

# What's Happening this week...

20th March – 24th March 2023



# Social Activities:

## MONDAY – 20<sup>th</sup> March 2023

### **EFF PLANNED NATIONAL SHUTDOWN**

Treated like a public holiday – Bistro closed

9am + 9:45am Therapeutic Water Aerobics

10am Art Classes

10am Knit & Natter

1pm Bridge

5pm Pool & Waterhole

## TUESDAY – 21<sup>st</sup> March 2023

### **PUBLIC HOLIDAY**

9am Therapeutic Exercise Class

2pm Rummikub

2:30pm Scrabble

5pm Pool & Waterhole

## WEDNESDAY – 22<sup>nd</sup> March 2023

10am Art Classes

5:30pm Social Dinner

## THURSDAY – 23<sup>rd</sup> March 2023

8am Therapeutic Exercise Class

9am Yoga (Contact Kiloran Ext 1063)

2pm Bridge

3pm Petanque

6pm Movie Night

## FRIDAY - 24<sup>TH</sup> March 2023

9am Beginners Line Dancing Class

9:30am Main Line Dancing Class

10:30am Bible Study

12:30pm Fish & Chips

5pm Waterhole

## SUNDAY – 25<sup>th</sup> March 2023

12:30pm Sunday Lunch

# HUMANS RIGHT'S DAY

21 MARCH 2023



## HUMAN RIGHTS DAY

Human Rights Day in South Africa is historically lined with 21 March 1960, and the events of Sharpeville. On that day, 69 people died and 180 were wounded when police fired on a peaceful crowd that had gathered in protest against the Pass laws. This day marked an affirmation by ordinary people, rising in unison to proclaim their rights. It became an iconic date in our country's history that today we commemorate as Human Rights Day as a reminder of our rights of our rights and the cost paid for our treasured human rights.

It is largely because of this day that Section 2 of the Constitution protects our basic rights such as that of shelter, water, justice and freedom. However, for others, this day was an indication of how far we have come as a society.

We all however have a right to do good, to be kind, to be honest and to be someone who makes everybody feel like a somebody. Never be afraid of raising your voice and making a stand for truth, honesty, compassion and justice. Human Rights are worth standing up for without compromise. No matter who tells it or who it is for or against it, even if you stand alone.

EVERGREEN BROADACRES

# WHAT'S COOKING

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## 20-24 March 2023

Date	Standard Menu – R68.00
<b>Monday Lunch 20 March</b>	<b>Delivery only as Bistro is closed due to National Shutdown</b> Pork chow Mein with Asian Noodles, Cashew Nuts and Soy Sauce, Asian Coleslaw with Sesame Dressing
<b>Tuesday Lunch 21 March</b>	<b>(Bistro will be closed due to the Public Holiday)</b>
<b>Wednesday Lunch 22 March</b>	Italian Feta Stuffed Meat Balls in Tomato Basil Sauce, Med Style Roasted Veg and Italian Salad
<b>Thursday Lunch 23 March</b>	Mild Beef Curry in Coconut Milk, Steamed Rice, Banana Salad and Beetroot Salad
<b>Friday Lunch 24 March</b>	Grilled or Deep-Fried Hake with Chips, Tartar Sauce, Pea and Sweet corn Salad, 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**

*See you there!*



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**WEDNESDAY SOCIAL DINNER – 22 MARCH 2023**

## **Platter per table**

Chefs roasted vegetable salad in balsamic, mustard and honey dressing topped with rye bread croutons

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## **Main Course**

Roast beef with roast potatoes,  
red wine and garlic jus,  
cream horseradish,  
Dutch beans and glazed carrots R105

Or

Chicken Chasseur (French Hunter's chicken)  
served with pommes dauphinoise (potato bake)  
glazed carrots and peas – R75

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Vegetarian option available on request – R70

## **Dessert**

Sherry trifle in a glass,  
topped with whipped cream and berry compote – R40

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.**

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## Sunday Lunch – 26<sup>th</sup> March 2023

### ***Plated starter***

Roasted tomato soup topped with basil pesto  
crème fraiche and cheese straws

### ***Main Course***

Roast sirloin of beef with roast baby onions in red wine jus  
Chicken a la king  
Vegetable lasagne with cream spinach and roast brinjals in tomato  
Roast Mediterranean vegetables in balsamic glaze  
Minted peas  
Roast potatoes  
Savoury rice

### ***Dessert***

Baked chocolate pudding with Custard  
Mini tartlets with berry cream and strawberries  
Mini lemon meringue pies  
Seasonal fruit salad in citrus and ginger syrup  
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**

### ***Terms and Conditions***

1. *Pre-payment required to secure bookings.*
2. *You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)*
3. *Bookings close on Monday 20 Marc 2023 at 17:00*
4. *No cancellations will be accepted or refunded.*
5. *No deliveries*