

NEWSLETTER

Evergreen Broadacres May 2024

Editor: Edna Grenfell - email: ednagrenfell@gmail.com

As we say farewell to May and welcome June, we are yet to experience any winter cold. Although our days are shorter and it gets darker sooner, we still enjoy mostly sunny days with temperatures of 24 degrees and afternoon sun.

We welcome the busyness around the Lifestyle Centre as the Evergreen Solar PV Project starts to gain momentum. A collaboration that is sure to put our Village way ahead of other Lifestyle Villages and, indeed, a Village that others would dream of living in.

While other establishments around us still suffer from ongoing water outages that last for days, we enjoy knowing there will be water when we open our taps.

While Broadacres has been grappling with two weeks of service delivery issues by the City of Johannesburg, we've taken a proactive stance. We've secured private services to dispose of our refuse, ensuring our environment remains clean and pleasant as we await the resolution of Pikitup's workers' protest action.

By the time you read this, a voting day for all South Africans will have come and gone on the 29th of May 2024. If you are an Evergreen Resident, you will have had the opportunity to have the IEC come out to the Village on the 27th of May 2024 and allow you a special vote in the comfort of your lifestyle Centre.

We have reintroduced the Wednesday shopping shuttle and are delighted to see the uptake increase. Winnie, our driver, who drives residents to the shopping centre and then waits for them to complete their shopping, is an absolute delight. She is friendly, helpful, and eager to ensure all our shoppers return safely and sound.

Overall, we have many blessings to count, such as living the Evergreen Way



From
The Village Manager
Wilma Swart

In this Issue

- Rainfall & Finance
- Security
- Nature & Birding Group
- From the library
- This & That
- Medical Talk in June
- Events in May
- Elections 2024
- What's happening in June

And much more in between

Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	Ext 1222

Remember always to wear your
Buddy Band and carry your
emergency button

Village Rainfall

by Cecil Fann



The rainfall in May, erratic as usual, was most welcome. A glance at the table below highlights the extremely variable readings over the years but approximates the long average for the village. The rainy season will tail-off from now, but may hopefully surprise us in the months ahead.

Please note that monthly totals reported are measured up to the 25th of each month.

Dam levels across the country show a further decrease, from 93% this time last year to 86% now. As usual, the current situation varies widely, from 96% for Mpumulanga to 58% for the Western Cape.

Our Vaal Dam stands at 58.3% full, a decrease of 3.4% in the month. This data is at 21 May 2024.

For this and much more weather-related information visit the websites:
<https://www.sawx.co.za/stae-of-dams> or [dws.gov.za](https://www.dws.gov.za) or [Time and Date.com](https://www.timeanddate.com)

With the Winter Solstice occurring on 20 June (the shortest day of the year), daylight hours show a decrease to that date followed by a gradual increase.

Rainfall by month for the past year	
Jun '23	2.0
Jul '23	5.0
Aug '23	0.0
Sep '23	1.0
Oct '23	53.0
Nov '23	77.0
Dec '23	82.5
Jan '24	128.5
Feb '24	73.8
Mar '24	39.0
Apr '24	116.0
May '24	25.0
Total	602.8

May rainfall over the years	
2013	13.8
2014	1.0
2015	0.2
2016	67.8
2017	27.0
2018	12.7
2019	3.0
2020	23.0
2021	29.5
2022	7.8
2023	60.5
2024	25.0
Average	22.6

June 2024 Sunrise, Sunset & Moon Phases				Day Length
1	06:47	17:23		10:36
2	06:48	17:23		10:35
3	06:48	17:23		10:35
4	06:49	17:23		10:34
5	06:49	17:23		10:34
6	06:49	17:23	New	10:34
7	06:50	17:23		10:33
8	06:50	17:23		10:33
9	06:51	17:23		10:32
10	06:51	17:23		10:32
11	06:51	17:23		10:32
12	06:52	17:23		10:31
13	06:52	17:23		10:31
14	06:52	17:23	First Qtr.	10:31
15	06:53	17:23		10:30
16	06:53	17:23		10:30
17	06:53	17:23		10:30
18	06:54	17:23		10:30
19	06:54	17:24		10:30
20	06:54	17:24		10:29
21	06:54	17:24		10:29
22	06:55	17:24	Full	10:29
23	06:55	17:25		10:30
24	06:55	17:25		10:30
25	06:55	17:25		10:30
26	06:55	17:25		10:30
27	06:55	17:26		10:31
28	06:55	17:26	Last Qtr.	10:31
29	06:55	17:26		10:31
30	06:56	17:27		10:31



