



What's Happening this week...

31st October – 4th November 2022

Social Activities:

MONDAY – 31ST OCTOBER 2022

9am Therapeutic Water Aerobics
10am Art Classes
10am Knit & Natter
1pm Bridge
5pm Pool & Waterhole

TUESDAY – 1ST NOVEMBER 2022

9am Therapeutic Exercise Classes
2pm Rummikub
2:30pm Scrabble
5pm Pool & Waterhole

WEDNESDAY – 2ND NOVEMBER 2022

10am Art Classes
5:30pm Social Dinner

THURSDAY 3RD NOVEMBER 2022

9am Yoga (Contact Kiloran Ext 1063)
10am Visual Music (Contact Pat Ext 1081)
2pm Bridge
3pm Petanque
6pm Movie Night


FRIDAY 4TH NOVEMBER 2022

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

31 October – 04 November 2022

Date	Standard Menu – R63.00	Premium Menu – R73.00
Monday Lunch 31 October	Meat balls in tomato coulis, savoury rice, butternut and green beans	Greek Moussaka, roasted Mediterranean vegetables, Tzatziki and Greek salad
Tuesday Lunch 01 November	Ox liver and onion gravy, cheese & parsley mash, fried cabbage, bacon and peas	Ham, mushroom and feta quiche served with potato salad and green salad
Wednesday Lunch 02 November	Asian chicken stir-fry with fried rice, vegetable stir fry and cucumber, sesame salad	Chicken Prego with braised onion and fried egg, potato wedges and cream peri-peri sauce, coleslaw
Thursday Lunch 03 November	Cottage pie with cheese & herb potato crust, seasonal country style vegetables	Beef, mushroom, bacon burger with chips, cheese sauce and side salad
Friday Lunch 04 November	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw and garden salad Bistro R80.00 Home delivery R87.00	Grilled prawns, peri-peri and lemon garlic butter, chips, coleslaw and garden salad R125.00
<p>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</p>		<p>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</p>

See you there!



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

Wednesday – 02 November 2022 Social Evening Dinner

Starter served

Cream of pumpkin soup with rye bread croutons and toasted pumpkin seeds

Main Course

Steak n kidney pie, gravy, mash and fried cabbage & peas – R80

Or

Chicken schnitzel with three cheese sauce, sauté potatoes, broccoli and cauliflower –R80

Vegetarian option available on request – R75

Dessert

Ice cream with chocolate sauce and 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.**