

EVERGREEN BROADACRES

WHAT'S HAPPENING

NEXT WEEK 29 - 04 August 2024

EVERGREEN
lifestyle
broadacres

Olympic Games Paris 2024

26 July 2024 – 11 August 2024



2024 Summer Olympics opening ceremony / Date

**Fri, 26 Jul 2024, 7:30 pm –
11:15 pm**

The big screen will be up on Friday evening for those who want to watch the opening ceremony

The Waterhole will stay open later to accommodate members watching the ceremony

“The most important thing in the Olympic games is not winning but taking part, the essential thing in life is not conquering, but fighting well.”

Pierre
Coubertin



SASHNI MUNNISUNKER

AUDIOLOGIST

30th of July 2024

10:00 – 13:00

Lifestyle Care Centre

Call 010 597 1975

**To make an appointment
Or call Siphon on Ext 1220**



Weekly P L A N N E R

Monday | 29 JULY

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

Tuesday | 30 JULY

9h00 Therapeutic Exercise Class
10h00 Audiologist: Sashni Munnisunker
14h00 Rummikub
14h00 Scrabble
14h30 Craft Class
17h00 Ladies Pool & Waterhole

Wednesday | 31 JULY

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



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



Thursday | 01 August

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



Friday | 02 August

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

Saturday | 03 August

15h00 **Pétanque**

Sunday | 04 August

17h00 **Movie: A Passage to India**




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LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

1st Hennie Du Preez
1st Eileen Mc Lintock
2nd William Stanton
3rd Joan Graber
4th Dale Gee

ANNIVERSARIES

4th Colin & Edna Grenfell



WHAT'S ON THE MENU?



THE BISTRO

MONDAY - 29 JULY

Beef meat loaf, tomato gravy, green beans with sauteed potatoes - **R72**

TUESDAY - 30 JULY

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

WEDNESDAY - 31 JULY

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

THURSDAY - 01 AUGUST

Balsamic roast pork tenderloin, thyme gravy, butternut mash, steamed broccoli - **R72**

FRIDAY - 02 AUGUST

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

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



WEDNESDAY - 31 JULY 2024
CHRISTMAS IN JULY MENU
R195 PER PERSON

STARTER

Starter winter vegetable and lentil soup with chives cream cream and freshly baked bread

MAIN BUFFET

Slow roasted, olive & citrus stuffed lamb shoulder, mint and thyme jus, roasted deboned turkey, cranberry and thyme copote and chicken veloute Lentil Moussaka. (V)

SALAD STATION

Warm butternut salad, toasted sunflower seeds, citrus dressing Salad bar with condiments & dressings.

Chicken liver parfait with an orange sherry and betroot marmalade & cumin lavish.

SWEET TEMPTATIONS

Sticky date & ginger pudding with caramel and coconut creme anglaise. Seasonal fruit salad with ginger and thyme syrup. Chococolate ice-cream with berry coulis Yale log with dark chocolate mousse.

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





SHOPPING SHUTTLE

WEDNESDAY 31 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**



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



5 TIPS FOR TAKING CARE OF YOUR HEALTH AS YOU AGE

Aging is an inevitable part of life we are all going to have to contend with at some point. With that being said, old age isn't necessarily something you need to dread. We work hard all our lives, and these twilight years should be about seeing the fruits of your labors and leaving a legacy.

This should be the point in your life when you stop contending with that work-life balance and start to focus on spending quality time with your family and doing the hobbies you love.

However, to truly enjoy these years, you need to ensure you are in relatively good health, both physically and mentally. In order to increase your chances of being a healthy senior, here are a few things you can take action on now:



1.Keep Active

When it comes to your health, regular exercise is one of the greatest gifts you can give your body, both in the physical and mental sense. Maintaining an active life will help you stay fit and allow you to enjoy your life more independently. Exercise also plays a role in preventing the onset of chronic conditions like heart disease, diabetes and arthritis.



2.Eat Healthy

A healthy balanced diet is another key element in maintaining your faculties as you age. Try to reduce your salt intake, which can contribute to conditions like hypertension and cardiovascular disease.

Choose to eat nutrient-dense foods like fresh fruit, vegetables and whole-grains. Everyone's dietary requirements are different so speak to a doctor or nutritionist for specific advice.



3.Stay Mentally Stimulated

These days, Alzheimer's and dementia are becoming increasingly common in elderly people. Thankfully, there are now more care homes for seniors with Alzheimer's that are equipped to deal with these conditions. While some cognitive decline is a natural part of the aging process, studies show that people who stay mentally stimulated through active learning will slow their mental decline.

Try to keep yourself mentally active. Whether it's learning new languages, attending lectures or playing sudoku, find something that exercises that grey matter.

4.Be Social

Loneliness is a huge problem amongst the elderly. The loss of a spouse, retirement, and health issues can all contribute to social isolation. Make an effort to form solid friendships and keep family close if you possibly can and try your best to get involved in group activities that help grow your social network. Keeping loneliness at bay helps alleviate conditions like anxiety and depression.



5.Reduce Stress

Although, we'd hope that our retirement years are fairly stress free, a person's ability to cope with stress declines as we age. Long-term stress can lead to depression, memory loss, and fatigue – all of which also have implications on our physical health. So take care of yourself and try to incorporate relaxation techniques such as meditation into your life.

Maintaining a high level of physical fitness as well as cognitive aptitude are key factors to ward off the negative impact of aging. It's important to manage your expectations because we won't always be as sprightly as we once were. However, taking simple steps now will certainly play a significant role in allowing you to fully embrace old age.