

EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 08 - 14 July 2024



ATTEND A SOPHISTICATED NIGHT OF OPERA AT RAND CLUB'S FRENCH CAFE OPERA EVENING

JOIN RAND CLUB FOR THEIR FRENCH CAFE OPERA EVENING WITH SOPRANO, SINESIPHO MNYANGO, TENOR SIBUSISO SEMELANE, AND MARION PILLAY ON PIANO. THE EVENING IS HOSTED BY HARALD SITTA FROM SITTOPERA AND EACH TICKET INCLUDES THE OPERA RECITAL ALONG WITH A WELCOME DRINK AND A THREE-COURSE MEAL. GUESTS ARE ENCOURAGED TO DRESS ACCORDING TO THE DRESS CODE OF FORMAL FRENCH FLAIR.

COST: R350 – R450PP, BOOK VIA QUICKET

WHEN: FRIDAY, 12 JULY FROM 6.30PM TO 10.30PM

WHERE: RAND CLUB, 33 LOVEDAY ST, MARSHALLTOWN, JOHANNESBURG

As you get
older, three
things happen.
The first is your
memory goes,
and I can't
remember the
other two.

Norman
Wisdom

Weekly P L A N N E R

Monday | 08 JULY

9h00 Water Aerobics 1
9h45 Water Aerobics 2
10h00 Knit & Natter
13h00 Bridge
17h00 Men's pool/ Snooker & Waterhole

Tuesday | 09 JULY

9h00 Therapeutic Exercise Class
14h00 Rummikub
14h30 Scrabble
17h00 Ladies Pool & Waterhole

Wednesday | 10 JULY

8h15 Lower back group class
9h00 **Dainfern Shopping Centre**



9h15 Walking group Class
10h15 Frail Care keep active class
11h15 Hip and knee group
14h30 Christian fellowship
18h00 Social Dinner

Thursday | 11 JULY

8h00 Therapeutic Exercise
9h00 Yoga
10h00 Visual Music #81
10h00 Art Class
14h00 Bridge
14h30 Rummikub
15h00 Pétanque
18h00 Movie Night



Friday | 12 JULY

9h00 Line Dancing
10h00 Visual Music #81
10h30 Bible study
12h30 Fish & Chips
17h00 Waterhole



Saturday | 13 JULY

15h00 Pétanque

Sunday | 14 JULY

12h00 Sunday Lunch
15h00 Wimbledon Final



17h00 Movies: Lawrence of Arabia


EVERGREEN
lifestyle
broadacres

LET'S CELEBRATE!

Count your age by friends, not years.

