

What's Happening this week...

26th September 2022 – 30th September 2022



Social Activities:

Monday 26th September 2022

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

Craft
DAY

Tuesday 27th September 2022

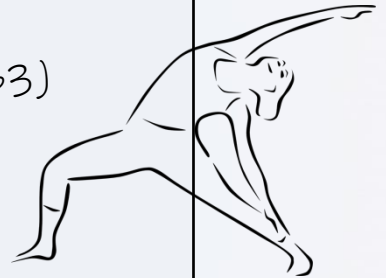
9am Therapeutic Exercise class
10am Sashni Muniker Audiologist
2.30pm Scrabble
2:30pm Craft classes
5pm Ladies Pool + Waterhole

Wednesday 28th September 2022

10am Art Class
5.30pm Social dinner

Thursday 29th September 2022

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



Friday 30th September 2022

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10:30am Bible Study
12:30pm Fish and Chips
5pm Waterhole



Sashni Munnisunker
Audiology

BOOK YOUR APPOINTMENT

The audiologist will be in the village on
TUESDAY 27th of September at 10:00 – 13:00
Venue: Lifestyle Centre Boardroom

Please book with Sipho at
Evergreen Health (EXT 1220)
or
Sashni: 010 597 1975

EVERGREEN BROADACRES

WHAT'S COOKING




EVERGREEN
lifestyle
broadacres

26 - 30 September 2022

Date	Standard Menu – R63.00	Premium Menu – R73.00
Monday Lunch 26 September	Beef lasagne, served with roasted seasonal vegetables and side salad	Beef Moussaka with roasted seasonal vegetables and Greek salad
Tuesday Lunch 27 September	Chicken Paprika with mushrooms and peppers in cream sherry sauce, penne pasta and peas	Individual chicken phyllo pie, mash and gravy with peas
Wednesday Lunch 28 September	Ox liver with onion gravy, cream mashed potatoes, butternut and green beans	Tenderised steak, with fried egg, cream mushroom sauce, potato wedges, butternut and green beans
Thursday Lunch 29 September	Cheeseburger and chips with coleslaw & side salad	Chicken Prego and chips with coleslaw and side salad
Friday Lunch 30 September	Crisp battered or grilled hake and chips, served with tartar sauce, minted mushy peas and garden salad Bistro R80.00 Home delivery R87.00	Prawns and calamari with lemon caper sauce chips, minted mushy and garden salad R125.00

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT or CARD
Meals eaten or collected at Bistro R63.00, if delivered R70.00 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 eaten or collected at Bistro R73.00, if delivered R80.00 or otherwise specified
The R7.00 surcharge covers all packaging
Order to be placed by 16:00 prior day



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

Wednesday – 28 September 2022

Social Evening Dinner

Starter

Roasted beetroot and apple salad in balsamic and honey dressing

Main course

Braised shin of beef in milk stout with butterbeans, Parmesan mash, fried cabbage and peas -
R85

Or

Mild chicken curry in coconut milk, basmati rice, poppadom's and sambals – **R80**

Vegetarian option available on request – **R70**

Dessert

Spring fruit salad in cinnamon and ginger syrup, served with vanilla ice cream – **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!