

OCTOBER 2016

VILLAGE TIMES

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FIBRE TO THE HOME WORKSHOP

SONNENHOF CLUBHOUSE

MONDAY, 17 OCTOBER 2016 AT 10:30am

We are excited to announce the possible introduction of Fibre to the Home (FTTH) to our Evergreen Bergvliet Village. In the past South Africa only had one company that could provide fibre of any sorts. Today the telecommunications industry looks very different. There are many telecommunications operators and service providers to choose from, and many companies offer you a next generation broadband network. These broadband networks offer ultra high- speed to homes, offices and premises around our community. That's at least 1000 times faster than what some of our current home internet connections are capable of!

FTTH broadband connection will also allow residents to "bundle" their communications services. For instance, you could receive telephone, video, audio, television and just about any other kind of digital data stream using a simple FTTH broadband connection. Such an arrangement would be more cost effective and simpler than receiving those services via different lines or service providers, as is often the case today. A workshop has been set up to explain what this would mean to you, our resident and how you would benefit directly.

David Hall and Kyle Knight, our two IT specialists, will discuss the cost implications and different packages offered by our service providers, taking the example of what is currently being used at Broadacres, our Johannesburg village. The idea is to establish the potential uptake by residents in Bergvliet. It goes without saying that potential utilisation of FTTH will determine whether an investment in the cost of installing fibre to the home, is made.

Your input and comment is appreciated and if you are interested in looking at FTTH options and wish to attend this workshop, please call Andréa on Ext 300 by Friday, 14 October for seating and catering purposes. Tea/Coffee and sandwiches will be served.

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MEN'S BREAKFAST - SEPTEMBER 2016



(Above L-R) Charles Harrod, Ian Barclay, Colin Osborne, Ton Weber and Bill Kirkwood.



Above (L-R) Hennie Koen and Derek Bond-Smith



Above (L-R) David Walker, John Blackman and Chris Newton



THURSDAY, 13 OCTOBER at 9:00am

Our men's only breakfast is set to take place on Thursday, 13 October at 09h00 and all men are welcome. Come and enjoy a hearty breakfast and coffee. Please make every effort to attend. (See pictures on left)

Please book for breakfast with Andréa at reception or call Ext 300.

For additional information, please call Ton Weber on Ext 105

BIRTHDAY LIST OCTOBER 2016

5 th	Nadia Jones	Unit 47
9 th	Amanda Bester	Unit 34
13 th	David Gretton	Unit 03
16 th	Anneke Weber	Unit 05
	Chris Newton	Unit 61
	Rona Siegfried	Unit 50
	Brenda Stauch	Unit 37
18 th	Colin Levine	Unit 12
23 rd	Gillian Blackman	Unit 29
26 th	Hazel Hill	Unit 28

HAPPY HALLOWEEN

FRIDAY, 28 OCTOBER 2016 at 7:00pm



The events & catering committee have planned a wonderful evening to celebrate Halloween, which will be held in the clubhouse on Friday, 28 October at 7:00pm.

MENU

Roasted Pumpkin & Ginger Soup

Crumbed Chicken Maryland Chicken served
with corn fritters, sweet potato wedges
and beetroot

Midnight Black Chocolate Pudding & Cream.

Please book with Andréa on Ext 300.

The cost is R135 per person.

Dress Up If You Dare

CLUBHOUSE CATERING

Summer has arrived and we've dusted off the cobwebs on the patio chairs and tables to be ready for our "al fresco" offering of toasties, tea, coffee and cake.

We recently introduced our toasted sandwich menu in the clubhouse, which is proving to be very popular with residents. We serve toasted Cheese; Cheese & Tomato; and Cheese & Ham for R20.00 per sandwich. We also serve our "cake of the day" (R15.00 per slice) and tea/coffee (R10.00) all day.

In addition, we would like to encourage everyone to support our Social Dinners which take place every Tuesday evening at 6:30pm for 7:00pm. It's a wonderful place to meet friends and chat whilst enjoying a delicious meal prepared by Rambling Rose.

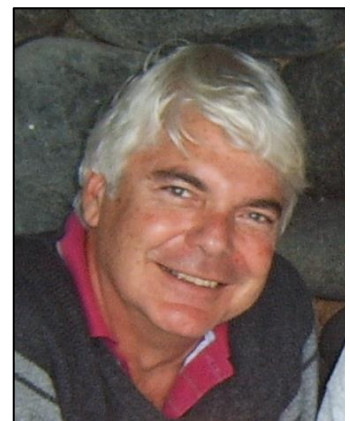
We kindly request that you book with Andréa at reception on Ext 300 by no later than 12pm on the Monday to ensure that the caterers can plan and prepare your meal. Please bring your own refreshments and wine. There is a limited range of cool drinks available for sale.

PETER FOX COUNSELLING/THERAPY WORKSHOP

MONDAY, 31 OCTOBER AT 10:30am

We are fortunate enough to have Rev. Peter Fox facilitate a morning workshop in the clubhouse that will cover the challenges of ageing; dealing with loved ones coping with life threatening illnesses as well as personal loss. Peter has 35 years pastoral and counselling experience and is trained in Theology and Psycho-analytical Psychotherapy. Drawing on 17 years of experience as the Spiritual Care Team Leader, working with an interdisciplinary team at St Luke Hospice in Cape Town, his experience and his main areas of therapy include spiritual accompaniment of those living with serious illness, grief therapy and counselling in loss as well as being a palliative care educator.

Please call Andréa on Ext 300 to book your place for catering and seating purposes. Tea/coffee will be served.