Winter Solstice



ResCom Funds

by Cecil Fann

ResCom Vice Chairman & Finance & Treasury Portfolio



Collections for the 44th 100 Club draw, scheduled for 15th May, amounted to R13 000, the result of 260 draw numbers sold. Out thanks to Heather for her untiring efforts!

Social function expenses in the month totalled R2 082.34.

As always, transactions in the fund will be willingly clarified if required.

EVERGREEN BROADACRES RESCOM FUNDS

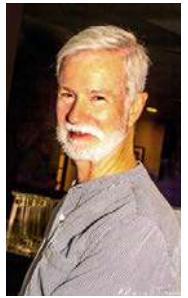
SUMMARY OF TRANSACTIONS FOR APRIL 2024

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
Funds on hand at 31/03/2024			11 207.11
44 th 100 Club Collections	3 600.00		
Fun Walk Surplus	980.00		
Donation: Christian Fellowship Group Bistro Charge	240.00		
Gift for Guest Speaker & Chef Andrew		1 079.70	
Bingo Mystery Prizes		90.00	
Social Function Supplies		73.14	
Condolence Cards		279.60	
Catering Service Fee		839.50	
Administration & Office Expenses		369.00	
Bank Charges		113.75	
Interest Received	6.88		
Funds on hand at 30/04/2024	4 826.88	2 844.69	13 189.30 *
Reserved Funds			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Library Functions Budget			(419.50)
Unutilised Hospitality Portfolio Budget			(1 596.86)
Unutilised 2023 Arbour Day Contributions			(777.05)
Unutilised Christian Fellowship Group Donation			(243.25)
44th 100 Club Prizes			(4 200.00)
Waterhole Loan Account funds held for future expenses			(2 515.88)
Bingo "Mystery Prizes" (Monthly Estimate)			(10.00)
Catering Service Fee (Monthly Estimate)			(760.00)
New Residents Welcome (Monthly Estimate)			(900.00)
TOTAL RESERVED FUNDS			(12 537.44)
Funds available after reserves			651.86
Memo: Funds on hand made up as:			
Bank accounts:	Business Account	8 000.78	
	Savings (Call) Account	1 252.92	9 253.70
Cash			3 935.60
			13 189.30 *

Security

Vehicle Safety

Incidents of vehicle theft and theft out of vehicles continue to rise. 24/7 Security Services urges vehicle owners to take necessary precautions when driving and parking in public spaces.



Dave Nesbitt

Vehicle safety tips

- Avoid parking your vehicle where no security officers or car guards are present.
- Before you walk away, ensure that the doors, windows, and boot are properly closed and locked. Always double-check to avoid remote car jamming.
- Close your windows when driving in busy areas.
- Do not open your windows for hawkers along the road or at an intersection.
- When driving, keep the doors locked and your windows closed at all times.
- Avoid displaying anything valuable, such as a handbag, briefcase, watch, cell phone or laptop, in full view on the seats. Instead, lock your valuables in the boot.
- Familiarise yourself with your route before embarking on your trip
- Always be vigilant and observe your area. If you notice something suspicious when parking your vehicle, report it to security or the centre management.

Vehicle spiking incidents are on the rise.

Drivers must pay attention to incidents where criminals place spikes or objects on public roads to immobilise vehicles and rob the occupants of their valuables.

Due to the low visibility and high speeds at which the incidents occur, the nature of the crime makes it quite difficult to safeguard oneself completely from criminals.

The following tips will assist motorists with reducing their risk on the roads and increase their chances of avoiding the horrid situation.

