

What's Happening this week...

17th April – 21st April 2023



Social Activities:

MONDAY – 17th April 2023

9am & 9:45am Therapeutic Water Aerobics
10am Art Classes
10am Knit & Natter
1pm Bridge
5pm Pool & Waterhole

TUESDAY – 18th April 2023

9am Therapeutic Exercise Classes
10am Book morning Quiz
2pm Rummikub
2:30pm Scrabble
5pm Pool & Waterhole

WEDNESDAY – 19th April 2023

10am Art Classes
5:30pm Social Dinner

THURSDAY – 20th April 2023

8am Therapeutic Exercise Classes
9am Yoga (Contact Kiloran Ext 1063)
2pm Bridge
3pm Petanque
6pm Movie Night

FRIDAY – 21st April 2023

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



Join us for our **ST GEORGE**
Fish and Chips Lunch

21st April 2023

12:00 for 12:30

At the Lifestyle Centre

Book your table with the Bistro

Ext 1209

Bookings close on the 20th of April at 16:00

EARTH DAY

22 APRIL 2023



EARTH DAY

For the past 50 years, Earth Day has been celebrated by billions of people around the globe, annually every April 22, to join together in promoting awareness for the health of our environment. Some people may view it as just another holiday, or an excuse to wear green and a flower crown, but with serious concerns about our changing environment being studied and addressed today by prominent scientists politicians, and young climate change activists alike, some people are adapting to more environmentally friendly ways of living – every day, not just on April 22 every year. Cue the composting, recycling, repurposing, carpooling, thrifting, and metal straws to save the turtles.

Increasing natural disasters, extreme weather, and rising global temperatures may seem impossible for one human, let alone millions or even billions of humans, to slow down or stop. It has been reported that coral reefs are dying, we see pictures of animals on land and in the ocean with trash in their bellies or around their body, and corporate factories, and large companies around the world continue to pollute our air and our living spaces.

But a small action, like picking up litter on the sidewalk that may have otherwise ended up around the neck of an animals or in the ocean, still makes an impact – a step in the right direction and an important change.


EARTH DAY

22 APRIL 2023



5 FACTS ABOUT EARTH DAY

1. According to the National Geographic society, the carbon dioxide in our atmosphere has never been higher, in part potentially due to nature, and in part due to the advances we as humans have made in industrialization across the globe, since the 1700's.
2. Many people may not know this, but the more food we waste and do not consume, the more greenhouse gasses are emitted to transport and bio grade the waste.
3. According to the U.S Global Change research Program, the temperature n the U.S. has increased by 2 degrees in the last 50 years and precipitation has increased by 5%. More extreme weather phenomenon's have been occurring in the past 50 years. Extreme weather in 2019 broke over 120 000 records in the U.S. alone.
4. Even though 97% or more of climate scientists agree that climate change is likely due to human activity (according to the Earth Day Network), and nearly 20 scientific organisations globally have issues statements that agree with this view, its still a widely debated topic in 2020.
5. China, with their human population of 1.4 billion, is currently the top emitter of carbon dioxide, accounting for 30% of global carbon emissions, according to Earth Day Network. However, the United States with a population of around 328 million, comes in second under China as a top emitter, at 15% of carbon emissions worldwide.



Book Morning Quiz


Come and join us for a fun morning answering questions on:

- General Knowledge
- Music and Films
- Quotations / Sayings
- Books

Teams will be competing for some amazing prizes.

Tea and coffee will be available.

18 April 2023
10:00am





EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

17-21 April 2023

Date	Standard Menu – R68.00
Monday Lunch 17 April	Crumbed beef strips with BBQ sauce, potato wedges, cream spinach and roast butternut
Tuesday Lunch 18 April	Chicken lasagne with beetroot salad and garden salad
Wednesday Lunch 19 April	Pork casserole with steamed rice, fried cabbage and peas and glazed carrots
Thursday Lunch 20 April	Cottage pie, gravy, served with gem squash, peas and corn
Friday Lunch 21 April St Georges Day	Grilled or Deep-Fried Hake with Chips, Tartar Sauce, Mushy Minted Peas, 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
broadacres

Wednesday –19 April 2023

Salad platter per table

Greek salad with feta and olives and garlic crostini

Main Course

Steak and kidney pie with gravy,
mash, fried cabbage with bacon and peas – R95

Or

Chicken schnitzel with three cheese sauce,
sauté potatoes, cream spinach and butternut – R75

Vegetarian option available on request – R70

Dessert

Crème caramel with seasonal fruits– 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.**