

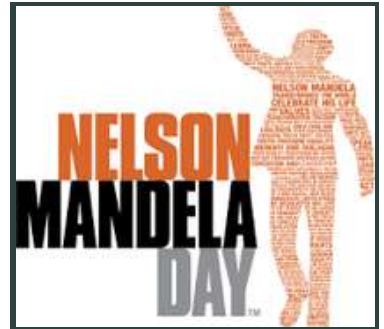
EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 15 - 21 July 2024



CHARITY BEGINS AT HOME: CARE CENTER



67 minutes on Mandela day 18 July 2024

How do you plan to spend your 67 minutes on Mandela day? We believe that charity starts at home, and will be spending our 67 minutes in the Care Centre giving love to our residents.

We are always looking for new ways to provide cognitive stimulation to increase our Care center resident's activity levels. Any donations of toys or games would be appreciated. And the most precious of all is time. Please come and spend time with our Care Centre residents. Talking, reading or playing games with them. Your time is the biggest gift you can give and we ask that you give generously. We hope to see you there.

"It is in your
hands to
create a
better world
for all who
live in it".

Nelson
Mandela



NELSON MANDELA

INTERNATIONAL DAY

18 July



"We were expected to destroy one another and ourselves collectively in the worst racial conflagration. Instead, we as a people chose the path of negotiation, compromise and peaceful settlement. Instead of hatred and revenge we chose reconciliation and nation-building.."

Nelson Mandela

NELSON MANDELA INTERNATIONAL DAY IS AN ANNUAL INTERNATIONAL DAY IN HONOUR OF NELSON MANDELA, CELEBRATED EACH YEAR ON 18 JULY, MANDELA'S BIRTHDAY. THE DAY WAS OFFICIALLY DECLARED BY THE UNITED NATIONS IN NOVEMBER 2009, WITH THE FIRST UN MANDELA DAY HELD ON 18 JULY 2010.

ON 27 APRIL 2009, THE 46664 CONCERTS AND THE NELSON MANDELA FOUNDATION INVITED THE GLOBAL COMMUNITY TO JOIN THEM IN SUPPORT OF AN OFFICIAL MANDELA DAY.[3] MANDELA DAY IS NOT MEANT AS A PUBLIC HOLIDAY, BUT AS A DAY TO HONOUR THE LEGACY OF NELSON MANDELA, SOUTH AFRICA'S FORMER PRESIDENT, AND HIS VALUES, THROUGH VOLUNTEERING AND COMMUNITY SERVICE.[1][4]

MANDELA DAY IS A GLOBAL CALL TO ACTION THAT CELEBRATES THE IDEA THAT EACH INDIVIDUAL HAS THE POWER TO TRANSFORM THE WORLD, THE ABILITY TO MAKE AN IMPACT.

THE MANDELA DAY CAMPAIGN MESSAGE IS:

"NELSON MANDELA HAS FOUGHT FOR SOCIAL JUSTICE FOR 67 YEARS. WE'RE ASKING YOU TO START WITH 67 MINUTES." [5]

"WE WOULD BE HONOURED IF SUCH A DAY CAN SERVE TO BRING PEOPLE TOGETHER AROUND THE WORLD TO FIGHT POVERTY AND PROMOTE PEACE, RECONCILIATION AND CULTURAL DIVERSITY," ACCORDING TO A STATEMENT ISSUED ON MANDELA'S BEHALF. [6]

TO MARK THE FIRST GLOBAL CELEBRATION OF MANDELA DAY ON 18 JULY 2009, MANDELA'S 91ST BIRTHDAY, A SERIES OF EDUCATIONAL, ART EXHIBIT, FUND-RAISING AND VOLUNTEER EVENTS LEADING UP TO A CONCERT AT RADIO CITY MUSIC HALL ON 18 JULY WERE ORGANISED BY THE 46664 CONCERTS AND THE NELSON MANDELA FOUNDATION. [5] IN NOVEMBER 2009, THE UNITED NATIONS GENERAL ASSEMBLY FORMALLY DECLARED 18 JULY TO BE "NELSON MANDELA INTERNATIONAL DAY". [7]

