

What's Happening this week...

29th May –
2nd June 2023



Social Activities:

MONDAY – 29th May 2023

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

TUESDAY – 30th May 2023

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

WEDNESDAY – 31st May 2023

5:30pm Social Dinner

THURSDAY – 1st June 2023

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

FRIDAY – 2nd June 2023

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



Sashni Munnisunker

Audiology

While most hearing losses do not cause physical pain, they often have social and psychological effects. These include:

- Breakdown of communication
- Social isolation
- Employment difficulties
- Depression
- Frustration
- Loss of self esteem

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.

30th of May 2023

9:00 – 13:00

Lifestyle Centre

Appointments can be made with Sipho, Ext 1220

GARDEN WILDLIFE WEEK

31 MAY 2023



GARDEN WILDLIFE WEEK

Garden Wildlife Week is a holiday that aims to raise awareness about garden wildlife. Humans have a tendency to separate our civilization from wildlife in numerous ways. However, some animals have adapted to suburban environments. Some of these animals include domesticated cats, dogs, mice, squirrels, and rats among others.

Some interesting facts:

- Butterflies taste and smell with their feet.
- One ladybug can eat up to 5000 insects in its lifetime.
- Some ants are blind and deaf and use their antennae to communicate and move around.
- When honey bees find a good food source, they do a little dance for each other.

You can touch up your garden in such a way as to accommodate some garden wildlife in celebration of Garden Wildlife Week. Include some things you know the critters like and watch your garden flourish.



WORLD REEF AWARENESS DAY

1 JUNE 2023



WORLD REEF AWARENESS DAY

This holiday helps to create awareness among various business communities and the general public about the fragile biological system of our oceans' coral reefs. This day unites people belonging to different backgrounds including environmentalists and social activists to come up with various ideas and techniques to protect the ecosystems of our reefs from deteriorating.

Lately, some of the most beneficial reefs have been diminishing because of coral bleaching, rising ocean temperatures, and toxic pollution. Moreover, the use of harmful sunscreens and increased tourism are also considered threats to the well-being of the coral reefs.

Try make your own reef-friendly sunblock this World Reef Awareness Day. Regular sunscreen may contain ingredients that are harmful to our skin and marine life as well. Simply mix four tablespoons each of coconut oil, olive oil, and beeswax in a double boiler. Mix in 1/8 cup of non-nano formulation of zinc oxide. Let the mixture cool off and store it in an air-tight jar until used.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

29 May – 02 June 2023

Date	Standard Menu – R68.00
Monday Lunch 29 May	Meat loaf in BBQ tomato gravy with parsley potatoes, cream spinach and sweet carrots
Tuesday Lunch 30 May	Pork schnitzel with mushroom sauce, sauté potatoes, roast butternut and peas and corn
Wednesday Lunch 31 May	Beef goulash with parsley mash, roasted vegetables
Thursday Lunch 01 June	Chicken casserole with penne pasta, green beans and beetroot salad
Friday Lunch 02 June	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

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

Wednesday - 31 May 2023

Starter

*Cream of pumpkin soup with
cinnamon crème fraiche and bread rolls*

Main Course

Crumbed tenderised steak with three cheese sauce,
sauté potatoes, sweet carrots and peas -R85

Or

Chicken stir-fry with fried chinees noodles,
Asian red cabbage slaw – R75

Vegetarian option available on request – R70

Dessert

Ice cream with warm chocolate marshmallow sauce – 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!