

EVERGREEN BROADACRES

# WHAT'S HAPPENING

NEXT WEEK 5 - 11 August 2024

EVERGREEN  
lifestyle  
broadacres

## NATIONAL WOMEN'S DAY



### WOMEN'S DAY YOGA MARATHON

LERATO YOGA AIMS TO REDEFINE AFRICAN WELLNESS THROUGH YOGA, SUPPORTING WOMEN WHO HAVE EXPERIENCED TRAUMA BY FACILITATING HOLISTIC HEALTH, HEALING, AND SELF-LOVE.

#### EVENT SCHEDULE

- REGISTRATION: 07:30
- FREEDOM TO LOVE YOGA: 08:00 (INSTRUCTOR: LERATO)
- FREEDOM TO FLOW YOGA: 09:00 (INSTRUCTOR: NKULI)
- FREEDOM TO GROW YOGA: 10:00 (INSTRUCTOR: DIZE)
- FREEDOM TO EXPRESS YOGA: 11:00 (INSTRUCTOR: SIYA)
- FREEDOM TO HEAL YOGA: 12:00 (INSTRUCTOR: KEABETSWE)

EACH SESSION WILL LAST 30 MINUTES, OFFERING VARIOUS TYPES OF YOGA: BEGINNERS YOGA, GENTLE YOGA, HATHA YOGA, KEMETIC YOGA, AND VINYASA YOGA.

ZAR50



"Be the  
woman who  
fixes another  
woman's  
crown  
without  
telling the  
world it was  
crooked"

"Amy Morin"



**VENUE**  
**WALTER SISULU BOTANICAL**  
**GARDENS**

**FRIDAY 09 AUGUST 2024**

## **WOMEN'S DAY HIKE SIP AND PAINT**

**August 9 @ 8:00 am – 5:00 pm**

**Celebrate Women's Day with a day of adventure and creativity! Join the event organisers for an invigorating hike at a stunning location, followed by a relaxing sip and paint session at the beautiful Walter Sisulu Botanical Garden. Save the date Friday, 9 August 2024.**

**What Can I Expect From The Women's Day Hike Sip and Paint Event?**

**Enjoy delicious lunch and connect with other amazing women while exploring nature and unleashing your inner artist. All equipment and materials are provided, making this a perfect opportunity to unwind, have fun, and create a beautiful masterpiece. Limited spots available, book now!**

**Price: R450 (includes Hiker's pack, lunch, sip & paint, and transport).**



# Weekly

## PLANNER

### Monday | 05 August

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

### Tuesday | 06 August

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

### Wednesday | 07 August

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




9h15 Walking group Class  
11h15 Hip and knee group  
14h00 Canasta  
14h30 Christian Fellowship  
18h00 Social dinner

### Thursday | 08 August

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

### Friday | 09 August

9h00 Line Dancing  
10h00 Visual Music  
10h30 Bible study   
12h30 **BISTRO CLOSED (HOLIDAY)**  
17h00 Waterhole

### Saturday | 10 August

15h00 **Pétanque**

### Sunday | 11 August





# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



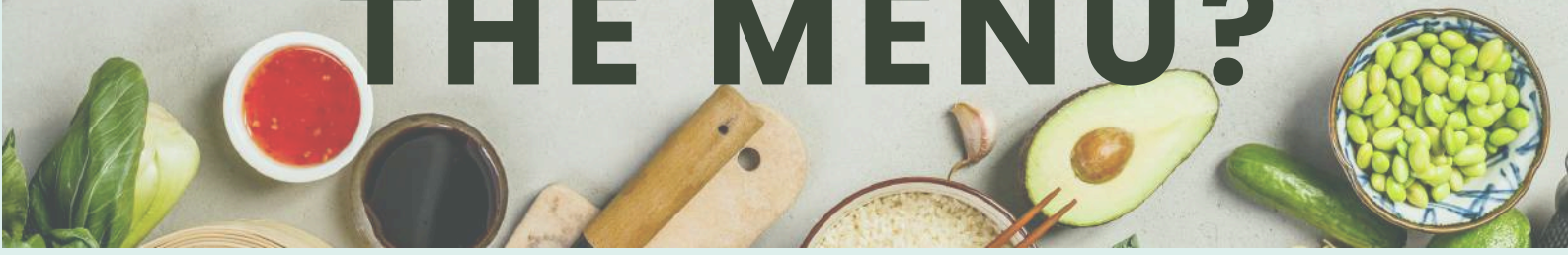
## BIRTHDAYS

5th James Goodwin  
6th Sharyn Breval  
8th Trevor Morgan  
9th Athony Pitman  
9th Hester Kilian

## ANNIVERSARIES



# WHAT'S ON THE MENU?



## THE BISTRO

### MONDAY - 05 AUGUST

Chicken penne al fresco, slow roasted cherry tomato, rich white wine velouté & green salad - **R72**