- Avoid driving over anything on the road, including plastic bags; criminals are known to disguise the spikes with plastic bags and pieces of fabric.
- Reduce your speed to increase your chances of seeing obstacles on the road.
- Concrete lintels are being used as well. If you cannot avoid them any other way, slow down and carefully drive over them/
- If circumstances allow, travel straddling two lanes as it may help you miss spikes placed in the middle of a lane.
- If another vehicle is present, drive six seconds or more behind so their driving can alert you if anything is amiss.
- If you spot an obstacle before you reach it, move into the emergency lane or onto the grass if that highway section allows it. If the highway is quiet enough and safety allows for it, drive across the island (if possible) and travel in the opposite direction.

Nature & Birding Group

There is no charge to join the group, anyone can come to the quarterly meetings.

On a glorious Tuesday morning (7th May), 11 Evergreeners went on an outing to Random Harvest in memory of André Marx. On arrival, we were given The Bird Checklist. We slowly walked down to the Dam where a bench had been placed in honour of André. We spent a while talking about André, and then, still looking for birds, we strolled back to enjoy our tea in the tea garden. We saw 24 species of birds. Thanks to Val Diesel, a keen birder, for noting the birds we saw. Thanks to Lisa for taking this photo of the Red-Hot Pokers (Kniphofia) along the walk



9 of the 11 – Francis disappeared to look for her dropped jersey, and Patrick was the photographer.

Several Evergreen Bird Walkers and I did our first Random Harvest Bird Walk in 2013, organised by Dick Sheppard. André was the bird guide.

Who was André Marx? Known as a Citizen scientist, conservationist and passionate birder, he died on 1 May 2023. He was a keen contributor to the Southern Bird Atlas Project and a beloved member of the birding community. His passion for birding began during his time at the University of Natal in the early 80s. After relocating to Pretoria in 1984, he joined the Pretoria Bird Club (now BirdLife Northern Gauteng) and remained active for nearly 40 years. He was respected for his exceptional knowledge of bird calls and behaviour, his expertise on top birding sites and his local landowners, all of which ensured that every birding excursion he led was an in-depth learning experience for everyone. André's phenomenal contributions to the birding community will be greatly missed, but his legacy will live on through the countless birders he encouraged throughout his lifetime



Nature & Birding Group



There is no charge to join the group, anyone can come to the quarterly meetings.

We continued to do bird walks from 2013 to 2022, once or twice a year, with André as our Guide each time. The last two walks we did with André were one at Random Harvest on 26 November 2022, and the very last walk with him was on Thursday, 23 February 2023, at Evergreen when André took us for a bird walk around Evergreen. What a memorable walk. We saw 38 birds and heard two that hid from us (The Swainson Spurfowl and Woodland Kingfisher). André's bird of the morning was the African Green Pidgeon, and a mention of the sighting of two Hadada chicks in the nest in the fir tree. We are so happy we had this time with him. He did not charge us for the walk he did here, saying that as he lives in the area and considers Evergreen part of the community, it is his community outreach. We gave him a nice breakfast instead, and Evergreen gave him a lovely braai set

NEXT NATURE & BIRDING GROUP MEETING: Tuesday, 6th August, 2024.
Sarah from Eco Solutions will give a talk on Owls and Bats and walk around Evergreen's property. Watch out for more details

For more information on the Nature and Birding Group please contact:

Heather Mutch on 1080; 083 7897 311

Or Lisa Nuttall on 11020; 071 007 4658



Submitted by Charles Carroll



Dr. Simmonds wrote the following:

Please read this it is Very Useful !!

"Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: "What are the causes of mental confusion in the elderly?" Some answer: "Tumors in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the **most common cause: - dehydration**. It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and, consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural ageing process. But there are more complications. Although they are dehydrated, they don't feel like drinking water because their internal balance mechanisms don't work very well. **Conclusion: People over 60 years old dehydrate easily, not only because they have a smaller water supply but also because they do not feel the lack of water in the body.** Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

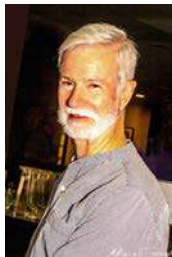
So here are two alerts:

1. Get into the habit of drinking water & liquids. Liquids include water, juices, green teas, coconut water, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work. **The important thing is that, every two hours, you must drink some liquid. Remember this!**
2. Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration. Inspired to drink more water now?? Send this information out to others!

