

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**

9h00
Water
Aerobics 1

9h45
Water
Aerobics 2

10h00
Knit & Natter

13h00
Bridge

16h00
Men's
Snooker

17:00
Waterhole

**TUE:
26 Nov**

9h00
Therapeutic
exercise
class

14h00
Rummikub

14h00
Scrabble

16h00
Ladies
Snooker

17:00
Waterhole

**WED
27 Nov**

8h15
Lower
back group
class

9h00
Lonehill
Shopping
Centre
Shopping Shuttle



9h15
Walking
group class

11h15
Hip & knee
group

14h00
Canasta

18h00
Social
Dinner

**THU:
28 Nov**

10h00
Art Class

14h00
Bridge

14h00
Rummikub

15h00
Pentanque

18:00
Movie night:
"A Family
Affair"



**FRI:
29 Nov**

9h30
Line
dancing

10h30
Bible Study

12h30
**Fish &
Chips**

17:00
Waterhole

**SAT:
30 Nov**

10h00
Residents
Craft
Market

15h00
Pétanque

**SUN:
1 Dec**

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



Free
Cappuccino
with all Friday
bookings

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

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.





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



HealthBox, 20 Georgian crescent, Hampton
office park, Eastbury House



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CROSSMAN
Biokineticist



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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