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

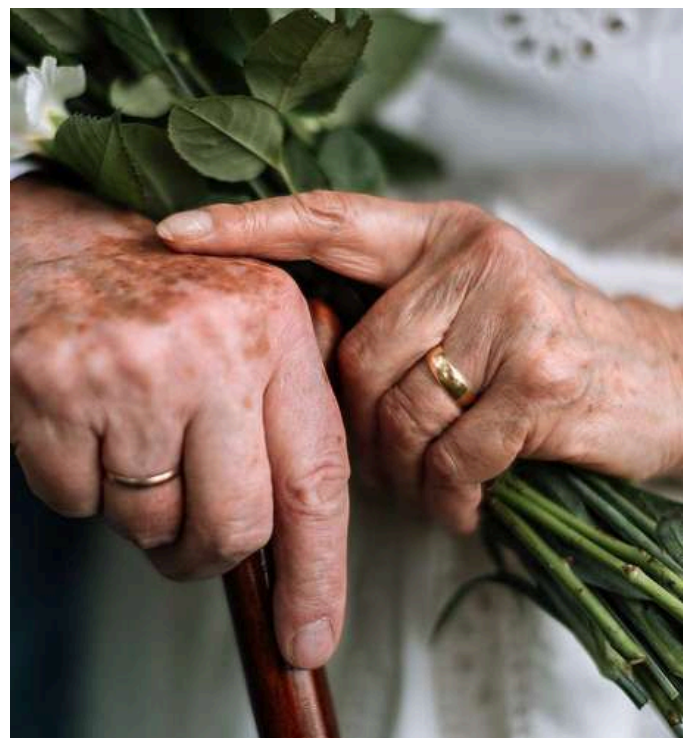
YOUR PARAGRAPH TEXT



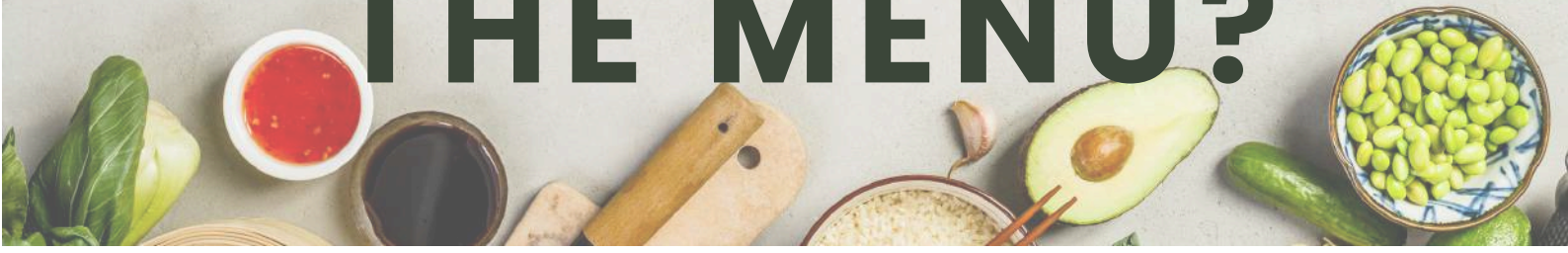
BIRTHDAYS

8th Dave Powell
9th Marion Du Preez
10th Kate Van Rooyen

ANNIVERSARIES



WHAT'S ON THE MENU?



THE BISTRO

MONDAY - 08 JULY

Alfredo pasta, with linguine, roasted vegetables and a Greek salad - **R72**

TUESDAY - 09 JULY

Chicken cordon bleu with a mustard sauce, roasted baby potatoes, half glazed carrots and cucumber and mint - **R72**

WEDNESDAY - 10 JULY

Tomato beef stew with olives, creamed spinach, roast butternut with Savoury rice rice - **R72**

THURSDAY - 11 JULY

Honey glazed pork chops, mashed pumpkin, grilled corn on the cob, with apple garden salad - **R72**

FRIDAY - 12 JULY

Grilled or deep-fried hake with chips or baked potato, 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 - 10 JULY 2024
SOCIAL DINNER**

STARTER

Vegetable soup with herbed croutons and herbed cream

MAIN COURSE 1

Crispy sweet and sour pork, Asian stir-fried vegetable, orange glazed broccoli, egg fried rice - **R95**

OR

MAIN COURSE 2

Honey and ginger chicken, stir-fried noodles, orange glazed sesame broccoli - **R85**

DESSERT

Fruit salad topped with orange mouse, roasted white chocolate crumble
R45

BOOK BY 01 JULY 2024 AT 17:00 WITH TSHWANELO ON EXT 1200



THE HAIR STUDIO

By Lana & Nicci



July Special:

**Wash and blow wave
on Tuesday & Fridays - R100.00**

- Book now with reception

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

Free
Cappuccino
with all Friday
bookings

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



SHOPPING SHUTTLE

WEDNESDAY 03 JULY 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.

