

WHAT'S HAPPENING

NEXT WEEK 11 - 17 December 2023

Latest News

Sashni Audiologist

If you think that you may be experiencing hearing loss and need a hearing evaluation which involves a diagnostic hearing test. Contact Sashni today so that their friendly staff can conduct your hearing test at your convenience at Evergreen Lifestyle Care Centre.

Make your appointments with Siphon at EXT 1220.



Fish & Chips

Fish and chips is a hot dish consisting of fried fish in batter, served with chips. The dish originated in England and is considered one of their national dishes. Join us for our Friday Fish and chips lunch at the lifestyle center.

Bookings are made with the Bistro at EXT 1209.

Bookings close at 16h00 on Thursday.

"We make a living by what we get. We make a life by what we give."



Winston Churchill

Weekly P L A N N E R

Monday | 11 Dec

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

Tuesday | 12 Dec

09h00 Therapeutic Exercise Class
09h00 Sashni Audiologist
 14h00 Rummikub
 14h00 Scrabble
 17h00 Ladies Pool & Waterhole



Sashni Munnisunker
 Audiology

Wednesday | 13 Dec

National Ice Cream Day

14h30 Christian Fellowship Group
 17h30 Social Dinner



Thursday | 14 Dec

08h00 Therapeutic Exercise Class
 09h00 Yoga
 10h00 Art Classes with Nash
 10h00 Visual Music @ House 81
 10h00 Therapeutic Coloring "Get Together"
 14h00 Bridge
 15h00 Pétanque
 18h00 Movie Night

Friday | 15 Dec

PUBLIC HOLIDAY BISTRO CLOSED

10h00 Visual Music @ House 81
 10h30 Bible Study
 1
14h30 Bingo
 17h00 Waterhole



Saturday | 16 Dec

Day of Reconciliation

Sunday | 17 Dec



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

11th Jill Bronner
14th Gloria Boswell
17th Penny French

ANNIVERSARIES



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 - 11 DEC

Pork Schnitzel with parsley mash, cheese sauce, sweetcorn salad and coleslaw.

R68

TUESDAY - 12 DEC

Chicken mayo health roll with potato salad, carrot salad.

R68

WEDNESDAY - 13 DEC

Spaghetti bolognese with Greek salad and roasted vegetables.

R68

THURSDAY - 14 DEC

Pork fillet in cream pepper sauce with steamed rice, carrots and peas.

R68

FRIDAY - 15 DEC

BISTRO CLOSED - PUBLIC HOLIDAY

WEDNESDAY SOCIAL DINNER MENU

13 DECEMBER 2023

STARTER

Cream of tomato soup with basil creme fraiche and herb croutons.

MAINS

Pork schnitzel with saute potatoes, mushroom sauce, cream spinach and roast butternut.

R80.00

OR

Chicken fricassee in white wine cream sauce with mushrooms and peas, mashed potatoes, cream spinach and roast butternut.

R80.00

DESSERT

Seasonal fruit salad with ice cream and orange syrup and berry sauce.

R45.00

NATIONAL ICE CREAM DAY

13 DECEMBER 2023



NATIONAL ICE CREAM DAY

There are hundreds of flavours of ice cream beyond just chocolate, vanilla and strawberry. If you are feeling zesty, find a parlour that offers lemon meringue, or even horseradish ice cream. You can even be more adventurous and try some lobster ice cream. If you don't like it, at least you can say that you tried it.

According to a survey, different age groups prefer different ice cream flavours. 14-17 year olds prefer Mint Chocolate Chip, 18-24 year olds prefer Cookies N Cream, 25-34 year olds prefer Cookie Dough, 35-44 year olds prefer Chocolate, and 45+ year old also prefer Chocolate flavoured ice cream.

Before the commercial success of ice cream in America in the 1800s. Ice cream was typically reserved as a special summertime treat. But now, thanks to simple and cheap at-home devices, you can make whatever flavour you want. All you need is eggs, milk, cream, sugar, and the flavourings of your choice. It may take longer than a quick trip to the grocery store, but it is a fun way to enjoy this cold confection.

Ice cream makes us happy, if you need proof, just ask some of the neuroscientists over at the University of Sussex in England. In one study, the scientists found that vanilla ice cream activates a part of the brain called the orbitofrontal cortex – the pleasure centre of our brain. In other words, our pleasure centre lights ups.