages to the great delight and amusement of residents.



Rummikub

Interested?

Contact Lisa Nuttall
ext 11020





From the Library



A Good Read - by Libby



Another intriguing story by this 'Master of the Wartime Spy Thriller'

1942 a seaplane crashes into a remote hillside in Northern Scotland, killing most of the crew, including the King's brother Prince Michael, Duke of Kent.

Weaving his tale around true historical events and times, Rory Clements, paints a picture of the era, its sentiments, politics, and atmosphere. Fascinating insights and a plausible history about the circumstance surrounding the crash - details of which have never been adequately explained.

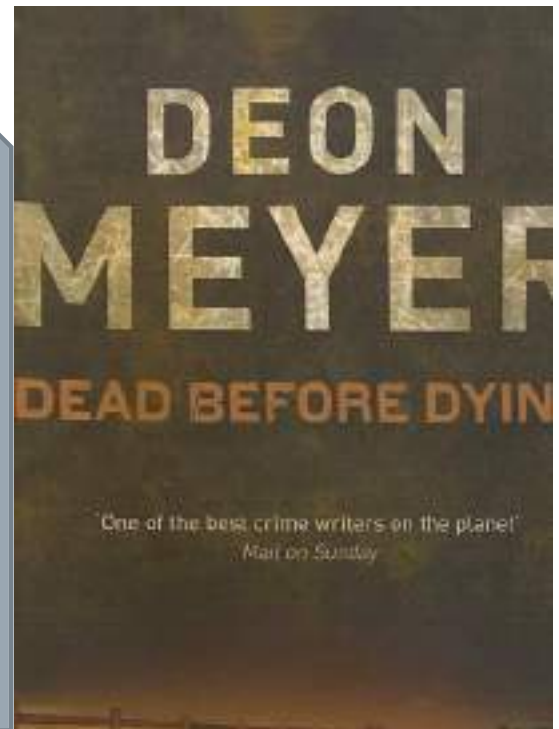
What a Find - a Deon Meyer that I had not read!

Have you read it? if not. do so!

This, his first novel, captures the imagination and evokes the 'soul' of us, South Africans.

Deon portrays the world and work of the SA Police in all its strengths and flaws with integrity, compassion, and humour.

His stories which capture the diversity of our turbulent country so well, are gritty, well-crafted, and keep one guessing until his last couple of pages.





More from From the Library

ARTLOVERS

**Book morning talk by Sandy de Villiers
June / July 2022**

Summarised by Libby



“Our world is a work of art and at its core is beauty.” With these words, Sandy took us on a magical journey through the world of art from the ancient cave painters to our modern era which sometimes depicts rather strange abstractions. It was a journey through history, learning about the times, the people, and their interests.

On the way Sandy explained how artists have progressed from the early one-dimensional paintings, such as rock and Egyptian art, to their discovery of perspective that can create vanishing points that draw the eye ‘into’ a focal point, creating an illusion of depth and three-dimensional imagery. She also pointed out aspects within the paintings, details that told about the subjects, their lives, position in society, and their interests – details that we’d normally miss, and thereby miss much that the artist wished to convey.

Sandy’s knowledge and love of her subject shone through her presentation which was chatty, informal, and highly entertaining. Basil Bold assisted her on the technological side as well as presented an amusing insert on one of the artists that had sparked his interest.

A brilliant morning that was thoroughly enjoyed by all.



Why we must wear our BuddyBand

By Dave Nesbitt

The phone number on your BuddyBand, if called in an emergency, is a direct line to a control center which will be able to help the person calling identify the person wearing the BuddyBand. It will also assist them with what medical issues the wearer has and if required contact an ambulance which will be sent to you as soon as possible. By default, Evergreen Lifestyle will also be notified of this emergency.

An example of this was a recent incident at Fourways Mall when someone had collapsed in the car park. A good citizen not knowing at first what to do noticed the BuddyBand on the arm and immediately phoned the emergency contact number. The operator gave the name of the wearer and what medical conditions this person had. The operator then told them what they could do to help on the scene and called for an ambulance.

Your BuddyBand is there to help you and others in an emergency and should be always worn. Please make sure all your details regarding your health and medical conditions are updated regularly - **Marius at Evergreen Lifestyle** can assist you with this. Also please ensure you are wearing the correct BuddyBand if there are two people in a unit. It has been known that persons wearing the wrong BuddyBand, could result in fatality.

