

EVERGREEN BROADACRES

# WHAT'S HAPPENING

NEXT WEEK 06 - 12 May 2024

EVERGREEN  
lifestyle  
broadacres

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

## Latest News



### When is Nurses Week 2024?

This year, National Nurses Week is celebrated from May 6 - May 12. The week is just a part of the larger National Nurses Month, which is celebrated from May 1 to the 31st.

### What is National Nurses Week?

Every year from May 6th to 12th, nurses are recognized for their service and dedication to caring for others and improving the health of patients nationwide through National Nurses Week. Throughout the week, healthcare organizations celebrate their teams, and you'll even see nurses featured on the news. People across the nation thank the nurses who have made a difference in their lives.

Nurses Week celebrates the effort, dedication, and sacrifice nurses make every day. Nurses are essential members of America's healthcare workforce who provide care through every stage of life, working with patients at their most intimate and vulnerable moments. Nurses Week offers a chance to highlight and celebrate nurses for all we do.

Together is  
better.

Simon Sinek

# Weekly

## PLANNER

### Monday | 6 MAY

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

### Tuesday | 7 MAY

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

### Wednesday | 8 MAY



**SHUTTLE**  
 09:00 Shuttle to Broadacres Shopping Centre

14h30 Christian Fellowship  
 18h00 Social Dinner

### Thursday | 9 MAY

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

### Friday | 10 MAY

09h00 Line Dancing  
 10h00 Visual Music #81  
 10h30 Bible Study  
 12h30 Fish and Chips  
 14h30 BINGO  
 17h00 Waterhole

### Saturday | 11 MAY

15h00 Petanque

### Sunday | 12 MAY

**12h30 Mother's Day Lunch**



# LET'S CELEBRATE!

*Count your age by friends, not years.*

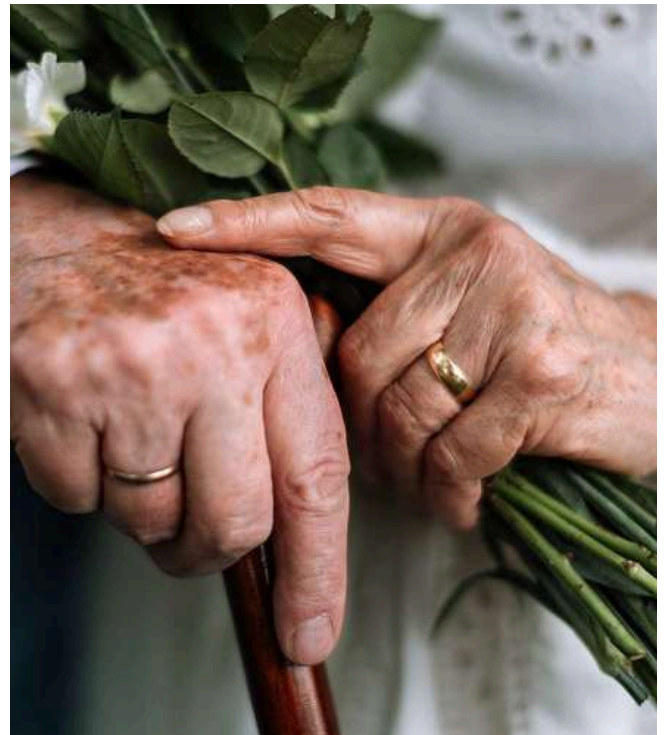
*Count your life by smiles, not tears. — John Lennon*



## BIRTHDAYS

7th Jennifer Bramley

## ANNIVERSARIES





# WHAT'S ON THE MENU?

## THE BISTRO

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

### MONDAY - 6 MAY

Slow braised beef short-rib with cheese mash, fried cabbage and peas, carrots

R72

### TUESDAY - 7 MAY

Chicken bacon cheese burger served with chips, coleslaw and garden salad

R72

### WEDNESDAY - 8 MAY

Cottage pie with cheese mash topping, cream carrots and peas

R72

### THURSDAY - 9 MAY

BBQ Pork fillet, mushroom sauce with potato wedges, beetroot and three bean salad

R72

### FRIDAY - 10 MAY

Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad 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 8 MAY 2024

#### STARTER

Chinese chicken noodle soup with sweet corn and spring onion

#### MAIN

Pork schnitzel with mushroom sauce, sauté potatoes, glazed carrots and peas - R85.00

or

Chicken pie and gravy, mashed potatoes, glazed carrots and peas - R85.00

#### DESSERT

Bread and butter pudding served with ice cream and custard - R45.00



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

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Cut	R 130
Cut & Shave	R 150
Shave	R 100

## LADIES

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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





## **SHOPPING SHUTTLES MAY 2024**



**The bus will pick you up at 09:00 from the Village.  
Driver will wait till 11:30 to bring you back to the Village.**

**Wednesday: 8 May 2024 - Broadacres Shopping Centre**

**Wednesday: 15 May 2024 - Chartwell Corner**

**Wednesday: 22 May 2024 - Dainfern Square**

**Thursday: 30 May 2024 - Broadacres Shopping Centre**

**Cost: R50.00 per person per trip. This will be charge to  
your levy account. No cash**

**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**





**CROSSMAN**  
Biokineticist



**EVERGREEN**  
lifestyle

## **GROUP CLASS TIMES AT EVERGREEN LIFESTYLE VLLAGE**

**LOWER BACK GROUP CLASS**

**8H15-9H00**

**WALKING GROUP**

**9H15-10H00**

**FRAIL CARE KEEP ACTIVE CLASS**

**10H15-11H00**

**HIP & KNEE GROUP CLASS**

**11H15-12H00**

**FEEL FREE TO CONTACT US FOR MORE INFORMATION.**



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