DO IT NOW! Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share with people over 60

This delicious Oriental Salad
is from Pat Morgan
and
submitted by Dave Nesbitt



Oriental Salad

INGREDIENTS

- 450g Coleslaw
- 2 Bunches Spring Onions
- 1 Cup Sunflower Seeds
(Toasted)
- 1 Cup Sliced Almonds
(Toasted)
- 2 Packets Beef 2 Minute
Noodles

DRESSING

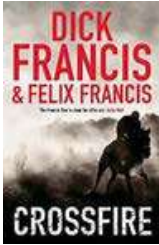
- ½ Cup Olive Oil
- 1/3 Cup Vinegar (I use Balsamic
mixed with White Vinegar)
- 1/3 Cup Sugar
- 2 Packets Flavouring from
Noodles.

METHOD

- Mix Coleslaw, onions, toasted
sunflower seeds and almonds
together.
- Mix dressing ingredients and
add to salad.
- Just before serving add
crushed noodles and stir.

From the Library

Book Reviews



In our library - Francis no 1765



In our library - Patterson 2280



submitted by Libby

Crossfire Dick Francis & Felix Francis

The Dick Francis flair continues, perpetuated by his son, Felix. In Crossfire, Felix has written a story filled with suspense and intrigue, it's unputdownable!

Tom Forsyth's time in Afghanistan is cut short when he loses his foot in a roadside bomb explosion. Back home in Lambourn, the heart of British steeplechase racing, he discovers that someone is ruining his mother's business. Using his military skills and training, Tom determines to find and defeat these individuals.

Easy, enjoyable reading that gallops along space.

18th Abduction James Patterson

When three female schoolteachers go missing San Francisco, Detective Lindsey Boxer must unravel the mystery of their disappearance. But what starts as a missing case quickly escalates into a troubling murder investigation. Lindsay's husband, Joe, is pursuing a mystery case himself, and a frightening new twist forces their investigation to collide. With the help of her fierce and courageous friends in the Women's Murder Club, Lindsay and Joe fight to save their city from the corrupt clutches of a monster.



From the Library



submitted by Libby

Woodpecker
TRAVEL & TOURS

BOOK MORNING

Friday 21 June
11 am

Philip Wood is a tour operator and guide with extensive knowledge and experience. He offers a Boutique Travel Service for small, intimate groups of people. His tours vary from day trips to tour packages.

Sounds ideal?

Come, meet him and hear what he can offer us.

All welcome



Marlie Kotzé

Biokineticist at Crossman Biokinetics



I am a hardworking, dedicated, and passionate aspiring Biokineticist.

My mission is to help people accomplish their health, physical and mental goals through implementing effective and qualitative rehabilitation and conditioning to increase their quality of life.

I have been presenting group classes in the frail care unit since September 2023. Recently, I have had the opportunity to expand my group classes into the Lifestyle Village. and I am currently helping multiple members of the village increase their mobility, flexibility, bone density, muscle strength, balance, and proprioception.

If you have any aches and pains in your back, hip, and knee, or you are pain-free and would like to reduce your risk of falling and increase your ability to do daily activities with ease these group classes are for you.

