

What's Happening this week...

11 April 2022 – 17 April 2022




EVERGREEN
lifestyle
bergvliet

Monday 11th April 2022

11.30am Anti-Ageing Exercise Class
2.30pm Canasta

Tuesday 12th April 2022

2pm Art Class
2pm Scrabble

Wednesday 13th April 2022

11am Anti-Ageing Exercise class
6:30pm Social Dinner
2pm pain management talk

Thursday 14th April 2022

2pm Stitch in Time
2pm Art Class
7pm Games evening
10.30am Tabita fashions pop up shop

Friday 15th April 2022

Saturday 16th April 2022

Sunday 17th April 2022

EVEGREEN BERCVLIET
PRESENTS

GAMES EVENING

Come and join us for a fun filled Games Evening. Booking is essential as there are limited seatings. You are welcome to bring your own refreshments.



Games Evening

Date: Thursday, 14 April
Time: 7pm
Venue: Clubhouse

**Kindly book with Reception by
Tuesday, 12 April. You are welcome
to bring your own refreshments.**

TABITA FASHION – Fashion at your doorstep



Tabita Fashions invites you to come and view her fabulous fashion

On 14 April 2022 from 10.30am until 2pm in the Clubhouse.

Our style is classic, timeless, trendy, casual, comfy and affordable.

See you there!

Fashion consultants: Anré & Ruth

Cell: 0833201119

IT'S A CELEBRATION

HAPPY BIRTHDAY WISHES

TO

13 Alison McDonald (Unit 18)

13 Brenda Hill (Unit 2)

15 Wanda Patten (Unit 9)

15 Leticia Hughes (Unit 27)



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.



April 2022

Date	MENU
MONDAY 11 April	Roasted Cauliflower, Onion, Tomato, Dried Apricot, Feta Cheese Couscous Salad - R55.00
TUESDAY 12 April	Cocktail Meatballs, Tomato & Basil Sauce on Tagliatelle Pasta - R60.00
WEDNESDAY 13 April	Roasted Chicken, Butternut and Feta Quiche with Caramelised Onion and Italian Salad - R60.00
THURSDAY 14 April	Niçoise with Tuna Salad - R55.00
FRIDAY 15 April	KITCHEN CLOSED PUBLIC HOLIDAY

**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!

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

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.

