

What's Happening this week...

24th April – 28th April 2023



Social Activities:

MONDAY – 24th April 2023

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

TUESDAY – 25th April 2023

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

WEDNESDAY – 26th April 2023

10am Art Classes
5:30pm Social Dinner

THURSDAY – 27th April 2023 – **PUBLIC HOLIDAY**

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

FRIDAY – 28th April 2023

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

SATURDAY – 29th April 2023

4:15pm Village Walk



Sashni Munnisunker Audiology

For many people, hearing loss is a natural, and gradual part of the aging process. Hearing loss is one of the worlds most common health problems, and this is unfortunate because hearing loss and its psychological side effects are highly treated.

Hearing loss is not like listening to sounds with the volume turned down, instead, you may notice that certain spoken sounds like 'sh', 'th', and 'f' are more difficult to hear than others. That's why people with hearing loss often say that they can hear people talk but cannot understand what is being said, it sounds like mumbling. Or there is a need for repetition or to turn up the volume on the television.

If you do experience this problem, you may have a hearing loss and need a hearing evaluation which involves diagnostic hearing tests to confirm the type and severity of hearing loss.

25th of April 2023

9:00 – 13:00

Lifestyle Centre

Appointments can be made with Siphos, Ext 1220

FREEDOM DAY

27 APRIL 2023



FREEDOM DAY

Freedom Day on the 27th of April is an annual celebration of South Africa's first non-racial democratic elections of 1994. It is significant because it marks the end of over 300 years of colonialism, segregation and white minority rule and the establishment of a new democratic government led by Nelson Mandela and a new state subject to a new constitution.

Since political freedom in 1994, South Africans have strove to correct the wrongs of the past. We are still faced with a number of challenges however, such as crime, poverty, unemployment, racism and sexism amongst others. Freedom Day affords South Africans the opportunity to make a pledge towards fighting against the legacy of racism and economic inequality as well as renewing their loyalty to their country and their commitment to its future.

As taught by our icon President Nelson Mandela, we must remain steadfast in our determination that never, never and never again shall it be that this beautiful land will again experience the oppression of one by another.



WATERHOLE

Why should you join us for an evening at the waterhole?

1. Unites us a community
2. It is a safe space for residents to socialize
3. You can meet residents with similar interests to you
4. It is a great way to fill those empty hours during loadshedding

Come and see for yourself!

Every Monday, Tuesday and Friday

Contact Hans van Wijk Ext 11009

for more information



**IT IS TIME TO TEST YOUR FITNESS AGAIN IN THE
“EVERGREEN VILLAGE WALK”**

DATE: 29th April 2023 on Saturday afternoon @ 4.15pm.
(After your afternoon nap)

Almost every resident and their dogs, management and village staff can enter.
(4 distances to choose from) Dogs must ensure that owners have poo bags.

IT IS NOT A RACE. IT IS A FUN WALK



Same rules as before

There are no prizes for finishing 1st or last and nobody cares. No times or distances walked will be recorded or monitored. You can walk as far as you feel like walking at a comfortable pace on the day. Or you can just come down and help with the food or sit in the comfort of the air conditioned Clubhouse to watch the activities

We have to break our record of 120 walkers, helpers, and spectators

Champagne, with or without orange juice, will be available before, during and after the walk. Afterwards everyone can enjoy a boere roll or pork sausage with Hennie's famous pap & souse & have a beverage of their choice. Ice cream cones will be served as dessert

Compulsory Entry fee: R50 (or more) to cover the costs of the above, payable by everyone attending whether as a walker, helper or spectator.

Indemnity forms must be completed & signed by everyone attending, whether you are a Walker, Helper or Spectator. **PLEASE return these forms together with your entry fee to Ernie (Unit 80) Norma (Unit 111) or Brenda (Acacia 01)**

AS EARLY AS POSSIBLE so that catering & booze orders can be finalised.
Do not wait to hand them in at the start as it delays proceedings

Distances – There are 4 different distances for you to choose to walk or crawl
800 meter dash – for the unfit & those using motorised or other walking aids

1 lap – 1.8km – for the smokers and not so fit – no smoke breaks allowed

2laps – 3.6km – for those who are trying to get fit

3 laps – 5.4km – for Team Evergreen members & others who want to try & walk this far
If you walked 1 lap last time, why not walk 2 laps this time?

ONLY RESIDENTS MAY DO THIS WALK DUE TO LEGAL RESTRICTIONS

ROUTES – Start at entrance to Frail Care. A bath containing bottled water will be there for walkers to help themselves. Water will also be available for dogs.

800 METER Dash – Go up over the bridge at Crab Crossing & continue right along Loerie Lane. Turn right into Heron Drive and down towards the Clubhouse. **Go around the back of the Clubhouse and return to the start.**

1 lap – 1.8 kms – Start outside the Frail Care entrance. Walk up & over the bridge at Crab Crossing and turn left up Wagtail Walk past the top dam. Turn right immediately into Robin Lane and then left up Heron Drive. Make your way up Heron Drive, turning into every Lane on the way up until you reach Owl Crescent at the top. Turn right down Heron Drive and turn into every Lane on the way down again. When you emerge from Robin Lane, turn right and continue down Heron Drive. **Do not turn right into Loerie Lane. Continue down and around the back of the clubhouse to the start.**

2 or 3 laps – follow the same route as above. When you reach the start again on your 1st lap, help yourselves to bottled water from the bath, water your dogs and continue on the same route again for 1 or 2 more laps.

Come down at 4.15pm for registration and champagne

Please wear your Evergreen T-shirts if you have one.

Contact - Ernie Unit 80 (Ext 1080) Norma Unit 111 (Ext 1111) Brenda Acacia 1 (11001)
if you require more information.

Extra Indemnity forms will be available in the lounge or from Ernie, Norma or Brenda

**COME DOWN AND ENJOY THE AFTERNOON WHETHER AS A WALKER,
HELPER OR SPECTATOR**

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

24-28 April 2023

Date	Standard Menu – R68.00
Monday Lunch 24 April	Pork bangers and mash with onion gravy, roast pumpkin, cauliflower in cheese sauce
Tuesday Lunch 25 April	Crumbed chicken drumsticks with mash and gravy, coleslaw and sweet corn
Wednesday Lunch 26 April	Beef and cream spinach lasagne served with garden salad and carrot salad
Thursday Lunch 27 April	PUBLIC HOLIDAY (Freedom Day)
Friday Lunch 28 April	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweet corn , salad and garden table 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!



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

Wednesday – 26th April 2023

Plated starter

Potato and leek soup with garlic croutons

Main Course

Sweet n sour pork, fried rice and vegetable stir fry - R85

Or

Moroccan lemon and orange chicken served with buttered couscous and roasted Med style vegetables - R75

Vegetarian option available on request – R70

Dessert

Chef's fruit salad in ginger and cinnamon syrup served with ice cream – 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.

See you there!