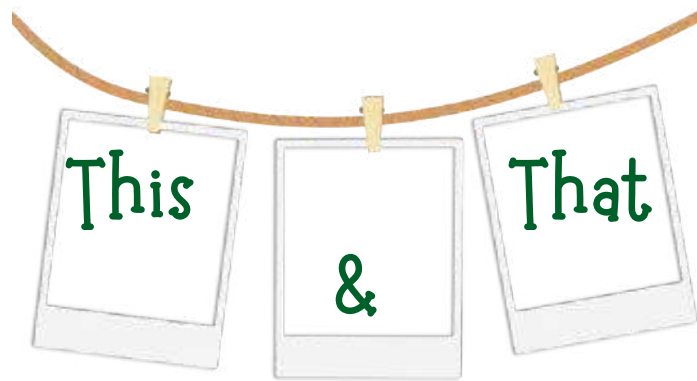
Classes currently take place on Wednesdays in the gym. Times are as follows:

- **Lower Back & Posture: 8h15-9h00**
- **Walking (free & dog walkers welcome): 9h15-10h00**
- **Frail care: 10h15-11h00**
- **Hip & Knee: 11h15-12h00**

If you have any questions, please feel free to contact me

Email: info@crossmanbio.co.za - Marlie@crossmanbio.co.za

Cell: 010 020 1532



A person who's happy will make others happy; a person who has courage and faith will never die in misery!

It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart.

We're all alive, but we don't know why or what for; we're all searching for happiness; we're all leading lives that are different and yet the same.

By Anne Frank
The Diary of a Young Girl
(Book: <https://amzn.to/3Lo07Di>)

[#ad](#) [#literaturelover](#) [#quotesoftheday](#)
[#Englishliterature](#)





It is the results from the Grace church polling station of which evergreen is part includes Fengies broadacres and the squatter camp on Cedar road

5/31/24, 9:58 AM

Please visit www.elections.org.za (<http://www.elections.org.za>) for more services.



NPE Results Locator

Election Year: 2024 2019 2014 2009 2004

SOUTH AFRICA

32841716



Details

Voting District:	32841716
Municipality:	JHB - City of Johannesburg
Province:	Gauteng
Leading Party:	DA

Results

National Ballot Provincial Ballot Regional Ballot

Party	Votes	% Support
DA	3350	53.21%
ANC	897	14.25%
EFF	851	13.52%
ACTIONSA	394	6.26%
M.K.	320	5.08%
BOSA	145	2.30%
RISE	121	1.92%
ACDP	47	0.75%
VF PLUS	43	0.68%
PA	32	0.51%
UDM	25	0.40%
GOOD	22	0.35%
IFP	13	0.21%
#HOPE4SA	12	0.19%
PAC	12	0.19%
CCC	2	0.03%
OHM	2	0.03%
SARA	2	0.03%
AZAPO	1	0.02%
SUN	1	0.02%
SARKO	1	0.02%
UAT	1	0.02%
XILUVA	1	0.02%
AADP	1	0.02%
A.C.C.	0	0.00%
AM4C	0	0.00%

Health talk in June



Submitted by David Presbury

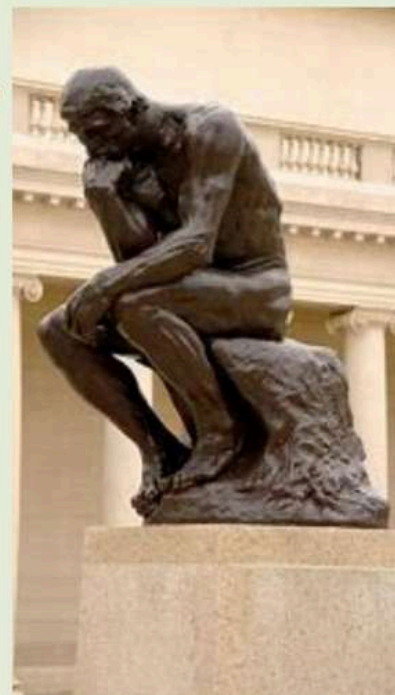


JOIN US FOR A TALK BY DR KAREN VUKOVIC, PSYCHIATRIST ON

**'Worry worry
how to deal with anxiety & depression'**

Saturday. 22 June

**10:00 am for refreshments for
the talk @ 10:30am**



EVENTS

Happy Mother's Day



We celebrated Mother's Day with delicious food and lots of laughter and good cheer

As ever, thank you, Brenda for arranging and Chef Neo and Team for the scrumptious lunch



