

# WHAT'S HAPPENING

EVERGREEN BROADACRES

EVERGREEN  
lifestyle  
broadacres

NEXT WEEK 02 December - 08 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.



# Weekly PLANNER



**MON:  
02 Dec**

**9h00**  
Water  
Aerobics 1

**9h45**  
Water  
Aerobics 2

**10h00**  
Knit & Natter

**13h00**  
Bridge

**16h00**  
Men's  
Snooker

**17:00**  
Waterhole

**TUE:  
03 Dec**

**9h00**  
Therapeutic  
exercise  
class

**9h00**  
**Audiology:**  
Sashni  
Munnisunker

**14h00**  
Rummikub  
&  
Scrabble

**14h30**  
Craft Class

**16h00**  
Ladies Pool

**17:00**  
Waterhole

**WED  
04 Dec**

**8h15**  
Lower  
back group  
class

**9h00**  
Broadacres  
Shopping  
Centre  
**Shopping Shuttle**



**9h15**  
Walking  
group class

**11h15**  
Hip & knee  
group

**14h00**  
Canasta

**18h00**  
Social  
Dinner

**THU:  
05 Dec**

**10h00**  
Art Class

**14h00**  
Bridge

**14h00**  
Rummikub

**15h00**  
Pentanque

**18:00**  
**Movie night:**  
Our little secret



**FRI:  
06 Dec**

**9h30**  
Line  
dancing

**10h30**  
Bible Study

**12h30**  
**Fish &  
Chips**

**17:00**  
Waterhole

**SAT:  
07 Dec**

**15h00**  
**Pétanque**

**SUN:  
08 Dec**

**18:00**  
**Movie night:**  
The Merry  
Gentlemen





# Bistro

**LUNCH MENU**  
02 DEC-08 DECEMBER 2024

## **MONDAY**

Pulled chicken lasagna, Greek salad & creamed spinach- **R72**

## **TUESDAY**

Grilled pork chops with an orange & thyme sauce, rosemary potatoes with sauteed vegetables & pumpkin wedges - **R72**

## **WEDNESDAY**

Grilled Portuguese style chicken served with a sweet potato, spinach & feta salad -**R72**

## **THURSDAY**

Beef bourguignon with roasted carrots & steamed broccoli, served with parsley mash - **R72**

## **FRIDAY**

Grilled or deep fried Hake with chips or baked potato, tartar sauce with butternut & feta salad - **R98**

## **SPECIAL:**

Gratin garlic prawns(peeled) with a choice of baked potatoes ,chips or seasonal veg - **R155**

## **SATURDAY**

Only A la Carte

## **SUNDAY**

Capri starter with rocket

### Mains

Lemon roasted chicken & pork neck with rosemary spuds & creamed spinach with butternut- **R135**