For more information on the BuddyBand
or the Telecare in your home.
Please contact **Dave Nesbitt unit 14**
or cell no **0834685919**



PLEASE KEEP TO THE
SPEEDLIMIT - 20KM



Emergency Numbers

| | |
|---------------------------------|--------------|
| Reception Desk | 087 209 3366 |
| Guardhouse (Thornburn Security) | 071 173 2406 |
| Care Centre (Health) Siphon | 079 579 4297 |
| Sister Marius | 082 218 4206 |

**Remember to wear your Buddy Band
and carry your emergency button**



Evergreen Broadacres Christmas Summer Market



NOTICE! - Please diarise! Christmas Craft Market

Saturday,
10 December 2022

This is an early **notice** to start preparing for the Christmas Market taking place on the 10th December 2022 in the Lifestyle Centre.

For those who wish to participate, please book your space with **Wilma** and advise what it is you intend to sell.

This is to avoid any duplication of products as there will be outside vendors selling also. Residents will not have to pay for their space and will get preference with regards to space allocation and type of product.

Please refer any questions to Wilma.



This month we welcomed
the following
New Residents into the
Evergreen Family



Mary Oostuizen - Acacia A 216




Robert Lloyd - Bushwillow 1

Harold & Barbara Black
Acacia - A 111



Birthdays August 2022

| | | | |
|---------------------|------|--|------|
| Hennie du Preez | 1st | Harold Black | 21st |
| William Stanton | 2nd | Sue Edwards | 22nd |
| Nora Quinn | 2nd | Cliff Preacher | 24th |
| James Goodwin | 5th | Peter Hübner | 27th |
| Dennis Allen | 5th | George Privett | 27th |
| Sharyn Breval | 6th | Ness Hills | 28th |
| Trevor Morgan | 8th | Coila Kneen | 28th |
| Anthony Pitman | 9th | Sandra de Villiers | 29th |
| Hester Kilian | 9th | Brenda Brophy | 30th |
| Pat Duthoit | 13th |  | |
| Dick Sheppard | 15th | | |
| Daphné Larking | 16th | Colin & Edna Grenfell | 4th |
| Ron Mackie | 17th | Chris & Linda Brennan | 14th |
| Isabella Labuscagne | 18th | Arthur & Ness Hills | 23rd |
| Prudence Hall | 20th | Chris & Sue Edwards | 26th |

July Events

Wimbledon Celebration Lunch

10 July



*Followed by
Men's Final*



Novak Djokovic

in 7th Heaven



Series



Springboks win the series 2-1

3rd Test 30 - 14

Residents enthralled



Classical Evening - 7 July

Hosted by Chris Salt





July Events Continue

Christmas in July - 27 July

It could be said that celebrating Christmas in July is the boost that we all needed this winter

According to legend, Christmas in July was first celebrated at a summer camp in 1933 when Keystone Camp in Brevard County (Florida), decided to dedicate two days (July 24 & 25) to the holiday.

It first hit pop culture in 1940 when the movie 'Christmas in July' arrived in theatres.



And this is how the Residents of Evergreen enjoyed the Evening!



July Events Continue



- Brenda for organising
- All the table decorators
- Chris Edwards for the Music
- Chef Andrew and Staff for the delicious food
- Photography Kiloran Townsend



Health

Exercise Tips By Anke Langenhorst Physiotherapy

The gravitational force has its effect on us 24 hours a day. Gravity pulls us towards the earth, so especially in an upright position, it pulls us down and forward, causing us with time to become more bent forward: the back gets more rounded, shoulders come forward, and we develop a poking chin. Aesthetically this is not great, but more so it can create physical problems, like a sore back or neck, shoulder impingement, Nerve root compressions, and all sorts of other issues.

By doing some daily exercises or stretches to counter the effects of gravity on the body, one can minimize the rounded/stooped posture.

The Doorframe stretch is a simple stretch everyone can do every time you go through a doorframe. This stretch helps to stretch out the strong Pectorales (Chest Muscles) which, if shortened due to forward posture, could prevent you to be able to straighten out and get the shoulders back into position.



