



Village Times



FEBRUARY 2017

FIRST MEN'S BREAKFAST 2017



Pictured above (L-R) Chris Newton, Donald Campbell, Hennie Koen and Kay de Villiers



Pictured above (L-R) David Walker, Derek Bond-Smith, Herman Poelmann and John Blackman

RESIDENT WINS PHOTO COMPETITION!



Marion Thompson recently won the 2016 Evergreen Bird Photo competition organised by Evergreen. The composition of her photograph, a Giant Kingfisher, together with the lighting and clarity captured the radiance of this small bird to ensure that it was the winning photograph.

Well Done Marion!

WELCOME TO BERGVLIET!



We would like to welcome Sister Carol Butler to our Village. She recently moved from Gauteng to Cape Town to join Unique Health, Bergvliet in February.



THURSDAY, 2 MARCH at 9:00am

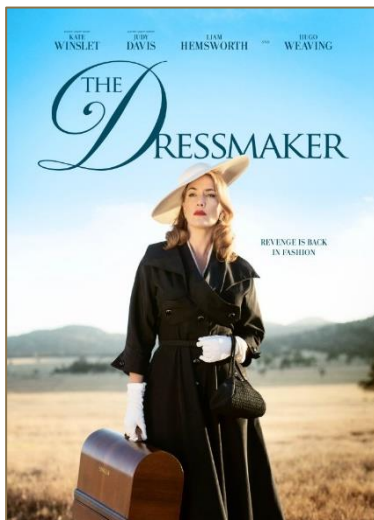
Our next men's only breakfast is set to take place on Thursday, 02 March at 09h00 and all men are welcome. Come and enjoy a hearty breakfast and coffee. Please make every effort to attend.

Please book for breakfast with Andr  a at reception or call Ext 300.

For additional information, please call Ton Weber on Ext 105

MOVIE NIGHT - THE DRESSMAKER -

SATURDAY, 11 FEBRUARY AT 7:00pm



The Dressmaker tells the story of the beautiful and talented Tilly Dunnage (Academy Award winner Kate Winslet) After years working as a dressmaker in exclusive Parisian fashion houses, Tilly returns home to a town in the, Australian outback to reconcile with her

eccentric mother Molly (Academy Award nominee Judy Davis). She also falls in love with the pure-hearted Teddy (Liam Hemsworth), and armed with her sewing machine and haute couture style, Tilly transforms the women of the town, exacting sweet revenge on those who did her wrong.

Please contact Elda Diana-Oliario on Ext 155 for any additional info. You are welcome to bring your own refreshments.



TECHNOLOGY WORKSHOP/Q&A MONDAY, 20 FEBRUARY at 10:30am

We will be holding our technology workshop in the clubhouse at 10:30am on Monday, 20 February. All residents, especially those who have any kind of IT query pertaining to their computers, iPads, laptops or cell phones are welcome to attend. Please send me an e-mail highlighting your problems to ensure that Kyle Knight, our IT specialist, can address these issues.

Please contact Andr  a on Ext 300 and confirm your attendance for seating purposes.



SUNDAY, 19 FEBRUARY at 12:30pm

Ham & asparagus in hollandaise sauce

Roast Lamb, potatoes and seasonal vegetable

Fresh Fruit Salad/Ice Cream & Coffee

R135.00 per person

Please book and pay for lunch with Andr  a at reception on Ext 300. A Sunday Roast Lunch will be held on the third Sunday of every month.

For additional information, please call Yvonne Whitford on Ext 114

BIRTHDAYS FEBRUARY 2017

3	Clare Bergh	Unit 22
8	Betty Ball	Unit 7
18	Lynne Wilms	Unit 43
19	Myrtle Goss	Unit 33
22	Veronica Lamson	Unit 56



WEDDING ANNIVERSARY CELEBRATIONS

We would like to congratulate Hannes and Maria Koen who celebrated their 45th wedding anniversary in January.

In February, we wish to congratulate Derek and Yolanda Bond-Smith who are celebrating 14 years of marriage and Ronnie and Toetie van Reenen who have been together for 39 years.

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 November is
ELDA DIANA-OLIARIO

Three tickets costs R50.00 and the draw sheet is available at reception.

Buy your ticket for our next draw which will take place on
Tuesday, 28 February 2017



COLOUR-IN ART GROUP

EVERY FRIDAY MORNING at 10:30am

Join us for a morning of fun and mindful stress-free colouring sessions.

We'll provide some pencils and sheets but you are welcome to bring your own pencils/koki's/colour books and join us in the clubhouse every Friday for creative camaraderie and lots of laughs.