What's
Happening
in

June



Christian Fellowship Group
12 June @ 2:30pm in the
Boardroom



Shuttle Bus
5. 12. 19 & 26
June @ 9am



Pétanque
every Thursday &
Saturday
@ 3pm



Nature & Birding
Outing
Tuesday 4 June
@ 08:30 am



Line Dancing
Every Friday
@ 9am



Father's Day Lunch
16 June
@ 12:30 pm



Movie Night
6. 13. 20. & 27
June

Titles to be
announced by
Chris Edwards



Birthdays / Anniversaries June 2024

Penny Henegan	1st
John Kidd	2nd
Laurraine Lötter	3rd
Willie Kilian	3rd
Catharina Kraamwinkel	4th
Ruth Fidler	5th
Rina Willemse	6th
Lynette Perry	9th
Lesley Veiz	12th
Joan Brazendale	14th
Maureen Tucker	15th
Traudi Zauner	16th
Sally Smith	19th

Dave Wulfse	21st
Norma Johnston	23rd
Kay Olie	27th
Lorraine Stewart	27th
Gillian Campbell	28th

Anniversaries

André & Peggy Oosthuizen	6th
Wally & Norma Stewart	7th
Frederik & Catharina Kraamwinkel	23rd





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 3pm Pétanque	2 National Bubbly day
3 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 10:00 Howard Shoes and Esbeth Bags 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	4 8:30am Nature & Birding outing to Random Harvest Nursery 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	5 6pm Social Dinner 9am Shuttle to Dainfern Shopping Center  6pm Social Dinner	6 8am Therapeutic Exercise Class 9am Yoga 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	7 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	8 3pm Pétanque	9
10 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	11 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	12 9am Shuttle to Chartwell Shopping Centre  2:30pm Christian fellowship group 6pm Social Dinner	13 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	14 9am Line Dancing 10am Visual Music # 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	15 3pm Pétanque	16 Youth Day 12:30 Father's Day Lunch
17 PUBLIC HOLIDAY 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	18 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	19 9am Shuttle to Nicolway Shopping Centre  6pm Social Dinner	20 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	21 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	22 3pm Pétanque	23
24 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	25 9am Therapeutic Exercise Class 2pm Rummikub 2:30 pm Crafts 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	26 9am Shuttle to Dainfern Shopping Center  6pm Social Dinner	27 9am Yoga 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	28 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	29 3pm Pétanque	30



JUNE 2024 - LUNCH MENUS

Resident Name: _____

Unit Number: _____

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect, or have your meal delivered. Also please indicate the number of meals.

	Week 1			week 2			week 3			week 4		
MONDAY	03-Jun R72,00	Chicken Pasta Bake , roasted medetarian style vegetables and side salad	sit down collect Deliver	10-Jun R72,00	Chicken, bacon & mushroom cream taglitali with crusted tomato & garden salad	sit down collection Delivery	17-Jun R72,00	Closed Public Holiday	sit down collection Delivery	24-Jun R72,00	Cape style beef bobotie, chutney roasted beetroot, tumeric rice with steamed veg	sit down collection Delivery
TUESDAY	04-Jun R72,00	Seared Ox liver with mushroom & rosemary sauce, roasted potatoes and green beans	sit down collect Deliver	11-Jun R72,00	Beef Prego rolls, red onion marmalade, Tomato relish with Chips , roasted corn & red onion salad	sit down collection Delivery	18-Jun R72,00	Mild butter chicken , salsa, poppadom, basmati rice , banana & yoghurt salsa	sit down collection Delivery	25-Jun R72,00	Chicken a la King, steamed rice, buttered gem squash and mixed vegetables	sit down collection Delivery
WEDNESDAY	05-Jun R72,00	Meat balls & spaghetti with basil & tomato sauce with steamed mixed vegetables	sit down collect Deliver	12-Jun R72,00	Chicken enchilada , tomato salas , sour cream, cheesy sauce with potato wedges and fresh salad	sit down collect Deliver	19-Jun R72,00	Meat loaf, beef tomato gravy, green beans, saute potatoes and garden salad	sit down collect Deliver	26-Jun R72,00	Beef lasagne, roasted cajun potatoe wedges , garden salad	sit down collect Deliver
THURSDAY	06-Jun R72,00	Honey and garlic glazed pork fillet with roasted vegetable & herbed mash	sit down collect Deliver	13-Jun R72,00	Rosemary crusted pork fillet, sweet and sour sauce with mixed vegetables, roasted potatoes and apple coleslaw	sit down collect Deliver	20-Jun R72,00	Lemon & thyme chicken pieces , garlic crushed baby potatoes , gravy, meditarian veg	sit down collect Deliver	27-Jun R72,00	Soy & ginger grilled pork chop, potato wedges, cream splanch and butternut	sit down collect Deliver
FRIDAY	07-Jun R92,00	Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad	sit down collect Deliver	14-Jun R92,00	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, carrot and pineapple salad and garden salad	sit down collect Deliver	21-Jun R92,00	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweetcorn salad and garden salad	sit down collect Deliver	28-Jun R92,00	Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad	sit down collect Deliver