IN 2014, THE UN GENERAL ASSEMBLY ESTABLISHED THE NELSON MANDELA PRIZE, A QUINQUENNIAL AWARD RECOGNISING THE ACHIEVEMENTS OF THOSE WHO DEDICATED THEIR LIVES TO THE SERVICE OF HUMANITY

Weekly P L A N N E R

Monday | 15 JULY

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

Tuesday | 16 JULY

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

Wednesday | 17 JULY

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



9h15 Walking group Class
11h15 Hip and knee group
14h30 Christian fellowship group
18h00 Social Dinner

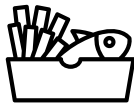
Thursday | 18 JULY

9h00 Yoga
10h00 Visual Music #81
10h00 Art Class
14h00 Bridge
14h30 Rummikub
15h00 **Annual Residence Caucus**
15h00 Pétanque
18h00 Movie Night



Friday | 19 JULY

9h00 Line Dancing
10h30 Bible study
12h30 Fish & Chips
17h00 Waterhole



Saturday | 20 JULY

15h00 **Pétanque**
17h00 **Springbok vs Portugal**



Sunday | 21 JULY

The logo for Evergreen Lifestyle Broadacres, featuring a stylized leaf above the text "EVERGREEN lifestyle broadacres".

EVERGREEN
lifestyle
broadacres

LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

18th Caroline Brickett
21st Gunnar Svensson
21st Sue Stirton

ANNIVERSARIES

17th Ian & Elaine Gladstone



WHAT'S ON THE MENU?



THE BISTRO

MONDAY - 15 JULY

Beef stroganoff, herbed tagliatelle, stuffed gem squash and three bean salad - **R72**

TUESDAY - 16 JULY

BBQ roasted chicken pieces, roasted seasonal vegetables with a pineapple & carrot salad - **R72**

WEDNESDAY - 17 JULY

Greek meat balls, mashed potato, lemon butter sauce and mixed vegetables with a garden salad - **R72**

THURSDAY - 18 JULY

Honey and garlic pork fillet, gravy, cream cheese & parsley stuffed baked potato, sauteed vegetables - **R72**

FRIDAY - 19 JULY

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweet corn salad and garden salad - **R92**

OPEN DAILY 08H00 - 16H00
DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY
BOOK ON EXT 1209



**WEDNESDAY - 17 JULY 2024
SOCIAL DINNER**

STARTER

Cauliflower & Blue cheese soup,
butter croute

MAIN COURSE 1

Braised Oxtail with baby onions,
glazed carrots, seasonal buttered vegetables,
rich red wine jus,
herbed polenta - **R135**

OR

MAIN COURSE 2

Chicken bon femme -herbed mash,
sticky glazed carrots,
seasonal vegetables - **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





