

# What's Happening this week...

23rd January – 27th January 2023



# Social Activities:

## **MONDAY – 23<sup>rd</sup> January 2023**

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

## **TUESDAY – 24<sup>th</sup> January 2023**

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

## **WEDNESDAY – 25<sup>th</sup> January 2023**

10am Art Classes  
**5:30pm Social Dinner – Burns Night**

## **THURSDAY - 26<sup>TH</sup> January 2023**

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

## **FRIDAY - 27<sup>TH</sup> January 2023**

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

## **SUNDAY - 27<sup>TH</sup> January 2023**

**12pm Sunday Lunch**





# NATIONAL BLUEBERRY PANCAKE DAY

28 JANUARY 2023



## NATIONAL BLUEBERRY PANCAKE DAY

On January 28th, National Blueberry Pancake Day brings the sweetness of blueberries to your pancake, flapjack or hotcake.

The early pancakes consisted mostly of flour and milk and were more like biscuits. Later, eggs, milk, a leavening agent (such as baking powder) and fat were added creating the fluffier, lighter pancake we know today.

Adding blueberries to the pancake batter when mixing up the ingredients may result in a bluish hue. To avoid this, add them right after dropping dollops of batter to the hot griddle.

Blueberries add a freshness to pancakes and nutrients like vitamin K, vitamin C, manganese and copper.



26<sup>th</sup>  
January  
2023



JOIN US  
For our first movie  
night for 2023.

The Lost King -  
A drama around the  
true story of the  
search for the body of  
King Richard III of  
England.

Time: 18:00  
Place: Lifestyle Centre

Bring your own drinks and  
snacks with.



EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
lifestyle  
broadacres

16-20 January 2023

Date	Standard Menu – R68.00	Premium Menu – R78.00
Monday Lunch 23 January	Pork stroganoff with steamed rice, creamed spinach and butternut	Pork Schnitzel with parsley baby potatoes, blue cheese sauce, cream spinach and butternut
Tuesday Lunch 24 January	Crumbed chicken drumsticks, potato salad, beetroot salad and carrot salad	Orange, lemon & basil baked chicken with penne pasta salad, Greek salad
Wednesday Lunch 25 January	Meat balls in tomato and onion gravy, glazed sweet carrots and green salad	Beef kofta with tomato charmoula roasted vegetables and almond couscous
Thursday Lunch 26 January	Mild chicken curry in coconut milk, steamed rice, banana salad, tomato & onion salsa	Sweet n sour chicken with fried rice, vegetable stir-fry with nuts, chilli and cucumber salad
Friday Lunch 27 January	Crisp battered or grilled hake and chips, served with tartar sauce, pea and sweet corn salad, garden salad Bistro R85.00 Home delivery R92.00	Prawn and seafood curry in coconut milk, served with savoury rice, pea and sweet corn 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 with Bisto


**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 with Bisto



EVERGREEN BROADACRES

# WHAT'S COOKING

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lifestyle  
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**Wednesday – 25 Jan 2023**

## **Burns Night**

### ***Plated starter***

Scotch broth

### ***Main Course***

Lamb hot pot with sliced potatoes,  
served with fried cabbage and peas- R105

Or

Fisherman's pie with smoked haddock,  
cheesy potato crust served with braised carrots,  
turnips and peas - R90

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Vegetarian option available on request – R85

### ***Dessert***

Scotch trifle with raspberries,  
almond biscuits, whiskey and cream– R50

PRE-PAID ACCOUNT, CREDIT or DEBIT CARD ONLY

**Please book at Reception on EXT 1200 by 17:00 on Monday**



EVERGREEN BROADACRES

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## Sunday Lunch – 29<sup>th</sup> January 2023

### Platter per table

Potato salad with bacon and blue cheese,  
chicken liver pate with crostini, garden salad

### Main Course

Roast Sirloin of beef with caramelized garlic and red wine jus,  
cream horseradish  
Chicken and mushroom pie  
Vegetable lasagne  
Dutch beans  
Glazed carrots  
Roast baby potatoes in rosemary butter  
Savoury rice

### Dessert

Malva pudding and custard  
Lemon meringue pie  
Fridge tart  
Seasonal fruit salad  
Vanilla ice cream with chocolate and wild berry sauce  
Cheese and biscuits with cheese straws,  
savoury crackers and red onion marmalade

Residents – R165.00pp  
Visitors – R185.00pp  
Children under 12yrs – R135.00pp

PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

Please book at Reception EXT 1200  
only between 08:00 and 17:00.

**Bookings close on Tuesday 24 Jan 2023 at 17:00**