

# What's Happening this week...

**8<sup>th</sup> August 2022 – 14<sup>th</sup> August 2022**



**Monday 8<sup>th</sup> August 2022**

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

**Tuesday 9<sup>th</sup> August 2022**

Public Holiday- Women's day  
2pm Art class  
2pm Scrabble

**Wednesday 10<sup>th</sup> August 2022**

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

**Thursday 11<sup>th</sup> August 2022**

2pm Art class  
2pm Stitch-In-Time

**Friday 12<sup>th</sup> August 2022**

9h30am - Eggs Benedict  
7pm Games Evening

**Saturday 13<sup>th</sup> August 2022**

**Sunday 14<sup>th</sup> August 2022**



## August 2022

Date	MENU
<b>MONDAY</b> 8 August	Creamy Butternut Soup Homemade Bread <b>R50.00</b>
<b>TUESDAY</b> 9 August	<b>KITCHEN CLOSED.</b>
<b>WEDNESDAY</b> 10 August	Bacon & Feta, Caramelized Red Onion Quiche, Chips With Garden Salad <b>R65.00</b>
<b>THURSDAY</b> 11 August	Lamb Liver topped with Bacon, Creamy Potatoes, Onion Gravy & Roast Vegetables <b>R65.00</b>
<b>FRIDAY</b> 12 August	Fried Battered Fish & Chips with Lemon Wedges, Chef Choice of Salad and Tartar Sauce <b>R70.00</b>
KINDLY BOOK YOUR LUNCH BY 14H00 FOR FOLLOWING DAY. PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR DELIVERIES, R7.00  <b>PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.</b>	

*See you there!*



IN CELEBRATION OF  
**WOMEN'S DAY**

WE WOULD LIKE TO INVITE YOU TO JOIN  
US FOR A GLASS OF SPARKLING WINE &  
FRESHLY BAKED SCONES WITH  
COFFEE/TEA



Date: Monday, 8 August 2022

Time: 10h30

Please book at the Bistro before 5 August 2022

Price: R50-00 per person





# Sonnenhof Bistro

Join us for a Glass of  
Sparkling Wine and Bacon  
Eggs Benedict.



Date: Friday, 12 August 2022

Price: R60 pp

Time: 9h30 - 11h00

Please book at the Bistro by 6 August 2022



Western Province Caterers

IT'S A CELEBRATION  
HAPPY BIRTHDAY WISHES  
TO

8<sup>th</sup> Trula Human (Unit 45)  
9<sup>th</sup> Hans Hammel (A 111)  
11<sup>th</sup> Judith Hawthorne (Unit 70)



## 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.

EVEGREEN BERGVLIET  
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: Friday, 12 August

Time: 7pm

Venue: Clubhouse

Kindly book with Reception on Ext 3200 by Wednesday, 10 August. You are welcome to bring your own refreshments.





# RESIDENTS WALK

**19 August 2022**

**09h30 - 11h00 - 3.6km, 5km and 7km  
10h15 - 1km**

**Join us for our monthly Resident  
walk.**

**Friends & Family Welcome  
3.6km, 5km and 7km route  
1km Buddy's Garden Route**

**Maps available at Reception.**

## **BRUNCH OFFERING**

*Breakfast Croissant filled with Bacon and  
Scrambled Egg topped with Rocket*

*Includes a  
Glass of Bubbles  
**R60***

**Book your Spot with  
Myrle on 3053  
by the 12<sup>th</sup> August 2022 for catering purposes.**





***FRIDAY, 26<sup>th</sup>  
AUGUST 6pm***



**Join us for our popular social event Friday, 26 August from 6pm. Please book at reception on EXT3200 for catering purposes or to buy a book of tickets for R100.**

**DR SUMI PADAYACHEE**



## **ARYA STANA BONE & BREAST CARE**

**A state of the art, dedicated breast & bone  
imaging centre**

To acknowledge Breast Cancer awareness month & World Osteoporosis Day, we invite you to join us for an informative talk on Breast & Bone Health and the importance of screening tests.

**Early Detection Saves Lives ...**

**DATE:** 26 August 2022

**TIME:** 10:00

**VENUE:** Evergreen Lifestyle Village, Bergvliet

T: (021) 794 1207 | E: [info@aryastana.co.za](mailto:info@aryastana.co.za)  
[www.aryastana.co.za](http://www.aryastana.co.za)