

# WHAT'S HAPPENING

EVERGREEN BROADACRES

NEXT WEEK 25 November - 1 December 2024



JOIN US FOR A

# Christmas *Craft* MARKET

NOVEMBER

SATURDAY | 30 | 10:00am

Evergreen Lifestyle Village Broadacres  
40 Frederick Road  
Kengies Ext 21

# Weekly PLANNER



MON: 25 Nov	TUE: 26 Nov	WED 27 Nov	THU: 28 Nov	FRI: 29 Nov	SAT: 30 Nov	SUN: 1 Dec
9h00 Water Aerobics 1	9h00 Therapeutic exercise class	8h15 Lower back group class		9h30 Line dancing		
9h45 Water Aerobics 2		9h00 Lonehill Shopping Centre <b>Shopping Shuttle</b> 	10h00 Art Class		10h00 Residents Craft Market	
10h00 Knit & Natter	14h00 Rummikub	9h15 Walking group class	14h00 Bridge	10h30 Bible Study		
13h00 Bridge	14h00 Scrabble	11h15 Hip & knee group	14h00 Rummikub	12h30 Fish & Chips		
16h00 Men's Snooker	16h00 Ladies Snooker	14h00 Canasta	15h00 Pentanque		15h00 Pétanque	
17:00 Waterhole	17:00 Waterhole	18h00 Social Dinner	18:00 Movie night: "A Family Affair" 	17:00 Waterhole		18:00 Movie night: Find me falling 

# Bistro

LUNCH MENU  
25 NOV-1 DECEMBER 2024

## MONDAY

Feta and spinach stuffed chicken, baked garlicky mushrooms, ginger herby carrots & smashed potato - **R72**

## TUESDAY

Mozzarella centered pork meat balls with basil pesto cream sauce, med veg & herbed pasta with an Italian salad - **R72**

## WEDNESDAY

Grilled Ox- liver with caramelized onions, sauteed greens, rosemary mushrooms and red wine sauce - **R72**

## THURSDAY

Pork schnitzel, three cheese & peppercorn sauce, potato wedges, roasted spring veg and green salad- **R72**

## FRIDAY

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, Rocket, feta and butternut and a garden salad - **R98**

## SPECIAL:

Spicy seafood stew with tomato and limes - **R155**

## SATURDAY

Only A la Carte

## SUNDAY

### Starters

Greek salad with mustard dressing

### Mains

Peppered pork fillet with cream of leek sauce and apple sauce on the side, Potato wedges, spinach & pumpkin. - **R125**

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 15:00 THE PRIOR DAY - BOOK ON EXT 1209

# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

28th Malcolm Taylor

29th Adi Gough

29th Elize Serfontein

1st Penelope Tsandelis

1st Patricia Hansen

## ANNIVERSARIES





# Bistro

**SOCIAL DINNER**  
**WEDNESDAY, 27 NOVEMBER**

## Starter

Potato and leek soup with sour cream  
and croutons

## Main Course

Slow roasted pork neck, gravy, roasted garlic vegetables,  
and herbed mash.

**R95.00**

**or**

Creamy garlic chicken with herbed pasta & roasted  
vegetables.

**R85.00**

## Dessert

Fresh fruit salad, berries coulis with ice cream.

**R45.00**

**Book by the 25th of November 2024 with Tshwanelo on ext 1200**

25 November - 01 December 2024





## SHOPPING SHUTTLE

**WEDNESDAY 27 NOVEMBER 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.**

## Lonehill 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**



# Thursday & Sunday Movie Night

18:00

28 NOVEMBER 2024

1 December 2024

THURSDAY MOVIE



A surprising romance kicks off comic consequences for a young woman, her mother and her movie star boss as they face the complications of love, sex and identity.

Starring: Nicole Kidman, Zac Efron & Joey King

SUNDAY MOVIE



After a failed comeback album, a rock star retreats to a cliffside home in Cyprus, only to find his new life complicated by visitors, and an old flame.

Starring: Ali Fumiko Whitney & Harry Connick Jr

# THE HAIR STUDIO

By Lana & Nicci

Book your appointment to look fabulous at the Christmas Social dinner now. Open on Tuesday 10 December 2024 from 08:00 - 17:00 - Both Nicci and Lana will be available.



- Book now with reception

ON EXT 1200

## 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

TUESDAY  
10 DECEMBER 2024

# *Christmas Social Dinner*

## MENU

### *Plated Appetizers*

Mushroom risotto with parmesan,  
blistered tomatoes & basil oil

### *Main Course*

Honey & Mustard glazed gammon with an apple sauce  
Garlic & rosemary roasted leg of lamb with a mint sauce  
Spinach, leek, roasted peppers, spanakopita with crushed feta (V)  
Buttered spring vegetables with garlic & herb butter  
Herby Christmas stuffing  
Roast broccoli & gorgonzola, almond bake  
Potato gratin with crispy onion  
Rice pilaf

### *Dessert*

Black forest cheese cake with festive fruit crumble,  
served with vanilla & caramel ice cream & berry coulis

**Entertainment: Amira Willighagen**

Book and pre pay by Friday 06 December 2024  
**Round tables of 10 per table only**

**R300.00 per resident**  
**R400.00 per visitor**

TUESDAY  
10 DECEMBER 2024

## *Christmas Social Dinner*

This year we want to give “buckets of love” to our usual charity instead of toys. These can be bought from most grocery stores.

If you are not able to get a hamper bucket, you can place money in an envelope and hand in at reception and we will use this to purchase buckets from Spar.





**CROSSMAN**  
Biokineticist



**EVERGREEN**  
lifestyle

## **GROUP CLASS TIMES AT EVERGREEN LIFESTYLE VILLAGE**

**EVERY WEDNESDAY**

**LOWER BACK GROUP CLASS**

**8H15-8H45**

**FRAIL CARE KEEP ACTIVE CLASS**

**9H15-10H00**

**SPECIAL WEDNESDAY GROUP**

**CLASS**

**10H15 - 11H00**

**HIP & KNEE GROUP CLASS**

**11H15-12H00**

**FEEL FREE TO CONTACT US FOR MORE INFORMATION.**



(010) 020 1532



[www.crossmanbiokineticist.co.za](http://www.crossmanbiokineticist.co.za)



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## END STRONG, START FRESH!!

2024 MAY BE COMING TO AN END,  
BUT OUR REHAB AND EXERCISE  
SERVICES AREN'T.

- DECREASE BACK PAIN
- DECREASE KNEE & HIP PAIN
- IMPROVE POSTURE
- IMPROVE MOBILITY



**TAKE CARE OF YOUR WELL-BEING  
BY JOINING OUR CLASSES, AND GET  
A HEADSTART ON YOUR WELLNESS  
JOURNEY FOR 2025.**

**ENQUIRE ABOUT ALL SERVICES  
PROVIDED & THEIR RESPECTIVE  
TIMES.**

**FOR PRIVATE SESSIONS FEEL FREE TO CONTACT US FOR MORE INFORMATION.  
(NOTE: PRIVATE SESSIONS ARE DONE AT THE EVERGREEN EXERCISE STUDIO)**



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