

# What's Happening this week...

9th January – 13th January 2023



# Social Activities:

## **MONDAY – 9<sup>th</sup> January 2023**

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

## **TUESDAY – 10<sup>th</sup> January 2023**

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

## **WEDNESDAY – 11<sup>th</sup> January 2023**

10am Art Classes  
2:30pm Christian Fellowship  
5:30pm Social Dinner

## **THURSDAY - 12<sup>TH</sup> January 2023**

9am Yoga (Contact Kiloran Ext 1063)  
2pm Bridge  
3pm Petanque  
6pm Movie Night

## **FRIDAY - 13<sup>TH</sup> January 2023**

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

# HOUSEPLANT APPRECIATION DAY

10 JANUARY 2023



## HOUSEPLANT APPRECIATION DAY

Houseplant Appreciation Day is celebrated on the 10<sup>th</sup> of January every year. It reminds us that we do not have to lose the freshness and vibrancy that plants bring to our homes. If you have the post holiday blues, you have the perfect chance to brighten up your house with a lovely plant that you can enjoy all year long. But houseplants do more than just bring a splash of green into our homes, this day is about raising awareness of the numerous benefits of tending an indoor plant.

Houseplants convert carbon dioxide into oxygen for us to breathe, improving the air quality in your home. Plants also release moisture into the air, conditioning it with refreshing humidity that can actually make your house feel cooler! Many houseplants are easy to care for and have an array of household uses that may help you save money too.

Whether your green thumb has driven you to amass an impressive indoor garden or you're just kicking around the idea of a low-maintenance cactus for your desk, it's time to roll up your sleeves and join us in bringing the outdoors inside on Houseplant Appreciation Day.

EVERGREEN BROADACRES

# WHAT'S COOKING



**09 – 13 January 2023**

Date	Standard Menu – R68.00	Premium Menu – R78.00
<b>Monday Lunch 09 January</b>	Sweet and sour pork, fried rice and vegetable stir-fry	Pork casserole in cream pepper sauce, grilled apples, baked potato and sour cream, glazed sweet carrots
<b>Tuesday Lunch 10 January</b>	Beef lasagne served with roast vegetable salad	Beef Moussaka served with Tzatziki and Greek salad
<b>Wednesday Lunch 11 January</b>	Chicken schnitzel with cheese sauce, new parsley potatoes and roast pumpkin	Chicken kebab peri-peri with savoury rice, peas and green salad
<b>Thursday Lunch 12 January</b>	Slow braised beef with mashed potatoes, fried cabbage and peas	Pita of pulled beef, braised onions, feta and roasted brinjals and peppers, served with potato wedges and Tzatziki
<b>Friday Lunch 13 January</b>	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas, garden salad Bistro R85.00 Home delivery R92.00	Grilled prawns with peri-peri and lemon butter sauce, served with chips, mushy minted peas and side 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 R68.00,  
if delivered R75.00 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 R78.00,  
if delivered R85.00 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

EVERGREEN  
lifestyle  
broadacres

**Wednesday – 11 January 2023**

## **Social Evening Dinner**

### ***Plated starter***

*Roasted tomato soup with basil cream and garlic Parmesan croutons*

### ***Main Course***

Individual mince meat pies with mash and gravy, buttered carrots and cauliflower – R80

Or

Mild Durban curry in cream coconut sauce, with basmati rice and pawpaw salsa and roti – R80

\*\*\*\*

Vegetarian option available on request – R78

### ***Dessert***

Fridge tart with strawberry ice cream and meringues – R42

**PLEASE NOTE:**

**NO CASH PAYMENTS  
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!*