

What's Happening this week...

11th July 2022 – 17th July 2022



Monday 11th July 2022

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

Tuesday 12th July 2022

2pm Art class
2pm Scrabble

Wednesday 13th July 2022

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

Thursday 14th July 2022

2pm Art class
2pm Stitch-In-Time

Friday 15th July 2022

10h00-13h00-Evergreen Bergvliet Wellness Day
15h00- Gordon Rocker

Saturday 16th July 2022

Sunday 17th July 2022

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES

TO

11th Anna Dell'Erba (Unit 21)
13th Elaine Doyle (Unit 12)
14th Judith Walsh (Unit 23)
15th Wenche Hovstad (Unit 76)
16th Sally Kinross (Unit 6)
16th Jean Van Rhyn (Unit 49)



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 11 July	Thick Vegetable and Bean Soup with Homemade Bread R50.00
TUESDAY 12 July	Chicken ala King with Fluffy Rice & Pan-Fried Greens R60.00
WEDNESDAY 13 July	Bistro Beef Burger Smothered with Bacon, Cheese and Potato Wedges R65.00
THURSDAY 14 July	Pork & Apple Pie with Gravy, Oven Roast Potatoes & Pan-Fried Vegetables R65
FRIDAY 15 July	Fried Hake with Tartar Sauce, Chips, 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**

See you there!

ANTI-AGEING CLASSES

Monday-11.30AM

Wednesday-11.00AM

For more info call Pat on
0833662790





EVERGREEN BERGVLIET WELLNESS DAY

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

GORDON ROCKER

Friday, 15 July 2022

R80pp

Please book with Reception on Ext 3200.

