

# What's Happening this week...

**4<sup>th</sup> July 2022 – 10<sup>th</sup> July 2022**



**Monday 4<sup>th</sup> July 2022**

11:30am Anti-Ageing Exercise class  
2:30pm Canasta

**Tuesday 5<sup>th</sup> July 2022**

2pm Art class  
2pm Scrabble

**Wednesday 6<sup>th</sup> July 2022**

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

**Thursday 7<sup>th</sup> July 2022**

2pm Art class  
2pm Stitch-In-Time

**Friday 8<sup>th</sup> July 2022**

6PM- Bingo Night

**Saturday 9<sup>th</sup> July 2022**

**Sunday 10<sup>th</sup> July 2022**

IT'S A CELEBRATION

HAPPY BIRTHDAY WISHES

TO

5<sup>th</sup> Patricia Smith (Unit 67)  
7<sup>th</sup> Dawn Osborne (Unit 59)  
7<sup>th</sup> Lorna Collender (A105)  
9<sup>th</sup> Yolanda Bond-Smith (Unit 46)  
10<sup>th</sup> Glenda Cooke (A4)



## 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 6.30pm. 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

July 2022

Date	MENU
MONDAY 4 July	Creamy Butternut Soup with Homemade Bread R50.00
TUESDAY 5 July	Butter Chicken Curry with Basmati Rice, Sambals & Pompoms R65.00
WEDNESDAY 6 July	Spinach and Feta Cannelloni served with Garden Salad R60.00
THURSDAY 7 July	Lambs Liver with Bacon & Onion Gravy served with Mashed Potatoes and Seasonal Vegetables R65.00
FRIDAY 8 July	Deep Fried Calamari & Savoury Rice, Tartar Sauce Lemon Wedges and Green Salad 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**

