

What's Happening this week...

20th March 2023 – 26th March 2023



Monday 20th March 2023

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

Tuesday 21st March 2023

Public Holiday- Human Rights Day
No Scrabble

Wednesday 22nd March 2023

11am Anti-Aging

Thursday 23rd March 2023

2pm Art Class
6pm Quiz Night

Friday 24th March 2023

Saturday 25th March 2023

Sunday 26th March 2023

12:30pm Sunday Lunch

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

23rd Colin Osborne (H 59)



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.



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!

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!





Well done Shirley Hossack in Apt 5 for completing the Cape Town Cycle Tour!!!!!!!