How to do the stretch:

Place both lower arms on either side of the doorframe, so that your upper arms are horizontal with floor, then lean forward through the doorframe, until you feel a stretch in your chest muscle.

Hold that stretch for 30 seconds

*"An Apple a day keeps the doctor away....
An exercise a day keeps the Physio away..."*

The next two variations of the stretch are:

- Your upper arms have to be 10 degrees down from horizontal. Rest of stretch is exactly the same.

Hold 30 seconds.



- This time your upper arms have to be 10 degrees up from horizontal. Rest of stretch is exactly the same.

Hold 30 seconds.



Should you have any questions regarding these exercises or physiotherapy in general you are welcome to contact:

Anke Langenhorst
083 386 8558

Health - Continued

Exercise Tips By Anke Langenhorst Physiotherapy Continue

Anti-gravity Posture Correction Continued...

As explained in last month's Exercise Tips Edition it was explained how gravity can hurt posture. We discussed the Doorframe stretch to allow better alignment of the shoulder girdle, as well as a better chance at straightening your back.

The next step is, we need to strengthen the shoulder girdle stabilizers and mid-back muscles to maintain this upright, straight back posture with shoulders back and chest more opened up.

The Superman Exercise is a simple exercise that can be done every day to activate and strengthen this anti-gravity posture- correcting muscles.

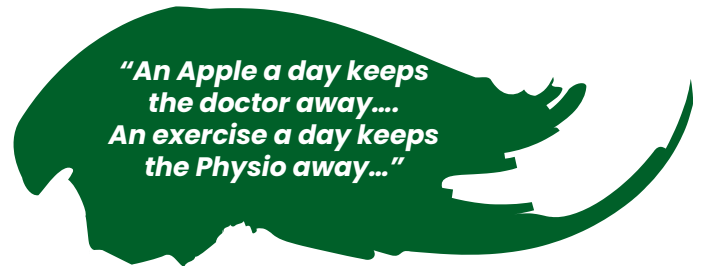
How to do the Superman:

Ly on your Stomach (preferably on the floor on a mat, but if that is not possible, then do it on your bed), arms next to your sides, face facing down.

Tighten your stomach muscles and your buttock muscles, now roll your shoulders backward (i.e. towards the ceiling in this position) and off the floor or bed, now lift your chest and head slightly off the floor or bed.

Lastly, lift hands about 2 cm off the floor and turn palms facing the floor or bed.

Hold this position for 5 seconds then relax. Repeat 10 times



Follow this exercise with the Prayer stretch for **30 seconds** to stretch the activated shoulder girdle and mid-back muscles out.

The prayer stretch is achieved by pushing up with your arms, lifting bum off floor and pushing bum onto heels, arms stretched out in front of you. **Hold this position for 30 seconds.**



Try to do this exercise daily, then you should with time notice an improvement in the endurance and strength of your Shoulder stabilizers and anti-gravity upright posture muscles.

Health - Continued

Exercise Tips By Anke Langenhorst Physiotherapy Continue

Posture Awareness.

If you do not try to stand up straight and hold yourself there, you will with time collapse more forward giving in to gravity, and develop a rounded back also known as a hump.



So do make a point of straightening up a few times a day. After a while, your posture awareness will automate the need for your back to straighten out because your body will want to be in the corrected position. After all, after a while, it will feel more comfortable in the corrected position.

Tips as to how to remind yourself to correct your posture:

- Stick a little red sticker onto your phone, on your kettle, on your mirror in the bathroom, on your fridge, on your TV, computer monitor, etc, so that every time you see the stickers you are reminded to straighten your back and correct your posture.
- You can probably also stick some notes everywhere with a reminder on them.
- You could maybe set some reminder alarms on your phone, which remind you to correct your posture.

*"An Apple a day keeps the doctor away....
An exercise a day keeps the Physio away..."*

How to go about correcting your posture.

- Imagine someone is pulling you by your crown straight up. Your neck, Thoracic spine, and lower back will be lengthened upwards, which usually sorts out the "collapsed lazy back posture".
- Secondly you need to get those shoulders back. But we don't just force them straight back as that would tense the wrong muscles and potentially cause a muscle spasm in that muscle. You want to imagine there is a coat hanger behind your shoulders, and you need to roll your shoulders onto the coat hanger and then stay there.