Dainfern Shopping Centre

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

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



Art Classes

**Professional Artist; Naz Ashdam teaches:
art classes on various mediums such as
painting / sketching / sculpting**



Relaxing and therapeutic guided art classes

every Thursday from 10:00 – 13:00

R800.00 per month = R66.66 per hour

Contact: 082 920 8135



Sunday LUNCH



14 JULY 2024

Starters

Mushroom and basil soup with biltong dust,
basil chips and basil cream
served with bread rolls and butter

Mains off the Buffet

Roasted beef rump with roasted baby onions
& thyme and rosemary jus
Crusted baked line fish with lemon butter sauce
Maple roasted butternut with feta
Roasted Potatoes
Braised winter vegetables
Savoury Rice
Broccoli and cauliflower au gratin
Salad bar with dressing and condiments

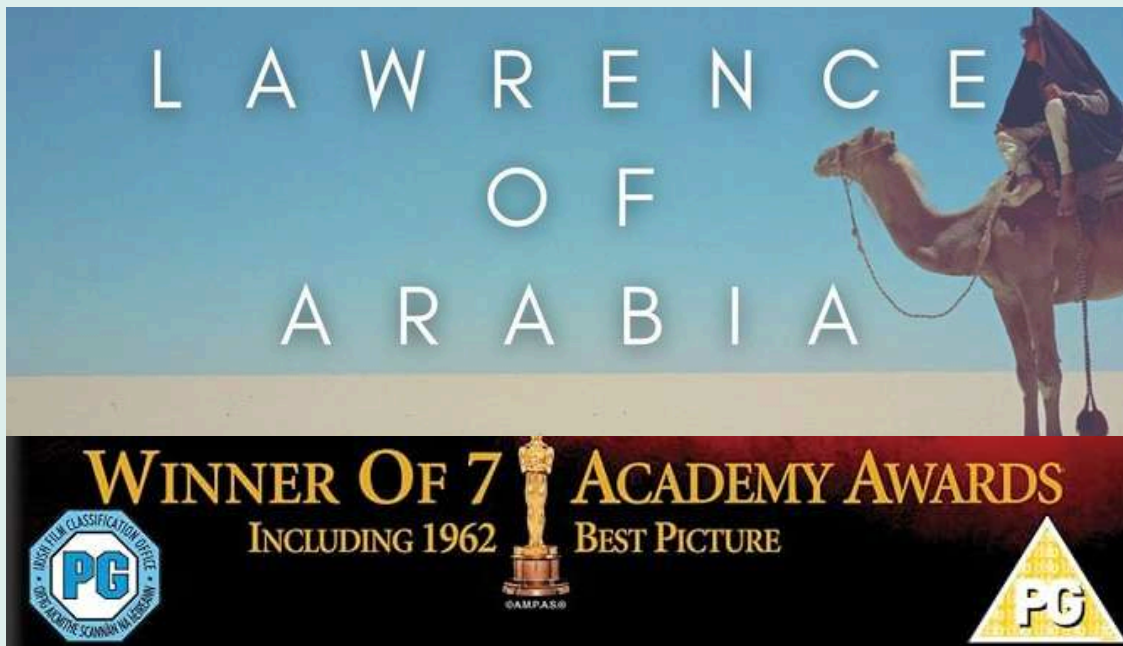
Dessert

Eton mess
Chocolate mousse brownies
Ice cream station with berry coulis
Fresh fruit salad in aromatic custard
Chocolate and caramel sponge pudding
with chocolate custard

Resident R185pp
Visitors - R 195pp
Kids - R130 per child

Pre pay to secure your booking by Wednesday 10 July 2024

Join us for
movie night



Lawrence, a lieutenant in the British Army, is asked by Colonel Brighton to moderately assess Faisal, their ally.

Lawrence is impressed with the Faisal and seeks his help to plan an attack on the enemy.

