

What's Happening this week...

12th June – 16th June 2023



Social Activities:

MONDAY – 12th June 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 – 13th June 2023

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

WEDNESDAY – 14th June 2023

2:30 Christian Fellowship in boardroom
5:30pm Social Dinner

THURSDAY – 15th June 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 – 16th June 2023 – **Public Holiday**

9am Beginners Line Dancing Class
9:30am Main Line Dancing Class
10am Visual Music (Contact Pat Ext 1081)
10:30am Bible Study
5pm Waterhole

SUNDAY – 18th June 2023

12PM Father's Day Sunday Lunch

HOUSE OF SHEBA

CLOTHING SALE



Date: 12 June 2023

Time: 10:00

Location: Lifestyle Center





YOUTH DAY

16 JUNE 2023



YOUTH DAY

Youth Day commemorates the Soweto youth uprising of 16 June 1976. This uprising spread countrywide profoundly changed the socio-political landscape in South Africa. Events that triggered the uprising can be traced back to policies of the Apartheid government that resulted in the introduction of the Bantu Education Act in 1953.

The march was meant to culminate at a rally in Orlando Stadium. On their pathway, they were met by heavily armed police who fired teargas and later live ammunition on demonstrating students. This resulted in a widespread revolt that turned into an uprising against the government. While the uprising began in Soweto, it spread across the country and carried on until the following year.

This year marks the 47th anniversary of the 16 June 1976 student uprising in Soweto when young people protested against imposition of Afrikaans by the apartheid regime as a medium of instruction. The uprising ended tragically with hundreds of young people being brutally killed.

The call to action in 2023 is to promote sustainable livelihoods and resilience of young people for a better tomorrow.



FATHER'S DAY

18 JUNE 2023



FATHER'S DAY

Where would we be without dads? Of course, there's far more to dads than their wardrobe choices and endless nostalgia for the 'good old days'. Still, dads are heroes. On June 18, be sure to let your dad know how much he means to you.

Approximately 52% of fathers day they are the primary grocery shoppers in the family, an increase of 10% from 1995. Additionally, 11% of moms research the products they buy compared to 24% of dads.

A new study shows that fathers who share household chores with their wives tend to have more ambitious daughters as well as daughters with more broad definitions of gender roles.

About 1 out of every 3 children live in homes without a father. The amount of time fathers spend with their children has tripled since 1965. The number of stay-at-home dads has nearly doubled since 1989.

This holiday can be celebrated in tons of ways with food, adventures, hugs and a breakfast in bed. Think out of the box and think about the small things that dad really needs or wants.



**Christian Fellowship
14 June 2023
At 14:30
in Lifestyle Centre
boardroom**

**Not on 7 June 2023 as previously
advertised.**



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

12-16 June 2023

Date	Standard Menu – R68.00
Monday Lunch 12 June	Spinach and feta quiche with potato salad and carrot salad
Tuesday Lunch 13 June	Chicken lasagne with garden and beetroot salad
Wednesday Lunch 14 June	Pork casserole, mash potatoes, pumpkin and fried cabbage
Thursday Lunch 15 June	Cape fisherman's pie with gem squash and sweet corn
Friday Lunch 16 June	Closed – Public Holiday

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



Wednesday – 14 June 2023

Wednesday Social Dinner

Plated starter

Lightly curried butternut and apple soup with coconut cream

Main Course

BBQ Meat Loaf with Parmesan mash, vegetable bake in cheese sauce – R75

Or

Crumbed chicken strips with potato edges, mushroom and three cheese sauce, coleslaw – R70

Vegetarian option on request – R70

Tiramisu and chocolate mousse with vanilla ice cream– 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.

EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
Lifestyle
broadacres

Father's Day Braai Menu

18 June 2023

Soup

Cream of potato and leek soup with sour cream
and biltong dust and Parmesan cheese

Main Course

Off the braai on the deck

BBQ Chicken and peri-peri Chicken

BBQ pork ribs

Boerewors potjie in tomato smoor

Pap, cheese and bacon tart

Baby potatoes in garlic and parsley butter

Roasted butternut wedges with feta crumble

Buttered sweet corn

Salads: Garden salad, Beetroot salad, Coleslaw

Dessert Buffet

Sticky toffee pudding and custard

Seasonal fruit salad in orange cinnamon syrup

Father's Day chocolate cake with wild berry cream

Ice cream, choc and caramel sauce

Residents – R165.00pp,

Visitors – R185.00pp,

Children under 12 yrs – R135.00

Terms and Conditions

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)
3. Bookings close on Tuesday 13 June 2023 at 17:00
4. No cancellations will be accepted or refunded.
5. No deliveries