What's Happening this week...

15 August 2022 – 21 August 2022





Monday 15th August 2022

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

Tuesday 16th August 2022

2pm Art class 2pm Scrabble

Wednesday 17th August 2022

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

Thursday 18th August 2022

2pm Art class 2pm Stitch-In-Time

Friday 19th August 2022

9:30am-Residents Walk 3pm-Free Laughter Yoga

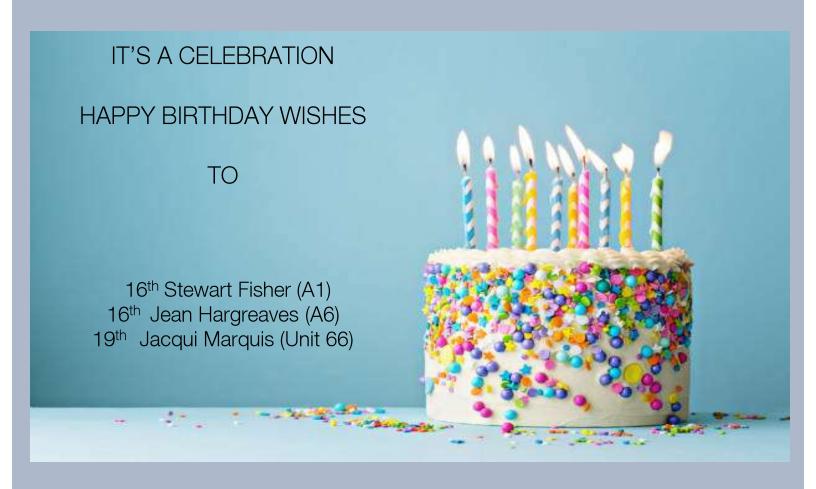
Saturday 20th August 2022

Sunday 21st August 2022



August 2022

Date	MENU
MONDAY 15 August	Tomato and Basil Soup with Homemade Bread R50.00
TUESDAY 16 August	Beef Stroganoff Pot Pie with Oven Roasted Baby Potatoes and Pan-Fried Greens R65.00
WEDNESDAY 17 August	Harissa Chicken and Cauliflower Pilaf with Roasted Vegetables R65.00
THURSDAY 18 August	Cape Style Bobotie with Yellow Rice and a Tomato & Feta Salad R65.00
FRIDAY 19 August	Deep Fried Panko Calamari Strips Served with Savoury Rice, Cole Slaw and Tartar Sauce R70.00
KINDLY BOOK YOUR LUNCH BY 14H00 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.	
	See you there!



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. **Dear Resident**

Please make sure that you pick up your dog's poo while walking your dog.





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 12th August 2022 for catering purposes.

www.evergreenlifestyle.co.za () /evergreenlifestyle () @Evergreen_LV

Childry MAINA

M info@evergreenlifestyle.co.za

Need a holiday?... Laughter is an instant vacation - Milton Berle

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WHEN

Friday, 19 August 3 – 4pm

WHERE

The Clubhouse, Evergreen

This is not a regular yoga session, we call this practice Laughter Yoga because we breathe deeply as we do in yoga. We do not do yoga positions, instead we do fun laughing exercises.

No yoga mats or yoga clothing is needed. You might not break a sweat, but hopefully you'll break a smile – just bring your childlike playfulness!!

Questions - Contact Wendy Cooke 084 210 2104

Kindly book with Reception on EXT 3200





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

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