

What's Happening this week...

13th March 2023 – 19th March 2023



EVERGREEN
lifestyle
bergvliet

Monday 13th February 2023

11:30am Anti-Aging
2:30pm Canasta

Tuesday 14th February 2023

10:30 am Tabita Fashions
2pm Scrabble
7pm Music Evening

Wednesday 15th March 2023

10:30 Miriam's shoes
11am Anti-Aging

Thursday 16th March 2023

2pm Art Class

Friday 17th March 2023

Saturday 18th March 2023

7pm Canasta Night

Sunday 19th March 2023

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

15th Paddy Fordyce (H 52)



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.

THE BISTRO

Breakfast

Served with your choice of white/brown or whole -wheat bread

The Bistro R 40

Grilled bacon, choice of 2 eggs served with 1 slice of toast and preserves

Pure R 35

Creamy plain yoghurt layered with fresh fruit, crunchy muesli drizzled with honey

Full House R 65

Grilled beef sausage and bacon, served with your choice of 2 eggs, fries, 2 slices of toast and preserves

Muffin/Croissant R30

Served with cheese and preserves

Crusted

Served with salad on white/brown or whole-wheat bread

Cheese R 22

Cheese & Tomato R 24

Ham & Cheese R 29

Bacon & Cheese R 39

Bacon, Egg & Cheese R 42

Chicken Mayo R 32

Wraps

Served with a side salad

Chicken Mayo R 45

BLT (bacon, lettuce and tomato) R 45

Hot Beverages

Cappuccino R 30

Café Latte R 28

Americano R 25

Espresso R 20

Hot Chocolate R 30

Tea (rooibos, English) R 20

Cooldrinks

Tinned cooldrink R 19

(Coke, Fanta, Coke Light, Cream soda)

Iced Tea R25

(Peach/Lemon)

Apple – or Grapetizer R 25

Fruit Juice R 24

Mineral Water R 16

The Sweet Tooth

Please enquire at the waitress for our daily specials.

Breakfast is served from 08h30 to 11h30. Booked lunch will be served from 12h30 to 13h30. Crusted, wraps and "sweet tooth" available all day. All items are prepared in a kitchen that makes use of tree nuts, legumes, dairy, eggs, wheat, gluten, fish, shellfish and pork

a **TSEBO** solution

See you there!

MARCH 2023

Date	Option 1 – R65.00	Option 2 – R65.00
13 March 2023	Apricot glazed chicken thigh served with savoury rice and seasonal vegetables	Individual Cornish pie served with mash and seasonal vegetables
14 March 2023	Sesame Beef Stir-fry served on egg noodles with garden salad	Southern fried chicken strips served on a bed of salad greens, cocktail tomato, cucumber and crispy onion rings
15 March 2023	Grilled pork chop, with garlic baby potatoes and seasonal vegetables	Tuna mayonnaise pasta bake served with garlic roll and garden salad
16 March 2023	Creamy chicken casserole served with parsley rice and garden salad	Cold meat and salad platter (chicken, pastrami, cocktail Vienna, potato salad, carrot salad)
17 March 2023	Greek style battered hake, served with spicy rice, tzatziki, beetroot salad and garden salad	Hearty beef and lentil casserole on parsley rice, roasted pumpkin and brussel sprouts

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD
KINDLY BOOK YOUR LUNCH BY 14h00 FOR FOLLOWING DAY.
(FOR TAKE AWAY CONTAINERS PLEASE ADD AN EXTRA R10.00)

See you there!



SUNDAY LUNCH

SUNDAY, 26 MARCH

12:30pm - R150pp



MENU

Rosemary roasted chicken leg $\frac{1}{4}$, roasted potatoes, gravy, butternut and green beans.

Dessert: Malva Pudding and Custard

Come and enjoy good food and each other's company in the
Bistro!

Kindly RSVP with the Bistro on Ext 0200 by no later than 2pm on
Friday, 24 March.

See you there!

MUSIC EVENING

PROGRAMME

Mozart Clarinet Concerto

Soloist: Arngunur Arnadottir
With the Iceland Symphony Orchestra
Conducted by Cornelius Meister

Beethoven Symphony No.5

With the Iceland Symphony Orchestra
Conducted by Suzanna Malkki

For more information, please contact Jill Dower on Ext 3032
or Ursula Athiros on EXT 33109
Kindly book with Reception on EXT 3200 by Friday, 10 February.



DATE: Tuesday, 14 March
TIME: 7pm
VENUE: Lounge

TABITA FASHION – Fashion at your doorstep



AUTUMN 2023

TABITA FASHION invites you to come and view her fabulous fashion on the 14th March 2023 from 10.30am until 2pm in the clubhouse.

Our style is classic, timeless, trendy, casual, comfy and affordable.

See you there!

Fashion consultants: Anré & Ruth

Cell: 0833201119

MIRIAM'S SHOES

Wednesday 15th March 2023
10:30am-13pm

IN THE CLUB HOUSE

Come and have a look at the variety of shoes for you to choose from.





CANASTA NIGHT



DATE: Saturday, 18 March
TIME: 7pm
VENUE: Clubhouse

You are welcome to bring your own refreshments.
Please book with reception on Ext 3200 by Friday,
10 March.

For more information, please contact Jacky Orton
on Ext 3031.



Quiz Night



Date: Thursday, 23 March

Time: 6pm

Venue: Clubhouse

R70 p.p

Kindly book with Reception on EXT
3200 for catering and seating
purposes by Monday, 20 March.

EVERGREEN HEALTH

DODGING DEMENTIA

*A talk about Neuro-Cognitive decline
& Prevention strategies*

SPEAKER: Dr Guin Lourens
DATE: Thursday the 23rd March 2023
TIME: 10h00
VENUE: Bergvliet Clubhouse Lounge

Please book your seat at reception on Ext 3200

See you there!

