

What's Happening this week...

17th April 2023 – 23rd April 2023



EVERGREEN
lifestyle
bergvliet

Monday 17th April 2023

11:30am Anti-Aging
2pm-Canasta

Tuesday 18th April 2023

7pm music evening
2pm Scrabble

Wednesday 19th April 2023

11am Anti-Aging

Thursday 20th April 2023

11am Brain Health Talk
2pm Art Class

Friday 21st April 2023

Saturday 22nd April 2023

7pm Canasta Night

Sunday 23rd April 2023

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

19th Cedric Reid (H 44)



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.

MUSIC EVENING

PROGRAMME

Max Bruch : Violin Concerto No.1

Elb Philharmonie

Conductor: Manfred Honeck

Soloist: Marika Duenas

Saint Saens: Symphony No.3 – "Organ"

Orches de la Suisse Romande

Conductor: Fabio Luisi

Soloist: Guy Bovei

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, 14 April.



DATE: Tuesday, 18 April
TIME: 7pm
VENUE: Lounge



CANASTA NIGHT

DATE: Saturday, 22 April
TIME: 7pm
VENUE: Clubhouse

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

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





How to Look After Your Brain Health in Your Senior Years

Getting old is inevitable, but no one wants to see their memory, mental agility, and performance decline. The good news is that as researchers continue to study how the brain functions, they learn more about the things we can do to improve its health.

In fact, researchers are showing that many of the lifestyle choices we make influence how our brains will age – for better or for worse.

Join us in this one-hour presentation, where we'll look at metabolic health and energy production and the important role this plays when it comes to the brain.

We'll then look at seven simple strategies you can adopt to look after your brain and your health.

Speaker: Desiree Pule, Certified Health Coach.

Date: 20th April 2023

Time: 11h00

Book with reception ext 3200



FRIDAY, 28th April
6pm



Join us for our popular social event Friday, 28 April from 6pm. Please book at reception on EXT 3200 for catering purposes or to buy a book of tickets for R100.



RESIDENTS WALK

28 April 2023

09h00 – 11h00

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

**5km and 7km route
map available at Reception**

BRUNCH OFFERING

*Breakfast Croissant filled with Bacon and Scrambled Egg
Includes a
Glass of Bubbles
Book at the Bistro 0200*

R70

**For more information contact
Myrle on 3053
by the 24th April 2023**