

EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 13 - 19 May 2024

EVERGREEN
lifestyle
broadacres

www.evergreenlifestyle.co.za

Latest News

— WORLD —
HYPERTENSION
— DAY — MAY 17 —



World Hypertension Day is a day designated and initiated by The World Hypertension League, which is itself an umbrella to organizations of 85 national hypertension societies and leagues. The day was initiated to increase the awareness of hypertension

Failure we can do alone,
Success always takes help.

Simon Sinek

Weekly

PLANNER

Monday | 13 MAY

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

Tuesday | 14 MAY

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

Wednesday | 15 MAY



SHUTTLE
 09:00 Shuttle to Chartwell Shopping Centre

14h30 Christian Fellowship
 18h00 Social Dinner - 10 Club Draw

Thursday | 16 MAY

08h00 Therapeutic Exercise Class
 09h00 Yoga
 10h00 Art Class
 10h00 Visual music #81
 14h00 Bridge
 15h00 Petanque
 18h00 Movie Night

Friday | 17 MAY

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

Saturday | 18 MAY

15h00 Petanque

Sunday | 19 MAY



LET'S CELEBRATE!

Count your age by friends, not years.

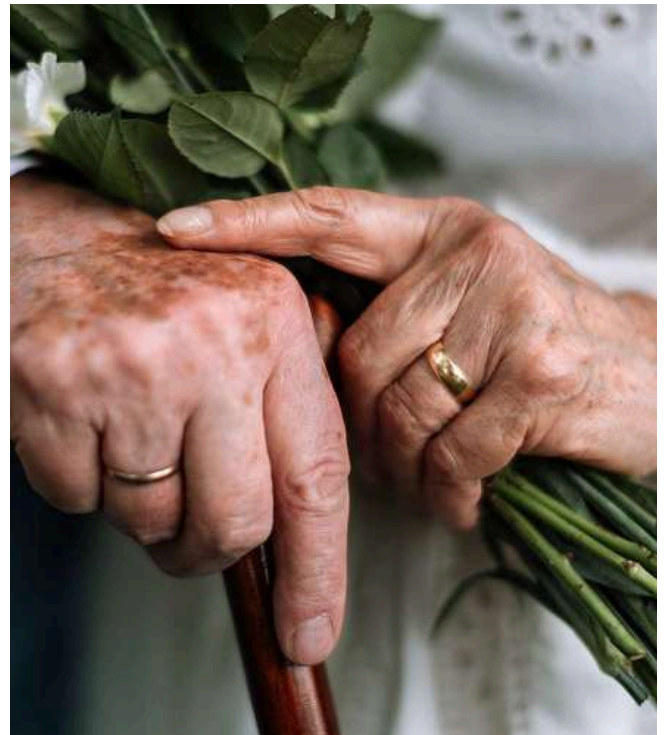
Count your life by smiles, not tears. — John Lennon



BIRTHDAYS

- 15th Royston Knowles
- 17th Neville Willemse
- 18th Carol Curtis
- 18th Frances Kazantzias

ANNIVERSARIES



WHAT'S ON THE MENU?

THE BISTRO

MONDAY - 13 MAY

crumbed chicken with cheese, mustard sauce, savoury rice, sweetcorn salad and coleslaw - **R72**

TUESDAY - 14 MAY

Beef stroganoff with steamed rice, seasonal vegetables in herb butter, peas - **R72**

WEDNESDAY - 15 MAY

Spaghetti bolognaise with roasted Med style vegetables and Italian salad - **R72**

THURSDAY - 16 MAY

BBQ chicken pieces, BBQ and sweet pepper glaze with cheese mash, cream spinach and roast butternut - **R72**

FRIDAY - 17 MAY

Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad and garden salad - **R92**

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

**BOOK BY 13 MAY 2024 AT 17:00
WITH TSHWANELO ON EXT 1200**

WEDNESDAY SOCIAL DINNER MENU 15 MAY 2024

STARTER

Brown onion soup with crème fraiche and toasted cheese croute

MAINS

Beef stroganoff, steamed rice, broccoli in cheese sauce, roast butternut - **R90.00**

or

Chicken and orange casserole, parsley baby potatoes, broccoli in cheese sauce, roast butternut
R85.00

DESSERT

Ice cream, berry compote and meringues - **R45.00**

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

**Free
Cappuccino
with all Friday
bookings**



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





How To Play **Poker**

**Nello Vercellotti wants to start a Poker School
on Wednesday afternoons from 14:00 – 16:00
in the Lifestyle Centre**

**Residents who might be interested, please contact
Nello on EXT 1106 to discuss.**





CROSSMAN
Biokineticist



GROUP CLASS TIMES AT EVERGREEN LIFESTYLE VILLAGE

EVERY WEDNESDAY

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.



(010) 020 1532



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