

WHAT'S HAPPENING

NEXT WEEK 15 - 21 January 2024

Latest News

Take a walk outside Day

Take A Walk Outdoors Day falls on January 20 every year, and as the name suggests, it's a day to step outside for a walk alone or with someone. Walking comes with a bag full of health benefits. Walking outdoors lets your body absorb Vitamin D which is good for your bones and muscle growth. Try take an early morning walk today.



Therapeutic Exercise

Therapeutic exercise involves movement prescribed to correct impairments, restore muscular and skeletal function and/or maintain a state of well-being.[1]. Therapeutic exercise is a type of physical activity used to treat or prevent injuries and improve functional outcomes.

Call Anke today to book your place.

*“It is only in
adventure that
some people
succeed in knowing
themselves – in
finding
themselves.”*

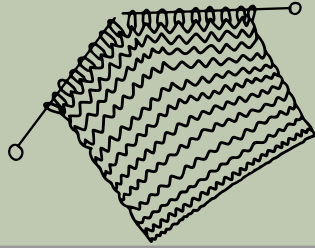


Andre Gide

Weekly P L A N N E R

Monday | 15 Jan

09h00 Therapeutic Water Aerobics
 09h45 Therapeutic Water Aerobics
 10h00 Knit & Natter
 13h00 Bridge
 17h00 Pool & Waterhole



Tuesday | 16 Jan

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

Wednesday | 17 Jan

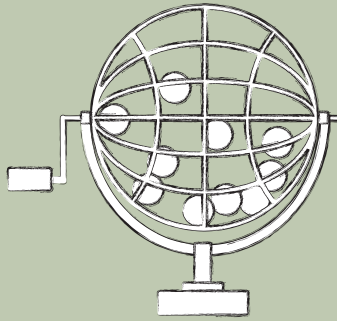
18h00 Social Dinner

Thursday | 18 Jan

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 | 19 Jan

08h00 Line Dancing
 10h30 Bible Study
 12h30 Fish and Chips
 14h30 Bingo
 17h00 Waterhole



Saturday | 20 Jan

Take a walk outside day



Sunday | 21 Jan



EVERGREEN
 lifestyle
 broadacres

LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

15th	Rosemary Baird
16th	Ian Gladstone
16th	James Allan
18th	Peggy Oosthuizen
19th	Anne Haselum
19th	Klaus Kraft
19th	Cliff Preacher
19th	Eric Stoyell

ANNIVERSARIES

18th	Cyril Penny Rabinowitz
18th	Wally & Robin Davey
19th	Cliff & Atholie Preacher



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 - 15 JAN

Cold meats and salads, carrot, potato and beetroot

R68

TUESDAY - 16 JAN

Chicken straganoff with steamed rice, mashed pumpkin and saute beans

R68

WEDNESDAY - 17 JAN

Pork Bangers, mash and onion gravy, carrots and peas

R68

THURSDAY - 18 JAN

Ox liver stir-fry, with peppers, and peas, soy sauce and fried rice

R68

FRIDAY - 19 JAN

Grilled or deep-fried hake with chips, tartar sauce, pea and sweetcorn salad and garden salad

R85

WEDNESDAY SOCIAL DINNER MENU

17 JANUARY 2024

STARTER

Cream of potato and leek soup
soured creme fraiche and pretzel
croutons

MAINS

Beek Moussaka with Tzatziki,
lemon herb roast potatoes,
ratatouillr vegetables

R80.00

or

Chicken schnitzel with cheese
sauce, parsley mash and carrots
and peas

R78.00

DESSERT

Creme caramel served with
seasonal fruits

R45.00