### TUESDAY - 06 August

Baked Beef Kofta & tomato sauce on a bed of crispy potatoes, stir-fried vegetables and an Italian fresh salad - **R72**

### WEDNESDAY - 07 AUGUST

Roast pork with sweet potato disks, orange sauce, curried cauliflower & peas and a tomato & pepper salad - **R72**

### THURSDAY - 08 AUGUST

Ox Liver, sauteed green beans and onions, sauteed rosemary dusted potatoes with mushroom and red wine sauce - **R72**

### FRIDAY - 09 AUGUST

**BISTRO CLOSED - PUBLIC HOLIDAY**

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



# **SHOPPING SHUTTLE**

## **WEDNESDAY 07 AUGUST 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.**

# **Broadacres 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**







**WEDNESDAY - 07 AUGUST 2024  
SOCIAL DINNER**

**STARTER**

Hearty vegetable soup  
with parsley cream & croutons

**MAIN COURSE 1**

Sweet & Sour crispy pork  
with stir-fried noodles  
Asian sesame potatoes - **R95**

**OR**

**MAIN COURSE 2**

Chicken Korma, garlic roti  
traditional sambals,  
vegetables biryani - **R85**

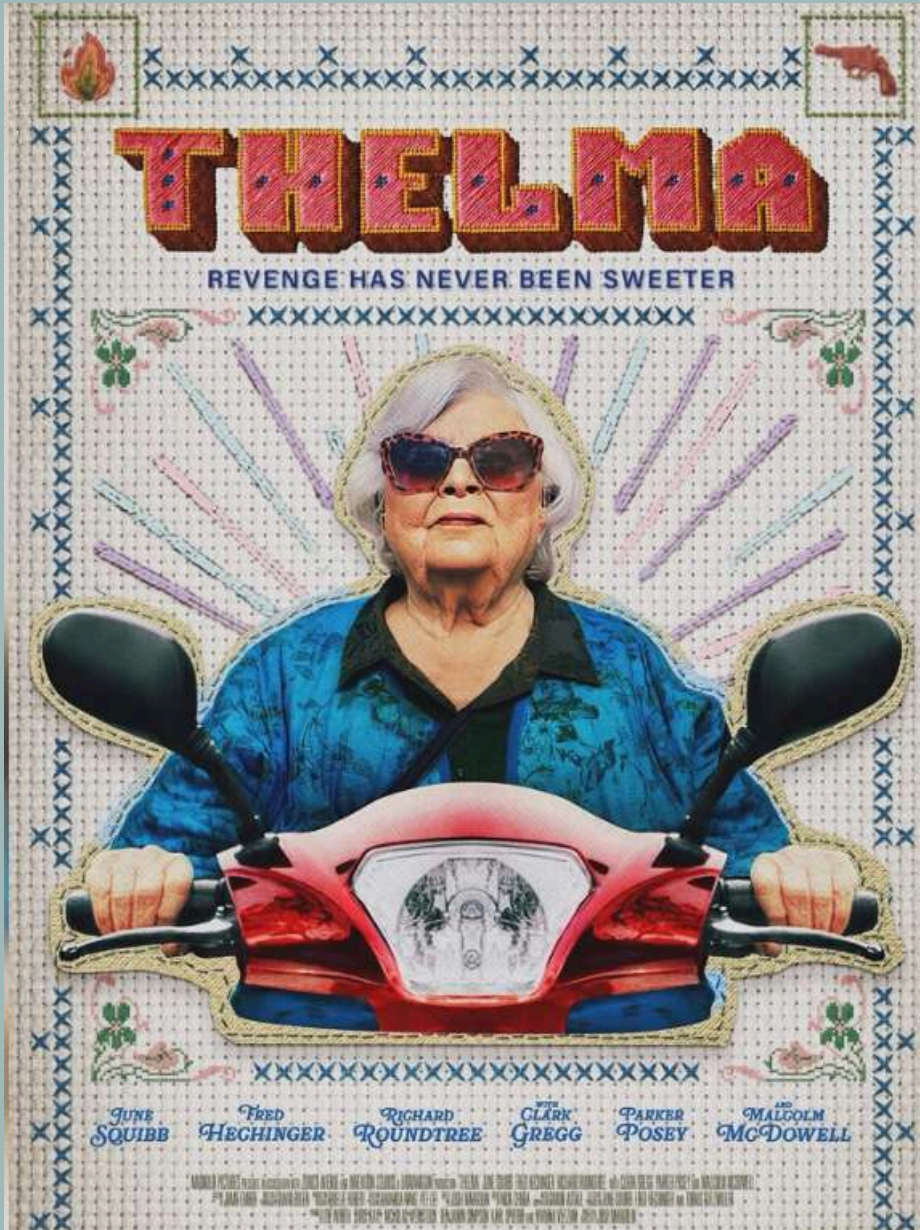
**DESSERT**

Creme caramel, toffee fresh fruit - **R45**

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



# THURSDAY MOVIE NIGHT: THELMA



**Thelma is a 2024 American comedy-drama film written, directed and edited by Josh Margolin.**

**The film stars June Squibb, Fred Hechinger, Richard Roundtree, Clark Gregg, Parker Posey, and Malcolm McDowell.**

**93 year old Thelma gets scammed out of \$10 000.00 and vows to get even with the scammer. What follows are scenes from a life with which we are all familiar.**

