

EVERGREEN BROADACRES

EVERGREEN
lifestyle
broadacres

WHAT'S HAPPENING

NEXT WEEK 10 - 16 FEBRUARY 2025




Ready to fall head over heels for Lord of the Dance?

Prepare for a mesmerizing dance performance with breathtaking choreography and world-class artistry in Michael Flatley's Lord of the Dance coming to South Africa this August 2025. The Tour will visit Cape Town and Pretoria to dazzle audiences with its unique combination of high-energy Irish dancing, original music, storytelling and sensuality.

Shows at Time Square Pretoria - Book now!

Weekly P L A N N E R

MON: 10 Feb	TUE: 11 Feb	WED: 12 Feb	THU: 13 Feb	FRI: 14 Feb	SAT: 15 Feb	SUN: 16 Feb
9h00 Water Aerobics 1	9h00 Therapeutic exercise	8h15 Lower back group class	08h30 Biokinetics talk - falling and getting up on your own.	9h30 Line dancing		
9h45 Water Aerobics 2	14h00 Rummikub	9h00 Lonehill Shopping Centre 	10h00 Art Class	10h00 Visual Music #81	15h00 Pétanque	
10h00 Knit & Natter	14h00 Scrabble	9h15 Walking group class	10h00 Visual Music #81	12h30 Fish & Chips		
13h00 Bridge		11h15 Hip & knee group	14h00 Rummikub Bridge			18:00 Movie: Forgotten Love
16h00 Men's Snooker	17h00 Ladies pool	14h00 Canasta 14h30 Christian Fellowship	15h00 Pétanque	17h00 Waterhole		
17:00 Waterhole	17:00 Waterhole	18h00 Social Dinner	Movie 18:30 Meet Joe Black			



Bistro

LUNCHES
10 - 16 FEBRUARY 2025

Monday

Greek Chicken stuffed into pita bread with citrus mayo ,grilled lettuce, tomatoes, red onion, and olives in pita bread. Served with roasted lemon potatoes- R75

Tuesday

Roast beef slices, baked potato , braised green beans with tomato , served with beetroot, orange & rocket salad - R75

Wednesday

Honey glazed pork fillet with herbed vegetables, with pineapple & red onion salsa , served with glazed potato - R75

Thursday

Sticky chicken thighs, warm potato salad, grilled green beans & red onions, with a mixed green salad with balsamic strawberries - R75

Friday

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, waldorf salad and garden salad- R98

Friday - SPECIAL:

Seafood Platter for Two R600 -

8 large prawns, 200g grilled calamari, 150g fish goujons, 200g mussels in garlic butter, 2 portions of chips and salad

Saturday

A la Carte Menu available

Sunday

Bistro Closed

BOOK WITH BISTRO BY 16:00 PRIOR DAY ON EXT 1209

10 -16 FEBRUARY 2025





Bistro

WEDNESDAY SOCIAL DINNER
12 FEBRUARY 2025

Starter

Caldo verde – Potato & spinach soup
with bread rolls

Mains

Steak & ale pie & gravy
with minted peas,
grilled green beans
with char grilled red peppers
R100.00

OR

Chicken Cacciatore
on buttered pasta,
grilled green beans,
grilled red peppers R95.00

Dessert

Individual Cheese Platter with Cheddar,
Brie, Blue Cheese, Crackers,
and Preserves R65.00

BOOK BY 17:00 ON 10 FEBRUARY WITH TSHWANELO ON EXT 1200

10 -16 FEBRUARY 2025



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

12th Barbara Black
12th Philippe d'Abbadie
13th Charles Clarkson
15th Heather Allan
15th Laurance Squair

ANNIVERSARIES

14th Patrick & Patricia Hansen





SHOPPING SHUTTLE

WEDNESDAY 12 FEBRUARY 2025



**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 charged 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



13 FEBRUARY 2025

16 FEBRUARY 2025

Meet Joe Black



Disguised as a human, Grim Reaper Joe Black comes to Earth to escort back the soul of media tycoon William Parrish. But Joe's fascinating journey ends with him falling in love with William's daughter

Forgotten Love



A once-respected surgeon who's lost his family and his memory gets a chance at redemption when he reconnects with someone from his forgotten past who can help him find the answers he needs



CROSSMAN
Biokineticist



EVERGREEN
lifestyle

**SCARED OF FALLING
AND GETTING UP ON
YOUR OWN WITHOUT
ASSISTANCE**



**IF YOUR ANSWER TO THE ABOVE
QUESTION IS YES, THE FOLLOWING
WORKSHOP IS FOR YOU.**

**JOIN US ON THURSDAY THE 13TH
OF FEBRUARY 8H30-10H00 TO
LEARN HOW YOU CAN STAND UP
SAFELY AFTER FALLING**

FEEL FREE TO CONTACT US FOR MORE INFORMATION.



(010) 020 1532



www.crossmanbiokineticist.co.za



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



info@crossmanbio.co.za



[@crossman_biokineticist](https://www.instagram.com/crossman_biokineticist)



facebook.com/CrossmanBiokineticist