

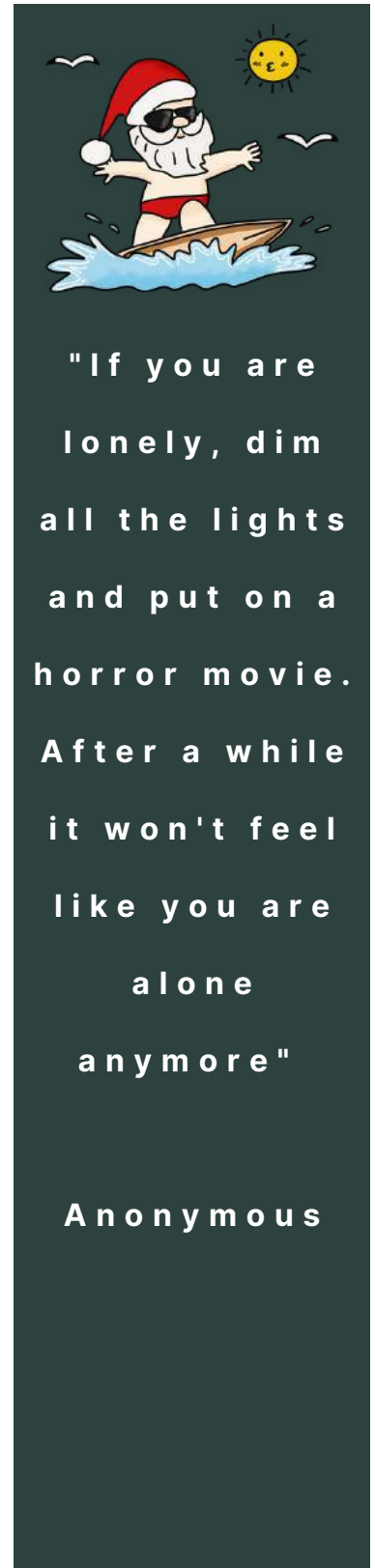
# WHAT'S HAPPENING

NEXT WEEK 22 - 28 July 2024



**It's beginning to look a lot like Christmas... in July! Welcome to our special midyear celebration, where we're spreading holiday cheer and making spirits bright.**

Christmas in July, also known as Christmas in Summer or Christmas in Winter, is a second Christmas celebration held on 25 July that falls outside the traditional period of Christmastide. It is centered on Christmas-themed activities and entertainment, including small gatherings, seasonal entertainment, and shopping. July Christmas celebrations typically accommodate for those living in the Southern Hemisphere, in which they undergo their annual winter, although the main goal of Christmas in July is getting the public in the "Christmas spirit" during the summer season in the Northern Hemisphere.



DECORATE YOUR OWN TABLE

CHRISTMAS

*in July*

  
EVERGREEN  
lifestyle  
broadacres

Wednesday 31st July 2024

## Starter

Starter Winter vegetable and lentil soup  
with chives cream and freshly bake bread

## Main buffet

Slow roasted, olive & citrus stuffed lamb shoulder,  
mint and thyme jus  
Roasted deboned turkey,  
cranberry and thyme compote and chicken veloute  
Lentil Moussaka (V)  
Cauliflower bake  
Garlic & Maple hassle back potatoes  
Buttered vegetables

## Salad station

Warm butternut salad, toasted sunflower seeds,  
citrus dressing  
Salad bar with condiments & dressings  
Chicken liver parfait with an orange,  
sherry and beetroot marmalade & cumin lavish

## Sweet temptations

Sticky date & ginger pudding  
with caramel and coconut crème anglaise  
Seasonal fruit salad with ginger and thyme syrup  
Chocolate Ice cream with berry coulis  
Yule log with dark chocolate mousse

R195 per person

Book and prepay by 25 July 2024

# Weekly

## PLANNER

### Monday | 22 JULY

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

### Tuesday | 23 JULY

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

### Wednesday | 24 JULY

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



9h15 Walking group Class  
11h15 Hip and knee group  
18h00 Social Dinner

### Thursday | 25 JULY

9h00 Yoga  
10h00 Art Class  
14h00 Bridge  
14h30 Rummikub  
15h00 Pétanque  
18h00 Movie Night



