

# What's Happening this week...

13th March – 17th March 2023



# Social Activities:

## MONDAY – 13<sup>th</sup> March 2023

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

## TUESDAY – 14<sup>th</sup> March 2023

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

## WEDNESDAY – 15<sup>th</sup> March 2023

10am Art Classes  
**5:30pm Social Dinner – St Patricks Theme**

## THURSDAY - 16<sup>TH</sup> March 2023

9am Yoga (Contact Kiloran Ext 1063)  
**10am Evergreen Health Talk – Dodging Dementia**  
2pm Bridge  
3pm Petanque  
6pm Movie Night

## FRIDAY - 17<sup>TH</sup> March 2023

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



# INTERNATIONAL ASK

# A QUESTION DAY

14 MARCH 2023



## INTERNATIONAL ASK A QUESTION DAY

Questions are a crucial part of learning and overall human development. Questions have led to many breakthrough discoveries. Questions also help with communication.

International Ask a Question Day is an annual holiday that seeks to transform the way people view asking questions. It celebrates the curiosity of the human mind, and the what's, who's, when's, how's and why's.

Asking questions does more than gather information or solve problems. It allows people to build and foster healthy relationships, creates awareness of political, social, racial, and medical issues. They are critical for thinking and goal setting, and, as long as the right questions are asked, progress and developments are guaranteed.

Every one of us has questions that we need answers to. International Ask a Question day encourages you to use all the questions words to ask and satiate your curiosity. Join in the celebration by consulting educational experts on tips to ask questions properly.



EVERGREEN HEALTH

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# DODGING DEMENTIA


*A talk about Neuro-Cognitive decline  
& Prevention strategies*

**SPEAKER:** Dr Guin Lourens  
**DATE:** 16 March 2023  
**TIME:** 10h00  
**VENUE:** Broadacres Clubhouse Lounge

*Please book your seat at reception on Ext 1200*

**See you there!**





EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
lifestyle  
broadacres

**13 - 17 March 2023**

Date	Standard Menu – R68.00
Monday Lunch 13 March	Sticky BBQ Beef Short rib, Potato Wedge, Fried Cabbage and Roast Butternut
Tuesday Lunch 14 March	Chicken a la King with Steamed Rice, Medley of Seasonal Vegetable with Side Salad
Wednesday Lunch 15 March	Pork Schnitzel with Cheese and Bacon Sauce, Parsley Mash, Green Beans and Roast Pumpkin
Thursday Lunch 16 March	Bobotie with Yellow Raisin Rice, Tomato and Cucumber Salad, Banana Salad
Friday Lunch 17 March	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas 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

# St. Patrick's Day

Events & Celebrations

**Wednesday – 15 March 2023**  
**St Patricks Social Dinner**

Irish potato, cauliflower, and leek soup,  
topped with crisp bacon, fried onions and cheese,  
served with Irish buttermilk soda bread

### ***Salad platter per table***

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### ***Main Course***

Guinness Irish beef stew served with creamed potatoes,  
braised carrots, and leeks – R115

Or

Poached mussels and haddock in cider and cream  
served with fried cabbage and bacon with chips – R115

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Vegetarian option available on request – R70

### ***Dessert***

Mint chocolate brownies with choc – mint crumble,  
vanilla ice cream and Irish cream caramel sauce – R55

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!*