Number of standard meals selected = _____ @ R72.00 per meal = R _____
 Number of Friday meals selected = _____ @ R92.00 per meal = R _____

TOTAL PACKAGE PRICE: R _____

Terms and Conditions

Delivery meals will be charged an additional R12.00 for packaging.

Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked with unit number



JUNE 2024 WEDNESDAY SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
Wednesday – 05 June 2024	Tomato and basil Soup Slow roasted tomato and fresh bread rolls	Red wine braised Beef and mushroom pie, Potato gratin, slow roasted root vegetables R90.00	Lemon Chicken, buttered penne pasta, lemon cream sauce slow roasted vegetables and fresh salad R85.00	Cape Malay Amarula Malva pudding topped fresh fruit and vanilla cinnamon custard R45.00
Wednesday - 12 June 2024	Hearty vegetable soup, topped with sweet corn fritters, chives cream	Pork belly, bean cassoulet, creamed spinach and feta phyllo pie and roasted potatoes, with an apple sauce – R90.00	Thai coconut chicken, roasted butternut, jewelled basmati rice, roasted potatoes, tomato salsa & poppadum's – R85.00	Apple crumble with vanilla ice cream – R45.00
Wednesday – 19 June 2024	Potato and leek soup, topped with chopped chives, crispy fried crisps	Rosemary roasted Beef, glazed carrots, seasonal buttered vegetables, rich red wine jus, herbed potato mash – R90.00	Chicken Parmesan, napolitana sauce, herbed mash, root vegetables, broccoli bake - R85.00	Toasted almond ice cream sundae – R45.00
Wednesday – 26 June 2024 Plated evening	Cream of pea and leek soup topped with crispy leeks with garlic bread rolls	Seared chicken roulade, roasted carrot puree, green vegetables, candied bacon crisp, potato croquette and thyme and garlic jus	Pan fried hake, new potatoes, grilled green beans, roasted tomato, roasted cauliflower, white wine velouté, pumpkin puree, finished off with a butter sauce	Strawberry panna cotta, crumble, berry sauce, and a vanilla tulie

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

**Please book at Reception with Tshwanelo only on EXT 1200
between 08:00 and 17:00.
Please book by 17:00 on Monday**

See you there!

16 JUNE 2024

FATHER'S DAY LUNCH

SOUP

Vegetable Minestrone soup with basil oil, vegetable crisps and herbed cream

Fresh bread on the table with café de Paris butter

MAINS OF THE COALS

Lemon herb and BBQ chicken
Slow roasted pork ribs
Braai wors with a red onion relish
Pap, cheese and bacon tart
Crushed garlic roasted baby tomato
Farm style corn on the cob

SALAD BUFFET

Capers salad
- Twisted Greek salad
- potato, chive and biltong salad

DESSERT BUFFET

Rum and raisin pudding with aromatic ginger custard
Peppermint crisp tart
Natures sweet treat fruit salad
Chocolate fudge brownies with Ice cream chocolate sauce

Residents - R175,
Visitors R195,
Children under 12yrs - R140

Pre payment to book.
Book by 12 June 2024 at 16:00