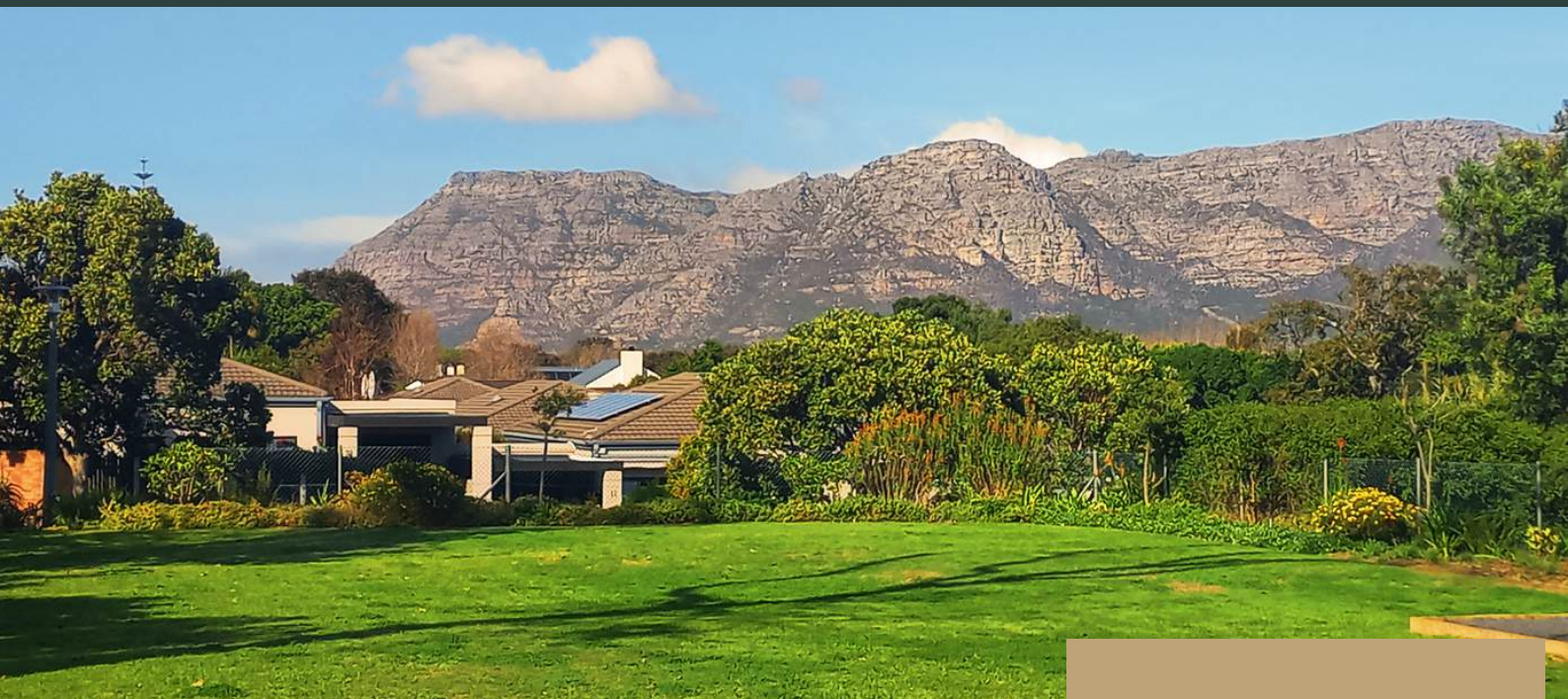


# *"What's Happening"* BERGVLIET



*"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."*

*~ Oprah Winfrey ~*

Dear Residents,

I hope everyone had a good week and that you managed to stay warm and dry. Having to stay indoors would've been a bit more bearable if you're a sports fan - and it seems there will be more than enough to keep you busy over this weekend too if the weather does not improve.

After two marathon tennis matches Lloyd Harris unfortunately exited Wimbledon. There is much more tennis to come luckily and we will have the strawberries and cream ready for the finals.

Tomorrow the mid-year international Rugby window officially opens with a bang. Believe it or not but there will be a total of ten international games played this weekend.

The big ones to keep an eye on is New Zealand vs England, Australia vs Wales, Argentina vs France and of course the main event will be when the Bokke take on Ireland, the only team that beat us in last years World Cup campaign.

It will also be very interesting to see how the southern hemisphere teams perform as everyone except for South Africa is "under new management."

This week I have kept the newsletter to the essentials only but the full version will be back next week.

Wishing you all a great week ahead!

Regards,  
Riaan and the Evergreen Team

## IN THIS ISSUE

### WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

### SONNENHOF BISTRO

Social Dinner Menu

### IT'S A CELEBRATION

Birthday's, Anniversaries  
& New Residents

# WEEKLY ACTIVITIES

<b>MON</b> 8 JUL	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 9 JUL		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 10 JUL	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		18h00 CLUBHOUSE FINE SPIRITS CLUB
<b>THUR</b> 11 JUL	 CLINIC SR SHARON ADAMS	12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	16h30 CLUBHOUSE CYBER SECURITY TALK
<b>FRI</b> 12 JUL		12h00 BISTRO LUNCH		19h00 CLUBHOUSE PUB NIGHT
<b>SAT</b> 13 JUL	10h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 14 JUL		CLUBHOUSE LAWN BOULE		

## BIRTHDAYS

9 JUL YOLANDA BONDSMITH – H46  
 10 JUL GLENDA COOKE – A1  
 11 JUL ANNA DELL'ERBA – H21  
 14 JUL JUDITH WALSH – H23  
 15 JUL WENCHE HOVSTAD – H76