RELEASE DATE: 10 DECEMBER 1962 (UK)

DIRECTOR: DAVID LEON

CINEMATOGRAPHY: FREDDIE YOUNG

MUSIC COMPOSED BY: MAURICE JARRE

DISTRIBUTED BY: COLUMBIA PICTURES, PARK CIRCUS

BASED ON: SEVEN PILLARS OF WISDOM, BY T.E LAWRENCE

Free soup and rolls will be served at 16:30

Please RSVP with Reception by 4 July 2024
for catering purposes



movie will commence at 17:00



Joint Pain in Older Adults: Best Home Remedies and Treatments



JOINT PAIN AFFECTS MANY PEOPLE, MORE THAN 50% OF WHOM ARE OLDER ADULTS OVER THE AGE OF 65. THE PROBLEM RELATES TO SWELLING, BREAKDOWN OF CARTILAGE, AND OVERUSE. ALL THESE CONTRIBUTING FACTORS CAN MAKE DAY-TO-DAY LIFE PAINFUL AND DIFFICULT, FROM GETTING UP FROM A CHAIR TO SIMPLY GOING FOR A WALK OR EVEN DRIVING.

WHY DO WE GET PAIN IN OUR JOINTS?

AS YOU AGE, JOINT PAIN CAN BE A COMMON ISSUE. SOME PEOPLE MAY EXPERIENCE JOINT PAIN AFTER EXERCISING OR WORKING OUT, WHILE OTHERS MAY EXPERIENCE JOINT PAIN UPON WAKING UP. PAIN IN THE JOINTS IS TYPICALLY THE RESULT OF INFLAMMATION, WHICH IS CAUSED BY SEVERAL FACTORS, SUCH AS:

INJURY OR TRAUMA - SUCH AS A FALL, SPORTING INJURY, OR CAR CRASH
WEAR AND TEAR /OVERUSE - ESPECIALLY WITH SPORTS INJURIES OR
REPETITIVE STRAIN INJURIES (RSIS)

INFLAMMATION - SUCH AS RHEUMATOID ARTHRITIS OR GOUT
DEGENERATIVE DISEASES - SUCH AS OSTEOARTHRITIS
INFECTION

ALTHOUGH JOINT PAIN DOES HAPPEN EVERYWHERE, MOST OF IT COMES FROM THE KNEES, HIPS, FINGERS, AND SHOULDERS. THESE AREAS HAVE THE MOST WEAR AND TEAR FROM EVERYDAY USE.



10 NATURAL REMEDIES FOR JOINT PAIN THAT YOU CAN DO AT HOME
ARE YOU LOOKING FOR HIP, HAND, AND KNEE PAIN HOME REMEDIES? THE FOLLOWING
IS A LIST OF NATURAL REMEDIES FOR JOINT PAIN AND ARTHRITIS THAT HAVE PROVEN
BENEFICIAL FOR OLDER ADULTS IN MANAGING THEIR SYMPTOMS.

1. HEAT THERAPY



HEAT THERAPY WORKS WELL FOR ACHEs – ESPECIALLY MOIST HEAT THAT PENETRATES DEEPLY INTO YOUR ACHY JOINTS. A WARM TOWEL HELPS RELAX AND REMOVES STIFFNESS IN YOUR SORE MUSCLES WHILE INCREASING BLOOD CIRCULATION AROUND THE JOINTS AND ENCOURAGING HEALING. YOU CAN ALSO USE MOIST HEAT FOR JOINT PAIN RELIEF BY PLACING A WET TOWEL OVER THE PAINFUL PART FOR NOT MORE THAN 15 MINUTES AT A TIME. OTHER WAYS TO DO HEAT THERAPY INCLUDE HEAT PATCHES, HEATING PADS, AND HOT BATHS.

2. ICE THERAPY



ICE THERAPY INVOLVES APPLYING COLD PACKS DIRECTLY OVER THE AFFECTED AREA TO REDUCE INFLAMMATION AND PAIN. USING ICE CAN HELP NUMB NERVES AND RELIEVE SWELLING AROUND JOINTS. ONLY APPLY ICE COMPRESSES FOR FIFTEEN TO TWENTY MINUTES MAX, ABOUT EIGHT TIMES A DAY OR UNTIL SYMPTOMS SUBSIDE.