### Friday | 26 JULY

9h00 Line Dancing  
10h30 Bible study  
12h30 Fish & Chips  
14h30 **BINGO**   
17h00 Waterhole



### Saturday | 27 JULY

15h00 **Pétanque**  
**Proteas Cricket World Cup**

### Sunday | 28 JULY



**EVERGREEN**  
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# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

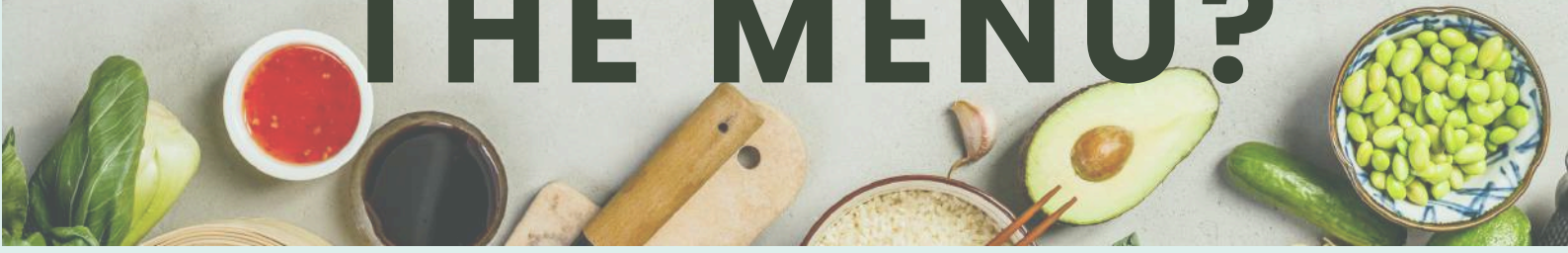
23rd Lynn Turner  
26th Yolanda Essex-Clark  
27th Bryan Breval  
27th Iris Haferung  
28th Emmy Murray  
28th Jan Key

## ANNIVERSARIES

27th James & Pauline Green



# WHAT'S ON THE MENU?



## THE BISTRO

### MONDAY - 22 JULY

Beef enchilada, tomato salsa, Avo, sour cream, tomato relish, crispy Potatoe wedges and tomato salsa - **R72**

### TUESDAY - 23 JULY

Crusted pork, sweet and sour sauce, crispy fried potatoes, with roasted cauliflower and stuffed tomatoes - **R72**

### WEDNESDAY - 24 JULY

Chicken with mushrooms, Hassel back sweet potatoes, garden salad with baked cauliflower - **R72**

### THURSDAY - 25 JULY

Spaghetti bolognese topped with cheese crumble, steamed veg, tomato and avocado salad - **R72**

### FRIDAY - 26 JULY

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

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



**WEDNESDAY - 24 JULY 2024**  
**SOCIAL DINNER**

**STARTER**

Sweet corn chowder  
with charred sweet corn and chives

**MAIN COURSE 1**

Roasted Pork neck,  
gravy, apple sauce, braised leeks and cauliflower ,  
herbed Potato gratin- **R90**

**OR**

**MAIN COURSE 2**

Creamy chicken, Dijon mustard and mushroom pie,  
roasted vegetables,  
potato gratin- **R85**

**DESSERT**

Vanilla icre-cream and chocolate sauce with fresh fruit- **R45**

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





# **SHOPPING SHUTTLE**

## **WEDNESDAY 24 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.**

## **Nicolway 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 CAUSES DRY SKIN?**

**(Medically reviewed by Dr. M. Khawar Nazir, MBBS)**

**Dry skin is a result of skin dehydration due to rapid loss of moisture. It is commonly caused by the following:**

**Medical Conditions:** Conditions such as eczema, psoriasis, or genetic factors can damage the skin barrier, which increases the rate of moisture loss from the skin and leads to dryness and flakiness.