## ANNIVERSARIES

10 JULY  
 DAVE & JULIE PHILLIPS – H56  
  
 23 JULY  
 JIM & MARYDOYLE – H24





# Sonnenhof

LUNCH MENU  
8-12 JULY

## MONDAY

### *Pork Schnitzel*

*served with cheese sauce, potato wedges and seasonal vegetables*

## TUESDAY

### *Greek Beef Kofta*

*with a mint and yoghurt dressing, mashed potatoes and seasonal vegetables*

## WEDNESDAY

### *Chicken A la King*

*served with savoury rice and seasonal vegetables*

## THURSDAY

### *Homemade Beef and Onion Pie*


*served with gravy and a side salad*

## FRIDAY

### *Fish and Chips*

*fried or grilled served with tartar sauce and a side salad*

*(includes a glass of house wine or coffee)*



Bookings close the day before the meal at 14h00  
Book at Reception or on ext. 3200 | R80pp



# Sonnenhof

DINNER MENU  
16 JULY

## *Main Course*

### *Slow-Roasted Beef Short Rib*

*with baby vegetables, dauphinoise potatoes  
and rosemary jus*

*Or*

### *Grilled Kingklip*

*with baby vegetables, Dauphinoise potatoes  
and cumin cream sauce*

## *Dessert*

### *Chocolate Tart*

*with warm chocolate ganache and cream*

*Or*

### *Cheese Plate*

*with crackers and dried fruit*



Bookings close on Fridays prior to the Tuesday Dinner at  
14h00 | Book at Reception or on ext. 3200 | R195pp





JOIN US FOR ANOTHER  
MEMORABLE EVENING OF FINE  
SPIRITS!

ON JULY 10TH, IN CELEBRATION OF  
BASTILLE DAY, WE'LL TAKE A DELIGHTFUL  
JOURNEY THROUGH FRANCE WHILE  
SIPPING ON COGNAC AND COMPARING IT  
TO TOP-NOTCH SOUTH AFRICAN BRANDIES  
- ALL PAIRED WITH SOME DELECTABLE  
"FROMAGE"

À TA SANTÉ | CHEERS

10 JULY 2024 AT 18H00 | TICKETS: R150PP  
TASTING INCLUDES A SELECTION OF COGNAC, BRANDY  
AND CHEESE

BOOK AT EVERGREEN BERGVLIET RECEPTION - 021 137 2690

# CYBER SECURITY PRESENTATION

**11TH JULY AT 16H30**

Protect yourself from fraud and improve your online security.

## Topics covered

- How to identify online scams and fraudulent communication.
- What to do if you become a victim of fraud.
- How to protect yourself online.
- Passwords and multi-factor authentication.

## Why attend:

- Improve your personal online security with a few simple steps.
- Understand common threats to watch out for.
- Learn the fundamentals of online security.

## Presented by Stuart Bartley

- Specializing in digital communication solutions within the ICT sector.
- 15 years of expertise in online and digital commerce.
- Certified as an AWS cloud practitioner.
- Successfully deployed more than 100 online corporate systems.



**RSVP AT RECEPTION OR CALL EXT. 3200**



# Music Evening

17 JULY | 19H00

## PROGRAMME

### RACHMANINOV

RHAPSODY ON A THEME OF PAGANINI

CONDUCTOR: ALAIN ALTINOGLU

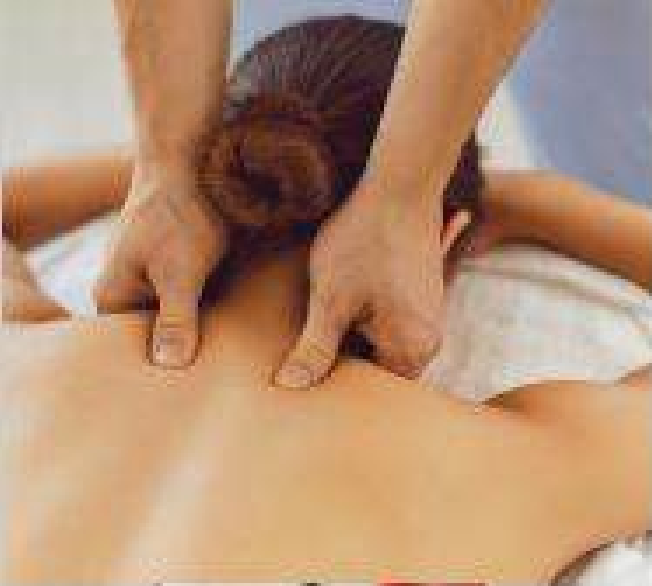
FRANKFURT RADIO SYMPHONY

### TCHAIKOVSKY

SYMPHONY NO. 5 IN E MINOR

DANIEL BARENBOIM AND WEST-EASTERN DIVAN ORCHESTRA

RSVP AT RECEPTION OR ON EXT. 3200



# Naturally Pampered

Beauty & Care



Pamper yourself with us. We bring convenience to you without you having to in a calm and serene garden setting.



Take a scenic walk and enjoy the melody of the waters and chirping birds all in the surroundings as we care for you during your treatment.

**Date:  
18 JULY  
(Thursday)**

- Manicure
- Pedicure
- Leg & Foot Massages
- Back Massage
- Head, Shoulder Massage
- Back Scrub
- Waxing



**Venue: Library Room**  
**Time: 9am - 4pm**

**BOOK your appointment  
directly with  
ielhaam**



**Call or Whatsapp  
082 396 7573**