3. GET ACTIVE!

PEOPLE WHO SUFFER FROM JOINT PAIN CAN IMPROVE THEIR STRENGTH AND FLEXIBILITY THROUGH EXERCISE. IT ALSO HELPS PEOPLE LOSE WEIGHT, WHICH MAY REDUCE JOINT STRESS. JOINTS ARE LESS LIKELY TO EXPERIENCE STRESS WHEN YOU PUT LESS WEIGHT ON THEM.

FOR THOSE WITH MILD JOINT PAIN, TRY LOW-IMPACT EXERCISES THAT ARE EASY ON YOUR JOINTS, LIKE TAI CHI, YOGA, WALKING, BIKING, STRETCHING, AND SWIMMING. FOR THOSE WHO HAVE CHRONIC ARTHRITIS AND ARE OLDER, YOU MUST CONSULT A DOCTOR ABOUT WHAT EXERCISES ARE APPROPRIATE.

4. GINGER



GINGER ROOT IS ANOTHER POWERFUL ANTI-INFLAMMATORY AGENT THAT CAN HELP REDUCE JOINT PAIN AND SWELLING. IT WORKS BY INHIBITING THE BODY'S PRODUCTION OF PROSTAGLANDINS — CHEMICALS THAT CAUSE INFLAMMATION IN JOINTS — WHILE INCREASING BLOOD FLOW AND STIMULATING CIRCULATION IN THE AFFECTED AREA. YOU CAN MAKE A TEA WITH FRESH GINGER ROOT OR USE DRIED GROUND GINGER IN YOUR COOKING OR BAKING.

5. TURMERIC



TURMERIC CONTAINS CURCUMINOIDS, A SET OF POLYPHENOLS KNOWN TO INHIBIT INFLAMMATION IN THE BODY AND FIGHT OFF INFECTIONS LIKE ARTHRITIS BY HELPING KEEP YOUR IMMUNE SYSTEM STRONG AND HEALTHY. CURCUMIN ALSO REDUCES CELL OXIDATIVE STRESS, CONTRIBUTING TO INFLAMMATION AND PAINFUL JOINTS. ADD TURMERIC POWDER TO YOUR FOOD OR DRINK TEA MADE WITH FRESH TURMERIC ROOT.

6. FISH OIL SUPPLEMENTS



FISH OIL CONTAINS OMEGA-3, WHICH IS HIGHLY BENEFICIAL FOR THE BODY AND KNOWN FOR ITS ANTI-INFLAMMATORY EFFECTS. THEY PLAY AN ESSENTIAL ROLE IN CELL GROWTH AND REPAIR, WHICH CAN HELP RELIEVE JOINT PAIN CAUSED BY INJURY OR OVERUSE OF YOUR MUSCLES AND JOINTS. GET PHARMACEUTICAL-GRADE, MOLECULARLY-DISTILLED, HIGHLY PURIFIED FISH OIL IF YOU'RE CONCERNED ABOUT GOUT.

7. MASSAGE



A GOOD MASSAGE CAN RELIEVE PAIN AND MUSCLE STIFFNESS. IT CAN ALSO IMPROVE CIRCULATION AND FLEXIBILITY, WHICH HELPS REDUCE THE RISK OF INJURY. MASSAGE CAN BE USED ON SPECIFIC BODY PARTS, LIKE YOUR HANDS OR FEET, OR YOU MIGHT CHOOSE TO HAVE A FULL-BODY MASSAGE. MOST MESSAGES ARE PERFORMED BY PROFESSIONALS WHO USE THEIR HANDS TO MANIPULATE THE MUSCLES, BUT YOU CAN ALSO USE MASSAGE TOOLS AT HOME.

