

# WHAT'S HAPPENING

NEXT WEEK 20 - 26 November 2023

## Latest News

### Guide Dogs

Join us at the Lifestyle Center on Tuesday the 21st of November where we will be joined by the SA Guide Dogs.

You will get to meet the cute little pups, donate to the organization and learn all about the SA Guide dogs during the day.

We look forward to seeing you there!



### Christmas Market

The Evergreen Annual Christmas Market will be making its appearance this week on the 25th of November from 10am.

Some and join us to see some of our residents show case their skills, crafts and goodies. It will also include some of our favorite vendors...



*“If people are doubting how far you can go, go so far that you can't hear them anymore.”*



**Michele Ruiz**

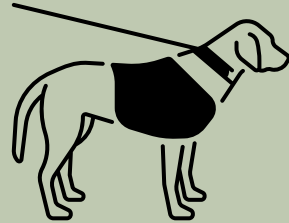
# Weekly P L A N N E R

## Monday | 20 Nov

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

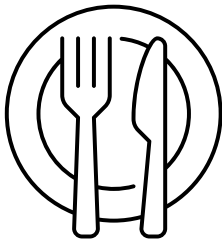
## Tuesday | 21 Nov

09h00 Therapeutic Exercise Class  
**10h00 SA Guide Dogs**  
14h00 Rummikub  
14h30 Scrabble  
17h00 Ladies Pool/Snooker  
17h00 Waterhole



## Wednesday | 22 Nov

17h30 Social Dinner



## Thursday | 23 Nov

### **Thanksgiving**

08h00 Therapeutic Exercise Class  
09h00 Yoga  
10h00 Art Classes with Nash  
10h00 Therapeutic Coloring "Get Together"  
14h00 Bridge  
15h00 Petanque  
18h00 Movie Night

## Friday | 24 Nov

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

## Saturday | 25 Nov

**10h00 Christmas Craft Market**

**CRAFT  
market**

## Sunday | 26 Nov

**EVERGREEN**  
lifestyle  
broadacres

# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

21st      Hugh Russell  
23rd      Graham Hall

## ANNIVERSARIES

20th      Lies & Kees Segers  
22nd      John & Lynette Perry



# 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 - 20 NOV

Beef goulash with parsley mash and seasonal vegetables.

R68

## TUESDAY - 21 NOV

Chicken mayo salad with potato salad, carrot salad.

R68

## WEDNESDAY - 22 NOV

Beef burger and chips with coleslaw.

R68

## THURSDAY - 23 NOV

Tagliatelle alFREDO in cream mushroom and ham sauce with Italian salad.

R68

## FRIDAY - 24 NOV

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

R85

## WEDNESDAY SOCIAL DINNER MENU

22 NOVEMBER 2023

### STARTER

Summer Vegetable Garden salad topped with croutons and feta cheese

### MAINS

Feta stuffed Italian meat balls served with spaghetti and tomato and basil coulis, roasted Mediterranean vegetables.

**R75.00**

or

Baked potato with chicken and broccoli in cheese sauce served with coleslaw.

**R75.00**

### DESSERT

Tiramisu, served with fresh seasonal fruits.

**R45.00**



# SA Guide Dogs

**TUESDAY – 21 NOVEMBER 2023 – 10:00 for 10:30**

**Come and see the puppies with their trainers.  
Lots of cuddles to go around.  
Please support them buy bringing some money for  
donating or buying a gift from them.**



EVERGREEN  
lifestyle



# Market Day

SATURDAY | 25 NOVEMBER 2023 | 09H00 to 14h00

Evergreen Broadacres | 43 Frederick Road |  
Sandton | Johannesburg

Hi there,

Join us for our Market Day at **Evergreen Broadacres** on **Saturday, 25 November 2023** from **09h00 to 14h00**.

To RSVP, contact **Bronwyn** on **087 808 7000** or click on the button below to confirm via email by no later than **Wednesday, 22 November 2023**.

# THANKSGIVING

21 NOVEMBER 2023



## THANKSGIVING

Family, friends and food have come to symbolize thanksgiving – a rare celebratory holiday without an established gift giving component. Instead, the day urges all of us to be grateful for things we do have.

When we think about Thanksgiving food, a few tasty dishes come to mind. Macaroni, stuffing, mashed potatoes, and the most important of all: a beautifully cooked, juicy, and huge turkey. Though these are the traditional dishes eaten as a standard Thanksgiving dinner, there's definitely room to freestyle. Some switch out turkey for ham, beef, or even salmon. While other may include a side dish specific to their culture.

Some families including breaking the turkeys wishbone as part of their annual tradition. This happens after the meal is complete and the meat from the turkey is cleared from the bone. The wishbone, which is found attached to the breast meat within the turkey's chest, gets set aside to dry. Once it becomes brittle, two people take a hold of either side of the bone, make a wish, and pull. Whoever breaks off the longer side gets their wish.