

What's Happening this week...

15 August 2022 – 21 August 2022




EVERGREEN
lifestyle

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
<p>KINDLY BOOK YOUR LUNCH BY 14H00 FOR FOLLOWING DAY. PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR DELIVERIES, R7.00</p> <p>PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.</p>	

See you there!

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

16th Stewart Fisher (A1)
16th Jean Hargreaves (A6)
19th Jacqui Marquis (Unit 66)



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.**

Free Laughter Yoga

Need a holiday?...

Laughter is an instant vacation

– Milton Berle

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



***FRIDAY, 26th
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

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