

EVERGREEN BROADACRES

# WHAT'S HAPPENING

NEXT WEEK 22 - 28 APRIL 2024

EVERGREEN  
lifestyle  
broadacres

[www.evergreenlifestyle.co.za](http://www.evergreenlifestyle.co.za)

## Latest News



**Sat, 27 Apr 2024**

**The 27th of April this year marks the 30th anniversary of South Africa's first democratic elections. This day now known as Freedom Day is commemorated every year to honour those unsung heroes and heroines who fought for our freedom and paved the way for an equal, representative, non-racial nation.**

It's better to go slowly in the right direction,

than to go speeding off in the wrong direction.

Simon Sinek

# Weekly

## PLANNER

### Monday | 22 APR

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

### Tuesday | 23 APR

09h00 Therapeutic Exercise Class  
 14h00 Rummikub  
 14h30 Scrabble  
 14h30 Crafts  
 17h00 Ladies Pool/Snooker  
 17h00 Waterhole

### Wednesday | 24 APR

18h00 Social Dinner

### Thursday | 25 APR

08h00 Therapeutic Exercise Class  
 09h00 Yoga  
 10h00 Art Class  
 14h00 Bridge  
 15h00 Petanque  
 18h00 Movie Night

### Friday | 26 APR

09h00 Line Dancing  
 10h00 Visual Music #81  
 10h30 Bible Study  
 12h30 Fish and Chips  
 17h00 Waterhole

### Saturday | 27 APR

Freedom Day

### Sunday | 28 APR

12h30 Sunday Lunch



# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

- 23rd Pauline Joyce
- 24th Cyril Rabinowitz
- 27th Viv Pike
- 27th Dawn Figge
- 28th Gerd Seuffert

## ANNIVERSARIES



# WHAT'S ON THE MENU?

## THE BISTRO

### MONDAY - 22 APRIL

Cheese burger and chips, green salad and coleslaw

R72

### TUESDAY - 23 APRIL

Tagliatelle in bacon and mushroom sauce, garlic roasted baby marrows and Italian salad

R72

### WEDNESDAY - 24 APRIL

Crumbed chicken strips, cheese sauce, BBQ potato wedges, cream spinach and pumpkin

R72

### THURSDAY - 25 APRIL

Meat loaf, mash and gravy served with buttered gem squash and sweetcorn

R72

### FRIDAY - 26 APRIL

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

R92

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

**BOOK BY 22 APRIL 2024 AT 17:00  
WITH TSHWANELO ON EXT 1200**

### WEDNESDAY SOCIAL DINNER MENU 24 APRIL 2024

#### STARTER

Cream of mushroom and leek soup with herb croutons

#### MAIN

Sweet and sour pork, fried rice and vegetable stir-fry - R85.00

or

Roast chicken, roast potatoes, gravy, roast pumpkin and cauliflower in cheese - R85.00

#### DESSERT

Choc brownie, Ice cream and chocolate sauce - R45.00

EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
BROADACRES

## Sunday Lunch - 28 April 2024

### *Platter per table*

Greek salad platter per table

### *Main Course*

Roast Pork with caramelized garlic and red wine jus, apple sauce

Chicken and mushroom pie

Vegetable lasagna

Seasonal vegetables in herb butter

Roast butternut

Roast Potatoes

Savoury rice

### *Dessert*

Baked apple pudding and custard.

Mini milk tarts

Chocolate brownies with berry cream

Seasonal fruit salad

Vanilla ice cream with chocolate and wild berry sauce

Cheese and biscuits with cheese straws, savoury crackers and red onion marmalade

Residents – R175.00pp

Visitors – R190.00pp

Children under 12yrs – R140.00pp

### *Terms and Conditions*

- 1. Pre-payment required to secure bookings.*
- 2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)*
- 3. Bookings close on Tuesday 22 April at 16:00*
- 4. No cancellations will be accepted or refunded.*
- 5. No deliveries*

# Hobby-X

## 2-5 May 2024

Kyalami Grand Prix Circuit and  
International Convention Centre  
Johannesburg

### Existing Event Pillars

- Arts & Crafts
- Tools
- Materials
- Machinery

### All Pillars Include

- Metal
- Wood
- Plastic / Acrylic / Resin
- Wool / Yarn / Fabrics
- Paper / Cardboard
- Vinyl and Large Scale Printing products and more

### Event Pillars



# 5 Ways To Boost Your Immune Response Ahead of The Flu Season

“Strike before the sniffles do!”



It has been four years since the Covid-19 pandemic turned the world upside down, but we have also witnessed its beneficial impact on how we approach immunity, particularly during the cold and flu season.

