

What's Happening this week...

16th January –

20th January 2023



Social Activities:

MONDAY – 16th January 2023

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

TUESDAY – 17th January 2023

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

WEDNESDAY – 18th January 2023

10am Art Classes
5:30pm Social Dinner

THURSDAY - 19TH January 2023

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

FRIDAY - 20TH January 2023

9am Beginners Line Dancing
9:30am Main Line Dancing Class
10:30am Bible Study
12:30pm Fish & Chips
2:30pm Bingo
5pm Waterhole

NOTHING DAY

16 JANUARY 2023



NOTHING DAY

Ever been caught “doing nothing” and shamed into feeling lazier than the average person? Rest assured, that might not happen today. Nothing Day has been ‘celebrated’ since 1973, and like its namesake, there’s not a lot to tell. A mind-teaser does occur though, if you are doing nothing, are you not doing something?

History is full of debates between philosophers and writers on the study of ‘nothing’, because the question is, what is nothing? Even the true nature of nothingness in outer space causes disagreements between experts as many claim even a true space devoid of anything is not nothing, because in space quantum particles exist even without gravity.

On Nothing Day, promotion of the day is kind of contradictory, as the day is meant as an ‘un-event’, which means that it could not be seen as an event and refers to a thing of no importance, consequence or interest.

However, it might be a nice exercise of self discipline to see how long you can go without doing anything. Of course, staring at a wall is still staring, not doing nothing, but the attempt could be interesting and it may even lead you into a Zen state of mind!

EVERGREEN BROADACRES

WHAT'S COOKING



16 – 20 January 2023

Date	Standard Menu – R68.00	Premium Menu – R78.00
Monday Lunch 16 January	Slow braised short rib of beef with parsley mash, fried cabbage and roast butternut	Crumbed steak, fried egg, potato wedges, fried cabbage and blue cheese sauce
Tuesday Lunch 17 January	Chicken a la king and rice with peas and creamed carrots	Green Thai chicken curry with brinjals, beans and potatoes in coconut milk, basmati rice and pawpaw salsa
Wednesday Lunch 18 January	Pork casserole with mashed potatoes, green beans and sweet pumpkin	Grilled pork kebab with peanut sauce, fried rice and vegetable stir-fry
Thursday Lunch 19 January	Bobotie with yellow raisin rice, tomato & onion salsa and banana salad with chutney	Savoury mince on baked potato, broccoli and cheese sauce, tomato and onion salad
Friday Lunch 20 January	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

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lifestyle
broadacres

Wednesday – 18 January 2023

Social Evening Dinner

Plated starter

Cock a leaky soup with cheese croutons

Main Course

Pork chops with balsamic braised red cabbage and apples served with stuffed Parmesan potatoes and mushroom sauce – R80

Or

Asian garlicky chicken with roasted nuts, basmati fried rice – R80

Vegetarian option available on request – R78

Dessert

Baked apple pudding with berry compote and whiskey and honey cream – 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!