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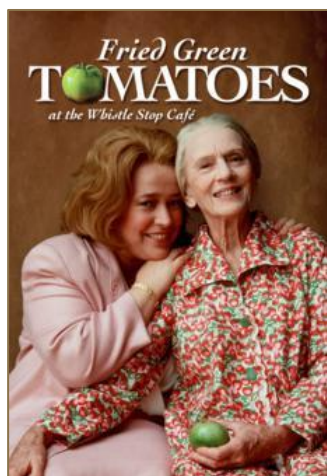
MONTHLY LUCKY DRAW

Our Lucky Draw is a way to raise funds by the village entertainment committee in order to provide live music, décor and a variety of items for the benefit of residents.

The winner in September is
JOHN BESTER

Each ticket costs R20.00 and the draw sheet is available at reception. Buy your ticket for our next draw which will take place on
Tuesday, 25 October 2016

MOVIE NIGHT - **FRIED GREEN TOMATOES** - SATURDAY, 15 OCTOBER AT 7:00pm



Evelyn (Kathy Bates) is a middle-aged housewife who is dissatisfied with her life. One day she meets an elderly lady (Jessica Tandy) a Mrs Threadgoode, who tells her a story of two young women in the 1930's on a journey through life and love. The friendship of the two girls, Idgie and Ruth inspires Evelyn to improve her life and luck.

A warm, touching and, at times, greatly amusing tale about the importance of friendship, starring two Oscar-winning actresses.

You are welcome to bring your own wine or refreshments. For further info please contact Elda Diana-Oliario on Ext 155.



Please take note that we are situated in a water-scarce region. Watering (with drinking water from municipal supply) of gardens and flower beds are allowed only on Tuesdays, Thursdays and Saturdays for a maximum of one hour before 09:00 or after 16:00. This includes watering with buckets or automated sprinkler systems.

INTERNAL MAINTENANCE

Please note that internal maintenance is the residents' responsibility and includes ceilings, all wall and floor coverings, all doors and windows, lighting, all cooking, heating, cooling, geyser, plumbing, air-conditioning and any other fixtures, fittings, appliances and furnishings in the home.



We kindly request that you complete a **fault report /maintenance request form** for ANY job you wish us to attend to – these forms are available at reception. In-house maintenance can be allocated to our internal team who will be available for smaller jobs. Contact Christine Dempers on Ext 201 for additional information.



AGELESS GRACE

THURSDAY, 20 OCTOBER AT 10:30am

Workshop on the Benefits of Chair Exercises

Ageless Grace is a cutting-edge fitness programme based on *neuroplasticity* that activates all five functions of the brain.

The exercise routine develops core strength - when you sit in a chair you have to use your core muscles and a stronger core makes for a stronger and happier body. A workshop on exercise routines will be given by Karen Reynolds, an Ageless Grace instructor.

Please call Andréa on Ext 300 to book your place for seating purposes.



**Get moving today – join us
to find out how this
workshop will benefit you!**



The world is too much with us; late and soon,
Getting and spending, we lay waste our powers:
Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!
The Sea that bares her bosom to the moon;
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers;
For this, for everything, we are out of tune;
It moves us not.--Great God! I'd rather be
A Pagan suckled in a creed outworn;
So might I, standing on this pleasant lea,
Have glimpses that would make me less forlorn;
Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathed horn.

William Wordsworth

CLUBS & ACTIVITIES

The **BRIDGE CLUB** meets every Monday at 2:00pm. Please call Herman Poelmann on Ext 115 to confirm attendance

SCRABBLE is going strong with enthusiastic ladies pitting their wits against each other on Tuesday afternoons at 2:00pm

The **BOOK CLUB** meets on the first Wednesday of every month at 11:00am and is run by Vivienne Docherty. Please call her on Ext 158 for further details.

PETANQUE/BOULE - We encourage residents to come along on any Friday afternoon at 3:00pm, weather permitting.

The **LIBRARY** in the clubhouse is now well stocked and residents are very welcome to make use of it.

MUSIC NIGHT

WEDNESDAY, 19 OCTOBER AT 7:00pm

The first part in our programme will feature Beethoven: Overture Leonora No.3 op.72a performed in the Palace of Charles I in Granada and conducted by Daniel Barenboim

This will be followed by Brahms: Piano Concerto No.2 in B flat Major performed by the NHK Symphony Orchestra conducted by David Zinman with as pianist Helene Grimaud.

You are welcome to bring your wine and refreshments on the evening. Please call Herman Poelmann on Ext 115, if you would like to attend for catering and seating purposes.



TUESDAY SOCIAL DINNER

7:00pm – Clubhouse
RAMBLING ROSE

TUESDAY 4 OCTOBER 2016

Chicken Cordon Bleu served with
herbed new potatoes

Or

Cottage Pie
served with honey roasted
vegetables

Strawberries & Ice Cream
Coffee / Tea

TUESDAY 11 OCTOBER 2016

Chicken Breast
with a spinach & feta stuffing

Or

Hake Mornay
served with seasonal vegetables

Malva Pudding & Ice Cream
Coffee / Tea

TUESDAY 18 OCTOBER 2016

Crumbed Pork Steak with sautéed
potatoes served with seasonal
vegetables

Or

Chicken Asian style served with
fragrant rice

Peach Melba
Coffee / Tea

TUESDAY 25 OCTOBER 2016

Beef Lasagne topped
with roasted tomatoes

Or

Vegetable Lasagne topped
with roasted tomatoes
served with garden salad

Tiramisu
Coffee / Tea

All reservations must be booked with Andréa at reception, please call on Ext 300.
Meal price is R95.00 per person. All payments for meals must be made on or before the
day of the meal. As everything is made with fresh ingredients, we kindly ask that you
book by no later than 12pm on the previous day for catering purposes.