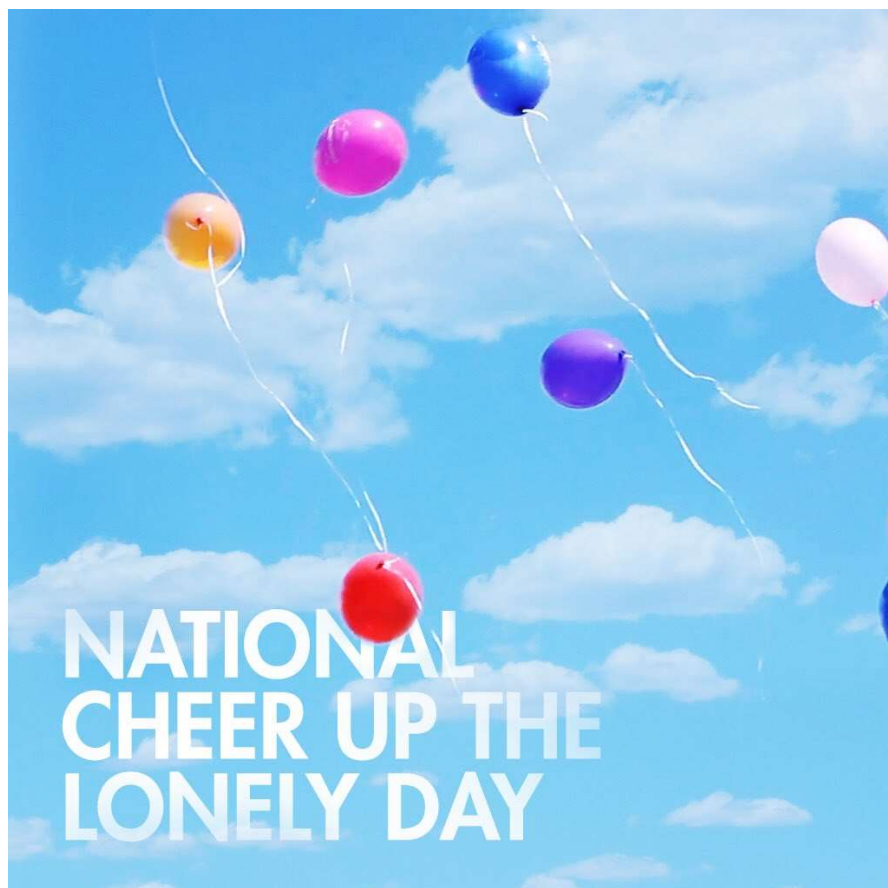
**FRIDAY, 8 JULY 2022**

**10:00AM**



**Kindly book with Reception on EXT 3200**

**To make your booking.**







# EVERGREEN BERGVLIET WELLNESS DAY

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**DATE:** Friday, 15 July 2022  
**TIME:** 10h00 – 13h00  
**VENUE:** Clubhouse

## COMPLIMENTARY WELLNESS SCREENING

### Health Risk Assessment

- Short Medical Report
- Body Mass Index (BMI)
- Blood Pressure
- Rapid Cholesterol
- Rapid Blood Sugar





Join us for

## **BINGO NIGHT**

R70pp

**FRIDAY, 8 JULY AT 6PM IN  
THE CLUBHOUSE**

Kindly book with Reception on  
Ext 3200 for seating and  
catering purposes.

Kindly book by  
Wednesday 6 July

## **GORDON ROCKER**

**Friday, 15 July 2022**

**R80pp**

**Please book with Reception on Ext 3200.**





## WINE SOURCE

- **Steenberg MCC Rosé Brut NV @ R135 per bottle**

Pale straw in colour with tints of green. Aromas of fresh gooseberry, ripe fig, asparagus and crushed nettles. The palate has an opulent feel on entry, offset by a steely linearity and flavoursome, clean structure. The wine ends with great purity, definition and a moreish acidity.

- **Lanzerac Pinotage Rosé 2021 @ R85 per bottle**

This iconic Rosé, held in high regard by many generations of Stellenbosch wine-lovers, boasts gentle aromatic notes of perfume and rose petals, redcurrants and crushed strawberries. Skin contact of only 2-3 hours resulted in a beautiful delicate colour and soft fruit flavours. A dry, perfumed and fruity Rosé that is perfect for easy sipping during the warm summer months, the Lanzerac Pinotage Rosé proudly lives up to its name.

- **Lanzerac Sauvignon Blanc 2021 @ R85 per bottle**

This crisp and refreshing Sauvignon Blanc boasts generous aromas of green fruits including Granny Smith apples that interplay with white fruits such as Asian pears and white peaches in a perfect fruit-acid balance. A fresh lemongrass mouthfeel with subtle minerality is rounded off by a soft creaminess in the long finish due to extended lees contact.

- **Rhebokskloof Pearlstone Chardonnay 2020 @ R65 per bottle – EXPORT WINE**

Wooded for 6 months in 2<sup>nd</sup> and 3<sup>rd</sup> fill barrels. Nutty and citrus aromas ending strong with a creamy palate. Pairs excellent with fish, hard cheeses and roasted vegetables.

- **Stellenbosch Uitsig Shiraz 2018 @ R75 per bottle – EXPORT WINE**

A complex, well-rounded wine with a deep dense purple colour and aromas of blackberries, herbs and liquorice. Hints of spice and smoky oak with soft tannins, moderate acid and a long earthy finish.

- **Le Vin Du Toit Cabernet Sauvignon 2020 @ R85 per bottle**

This Cabernet Sauvignon shows typical black currant and aniseed flavours with a smooth taste and lengthy aftertaste. Enjoy on its own or with meat and any spicy food.

Ps. Minimum orders of 1 case (6 bottles), mixed cases of wine are welcome.

## STEPHANIE HAYES

Tel: 072 808 4678

Email: [stephanie@winesource-za.com](mailto:stephanie@winesource-za.com)

Address: 11 Purcell Way, Kreupelbosch, Cape Town, 7945

# WINE SOURCE