With around a billion cases of seasonal influenza annually, according to WHO data, including 3–5 million cases of severe illness, it pays to take proactive measures to boost your immunity ahead of the coming cold and flu season with these tips.

## 1. Get the seasonal flu vaccine

The success of Covid-19 vaccines boosted public confidence in vaccination as a preventive strategy, which translated into increased willingness to get vaccinated against seasonal flu.

The flu vaccine specifically targets and builds immunity against the most prevalent influenza virus strains for the upcoming flu season based on national health authority predictions for their region.

Following a vaccination, when exposed to these strains, your immune system recognises and fights them off, preventing illness or reducing its severity.

The flu vaccine's effectiveness varies each year depending on how well the predicted strains match the circulating ones, but studies confirm that vaccines reduce symptoms.

Data from the Centres of Disease Control and Prevention (CDC) in the US, during seasons when flu vaccine viruses are similar to circulating flu viruses, the vaccine reduces the risk of having to go to the doctor with flu by 40% to 60%.

And the vaccine offers even better protection against severe illness and hospitalisation from flu, with a 2018 study showing that among adults hospitalised with flu, vaccinated patients were 59% less likely to be admitted to the ICU than unvaccinated patients. Among adults in the ICU with flu, vaccinated patients spent four fewer days on average in the hospital than those who were not vaccinated.

One study shows that getting the seasonal flu vaccine from your local Dis-Chem can also reduce infection rates from circulating Covid strains.

## 2. Take preventative measures

The non-pharmaceutical measures introduced during the pandemic still apply to any cold and flu season as they help to prevent viruses from spreading.

These measures include frequent hand-washing, avoiding close contact with sick individuals, and maintaining good hygiene. Avoiding hand-to-hand or close contact is also recommended during cold and flu season to reduce the risk of contact transmission.

Wash your hands thoroughly after any person-to-person contact or after coming into contact with potentially contaminated surfaces. While this is a less common cause of infection compared to transmission via respiratory droplets in the air, viruses can survive on surfaces for some time, depending on specific virus and environmental factors like temperature and humidity. However, proper hand hygiene significantly reduces the risk of transmission through this route.



### 3. Eat your way to greater resilience

Eat a diet that consists predominantly of whole natural foods, with a variety of colours from fruits, vegetables, and whole grains.

These foods are nutritious, providing a rich source of vitamins, minerals, and antioxidants that support your immune defences by providing the nutrients your body needs to produce and repair immune cells.

Ideal foods include berries, citrus, leafy greens, sweet potatoes, quinoa, brown rice, and lean protein sources like fresh fish, poultry, beans, and lentils. Healthy fats like olive oil, nuts, and seeds offer anti-inflammatory benefits and support vitamin absorption.

It is also advisable to limit or avoid processed foods, which generally lack essential nutrients and typically contain added sugar and manufactured fats, which can hinder your immune response due to their roles in inflammation and dysregulation of the gut microbiome.

### 4. Create a healthy lifestyle

Creating and following a healthy lifestyle that includes regular exercise and sufficient sleep will support your immune defences.

Engaging in moderate-intensity exercise for at least 150 minutes per week helps to stimulate immune cell production and circulation. These activities can include simple tasks like brisk walking, swimming, biking, or dancing.

The more of these activities you do outside, the better, as getting out into nature can reduce stress and promote immune function.

The other key element in your lifestyle is sufficient restorative sleep – between 7-9 hours a night – can help improve your resilience to infections.

Studies consistently demonstrate that sleep enhances the adaptive immune response against the invading viruses.

### 5. Supplement strategically

Research links a vitamin D deficiency with the increased susceptibility to infections. As sunlight exposure typically decreases in winter, a vitamin D supplement can help to boost levels and improve your immune response.

Vitamin D sublingual sprays offer a convenient option with potential benefits over orally administered supplements due to faster absorption rates and improved bioavailability. Additional options include tablets and effervescent tablets.

A zinc deficiency can also negatively impact immune function and increases your susceptibility to infections. This important mineral supports proper immune cell development and function, making it vital to an optimally-functioning immune response.

Zinc also acts as an antioxidant, protecting cells from damage caused by free radicals, and possesses anti-inflammatory properties. In addition, sufficient zinc is essential to maintain skin and mucous membrane integrity, which act as first-line barriers against viruses and bacteria. As such, a supplement can help to meet any shortfall in your diet.

Adding probiotic-rich foods and supplements to your immune-boosting plan is another way to support optimal immune health and function.

A healthy gut microbiome that hosts a diverse range of beneficial bacteria strains supports immunity by providing barrier protection against potentially harmful pathogens entering your bloodstream. Gut bacteria also communicate with the immune system through various signalling molecules, influencing immune cell production.

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