

What's Happening this week...

27th February – 3rd March 2023



Social Activities:

MONDAY – 27th February 2023

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

TUESDAY – 28th February 2023

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

WEDNESDAY – 1st March 2023

10am Art Classes
5:30pm Social Dinner

THURSDAY – 2nd March 2023

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

FRIDAY – 3rd March 2023

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



NATIONAL REFIRED NOT RETIRED DAY

1 MARCH 2023



NATIONAL REFIRED NOT RETIRED DAY

This day was created with the sole purpose of turning the narrative of a boring retirement plan around. Retirement is an exciting time in life when you can put the stresses of the working world behind you and focus on all the things you've never had time to do.

According to statistics, people aged 65 and older watch the most TV per day of any age group. A lot of retirees don't have much to look forward to after retirement, or at least they think that they don't. A lot of them are left alone, with nothing to do, but Refined Not Retired Day gives them a variety of option and an exciting post-retirement life to look forward to.

Today is all about chasing adventures and your biggest passions after retirement. Use the day to think about your current passions in life or things you would like to explore after retirement. Make a fun bucket list of things that you can start ticking off at retirement.

We are turning 70 this year and want to celebrate with you!

Bring the whole family for a fun filled day



South African Guide-Dogs Association

Birthday Bash

You are invited to our **70th** Birthday Bash!

Join us on 5 March for a fun filled day! There will be something for the whole family and lots more fun and entertainment in our arena. Beer garden, tea garden, kids zone and loads of unique vendors.

Live Broadcast with Mix FM



★ Come celebrate with us:

Sunday 5 March 2023

Venue: SA Guide-Dogs Association for the Blind
126 Wroxham Rd, Paulshof 2191

Time: 10h00 - 16h00

R50 per Adult
R20 per Pensioner
Children under 12 free

* No Pets Allowed
Except Assistance Dogs *



Proud sponsors of the 70th birthday bash



South African Guide-Dogs Association

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

27 February – 04 March 2023

Date	Standard Menu – R68.00
Monday Lunch 27 February	Meat loaf with tomato gravy, mashed potatoes, cream spinach and carrots
Tuesday Lunch 28 February	Pork stroganoff with steamed rice, peas and gem squash
Wednesday Lunch 01 March	Steak n kidney pie, mash potatoes with roasted pumpkin and fried cabbage
Thursday Lunch 02 March	Chicken casserole with savoury rice, Dutch beans and beetroot salad
Friday Lunch 03 March	Crisp battered or grilled hake and chips, served with tartar sauce, carrot and pineapple salad and garden salad Bistro R85.00 Home delivery R95.00


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 R78.00 or otherwise specified

The R10.00 surcharge covers all packaging

Order to be placed by 16:00 prior day



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
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Wednesday 01 March 2023

Plated starter

Cream of pumpkin soup with crème fraiche and cheese straws

Braised beef shin with cheese mash potatoes,
roast carrots and baby onions **R80**

Main Course

Chicken fricassee in white wine and cream sauce
with mushrooms and peas
served with steamed rice
and seasonal vegetables **R75**

Vegetarian option available on request – R70

Dessert

Cheesecake and ice cream with berry sauce – R45

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!

MARCH 2023 - LUNCH MENUS

Resident name: _____

Unit number: _____

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect or have your meal delivered. Also please indicate the number of meals. (E.g. two lunches delivered for Tuesday 14 March 2023)

	Week 1	week 2	week 3	week 4	week 5
MONDAY		06-Mar SWEET N SOUR PORK FRIED RICE AND VEGETABLE STIR FRY R68,00	13-Mar STICKY BBQ BEEF SHORTRIB, POTATO WEDGES, FRIED CABBAGE AND ROAST SUTTERNUT R68,00	20-Mar PORK CHOW WITH ASIAN NOODLES, CASHEW NUTS AND SOY SAUCE, ASIAN COLESLAW WITH SESAME DRESSING R68,00	27-Mar MEAT LOAF IN TOMATO GRAVY, CHEESE POTATOE BAKE, CREAM SPINACH AND CARROTS R68,00
TUESDAY		07-Mar BEEF LASAGNE WITH ROASTED MEDITERANEAN VEGETABLES AND SIDE SALAD R68,00	14-Mar CHICKEN A LA KING WITH STEAMED RICE MIDLEY OF SEASONAL VEGETABLES WITH SIDE SALAD R68,00	21-Mar STICKY LEMON AND MAPLE ROASTED CHICKEN THIGHS WITH CREAM POTATOES, BROCCOLI AND PEAS R68,00	28-Mar PORK FILLET IN CREAM LEAK AND APPLE SAUCE, STEAMED RICE, PEAS & CORN IN CEM SQUASH R68,00
WEDNESDAY	03-Mar STEAK AND KIDNEY PIE WITH ROASTED PUMPKIN AND FRIED CABBAGE R68,00	08-Mar CHICKEN SCHNITZEL WITH CHEESE SAUCE AND NEW PARSLEY POTATOES ROAST BUTTERNUT AND BEETROOT SALAD R68,00	15-Mar PORK SCHNITZEL WITH CHEESE AND BACON SAUCE PARSLEY MASG, GREEN BEANS AND ONIONS AND ROAST PUMPKIN R68,00	22-Mar ITALIAN FETA STUFFED MEAT BALLS IN TOMATO BASIL COLLUS, MEDITERANEAN ROASTED VEGETABLES AND ITALIAN SALAD R68,00	29-Mar OX LIVER MASH AND ONIONS WITH ROASTED PUMPKIN AND FRIED CABBAGE R68,00
THURSDAY	02-Mar CHICKEN CASSEROLE WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD R68,00	09-Mar BRAISED BEEF SHEN WITH MASH POTATOES, GLAZED CARROTS AND PEAS R68,00	16-Mar BOBOTIE WITH YELLOW SAUSIN RICE, TOMATO, CUCUMBER SALAD, BANANA SALAD R68,00	23-Mar MILD BEEF CURRY IN COCONUT MILK, STEAM RICE, BANANA SALAD AND BEETROOT SALAD R68,00	30-Mar BBQ CHICKEN DRUMSTICKS WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD R68,00
FRIDAY	05-Mar GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD R85,00	10-Mar GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND COLESLAW AND GARDEN SALAD R85,00	17-Mar GRILLED OR DEEP FRIED HAKE AND CHIPS WITH LEMON BUTTER SAUCE, FRIED CABBAGE AND PEAS AND GARDEN SALAD R85,00	24-Mar DEEP FRIED OR GRILLED HAKE AND CHIPS WITH TARTAR SAUCE, PDA AND SWEETCORN SALAD AND GARDEN SALAD R85,00	31-Mar GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD R85,00

Number of standard meals selected = _____ @ R68.00 per meal = R _____

Number of Friday meals selected = _____ @ R85.00 per meal = R _____

TOTAL PACKAGE PRICE: R _____

4.5% discount off package price: R _____

TOTAL PACKAGE PAYMENT REQUIRED: R _____

Terms and Conditions

1. In order to qualify for the package discount, packages need to be pre-paid for by the 25th of the previous month.
2. Packages are only applicable to 10 meals or more per month.
3. No cancellations allowed and meals not taken up cannot be carried over or refunded.
4. Packages can not be shared by more than one household.
5. Delivery meals will be charged an additional R10.00 for packaging.
6. Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked With unit number.