**Dehydration:** Insufficient fluid intake may be a major cause of skin dryness.

**Age:** The natural aging process deteriorates the functions of the sebaceous glands, which can cause dry skin.

**Weather:** Low humidity levels in dry climates lead to loss of moisture in the air and dehydration.

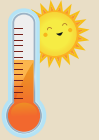
**Harsh Skin Products:** Certain chemicals, like sulfates, in skin care products may be harsh and may not suit your skin type, causing dryness.



# 10 BEST TIPS TO TAKE CARE OF DRY SKIN

## 1. Use Warm Water

We seldom pay attention to the water temperature while showering or washing our faces. But the water temperature plays a significant role in keeping your skin hydrated. Use lukewarm water instead of hot water to bathe and wash your face. Lukewarm water will keep your skin from drying further.



## 2. Use Coconut Oil

Coconut oil is loaded with fatty acids. It helps hydrate the skin and seals moisture into the skin. It softens and smoothens skin too. Apply coconut oil right after taking a shower or before going to bed at night.



## 3. Use An Oatmeal Moisturizer

If you have dry, itchy, and sensitive skin, switch to an oatmeal moisturizer. Oatmeal moisturizers help soothe and calm irritated and inflamed skin. They also help protect the skin from UV rays and reduce skin redness.

## 4. Use Aloe Vera Gel

Aloe vera has anti-inflammatory properties and helps in skin moisturization. Applying aloe vera gel to your face after toning will help soothe and nourish your dehydrated skin and skin flakiness. Massage the aloe vera gel for 5 minutes in a circular motion. Wait for 10 minutes before applying a moisturizer. Aloe vera-infused gloves and socks also help improve skin integrity and reduce dryness.



### 5. Apply Avocado Mask

Avocados are loaded with vitamin E, a potent antioxidant and skin moisturizer. Using an avocado face pack can also boost skin health and reduce dryness. Mash ½ an avocado, add 1 tablespoon olive oil, and 1 tablespoon milk. Mix well and apply the mask to your face and neck. Wait for 20 minutes before washing off with lukewarm water. Do this two to three times a week.



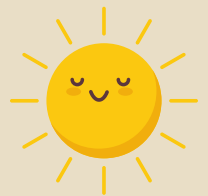
### 6. Add Oils to Your Bath

Do you like to dip your tired body in a lukewarm water bath with bath salts? Then consider adding your favorite body oil to your bath the next time. That way, your skin will remain moisturized and hydrated. You also will be able to get rid of the dead skin and rough skin much more easily.



### 7. Protect Your Skin From The Sun

Exposing dry skin to the sun can aggravate the problem. The sun's harmful UV rays accelerate skin aging and lead to the premature appearance of wrinkles and fine lines (11). Apply an SPF 50 sunscreen to your exposed skin before you step out for skin protection. Wear a scarf, a broad brim hat, a cap, and sunglasses to protect your face.



### 8. APPLY LIP BALM

Dry skin is not restricted to the cheeks, nose, or forehead alone. Your lips can also become dry and develop cracks. Take care of your lips by applying a moisturizing lip balm or lip oil. You can also apply a mixture of honey and coconut oil as a lip mask every day for treating dry lips.



### 9. Use Oil-Based Makeup

Water-based makeup is not meant for dry skin. It may contain ingredients like dimethicone that could further dry your skin out. Use makeup from foundations and eyeshadows, and blushes, and lipsticks that are cream-based or oil-based. Dry skin can always do with that extra hydration infused in these makeup products. The right makeup products also prevent any dry patches or skin peeling. Such products leave your skin with a healthy glow and a dewy finish.



### 10. Stay Hydrated

You must stay hydrated, and more so if you have dry skin. Drink 8 glasses of water per day (or more if you work out or live in hot climate conditions). Consume watermelons, oranges, muskmelons, celeries, cucumbers, and tomatoes to provide your body with the right nutrients and antioxidants that keep your skin protected and nourished.