**It lasts 1 hour and 38 minutes and subtitles are built in.**

**We start at 6.30 pm**

**See you there.**







EVERGREEN BROADACRES



# WHAT'S COOKING

## WOMAN'S DAY SUNDAY LUNCH: 25 AUGUST 2024

### Table starter to share

Basil pesto marinated twisted Greek salad with balsamic and olive oil.

Served with an olive and rosemary focaccia

### Buffet Mains

Roasted rosemary beef roast with red wine mushroom jus

Greek lemon chicken

Roasted cinnamon and artichoke stroganoff

Sauté seasonal veg

Broccoli and cauliflower savory rice

### Sweet Temptations

Pink berry tiramisu

Local cheese board with crackers and preserves  
Espresso and dark chocolate pudding with vanilla custard, fresh fruit salad with berries coulis, Ice cream station

**Residents: R195**

**Visitors: R185**

**Kids: R120**

Pre-pay to secure your booking by 6th August 2024 at 17:00 with Tshwanello  
No tables will be booked without proof of payment. Cancellations will not be refunded

# THE HAIR STUDIO

By Lana & Nicci



- 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

## Highlights

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



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**

# CHOOSE TO SMILE EVERY DAY TO BOOST MOOD AND HEALTH



## 5 BIG BENEFITS OF SMILING

Studies have shown that smiling releases endorphins, other natural painkillers, and serotonin. Together, these brain chemicals make us feel good from head to toe. Not only do they elevate your mood, but they also relax your body and reduce physical pain. Smiling is a natural drug.

### 1. SMILING HELPS YOU LIVE LONGER

Perhaps the most compelling reason to smile is that it may lengthen your overall lifespan. One study found that genuine, intense smiling is associated with longer life.

Happy people seem to enjoy better health and longevity, but more research is needed to understand why. Research indicates that happiness could increase lifespan by years—suggesting maintaining a happy, positive mood may be an important part of a healthy lifestyle







## **2. Smiling Relieves Stress**

**Stress can permeate our entire being, including showing up in your face and expression. Smiling not only helps to prevent us from looking tired, worn down, and overwhelmed, but it can actually help decrease stress.**

**Believe it or not, smiling can reduce stress even if you don't feel like smiling or even if you fake it with a smile that isn't genuine.**

**When you are stressed, try intentionally putting a smile on your face. It may help improve your mood and ability to manage the stress you are experiencing.**

## **3. Smiling Elevates Mood**

**Smiling can also help make you feel happy. Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better.**

**The physical act of smiling activates pathways in your brain that influence your emotional state—meaning that by adopting a happy facial expression, you can "trick" your mind into entering a state of happiness.**

**This affect works whether or not your smile is genuine.**

**A simple smile can trigger the release of neuropeptides that improve your neural communication. It also causes the release of neurotransmitters such as dopamine and serotonin, which can boost your mood. Think of smiling as a natural antidepressant.**

#### **4. Smiling Boosts the Immune System**

**Smiling can also boost your overall health by helping your immune system to function more effectively. It is thought that when you smile, immune function improves because you are more relaxed (thanks to the release of certain neurotransmitters).<sup>8</sup>**

**Whether you're trying to maintain your overall health or strengthen your immune system ahead of cold and flu season, smiling may help. Warding off illness and staying healthier can also play a role in helping you feel less stressed.**



**Smiling could have a beneficial impact on your blood pressure. Laughter specifically seems to lower blood pressure, after causing an initial increase in heart rate and breathing.<sup>9</sup> While smiling has been shown to lower your heart rate in the face of stress, more research is needed to determine how it reduces blood pressure.<sup>5</sup>**

**If you have a blood pressure monitor at home, you can try testing this idea for yourself. Sit for a few minutes and take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?**







### **5. Smiling Helps You Stay Positive**

**Try this test: Smile. Now try to think of something negative without losing the smile. It's hard, isn't it?**

**Smiling can influence your feelings of positivity, even if it feels unnatural or forced. Regardless of whether or not your smile is genuine, it still sends the message that "Life is good!" to your brain and, ultimately, the rest of your body.<sup>1</sup>**