Engaging in creative activities can be powerful medicine for the challenges of aging. There's a lot of anecdotal evidence to support the idea that engaging in arts has benefits for older adults and that participating in arts activities helps to maintain the health and quality of life of older adults.

Please call Andréa on Ext 300 to confirm your attendance for seating purpose. See you there!



INVICTUS

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

William Ernest Henley

CLUBS & ACTIVITIES

AGELESS GRACE – our weekly exercise class meets every Thursday at 10:00am in the Clubhouse. Please contact Andréa at reception for further information.

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

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.

The **COLOUR-IN ART GROUP** meets every Friday at 10:30am. Please call Christine Dempers on Ext 300 to confirm attendance.

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

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

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

MUSIC NIGHT

WEDNESDAY, 15 FEBRUARY AT 7:00pm

The first part in our programme will feature Beethoven: Symphony No 8 in F Major performed by the Vienna Philharmonic Orchestra and conducted by Christian Thielmann. This will be followed by Rachmaninov: Piano Concerto No.3 in D Minor performed by the Verbier Festival Orchestra and conducted by Yuri Temirkanov with pianist Daniil Trifonov.

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

SURF & TURF DINNER

FRIDAY, 24 FEBRUARY at 7pm



Smoked Snoek Paté with assorted breads

Fillet steak & mushroom sauce

OR

Hake Waleska

with a prawn, mushroom and white wine sauce

dusted with cheese

served with dauphinoise potatoes and seasonal vegetables

Chocolate Mousse & Cream

R150.00 per person

Please book and pay for dinner with Andréa at reception on Ext 300. We kindly ask that you book and pay by no later than 12-noon on Tuesday, 21

February for catering purposes. No-shows or cancellations will unfortunately have to be charged.



The following shows are being presented by the Fugard in February/March:

KING LEAR

12 February

The Royal Shakespeare Company

THE GOLDEN AGE The Bolshoi Ballet

26 February

FIDELIO

5 March

The Salzburg Festival Opera

SWAN LAKE

12 March

The Bolshoi Ballet

The Fugard Theatre is fitted with state-of-the-art cinema equipment that transforms the beautiful space into a fully functioning Bioscope. Screenings have proven very popular amongst the theatre audiences with record attendances.

To book your seats, please call the Box Office on 021 461 4554

INTERPRETING AND UNDERSTANDING YOUR DREAMS

CLUBHOUSE on WEDNESDAY, 01 MARCH at 3:00pm



While many theories exist to explain why we dream, no one yet fully understands their purpose. Dreams can be mysterious, but understanding the meaning of our dreams can be downright baffling. Our dreams' contents can shift suddenly, feature bizarre elements or frighten us with terrifying imagery. The fact that dreams can be so rich and compelling is what causes many to believe that there must be some meaning to our dreams.

Some prominent research suggests that dreams most likely serve no real purpose. Despite this, dream interpretation has become increasingly popular as a means to provide us with insights, if we stop and take note of them. Join us in the clubhouse on Wednesday, 01 March at 3pm for a presentation on interpreting and understanding your dreams by clinical psychologist, Malcom Pillay. Please call Andréa on Ext 300 to confirm your attendance for seating purpose.



TUESDAY SOCIAL DINNER

7:00pm – Clubhouse
RAMBLING ROSE

TUESDAY 07 FEBRUARY 2017

Beef lasagne topped with roasted
rosa tomatoes

Or

Chicken and mushroom lasagne topped
with roasted rosa tomatoes
Served with garlic loaves and greek salad

Fruit Salad & Cream
Coffee / Tea

TUESDAY 14 FEBRUARY 2017

Roast fillet of beef

Or

Roast chicken with stuffing served with
roast potatoes, seasonal vegetables and
gravy

Chocolate ice-cream & chocolate sauce
Coffee / Tea

TUESDAY 21 FEBRUARY 2017

Cottage pie served with roasted
vegetables

Or

Salmon, leek & feta quiche served with
a garden salad

Koeksister & amarula ice cream
Coffee / Tea

TUESDAY 28 FEBRUARY 2017

Crumbed pork steak and apple sauce

Or

Grilled hake topped with shrimp, lemon &
capers served with mashed potatoes and
seasonal vegetables

Sweet Melon & Vanilla Ice-Cream
with a port drizzle
Coffee / Tea

All reservations must be booked with Andréa at reception on Ext 300.

**We kindly ask that you book and pay by no later than 12-noon on Monday
for catering purposes.**

**The meal price is R115.00 per person. No-shows or last minute cancellations will
unfortunately have to be charged**