SHOPPING SHUTTLE

WEDNESDAY 17 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.**

Chartwell 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**



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

Art Classes

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

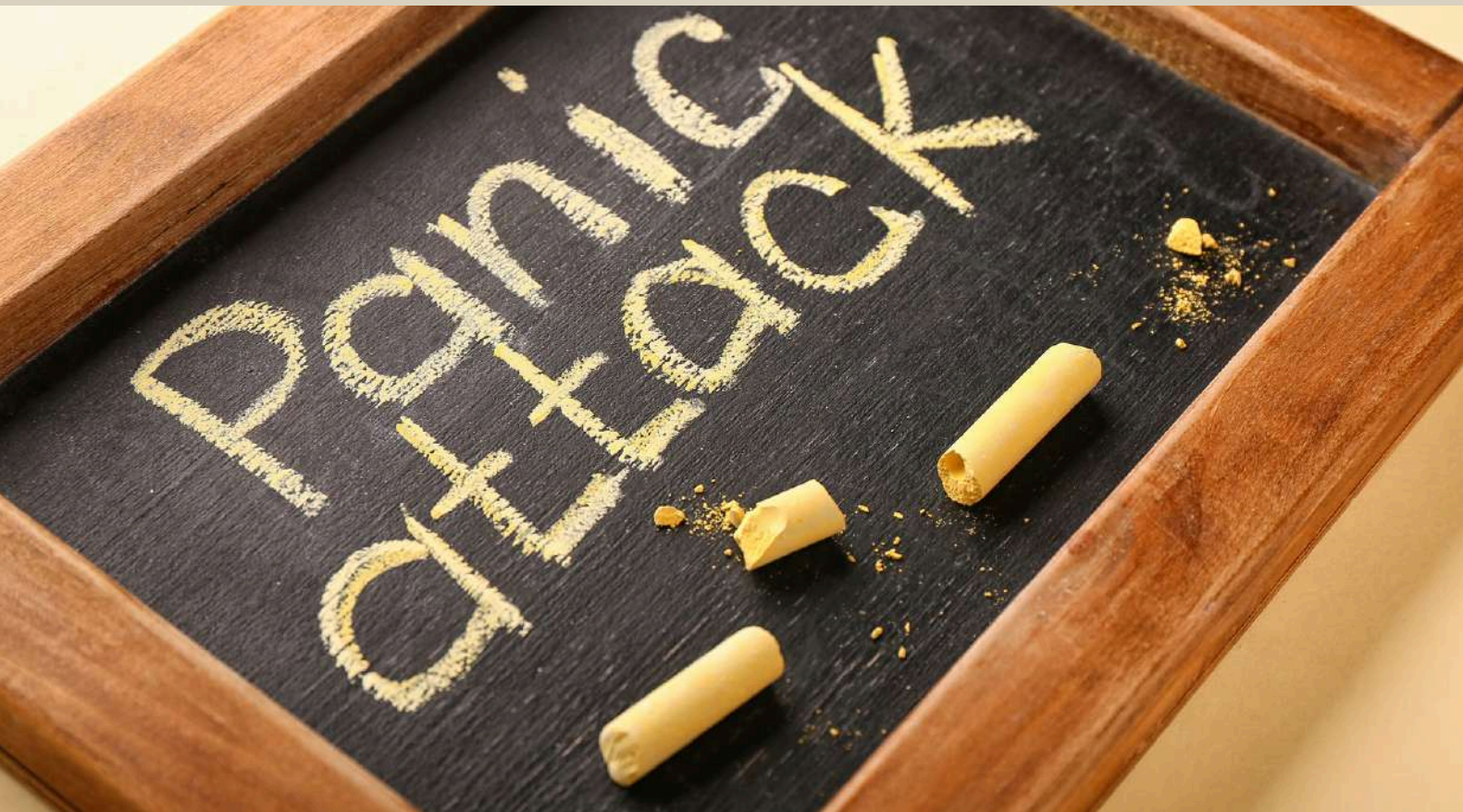


Relaxing and therapeutic guided art classes

every Thursday from 10:00 – 13:00

R800.00 per month = R66.66 per hour

Contact: 082 920 8135



WHAT DO PANIC ATTACKS FEEL LIKE?

Many people experience panic attacks, in which they suddenly feel anxious and not in control of a situation, possibly without knowing why.

You may feel breathless or as if you're having a heart attack, and it can be very frightening.

Panic attacks can occur unexpectedly and have a significant impact on your daily life, but there are ways to manage them. Treatment is also available for panic and anxiety disorders, which may be an underlying condition.

Panic attacks are sudden, intense surges of fear, panic, or anxiety. They are overwhelming, and they have physical as well as emotional symptoms.

If you have a panic attack, you might have difficulty breathing, sweat profusely, tremble, and you may feel your heart pounding.

Some people will also experience chest pain and a feeling of detachment from reality or themselves during a panic attack, so they may think they're having a heart attack. Others have reported feeling like they're having a stroke.