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

2nd Judy McLaren

4th Elske Fann

5th Carole Saayman

8th Rose-Marie Bryson

8th Lynn Miller

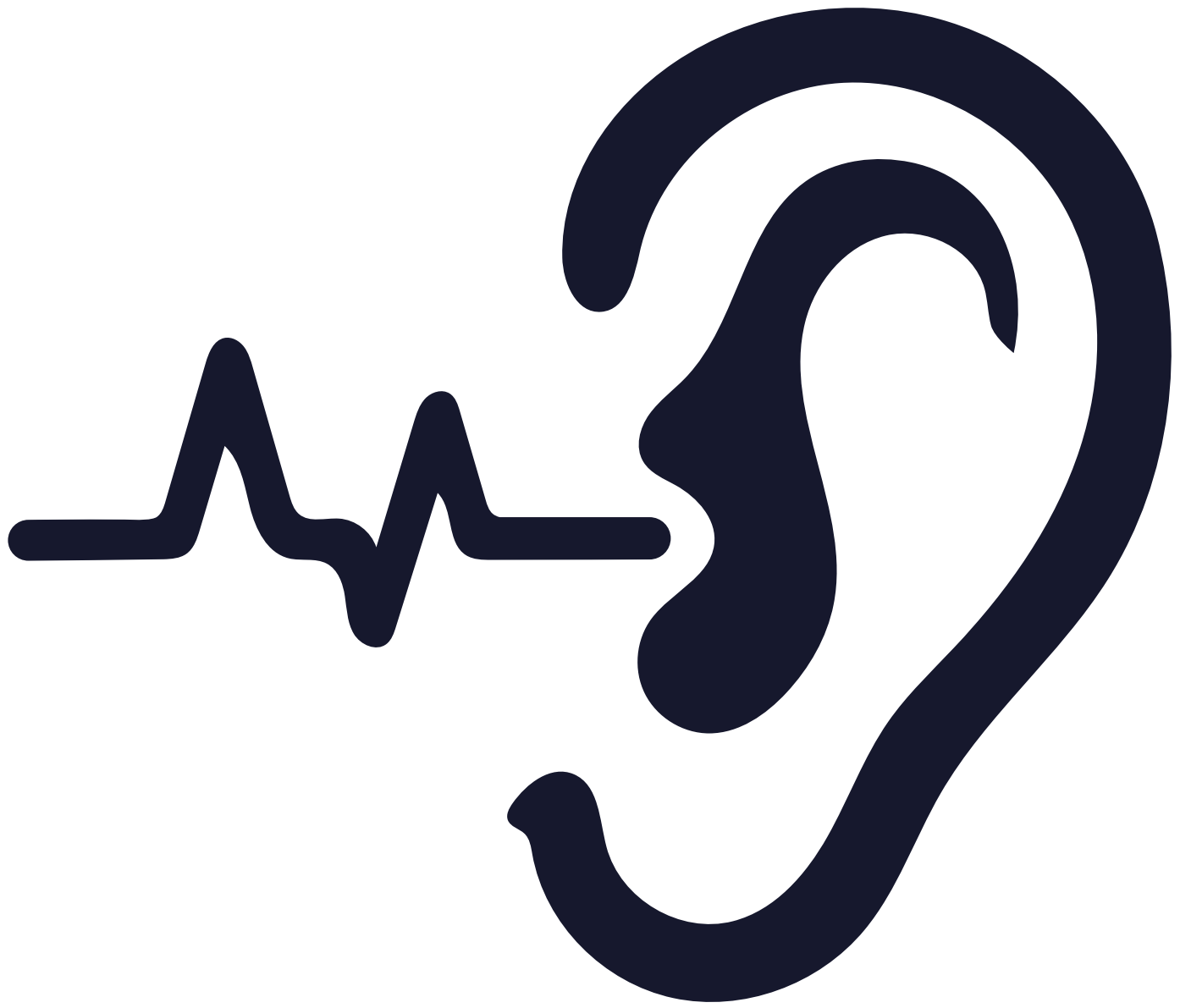
## ANNIVERSARIES

2nd Alain & Gillian  
Croisier

3rd Thomas & Coila  
Kneen

6th Colin & Alex Napier





Regards

**SASHNI** MUNNISUNKER



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**3rd of December 2024, 9:00am at Care Centre.**

**Call 010 597 1975 to make an appointment or call Sipho on Ext 1220**



## **SHOPPING SHUTTLE**

**WEDNESDAY 04 December 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**





# Bistro

**SOCIAL DINNER**  
**WEDNESDAY, 04 DECEMBER**

## Starter

Sweet corn chowder with parsley cream  
and croutons

## Main Course

Pot roasted beef brisket with ale & onions, with oven baked garlic  
vegetables and Hasselback potatoes

**R95.00**

**or**

Chicken fricassee, oven baked garlic vegetables,  
Hasselback potatoes and chicken jus

**R85.00**

## Dessert

Coffee Creme Brulee with fresh berries

**R55.00**

**Book by the 2nd of December 2024 with Tshwanelo on ext 1200**

02 December – 08 December 2024





# Thursday & Sunday Movie Night

18:00

05 December 2024

08 December 2024

THURSDAY MOVIE



Two resentful exes must awkwardly spend Christmas together after learning their new partners are siblings.

Starring: Lindsay Lohan , Ian Harding & Kristin Chenoweth

SUNDAY MOVIE



To save her parents' small-town nightclub, a Broadway dancer stages an all-male, Christmas-themed revue and meets a guy with all the right moves.

Starring: Britt Robertson, Chad Michael Murray & Marla Sokoloff



# 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**



## **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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**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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