



EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 25 SEPTEMBER - 1 OCTOBER 2023



“There are two ways of spreading a light: to be a candle, or the mirror that reflects it.”

Edith Wharton



SA vs IRELAND
This Saturday 23 September 2023
at 21h:00

With only 35 people who booked to come and watch the Game at the Lifestyle Centre this Saturday Evening, we have opted not to put up the big projector and screen like we have done over the past two weekends. We will be creating a smaller BokTown Viewing area in front of the Big Television in our Movie watching area.

See you there!



STRONGER
TOGETHER

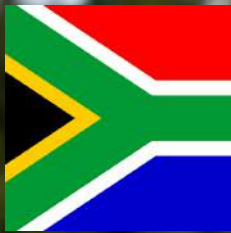
EVERGREEN
lifestyle

BOK
TOWN
OUR BLOOD IS EVERGREEN

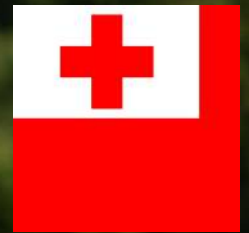
EVERGREEN
lifestyle

STRONGER
TOGETHER

EVERGREEN
lifestyle



SA VS TONGA






Sunday 1 October 2023
at 21h:00



Should you wish to watch the Game in the Lifestyle Centre
please book your seat with reception on EXT 1200 by
Thursday 28 September 2023

ACTIVITIES & EVENTS

MON 25 Sept	TUE 26 Sept	WED 27 Sept	THUR 28 Sept	FRI 29 Sept	SAT 30 Sept	SUN 1 Oct
PUBLIC HOLIDAY	09h00 Therapeutic Exercise Class		08:00 am Therapeutic exercise class			
09h00 Water Aerobics 1 09:45 Water Aerobics 2	 09h00 Sashni Audiologist	10 am Art Class	09:00 am Yoga	09:00 am Beginners Line Dancing		
10 am Knitter & Natter	2 pm Rummikub			09:30 am Line Dancing		
10 am Art Class	2 pm Craft Class		11:00 am Therapeutic Colouring	10:30 am Bible Study		
1 pm Bridge	2:30 pm Scrabble		2 pm Bridge 2 pm Rummikub	12:30 pm Fish & Chips		
5 pm Heritage Day Braai 			3 pm Pentanque			9 pm SA v. TONGA
	5 pm Ladies pool/ Waterhole	6 pm Social Dinner	06:00 pm Movie Night	5 pm Waterhole		

IT'S A CELEBRATION

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

ANNIVERSARIES

25 SEPT - 1 OCT

27th Dick and Catherine Sheppard

BIRTHDAYS

25 - 1 OCT

26th Judy Stuart

27th Patricia Hay



Sashni Munnisunker

Audiology

Tuesday 26th of September
9am - 1pm in the Lifestyle Centre.
Contact Siphon on 1220
to book your appointment.

Audiologists are healthcare providers who specialise in hearing and balance disorders. They diagnose hearing loss, provide treatment and work with other healthcare providers to treat hearing loss. Audiologists also do evaluations to check for hearing loss and share information on ways to protect hearing.

WHAT'S ON THE MENU?

THE BISTRO

SOCIAL DINNER – WEDNESDAY

MONDAY

25 SEPT

CLOSED

PUBLIC HOLIDAY

TUESDAY

26 SEPT

Chicken a la king with steamed rice, roast pumpkin and cream spinach – R68

WEDNESDAY

27 SEPT

Cottage pie with broccoli in cheese sauce and glazed carrots – R68

THURSDAY

28 SEPT

BBQ Pork sosatie and vegetable stir-fry and fried rice – R68

FRIDAY

29 SEPT

Grilled or deep/fried Hake with chips, tartar sauce, pea and sweet corn salad and garden salad – R85

WEDNESDAY SOCIAL DINNER

Starter:

Summer cous-cous salad with cucumber, tomato, chick peas, toasted almonds, peppers and mint.

MAINS:

Sweet n sour pork with fried rice and vegetable stir-fry – R80.00

OR

Chicken chasseur in mushroom and red wine sauce, served with parsley mash, fried cabbage and peas – R80.00

Dessert:

Lemon meringue served with ice cream – R45.00

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

BOOK BY MONDAY 16:00



WORLD VEGETERIAN DAY

1 OCTOBER 2023



WORLD VEGETERIAN DAY

Did you know that approximately 10% of the world's population is vegetarian, and that India has the lowest per capita meat consumption in the world? On October 1st, we celebrate the benefits of being a vegetarian and admit that the meatless lifestyle can actually be awesomely delicious. So get out the carrot sticks, tofu, cheese pizza, veggie burgers, and other meat-free delights, because it is World Vegetarian Day!

Going meatless not only spares animals, but it also conserves fossil fuel. It takes about 78 calories of fossil fuel to churn out 1 calorie of beef but, just 1 calorie of fossil fuel to produce 1 calorie of soybeans, making it 780% more efficient than meat production.

Vegetarian diets typically involve consuming lots of the good stuff you can not always find in meat such as, fibre, folic acid, vitamins C & E, magnesium, unsaturated fat, and tons of phytochemicals. That translates into lower cholesterol, reduced risk of heart disease, lower blood pressure, and a healthier weight.

Meatless diets get a bad reputation for being bland and tasteless, but that is not always true. Almost any vegetable can be turned into scrumptious veggie-based pancakes. Pizza is totally an option. Even ice cream is good to go. Who said vegetarians can't have fun.