

What's Happening this week...

4 April 2022 – 10 April 2022



EVERGREEN
lifestyle
bergvliet

Monday 4th April 2022

11.30am Anti-Ageing Exercise Class
2.30pm Canasta

Tuesday 5th April 2022

2pm Art Class
2pm Scrabble

Wednesday 6th April 2022

11am Anti-Ageing Exercise class
6:30pm Social Dinner

Thursday 7th April 2022

2pm Stitch in Time
2pm Art Class

Friday 8th April 2022

Saturday 9th April 2022

Movie Night- Bohemian Rhapsody
7pm

Sunday 10th April 2022

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO


9th Sylvia Lategan (Unit 54)



BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

Social Dinner is hosted every Wednesday evening at 18.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.



EVERGREEN BERGVLIET

WHAT'S COOKING


April 2022

Date	MENU
MONDAY 4 April	Quinoa & Baby Spinach Salad R55.00
TUESDAY 5 April	Beef Bourguignon with Fragrant Basmati Rice and Roasted Vegetables R65.00
WEDNESDAY 6 April	Gourmet Boerewors Roll with Mushroom & Feta Relish, Chips & Garden Salad R50.00
THURSDAY 7 April	Chicken Francaise with Oven Roasted Baby Potatoes & Seasonal Vegetables R65.00
FRIDAY 8 April	Deep Fried Fish & Chips, Tartar Sauce, Lemon Wedges and Coleslaw R70.00

**KINDLY BOOK YOUR LUNCH BY 14h30 FOR FOLLOWING DAY.
PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR
DELIVERIES, R7.00**

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

See you there!



EVERGREEN BERGVLIET

WHAT'S COOKING

SOCIAL DINNER MENU – R120 per person

APRIL 2022

	MAIN COURSE OPTION 1	MAIN COURSE OPTION 2	DESSERT
WEDNESDAY 6 April	Roast Beef with Yorkshire Pudding, Gravy, Roasted Potatoes, Glazed Carrots & Peas	Crusted Rosemary & Lemon Chicken Thighs with a Dijon Sauce, Glazed Carrots & Peas	Apple Crumble with Vanilla Custard Or Mini Cheese plate with Biscuits
WEDNESDAY 13 April	Pineapple Glazed Gammon served with Rosemary Hasselback Potatoes and Broccoli Au Gratin	Oven Baked Hake with Creamy Lemon Sauce served with Hasselback Potatoes and Pan-Fried Greens	Chocolate & Caramel Tarts with Chantilly Cream Or Mini Cheese Plate with Biscuits
WEDNESDAY 20 April	Creamy Spinach and Chicken Parmesan Bowtie Pasta with Garden Salad	Irish Stew with Basmati Rice	Rooibos Infused Stewed Fruit with Custard Or Mini Cheese Plate with Biscuits
WEDNESDAY 27 April	Pork Belly with Plum Sauce Served with Crushed Mustard Potatoes & Pan-Fried Greens	Homemade Chicken & Leek Pie with Gravy served with Crushed Mustard Potatoes & Pan-Fried Greens	Chocolate Brownie with Espresso Cream Or Mini Cheese Plate with Biscuits

All reservations for the Social Dinners will need to be made in our new bookings file at the Bistro. Kindly come to the Bistro to ensure you make your booking and choice of menu option on the sheets provided. No more telephonic bookings will be taken for Social Dinners. Bookings must be confirmed by no later than 12pm on Monday. Please pay for your meal either by account or credit card. Unfortunately, **NO LATE BOOKINGS** will be accepted. No-shows or last-minute cancellations will unfortunately have to be charged to your account. Open to visitors, friends and family.

INVITATION



— YOU ARE INVITED TO —
attend an **informative talk** on

PAIN MANAGEMENT

The talk will be conducted by a PAIN Practitioner and Occupational Therapist, and they will discuss the causes of pain and how to better manage your symptoms. A Q&A will be conducted afterwards.

TALKS WILL BE HELD IN AND AROUND THE EVERGREEN
LIFESTYLE VILLAGES ON THE FOLLOWING DATES:

07 APRIL
VAL DE VIE

Dr Izelle Taljaard
and Tammy Olivier
15H00

13 APRIL
BERGVLIET

Dr Caryn April
and Claire James
14H00

14 APRIL
MUIZENBERG

Dr Nadah Karriem
and Claire James
14H00

19 MAY
DIEP RIVER

Dr Caryn April
and Claire James
14H00

26 MAY
NOORDHOEK

Dr Nadah Karriem
and Claire James
14H00

CONTACT US

on 021 300 0770 or email us
info@anodynepainclinic.com
for more information

021 300 0770 | info@anodynepainclinic.com | www.anodynepainclinic.com

PAIN, 2nd Floor, Panorama Health Care Centre, 60 Hennie Winterbach Str, Panorama, 7500

FORESHORE | PANORAMA | PAARL | SIMONSTOWN | WORCESTER | VREDENBURG



NATIONAL WALKING DAY

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

Housekeeping

Library

Kindly ensure that should you return a book that you place it on the table clearly marked. We sanitize all books prior to putting them back on the shelf.

Speeding

Reminder of the 20km/h speed limit when travelling through the Village.

Dog Walking

Dogs to be on leads at all times for their safety in the Village.