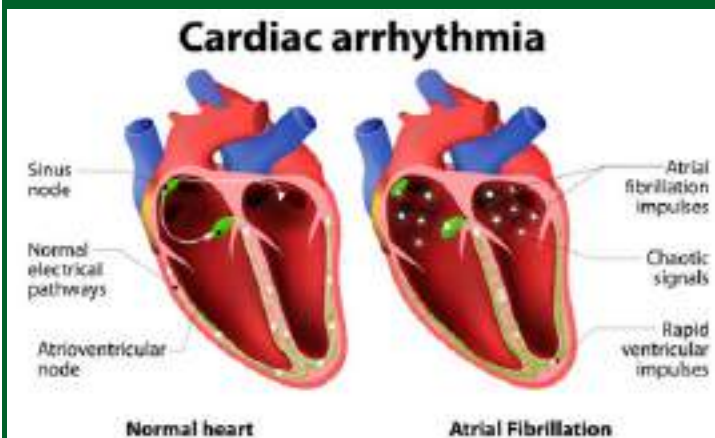
I hope that clears up posture correction in standing a little.

IRREGULAR HEARTBEAT

What is atrial fibrillation and is it serious?

Atrial fibrillation (AF) is an irregular heartbeat. It is caused by a failure of the heart's natural pacemaker, which is responsible for managing the contractions of the heart.

Under normal circumstances, the pacemaker first makes two chambers at the top of the heart (the atria) contract squeezing blood into the lower chambers (the ventricles). These in turn are triggered to contract, squeezing blood into the arteries.



In atrial fibrillation, a malfunction of the pacemaker interrupts this sequence of contractions causing the atria to twitch erratically – known as fibrillation – and the ventricles to contract more often and irregularly.

Not surprisingly the heart works less effectively as a pump in atrial fibrillation, resulting in symptoms like rapid heart rate, difficulty in breathing, tiredness, and light-headedness.

Now there are also areas within the heart where blood flow is slow or stagnant. Where this happens blood clots can form and it is these that account for the increased risk of stroke associated with atrial fibrillation.

Why atrial fibrillation increases your stroke risk

The problem with a blood clot in the heart is that some or all of it can break away and travel along major blood vessels directly into the brain.

As these very large blood vessels branch and get smaller/narrower in size, at some stage the clot or piece of clot is going to be too large to travel any further and will block the blood vessel in which it is traveling.

This means that the area of the brain beyond the clot can no longer receive the oxygen and nutrients that the blood normally delivers, causing the nerve cells to stop working and ultimately die.

This is what happens in a stroke – or more specifically in an **ischemic stroke** (meaning one caused by an interruption in the blood supply). Because clots forming in the heart may be quite big, they can block the larger blood vessels that supply large areas of the brain.

Consequently, strokes arising from an irregular heartbeat or atrial fibrillation can be very serious, which is why it is so important to prevent clots from forming in the heart.

How to avoid a stroke from atrial fibrillation

If you have atrial fibrillation, you are at an increased risk of stroke due to the formation of blood clots in the heart. **So, what can be done to reduce this risk?**

Your risk of stroke depends on several factors – age, gender, diabetes, high blood pressure, vascular disease, and history of previous strokes. Cardiac electrophysiologist, Dr. Shang-Chiun Lee with Mercy Clinic Cardiology has seven things you can do to help lower your risk of stroke while living with AFib:

Get your AFib under control. By itself, AFib is not too dangerous, but the potential complication of a stroke can be deadly. Several medications can be used to control the rate or rhythm of your heart. One of those is a blood thinner, designed to decrease the risk of stroke by keeping blood from clotting. Discuss the options with your doctor who can develop a strategy designed for you.

Cardiac ablation is also an option to alleviate discomfort or symptoms of AFib. An ablation is a minimally-invasive procedure in which the doctor destroys (by burning or freezing) tissue in your heart that's sending the wrong electrical signals. This procedure reroutes the signals to get your heartbeat regular again. Even after an ablation, your doctor may recommend you take blood thinners to lower your stroke risk.

Exercise

Being inactive or obese can raise your risk of stroke, high blood pressure, diabetes, high cholesterol, and heart disease. Getting at least 30 minutes of activity each day offers many health benefits and can decrease your risk of these diseases.

