



EVERGREEN BROADACRES

# WHAT'S HAPPENING

NEXT WEEK 4 - 11 SEPTEMBER 2023



EVERGREEN  
lifestyle  
broadacres

[www.evergreenlifestyle.co.za](http://www.evergreenlifestyle.co.za)

“Enlightenment does not ask you to be perfect, it asks you to find perfection right where you stand.”

Alan Cohen





**Come and watch the games – and enjoy the gees!!**

as we transform the Lifestyle Centre into a vibrant BOK TOWN sports bar complete with big screen TV, boeries rolls, and beer on tap.

We promise a vibrant and festive atmosphere! competitions and prizes for the Best Dressed

and most Passionate Supporters – and an unforgettable experience.

Invite your friends to come watch the game with you – it's going to be epic!

## GAMES TO BE HOSTED:

10 September 2023	17:45	SA VS SCOTLAND
17 September 2023	15:00	SA VS ROMANIA
23 September 2023	21:00	SA VS IRELAND
01 October 2023	21:00	SA VS TONGA
14 / 15 October 2023	17:00 / 21:00	QUARTER FINAL
20 / 21 October 2023	17:00 / 21:00	SEMI-FINAL
27 October 2023	21:00	3 <sup>RD</sup> AND 4 <sup>TH</sup> PLACE FINAL
28 October 2023	21:00	FINAL

# ACTIVITIES & EVENTS

MON 4 Sept	TUE 5 Sept	WED 6 Sept	THUR 7 Sept	FRI 8 Sept	SAT 9 Sept	SUN 10 Sept
09h00 Water Aerobics 1  09:45 Water Aerobics 2	09h00  Therapeutic Exercise Class		08:00 am  Therapeutic exercise class	 <b>WORLD PHYSICAL THERAPY DAY</b>		
		10 am  Art Class	09:00 am  Yoga	09:00 am  Beginners Line Dancing		
10 am  Knitter & Natter	2 pm  Rummikub		10:00 am  Visual Music - House 81	09:30 am  Line Dancing		12:00 pm   Sunday Braai Lunch
10 am  Art Class	2:30 pm  Scrabble		11:00 am  Therapeutic Colouring	10:30 am  Bible Study		
			2 pm  Bridge  2 pm  Rummikub	12:30 pm  Fish & Chips		
1 pm  Bridge		<b>100</b> <i>CLUB DRAW</i> 	3 pm  Pentanque	5 pm  Waterhole		4:45 pm  SA v. Scotland
5 pm  Men's pool/Snooker Waterhole	5 pm  Ladies pool/ Waterhole	5 pm  Social Dinner	06:00 pm  Movie Night	Start of Rugby World Cup 		



# IT'S A CELEBRATION

*Count your age by friends, not years.  
Count your life by smiles, not tears. — John Lennon*

## ANNIVERSARIES

**4 - 10 SEPTEMBER**

4th Graham & Aileen Langmead  
9th Peter & Angela McMurray

## BIRTHDAYS

**4 - 10 SEPTEMBER**

4th David Rackley  
4th Lies Segers  
4th Serafina Sa Silva  
5th Henrietta Dobrowolski  
5th Lesley Zingel  
6th Lynette Perry  
7th Sarah Knibbs  
9th Penny Rabinowitz  
9th Maseri Seretlo

**Therapeutic Colouring**  
**"Get together"**  
Thursdays at 11:00  
in Lifestyle Centre.  
Contact Kay Olie Unit 49



# WHAT'S ON THE MENU?

## THE BISTRO

MONDAY

04 SEPT

Peppered roast pork  
fillet sauté baby  
potatoes, cheese sauce,  
spinach and carrots. -  
R68

TUESDAY

05 SEPT

Meatloaf served with  
cheese mash, tomato  
and onion gravy, gem  
squash and peas - R68

WEDNESDAY

06 SEPT

Liver and onions with  
mash and gravy,  
butternut and fried  
cabbage- R68

THURSDAY

07 SEPT

BBQ Hawaiian chicken  
kebab with savoury rice,  
three bean salad and  
beetroot salad- R68

FRIDAY

08 SEPT

Grilled or deep/fried  
Hake with chips, tartar  
sauce, coleslaw and  
garden salad - R85

## SOCIAL DINNER - WEDNESDAY

### WEDNESDAY SOCIAL DINNER

#### Starter:

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Roast Mediterranean vegetable  
salad in balsamic honey dressing  
with herb croutons, feta and olives

#### MAINS:

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Roast sirloin of beef, roast potatoes,  
cauliflower in cheese sauce, roast  
butternut, red wine jus R115.00

OR

Chicken fillets paprika with  
mushrooms and roast peppers in a  
cream sherry sauce, served with  
parsley baby potatoes Cauliflower in  
cheese sauce and roast butternut -  
R95.00

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#### Dessert:

Cheese cake with ice cream and  
wild berry sauce- R45.00

DAILY MEAL ORDERS BY 16:00  
PRIOR DAY BOOK ON EXT 1209

BOOK BY MONDAY 16:00



# WORLD PHYSICAL THERAPY DAY

8 SEPTEMBER 2023




## WORLD PHYSICAL THERAPY DAY

This day is celebrated to raise awareness about the critical role of physical therapists and chronic pain therapies in keeping people healthy and fit. Physical therapists attempt to treat an injury or deformity, educate patients about healthy behaviours, and restore lost or damaged functionality. Chronic pain is linked to a variety of medical diseases, including low back pain, cervical and thoracic pain, shoulder pain, headache problems, cancer, fibromyalgia, muscular dystrophy, and osteoarthritis.

Individuals may acquire arthritis or osteoporosis as they age, or they may require a joint replacement. Physical therapists are professionals at assisting patients in recovering from joint replacement surgery and managing arthritic or osteoporotic disorders conservatively.

Have you ever benefited greatly from physical therapy? Perhaps a physical therapist assist you in recovering from an injury. Perhaps physical therapy has assisted you in managing your pain. In any event, if you have ever seen a physical therapist, praise them for their efforts. You can also express gratitude to a physical therapist if your child, other family members, or a loved one has ever benefited from their services.





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# WHAT'S COOKING



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**10 September 2023**

## ***Go Bokke! World Cup Sunday Braai Lunch***

### ***On the table:***

*Garlic bread with biltong dust and Parmesan*

### ***Main Course Off the braai***

BBQ chicken drumsticks served with peri-peri sauce

Marinated steak

Pork rashers in rosemary, garlic and lemon

Boerewors

Pap tert with bacon and cheese

Tomato smoor

Garlic and parsley baby potatoes

Buttered sweet corn

Roast butternut and feta

*Salads:* Garden salad, Beetroot salad, Coleslaw

### ***Dessert Buffet***

Malva pudding with Amarula custard

Mini lemon meringue and peppermint crisp tarts

Seasonal fruit salad in orange cinnamon syrup

Ice cream, choc and caramel sauce

Residents – R170.00pp

Visitors – R190.00pp

Children under 12 yrs – R140.00

### ***Terms and Conditions***

- 1. Pre-payment required to secure bookings.*
- 2. You will need to produce your pre-paid slip in order to book your table. (No exceptions)*
- 3. Bookings close on Monday 04 September 2023 at 17:00*
- 4. No cancellations will be accepted or refunded.*
- 5. No deliveries*