

What's Happening this week...

1st May – 5th May 2023



Social Activities:

MONDAY – 1st May 2023 – PUBLIC HOLIDAY

9am Therapeutic Water Aerobics class 1
9:45am Therapeutic Water Aerobics class 2
10am Knit & Natter
1pm Bridge
5pm Men's Pool & Waterhole

TUESDAY – 2nd May 2023

8:30am Walter Sisulu Botanical Gardens Outing
9am Therapeutic Exercise Classes
2pm Rummikub
2:30pm Scrabble
5pm Ladies Pool & Waterhole

WEDNESDAY – 3rd May 2023

5:30pm Social Dinner

THURSDAY – 4th May 2023

8am Therapeutic Exercise Classes
9am Yoga (Contact Kiloran Ext 1063)
10am Visual Music (Contact Pat Ext 1081)
2pm Bridge
3pm Petanque
6pm Movie Night

FRIDAY – 5th May 2023

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

WORKER'S DAY

1 MAY 2023



WORKER'S DAY

This holiday was originally born from the struggle for worker's rights and social justice of the late 1800's. Worker's day has been an international holiday in many countries since 1891. Worker's Day in South African has been officially recognised and observed since the first democratic elections in 1994.

This holiday serves both as a celebration of workers rights and as a reminder of the critical role that trade unions, and other labour organisations played in the fight against Apartheid. This holiday in South Africa also holds its own cultural significance, as the public holiday has come to signify not only the sacrifices made on the long road toward fair employment standards but also the bitter battle against Apartheid in which trade and labour unions played a key role.

Up and
coming

Outing - Walter Sisulu Botanical Gardens

2nd May 2023 (08h30 to 13h00)

Being a Tuesday there is no charge for Pensioners.

Walter Sisulu features a Waterwise Garden, Cycad Garden, Succulent Rockery, Fern Garden and arboretum (a botanical garden devoted to trees). Walter Sisulu is also home to a breeding pair of black eagles. The idea is to spend the morning at Walter Sisulu, walk through the above mentioned and down to the iconic waterfall and look out for the black eagles. On our way back we stop off at the restaurant for tea. We will then leave to be home about 13h00.

If interested, **BOOK NOW**, with Heather or Lisa, as we need numbers for transport options, either booking a bus, which would be for the cost of those attending, or to take our own cars and split the petrol cost with the driver.

For more information and booking contact

Heather Mutch on 1080; 083 789 7311

Or Lisa Nuttall on 11020; 071 007 4658



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

1 - 5 May 2023

Date	Standard Menu – R68.00
Monday Lunch 01 May	PUBLIC HOLIDAY (Workers Day)
Tuesday Lunch 02 May	Sweet n Sour Pork fried rice and vegetable stir-fry
Wednesday Lunch 03 May	Steak n kidney pie with mash and gravy, roast carrots and cauliflower
Thursday Lunch 04 May	Chicken casserole with penne pasta, green beans and beetroot salad
Friday Lunch 05 May	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw 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 - 03 May 2023

Starter Platter per Table

Roasted beetroot and apple salad in balsamic dressing topped with feta, deep-fried rocket and rye croutons

Main Course

Slow braised beef short rib with Parmesan mash and roasted seasonal vegetables – R85

Or

Hawaiian BBQ sticky chicken with grilled pineapple, fried rice and vegetable stir fry R75

Vegetarian option available on request – R70

Dessert

Tiramisu and white chocolate mousse – 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!