

# WHAT'S HAPPENING

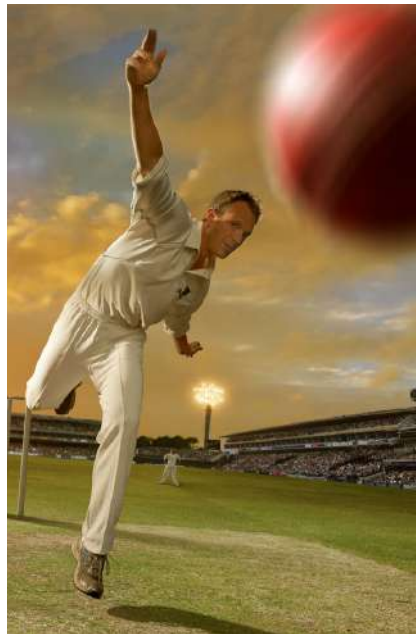
NEXT WEEK 13 - 19 November 2023

## Latest News

### Cricket

With the ICC Cricket World Cup coming to an end, we have a lot to look forward to with 2 semifinals and the final match on the 19th of November.

South Africa has already secured their place in the semi-finals. Let's show our support to the Proteas to hopefully bring another World Cup trophy home!



### Craft Classes

Our craft classes is a safe place to learn a new crafty skill or start a new hobby by exploring skills and creating new ideas using a variety of mediums.

To find out more about the craft classes, feel free to contact Lynn Turner on EXT 1004.

*"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."*



**Oprah Winfrey**

# Weekly P L A N N E R

## Monday | 13 Nov

09h00 Water Aerobics 1  
09h45 Water Aerobics 2  
10h00 Knitter & Natter  
13h00 Bridge  
17h00 Pool/Snooker & Waterhole

## Tuesday | 14 Nov

09h00 Therapeutic Exercise Class  
14h00 Rummikub  
14h30 Scrabble  
**14h30 Craft class**  
17h00 Ladies Pool/Snooker  
17h00 Waterhole



## Wednesday | 15 Nov

10h30 Cricket World Cup Semi Final  
17h30 Social Dinner  
**100 CLUB DRAW**

100

## Thursday | 16 Nov

08h00 Therapeutic Exercise Class  
09h00 Yoga  
10h00 Art Classes with Nash  
10h00 Therapeutic Coloring "Get Together"  
10:30 Cricket World Cup Semi Final  
14h00 Bridge  
15h00 Petanque  
18h00 Movie Night

## Friday | 17 Nov

### National Homemade Bread Day

09h00 Beginners Line Dancing  
09h30 Line Dancing  
10h30 Bible Study  
12h30 Fish and Chips  
**14h30 Bingo**  
17h00 Waterhole

Bingo!

## Saturday | 18 Nov



## Sunday | 12 Nov

### 10h30 Cricket World Cup FINAL



# LET'S CELEBRATE!

*Count your age by friends, not years.*

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

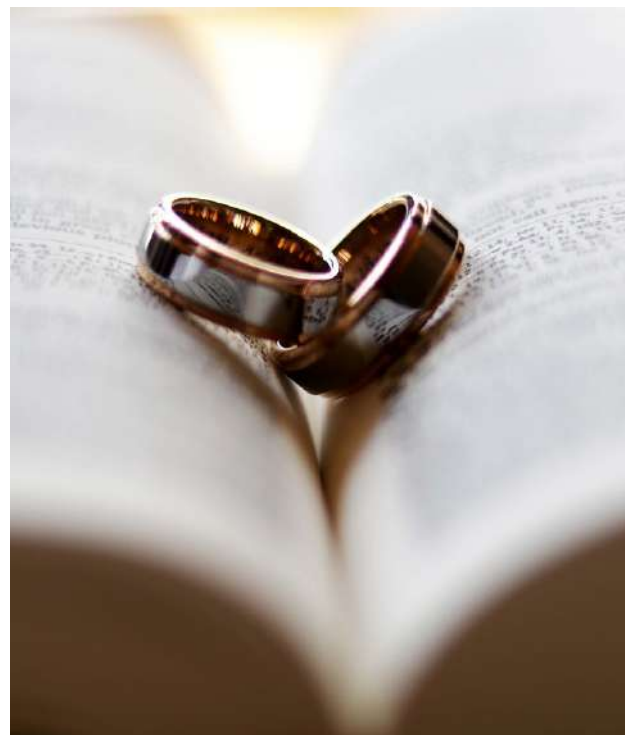


## BIRTHDAYS

|      |                     |
|------|---------------------|
| 13th | Margaret Kruger     |
| 14th | Elaine Gladstone    |
| 14th | Basil Bold          |
| 15th | Deidre Tilden-Davis |
| 17th | Taffy Davies        |
| 18th | Shirley Lombard     |

## ANNIVERSARIES

|      |                         |
|------|-------------------------|
| 14th | Trevor & Heather Morgan |
| 15th | James & Heather Allan   |
| 19th | Graeme & Sally Smith    |





# WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

## MONDAY - 13 NOV

Crumbed chicken with savory rice, sweetcorn salad and coleslaw.

R68

## TUESDAY - 14 NOV

Cold meats and salads, carrot, potato and beetroot.

R68

## WEDNESDAY - 15 NOV

Spaghetti bolognese with greek salad, and roasted vegetables.

R68

## THURSDAY - 16 NOV

Pork stroganoff with steamed rice, carrots and peas.

R68

## FRIDAY - 17 NOV

Grilled or deep-fried hake with chips, tartar sauce, Waldorf salad and garden salad.

R85

## WEDNESDAY SOCIAL DINNER MENU

15 NOVEMBER 2023

### STARTER

Cream or chicken and sweet corn soup with chive creme fraiche and herb croutons.

### MAINS

Cape Bobotie with yellow raisin rice, tomato and onion salad and banana salad.

**R75.00**

or

Chicken paprika in cream sherry, mushroom sauce served with steamed rice, roast pumpkin.

**R80.00**

### DESSERT

Chocolate brownies, ice cream and chocolate sauce.

**R45.00**

# NATIONAL HOMEMADE BREAD DAY

17 NOVEMBER 2023



## **NATIONAL HOMEMADE BREAD DAY**

The best things about National Homemade Bread Day might be the way it incorporates all of your senses: the sweet, roasty comfort smell that lingers in the kitchen; the sight of steam rising from the top of the loaf, the warmth in your mouth, the taste of home when you take a bite, and the seemingly automatic “mmm” that comes while you chew. Get baking on the 17th of November to celebrate and break bread with your friends and family. Invite a friend over, whether they act as a sous chef or simply a happy taster, food is community. We are drawn to feed those we love, and today is all about sharing the love.

Bread smells so good because of science. Bread’s aroma comes from its ingredients, the fermentation process, and reactions during the baking process. Maltol, which has the scent of caramel and cotton candy, and isomaltol give bread crust its flavour and aroma. Certain compounds give breadcrumbs, and strangely, cucumbers, their scent. Scientists have used 14 molecules to mimic the smell of baguettes.

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