

What's Happening this week...

15th May – 19th May 2023



Social Activities:

MONDAY – 15th May 2023

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

TUESDAY – 16th May 2023

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

WEDNESDAY – 17th May 2023

5:30pm Social Dinner
100 Club Draw

THURSDAY – 18th May 2023

8am Therapeutic Exercise Classes
9am Yoga (Contact Kiloran Ext 1063)
11 am Memorial service for Sandy De Villiers
2pm Bridge
3pm Petanque
6pm Movie Night

FRIDAY – 19th May 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

SATURDAY – 20th May 2023

10am Ophthalmologist Talk
By Dr Dory Neu-Ner MBBCh (Wits) - Ophthalmologist

HOUSE OF SHEBA

CLOTHING SALE



Date: 15 May 2023

Time: 10:00

Location: Lifestyle Center





MACULAR DEGENERATION AND THE AGING EYE

By Dr Dory Neu-Ner MBBCh (Wits) - Ophthalmologist

SATURDAY 20TH OF MAY 2023

10:00 for 10:30

Evergreen Lifestyle Centre

Coffee and tea will be available

Book with reception on EXT 1200

DEMENTIA AWARENESS WEEK

15 - 21 MARCH 2023



DEMENTIA AWARENESS WEEK

Many people with dementia feel cut off from their community, lose friendships, and face the condition alone. Dementia Awareness week is all about supporting people with dementia and making the country a dementia-friendly place.

Dementia is a term used to describe a set of symptoms that later can affect one's memory, problem-solving, language, and personality, or behaviour, interfering with one's daily life. The symptoms are relatively mild but worsen gradually. People can also have mixed dementia, a combination of more than one type. Several types of dementia include Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies (D.L.B), and Frontotemporal Dementia (F.T.D.).

Around the world, there are an estimated 57,4 million people who are living with dementia. Although there is a medicine available that can temporarily reduce the symptoms, there's still no cure for Alzheimer's disease or any other type of dementia.

ASCENSION DAY

18 MAY 2023



ASCENSION DAY

One of the earliest Christian festivals, Ascension Day marks the end of the Easter season. This event is celebrated primarily by Catholics and Anglican Christians.

Tradition says this holiday is observed by a three-day procession, then the feast itself, which includes a procession of torches and banners to symbolize Christ's journey to the Mount of Olives and entry into heaven.

In Sweden, many people go out into the woods at 3am or 4am to hear the birds at sunrise, believing that hearing a cuckoo from the east or west brings them good luck – this activity is called 'gökottä'. It is more than a holiday celebration in Wales – Welsh people believe that it is unlucky to do any work on Ascension Day.

Instances, where we can simply sit, reflect, and learn the true meaning of peace, are rare in our busy worlds. If you are not a religious or church person simply take a moment to sit by yourself and reflect on your journey so far and how you would like to continue. There is no better way to celebrate this day than by aligning yourself and your thoughts.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

15 - 19 May 2023

Date	Standard Menu – R68.00
Monday Lunch 15 May	Slow braised beef short rib, potato wedges, cream spinach and roast butternut
Tuesday Lunch 16 May	Chicken lasagne with beetroot salad and garden salad
Wednesday Lunch 17 May	Peppered pork fillet with cream leek sauce, mash potatoes, pumpkin and fried cabbage
Thursday Lunch 18 May	Cape Bobotie with yellow raisin rice, banana salad and tomato and cucumber sambal
Friday Lunch 19 May	Grilled or deep-fried Hake with chips, tartar sauce, mushy minted peas 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

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

Wednesday - 10 May 2023

Starter

Cream of chicken and mushroom soup with herb croutons

Main Course

Oxtail phyllo pie with butterbean mash,
red wine and garlic jus,
seasonal baby vegetables – R125

Or

Parmesan crumbed Hake topped with seafood in cream white wine sauce,
savoury rice and seasonal baby vegetables– R125

Vegetarian option available on request – R75

Dessert

Wild berry cheesecake
with vanilla ice cream and berry compote– 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.**

See you there!