Maintain a healthy weight

If you are carrying extra pounds, you're more likely to have high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely. Your target blood pressure should be **120/80**. Take your blood pressure twice a day, and share the numbers with your doctor.

Incorporate fruits, vegetables, whole grains, and healthy fiber into your daily diet.

Even though it can be tempting try to avoid sugary drinks and sweets.

Avoid alcohol

Regular alcohol use can lead to a stroke. Women who have more than one drink a day and men who drink an average of more than two drinks a day tend to have higher blood pressure, increasing stroke risk.

Don't smoke

Research links many diseases to smoking, such as stroke, heart disease, lung cancer, and respiratory issues. Quitting will significantly

Keep diabetes in check

Diabetes and AFib are linked in several ways, and they both increase your risk for stroke and heart disease. It's important to get control of your blood sugar so you can control your AFib symptoms.

Get quality sleep

Researchers have discovered a connection between people getting less than six hours of sleep a night and stroke. Sleep apnea, a sleep disorder that affects your breathing is also associated with stroke risk factors like high blood pressure, AFib, heart failure, and diabetes. If you are snoring at night talk to your doctor about getting a sleep study.



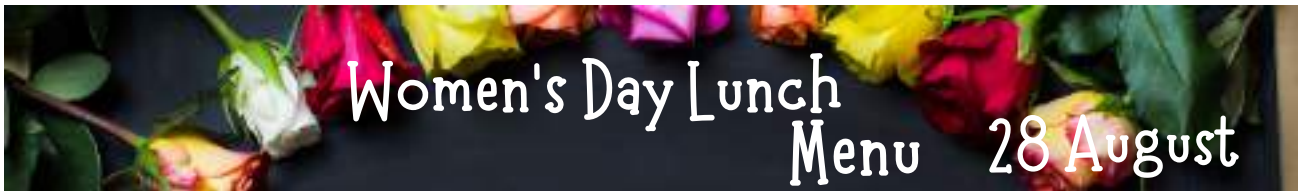
Daily Calendar - August 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|--|
| <p>1</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>10am Visual Music House 81</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p> | <p>2</p> <p>9am Therapeutic Exercise Classes</p> <p>2pm Rummikub</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> <p>7pm Rummikub</p> | <p>3</p> <p>10am Art Class</p> <p>6pm Social Dinner</p>  | <p>4</p> <p>9am-10am Yoga contact Kiloran</p> <p>2pm Bridge</p> <p>3pm Petanque</p> <p>6pm Classical Music Evening</p> | <p>5</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing Main Class</p>  <p>10.30am Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p> | 6 | 7 |
| <p>8</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>10am Visual Music House 81</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p> | <p>9</p> <p>National Book Lovers Day & Women's Day</p>  <p>9am exercise Exercise Classes</p> <p>2pm Rummikub</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> | <p>10</p> <p>10am Art Class</p> <p>2.30pm Christian Fellowship house 69</p> <p>6pm Social Dinner</p> | <p>11</p> <p>9am-10am Yoga contact Kiloran</p> <p>10am Visual Music House 81</p> <p>3pm Petanque</p> <p>6pm Movie Nights</p> | <p>12</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing Main Class</p> <p>10.30am Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p>  | 13 | 14 |
| <p>15</p> <p>9am Therapeutic Water Aerobics</p> <p>10am Art Classes</p> <p>10am Knit & Natter</p> <p>10am Visual Music House 81</p> <p>1pm Bridge</p> <p>5pm-7pm Pool & Waterhole</p> | <p>16</p> <p>9am Therapeutic Exercise Classes</p> <p>10am Book Morning</p>  <p>2pm Rummikub</p> <p>2.30pm Scrabble</p> <p>2.30pm Craft Classes</p> <p>5-7pm Ladies Pool & Waterhole</p> | <p>17</p> <p>10am Art Class</p>  <p>2.30pm Christian Fellowship - #73</p> <p>6pm Social Dinner</p> | <p>18</p> <p>9am-10am Yoga contact Kiloran</p> <p>2pm Bridge</p> <p>3pm Petanque</p> <p>6pm Movie Night</p>  | <p>19</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing Main Class</p> <p>10am Visual Music #81</p> <p>10.30am Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>2.30pm Bingo</p> <p>5pm Waterhole</p> | <p>20</p> <p>World Honey Bee Day</p>  | 21 |
| <p>22</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>23</p> <p>9am Therapeutic Exercise Classes</p> <p>2pm Rummikub</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> | <p>24</p> <p>10am Art Class</p> <p>6pm Social Dinner</p> | <p>25</p> <p>9am-10am Yoga contact Kiloran</p> <p>10.00am Kind 2 Hearing</p> <p>2pm Bridge</p> <p>3pm Petanque</p> <p>6pm Movie Night</p> | <p>26</p> <p>9am Beginners Line Dancing</p> <p>9.30am Line Dancing Main Class</p> <p>10:30 am Bible Study</p> <p>12.30pm Fish & Chips lunch</p> <p>5pm Waterhole</p> | 27 | <p>28</p> <p>National Thoughtful Day</p> <p>12pm Womens Day Lunch</p>  |
| <p>29</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>30</p> <p>9am Therapeutic Exercise Classes</p> <p>9am Sushet Muniker Audiologist</p> <p>2.30pm Craft Classes</p> <p>2.30pm Scrabble</p> <p>5-7pm Ladies Pool & Waterhole</p> | <p>31</p> <p>10am Art Class</p> <p>6pm Social Dinner</p>  | | | | |

