

# NEWSLETTER

## WHAT'S HAPPENING

*"When we give our attention and love to anything in life, it is a significant offering. We only have so much time. What we spend it on and who we give it to will determine the course of our life".*

DONNA GODDARD

Dear Residents,

I hope you've all had a good week despite the extreme weather conditions we have been experiencing. I am very happy to see so many residents visiting the Clubhouse, especially this past week – the seating around the fireplace seems to have become the perfect spot to read the daily newspaper.

Thank you to everyone who supported this week's Social Dinner. We have had two reasonably well-attended dinners despite the cold and wet weather and we close the week off with a packed Clubhouse for tonight's 'Pub Night'. Please remember to get your drinks vouchers from reception if you have not yet done so.

As we step into the long weekend, there are a few things worth watching on TV in the comfort of the lounge and the warmth of the fire.

On Saturday, from 10h30 UK time, BBC One will showcase the Trooping of the Colour as the UK celebrates King Charles's birthday [not the official date] with an incredible spectacle full of music, majesty, and military precision.

On the sporting front, even though Western Province did not make it to the Currie Cup semi-finals you can still look forward to two exciting games tomorrow afternoon [14h55 Cheetahs vs Bulls and at 17h25 Sharks vs Pumas].

If rugby isn't quite your thing but fast cars are, then an early Sunday evening Canadian F1 Grand Prix will ensure you get your sports 'fix' for the weekend.

Sports lovers and Royalists alike are most welcome to keep the fire going and enjoy the facilities in the Clubhouse throughout the weekend.

As mentioned in last week's 'What's Happening', the social calendar for the month will be slightly affected. I will be able to share more details next week on the refurbishment project but for now, I can confirm that all activities for the coming week will continue as usual.



Final details on the Village Walk will also be penned down closer to the event date.

Wishing you all a wonderful weekend and Happy Father's Day to all the dads!

Regards,  
Riaan and the Evergreen Team

# ACTIVITIES & EVENTS

*For more information on any events or activities kindly  
contact Reception on ext. 3200*

<b>MON</b> 19 JUNE	11h30 <b>ANTI-AGING</b>	14h30 <b>CANASTA</b>	
<b>TUE</b> 20 JUNE		14h00 <b>SCRABBLE</b>	19h00 <b>MUSIC EVENING</b> 
<b>WED</b> 21 JUNE	11h30 <b>ANTI-AGING</b>		18h30 <b>SOCIAL DINNER</b>
<b>THUR</b> 22 JUNE		14h00 <b>ART CLASSES</b>	
<b>FRI</b> 23 JUNE			
<b>SAT</b> 24 JUNE	10h00 <b>BEGINNER BOULES</b>		19h00 <b>CANASTA EVENING</b> 
<b>SUN</b> 25 JUNE			



# ACTIVITIES & EVENTS

## MUSIC EVENING

Tuesday, 20 June at 19h00

Book at Reception or on ext. 3200 by Friday, 16 June.

For more information contact Jill Dower on ext. 3032 or Ursula Athiros on ext. 33109

## CANASTA

Saturday, 24 June at 19h00

To book contact Reception on ext. 3200 by Wednesday, 21 June.  
(feel free to bring your own refreshments)

For more information contact Jacky Orton on ext. 3031





# ACTIVITIES & EVENTS

## RESIDENT WALK

Friday, 30 June at 09h00

Join us for our monthly Resident walk.  
5km and 7km route map available at Reception

For more information contact  
Myrle on 3053 by Wednesday,  
24th May 2023.

Final details to be confirmed based on weather and  
catering facilities.

## BOULES FOR BEGINNERS

Saturdays at 10h00

Interested residents to  
meet on the lawn by the  
Boule court.

For more information  
contact Wenche Hovstad  
on ext. 3076

# IT'S A CELEBRATION

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*"The more you praise and celebrate your life, the more there is in life to celebrate". — Oprah Winfrey*

## BIRTHDAYS

**20 JUNE**

MARGARET BAXTER – House 14

**21 JUNE**

ANNE LAWTON – House 51



# WHAT'S COOKING?

## THE BISTRO

OPEN DAILY 08H00 – 16H00  
SOCIAL DINNER – WEDNESDAY'S

DAILY MEAL ORDERS BY 09H00  
BOOK ON EXT 0200

MON  
19 JUNE

Southern fried chicken with cheese sauce, savoury rice and  
roasted vegetables  
OR  
Fisherman's pie served with roasted vegetables  
OR  
(V) Pumpkin risotto

TUE  
20 JUNE

Bobotie, yellow rice, sambals, carrots and peas  
OR  
Pork schnitzel with mushroom & pepper sauce, potato wedges and mixed vegetables  
OR  
(V) Lentil bobotie, yellow rice, sambals, carrots and peas.

WED  
21 JUNE

Beef Bourguignon, parsley rice and seasonal vegetables  
OR  
Macaroni & cheese pasta bake with bacon and mushrooms  
OR  
(V) Macaroni & cheese pasta bake with mushrooms and a Greek salad

SOCIAL  
DINNER

**MAIN COURSE**  
Crispy roasted pork belly with herbed butter, sage and garlic mashed potatoes, roasted  
vegetables and chunky apple sauce  
OR  
Grilled tandoori chicken, herb cous cous and roasted vegetables  
with coriander yoghurt and pickled onion  
  
**DESSERT**  
Seasonal cheese and fruit plate  
OR  
Peppermint crisp trifle

THUR  
22 JUNE

Pork bangers & mash, onion gravy and peas  
OR  
Chicken a la king served with parsley rice and roasted vegetables  
OR  
(V) Stuffed bell peppers served with seasonal vegetables

FRI  
23 JUNE

Deep-fried hake, hand-cut chips, coleslaw and carrot and pineapple salad  
OR  
Barbeque chicken kebabs (2), parsley rice and seasonal vegetables  
OR  
(V) Italian-style vegetarian meatballs cooked in a Napolitana sauce spaghetti  
with a side salad