

What's Happening this week...

3rd – 7th October 2022



Social Activities:

Monday 3rd October 2022



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

Tuesday 4th October 2022

9am Therapeutic Exercise class
2pm Rummikub
2.30pm Scrabble
5pm Ladies Pool + Waterhole

Wednesday 5th October 2022

10am Art Class
5.30pm Social dinner

Thursday 6th October 2022

9am Yoga – contact Kiloran (House 63)
10am Visual Music @ House 81
2pm Bridge
3pm Petanque
6pm Movie Night



Friday 7th October 2022

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



Saturday 8th October 2022

10am Cardiology talk by Dr. Tony Dalby

CARDIOLOGY AS WE GET OLDER



PRESENTATION BY: Dr Tony Dalby (Cardiologist)

Evergreen Broadacres Clubhouse

Saturday 8 October 2022

10:00 for 10.30

Do you wonder about the following questions?

- What does an irregular pulse mean and does it matter?
 - Atrial fibrillation and its management.
 - I have Barlow's syndrome. Is it serious?

Then this is the talk for you!

Book your place with Tshwanelo (EXT 1200) by








Wednesday 5th of October at 16:00

Tea & Coffee will be available.

October 2022

EVENT CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	4 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	5 10am Art Class 5:30pm Social Dinner	6 9am-10am Yoga contact <u>Kiloran</u> 10am Visual Music House 81 2pm Bridge 3pm <u>Petanque</u> 6pm Movie Night	7 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30pm Bible Study 12.30pm Fish & Chips 5pm Waterhole	8 10am Cardiology talk by Dr Tony Dalby 	9
10 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge  5pm-7pm Pool & Waterhole	11 9am Therapeutic Exercise Classes 10.30am Western Province over 50's team visit 2pm <u>Rummikub</u> 2.30pm Scrabble 2.30pm Craft Classes 5-7pm Ladies Pool & Waterhole	 12 10am Art Class 2.30pm Christian fellowship- #69 5:30pm Oktoberfest Social Dinner	13 9am-10am Yoga contact <u>Kiloran</u> 10am Visual Music House 81 2pm Bridge 3pm <u>Petanque</u> 6pm Movie Night	14 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10am Visual Music – House 81 10.30pm Bible Study 12.30pm Fish & Chips 5pm Waterhole 	15	16
17 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole 	18 9am Therapeutic Exercise Classes 10am Book Morning 2pm <u>Rummikub</u> 2.30pm SCRABBLE 5-7pm Ladies Pool & Waterhole	19 10am Art Class 5:30pm Social Dinner	20 9am-10am Yoga contact <u>Kiloran</u> 2pm Bridge 3pm <u>Petanque</u> 6pm Movie Night 	21 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish & Chips 10:30 pm Bible Study 2:30pm BINGO 5pm Waterhole	22 	23
24 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	25 9am Therapeutic Exercise Classes 9am Sashni Audiology 2pm Rummikub 2.30pm Craft Classes 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	26 10am Art Class 2.30pm Christian fellowship- #69 5:30pm Evergreen 10th Anniversary Dinner 	27 9am-10am Yoga contact <u>Kiloran</u> 2pm Bridge 3pm <u>Petanque</u> 6pm Movie Night	28 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish & Chips 10:30 pm Bible Study 5pm Waterhole	29 4pm Village Walk 	30
31 Save your hearing day 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole						

EVERGREEN BROADACRES

WHAT'S COOKING

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03-07 October 2022

Date	Standard Menu – R63.00	Premium Menu – R73.00
Monday Lunch 03 October	Cottage pie with herb and cheese potato crust, served with gem squash and mixed vegetables	Feta stuffed meatballs in tomato and onion gravy, saute potatoes in rocket pesto, grilled baby marrows
Tuesday Lunch 04 October	Chicken stroganoff with savoury rice, cream spinach and roast pumpkin	BBQ grilled chicken fillet with baked potato, sour cream, cream spinach and roast pumpkin
Wednesday Lunch 05 October	Ox liver with onion gravy, mashed potatoes, fried cabbage and roast butternut	Steak n kidney pie, mashed potatoes, fried cabbage and roast butternut
Thursday Lunch 06 October	Pork schnitzel with mash potatoes, cheese sauce and peas	Peppered pork fillet with apple sauce, baked potato, sour cream and vegetable stir fry
Friday Lunch 07 October	Crisp battered or grilled hake and chips, served with tartar sauce, waldorf salad and garden salad Bistro R80.00 Home delivery R87.00	Prawns and calamari with lemon caper sauce chips, waldorf salad 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

See you there!



EVERGREEN BROADACRES

WHAT'S COOKING

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Wednesday – 05 October 2022

Social Evening Dinner

Starter

Greek salad with feta, olives and garlic croutons

Main course

Sticky beef short rib, with fried rice and vegetable stir fry –R75

Or

Moroccan chicken with orange and dates, almond jeweled rice and roasted vegetables –R75

Vegetarian option available on request – R70

Dessert

Tiramisu in a glass, topped with chocolate ice cream and caramel sauce – R45

**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!