10 WAYS TO STOP A PANIC ATTACK AT HOME

1. USE DEEP BREATHING

While hyperventilating is a symptom of panic attacks that can increase fear, deep breathing can reduce symptoms of panic during an attack.

In one study Trusted Source, published in 2017, 40 people joined either a therapy group that involved deep or diaphragmatic breathing or a control group. After 20 intensive training sessions, those who practiced deep breathing saw improvements in their attention levels and emotional well-being.

2. RECOGNIZE THAT YOU'RE HAVING A PANIC ATTACK

By recognizing that you're having a panic attack instead of a heart attack, you can remind yourself that this is temporary, it will pass, and that you're OK.

Try to set aside the fear that you may be dying or that impending doom is looming, both fears are only symptoms of panic attacks. This can allow you to focus on other techniques to reduce your symptoms.

3. CLOSE YOUR EYES

Some panic attacks come from triggers that overwhelm you. If you're in a fast-paced environment with a lot of stimuli, this can feed your panic attack.

To reduce the stimuli, close your eyes during your panic attack. This can block out any extra stimuli and make it easier to focus on your breathing.

4. PRACTICE MINDFULNESS

Mindfulness can help ground you in the reality of what's around you. Since panic attacks can cause a feeling of detachment or separation from reality, this can combat your panic attack as it's approaching or actually happening.

Mindfulness involves:

focusing your attention on the present
recognizing the emotional state you're in
meditating to reduce stress and help you relax



5. FIND A FOCUS OBJECT

Some people find it helpful to find something to focus all their attention on during a panic attack. Pick one object in clear sight and consciously note everything you can about it.

For example, you may notice how the hand on the clock jerks when it ticks and that it's slightly lopsided. Describe the patterns, color, shapes, and size of the object to yourself. Focus all your energy on this object, and your panic symptoms may subside.

6. USE MUSCLE RELAXATION TECHNIQUES

Muscle tension is a symptom of anxiety and muscle relaxation techniques can help reduce tension and promote relaxation during an attack.

Progressive muscle relaxation aims to release tension in one group of muscles at a time to relax the whole body.

Much like deep breathing, muscle relaxation techniques can help stop your panic attack in its tracks by controlling your body's response as much as possible.

7. PICTURE YOUR HAPPY PLACE

Guided imagery techniques can help reduce stress and anxiety. Research Trusted Source suggests that both spending time in nature and visualizing nature can help treat and manage anxiety.

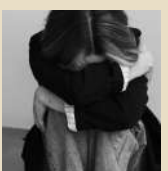
The place you visualize should be quiet, calm, and relaxing

8. ENGAGE IN LIGHT EXERCISE

Research published in 2021 shows that regular exercise may not only keep the body healthy but reduce your chance of developing anxiety.

If you're not used to exercising, talk with a doctor before starting. There's some evidence Trusted Source that starting aerobic exercise anew can trigger additional anxiety in people with an anxiety disorder.

Building up gradually can help your body adjust and avoid breathing problems. If you feel stressed or you're hyperventilating or struggling to breathe, stop and take a rest or choose a more moderate option, such as walking, swimming, or yoga.



9. KEEP LAVENDER ON HAND

Lavender is a traditional remedy that many people use to reduce stress and help them relax.

Older studies Trusted Source suggest lavender has a calming effect but doesn't lead to dependence or cause withdrawal symptoms. Using products that contain diluted lavender essential oil may help reduce or manage symptoms of anxiety.

10. TALK WITH SOMEONE

Letting a friend, loved one, or even a colleague know that you're having a panic attack might help you feel less alone and more in control of your emotions.

Any trustworthy person in your vicinity can help calm you. It might be helpful to share ahead of time that you're prone to panic attacks so they know what to expect.

Even when in public, you can still flag down a person who might be able to assist you by taking you somewhere where there's less stimulation and staying with you as you calm down.