Social Dinner Menus August 2022

| Day | Starter on the tables | Main Course Option 1 | Main Course Option 2 | Dessert |
|-------------------------------|---|---|--|--|
| Wednesday, 3 Aug 2022 | Warm roasted Mediterranean vegetable salad & honey dressing, with feta, olives, and crouton | Roast topside of beef, thyme jus, roast potatoes and broccoli in cheese sauce R85.00 | Moroccan Chicken with apricots, dates and almonds served with jewelled basmati rice, grilled baby marrow and onions in lemon butter R75.00 | Sticky toffee pudding with cinnamon custard R40.00 |
| Wednesday, 10 Aug 2022 | Roasted tomato soup with basil cream and garlic Parmesan croutons | Build your own burger served with potato wedges, braised onion, mushroom or pepper sauce R75.00 | Chicken & cream sweetcorn on baked potato with coleslaw R70.00 | Fridge tart with strawberry ice cream & meringues R40.00 |
| Wednesday, 17 Aug 2022 | Cock a leaky soup with cheese croutons | Pork chops with balsamic braised red cabbage & apples served with stuffed parmesan potatoes & mushroom sauce R80.00 | Asian garlicky chicken with roasted nuts, basmati fried rice R75.00 | Baked apple pudding with berry compote & whiskey & honey cream R40.00 |
| Wednesday, 24 Aug 2022 | Roasted beetroot & apple salad in balsamic & honey dressing | Beef moussaka served with roasted vegetables & tzatziki R70.00 | Chicken kebabs with Spanish rice & cream peri peri sauce, green side salad R70.00 | Tiramisu R40.00 |
| Wednesday, 31 Aug 2022 | Chilled gazacho with soured cream & garlic croutons | Beef Schnitzel with three cheese sauce, sauté potatoes and grilled cauliflower R75.00 | Green Thai Chicken curry in coconut milk, brinjals, beans & potatoes, served Basmati rice & pawpaw salsa R75.00 | Seasonal fruit salad in orange, ginger & cinnamon syrup served with ice cream R40.00 |

PLEASE NOTE: No cash payments will be accepted – payments by EFT or by debit/credit card.
Bookings at reception with **Tshwanelo on EXT 1200** – between **08:00 and 17:00**



Platters per table


Chicken liver pate with herb crostini
Roasted Mediterranean Vegetable Salad
with feta & olives

Main Course Buffet

Roast topside of Beef with Rosemary jus
Chicken & Mushroom Pie
Fried Cabbage, Bacon & Peas
Roast Pumpkin with Cinnamon & Pecan Nuts
Vegetable Lasagne
Sauté Potatoes
Savoury Rice

Dessert

Baked Chocolate & Marshmallow Pudding & Custard
Ice Cream with Chocolate Sauce & Wild Berry Compote
Mini Milk Tarts & Lemon Meringues
Fresh Fruit Salad in Cinnamon Orange Syrup



Residents - R165.00
Visitors - R185.00
Children under 12 years - R130.00