

EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 29 April - 03 May 2024

EVERGREEN
lifestyle
broadacres

www.evergreenlifestyle.co.za

Latest News



FRIDAY 3 MAY 2024

National Two Different Colored Shoes Day is celebrated on **May 3** every year so you know what this means. Embrace your inner quirkiness and uniqueness and DO NOT wear the same pair of shoes.

In the broader scope of life, National Two Different Colored Shoes Day aims to celebrate the diversity and uniqueness of humanity. It is a day to let go of the norms and do something different, something as simple as wearing two different shoes.

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

than to go speeding off in the wrong direction.

Simon Sinek

Weekly

PLANNER

Monday | 29 APR

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

Tuesday | 30 APR

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

Wednesday | 1 MAY

PUBLIC HOLIDAY

Thursday | 2 MAY

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

Friday | 3 MAY

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

Saturday | 4 MAY

Sunday | 5 MAY



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

- 1st Ellen Blekie
- 4th Alan Beattie
- 5th Elsbeth Hallbauer

ANNIVERSARIES

- 29th James & Margo Goodwin
- 30th Robin & Maureen Slogrove

MAY:

- 5th Royston & Helen Knowles



WHAT'S ON THE MENU?



THE BISTRO

**BOOK BY 6 MAY 2024 AT 17:00
WITH TSHWANELO ON EXT 1200**

MONDAY - 29 APRIL

Chicken lasagne with roasted vegetables
and green salad

R72

TUESDAY - 30 APRIL

Mince curry and Vetkoek with tomato
onion salad, chutney and banana salad

R72

WEDNESDAY - 01 MAY

PUBLIC HOLIDAY - BISTRO CLOSED

THURSDAY - 2 MAY

Pork fillet stir-fry with fried rice and
vegetable stir-fry

R72

FRIDAY - 3 MAY

Grilled or deep-fried Hake, with chips,
tartar sauce, mushy minted peas and
garden salad

R92

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

WEDNESDAY SOCIAL DINNER MENU 01 MAY 2024

**PUBLIC
HOLIDAY**

-

**BISTRO
CLOSED**



CROSSMAN
Biokineticist

6 WAYS EXERCISE CAN IMPROVE YOUR IMMUNE SYSTEM.

1. Increases cellular immunity.
2. Increases body temperature.
3. Improves your sleep
4. Reduces the risk of cardiovascular disease, diabetes, and other disorders.
5. Reduces stress and other disorders.
6. Lowers inflammation.

For more information feel free to contact our team at Crossman Biokinetics



(010) 020 1532



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www.crossmanbiokineticist.co.za



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12 May 2024

Mother's Day Lunch

Starters

Cream of roasted tomato soup topped with basil crème fraiche and croutons served with bread rolls

Main Course Buffet

Roast leg of lamb with mint sauce - Caramelized garlic and red wine jus

Chicken coq au vin, chicken casserole with bacon, mushrooms, baby onions and red wine

Pasta and broccoli bake with cheese crust
Roast orange and cinnamon butternut
Seasonal vegetables in herb butter
Roast potatoes and Savoury rice

Dessert Buffet

Malva pudding with custard
Strawberry cheesecake
Chocolate brownies with berry cream,
milk tartlets with orange cream

Seasonal fresh fruit in cinnamon and orange syrup
Vanilla Ice cream with wild berry coulis, chocolate sauce

Cheese platter with apple and red wine chutney, cheese straws and savoury crackers

Residents - R175 per person / Visitors - R190 per person
Children under 12 years - R140pp

Terms and Conditions:

Pre pay at Bistro to secure your booking by 16:00 on 6 May 2024.
Table bookings done with Tshwanelo after pre payment has been done.

THE HAIR STUDIO

By Lana



Tuesdays & Fridays

GENTS

Cut	R 130
Cut & Shave	R 150
Shave	R 100

LADIES

Wash	R 70
Wash, Set and Blow-dry	R 200
Spray, Cut and Quick Dry	R 150
Wash, Cut, Set and Blow-dry	R 220
Perm Short Hair	R 360
Perm Medium Hair	R 390
Perm Long Hair	R 450
Tint, Cut, Set and Blow-Dry	R 430
Tint With own Colour & Set	R 380
Tint With own Colour, Set & Blow-Dry	R 400

Highlights

Half Head, Cut, Blow-Dry & Set	R 400
Full Head, Cut Blow-Dry & Set	R 430
Own Colour, Treatment, Cut & Blow	R400



Available for bookings on Tuesdays and Fridays in the Salon
Bookings to be made with Tshwanelo at reception On Ext 1200

MONTH OF MAY 2024

TRANSFER SERVICES FOR RESIDENTS

A weekly service to take you to nearby shopping centres



We are pleased to inform you that we have arranged a transfer service for you to visit the surrounding shopping centres on a weekly basis.

The transfer service will operate every Wednesday starting on the 7th of May 2024. The bus will pick you up at 09:00 and take you to:

8 May 2024 - Broadacres Shopping Centre

15 May 2024 - Chartwell Corner

22 May 2024 - Dainfern Square

29 May 2024 - Broadacres Shopping Centre

You can enjoy shopping, dining, or entertainment for two and a half hours before being transported back to the Village

Cost: R50.00 per person per trip.

Please book your seat with Tshwanelo at Reception on EXT 1200 by Monday at 17:00.

We hope you take advantage of this convenient service and enjoy your time shopping.

No shows will be charged