8. TOPICAL LOTIONS AND BALMS



THESE CAN CONTAIN INGREDIENTS SUCH AS CAPSAICIN (THE INGREDIENT IN CHILI PEPPERS THAT GIVES THEM THEIR HEAT), MENTHOL, CAMPHOR, OR EUCALYPTUS OIL. CAPSAICIN CREAM CAN HELP REDUCE INFLAMMATION, WHILE MENTHOL AND CAMPHOR MAY RELIEVE PAIN BY CAUSING A COOLING SENSATION ON THE SKIN.

9. GOOD DIET



EATING HEALTHY FOODS CAN ALSO HELP RELIEVE JOINT PAIN BECAUSE IT REDUCES INFLAMMATION IN YOUR BODY. LIMIT SUGAR, SALT, AND PROCESSED FOODS AS MUCH AS POSSIBLE. THESE WILL ONLY WORSEN YOUR JOINT PAIN. INSTEAD, CONSUME A HEALTHY DIET WITH PLENTY OF FRUITS AND VEGETABLES, WHOLE GRAINS, AND LEAN PROTEINS LIKE FISH AND POULTRY, WHICH CONTAIN VITAMINS, MINERALS, AND OTHER NUTRIENTS THAT CAN HELP ALLEVIATE JOINT PAIN. YOU CAN ALSO HELP FLUSH OUT TOXINS FROM YOUR BODY BY DRINKING PLENTY OF WATER DAILY.

10. USE SPLINTS & ASSISTIVE TOOLS



SPLINTS HELP REDUCE PAIN AND IMPROVE THE FUNCTION OF JOINTS AS IT LESSENS THE MOVEMENT AND STABILIZES IT. ONE WAY TO HELP ALLEVIATE SOME OF YOUR JOINT PAIN IS USING ASSISTIVE TOOLS AND DEVICES. ROLLATORS, BED RAILS, JAR OPENERS, AND BUTTON HOOKS ARE DESIGNED SPECIFICALLY FOR PEOPLE WITH MOBILITY ISSUES AND WILL HELP MAKE SPECIFIC TASKS MORE



WHEN SHOULD I WORRY ABOUT MY JOINT ACHES?

JOINT PAIN CAN RANGE FROM MILD TO SEVERE AND CAN BE DISABLING. IF ANY OF THESE SIGNS ACCOMPANY YOUR JOINT ACHES, THEN YOU MAY NEED TO SEE YOUR DOCTOR:

JOINT PAIN THAT DOES NOT IMPROVE AFTER TWO WEEKS OF REST AND ICE TREATMENT
PAIN THAT WAKES YOU UP AT NIGHT
INTENSE PAIN
FEVER HIGHER THAN 101 DEGREES F (38 C)
JOINT PAIN THAT IS RED OR WARM TO THE TOUCH
SWOLLEN OR ENLARGED JOINTS
NUMBNESS OR LOSS OF MOTION
CREAKING OR CLICKING SOUND WHEN YOU MOVE

JOINT PAIN VS. ARTHRITIS

VARIOUS ILLNESSES AND CONDITIONS CAN CAUSE JOINT PAIN. IT CAN BE CAUSED BY A JOINT INJURY, ARTHRITIS, OR OTHER MEDICAL CONDITION LIKE FIBROMYALGIA. ARTHRITIS IS A PAINFUL CONDITION BROUGHT ABOUT BY THE INFLAMMATION OF ONE OR MORE JOINTS. IT AFFECTS THE BONES, LIGAMENTS, CARTILAGE, AND SURROUNDING TISSUES. THE DISEASE LEADS TO BONE EROSION DUE TO THE CONTINUOUS FRICTION BETWEEN BONE SURFACES CAUSED BY WEAR AND TEAR. THIS CONDITION BECOMES CHRONIC AND CAN PROGRESS WORSE IF NOT TREATED. AN ARTHRITIS NATURAL REMEDY MAY PROVIDE SHORT-TERM RELIEF, BUT IT'S ALWAYS GOOD TO CHECK IN WITH YOUR DOCTOR ABOUT DIFFERENT TREATMENTS THAT CAN GIVE YOU LONG-TERM RELIEF FROM PAIN.

