

“What's Happening”

BERGVLIET



“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”

~ Roy T. Bennett ~

Dear Residents,

I hope you all had a good week and that you've been enjoying the slightly warmer days as much as we have. We can certainly do with a few more of them!

The 2024 Paris Olympics is over but you will still have to plan your weekend carefully with all the South African sports on TV.

The Proteas are on tour in the West Indies and sadly the batting form of both sides has left much to be desired - the bowlers seem to think it is duck hunting season. Despite our terrible first innings believe it or not, the Windies are in a worse position.

On a more positive note we see a repeat of the last week's matches in the Rugby championship this weekend. The All Blacks will look to bounce back after

suffering the most points scored against them in history last week. A young and mostly untested Springbok team will take on the Aussies and I am sure we are all hoping for more of what we saw last Saturday.

Some of the Springboks will be in action again when they walk Dricus Du Plessis into the ring in one of the most anticipated UFC matches of the year, against Israel Adesanya. Not a sport everyone appreciates but lets keep flying the flag the whole weekend.

Also just a reminder that the Paralympics start later this month too and will take place from Wed, 28 Aug 2024 to Sun, 08 Sept 2024.

Wishing you all a great week ahead.

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

SONNENHOF BISTRO

Weekly Lunch and Dinner Menu

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

WEEKLY ACTIVITIES

MON 19 AUG	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 20 AUG		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
WED 21 AUG	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	13h00 LAWN RIAAN'S FRUIT VAN	
THUR 22 AUG		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC SR SHARON ADAMS 
FRI 23 AUG		12h00 BISTRO LUNCH	14h30 BISTRO NSRI TALK	
SAT 24 AUG	10h00 CLUBHOUSE LAWN BOULE			19h00 BISTRO CANASTA NIGHT
SUN 25 AUG		CLUBHOUSE LAWN BOULE		

ANNIVERSARIES

25 AUG MICHAEL & CLAUDIA BURCHELL - H40

28 AUG HANS & HANNELEN HAMMEL - APT 111





Sonnenhof

LUNCH MENU
19-23 AUGUST

MONDAY

Beef curry served with sambals rice and seasonal vegetables
or
(V) Macaroni and cheese with seasonal vegetables

TUESDAY

*Grilled Prego chicken fillet with mashed potatoes
and seasonal vegetables*
or
(V) Spinach and feta quiche with salad

WEDNESDAY

Slow-roasted pork belly with rice and seasonal vegetables
or
(V) Creamy cabbage, carrot and zucchini with spaghetti

THURSDAY

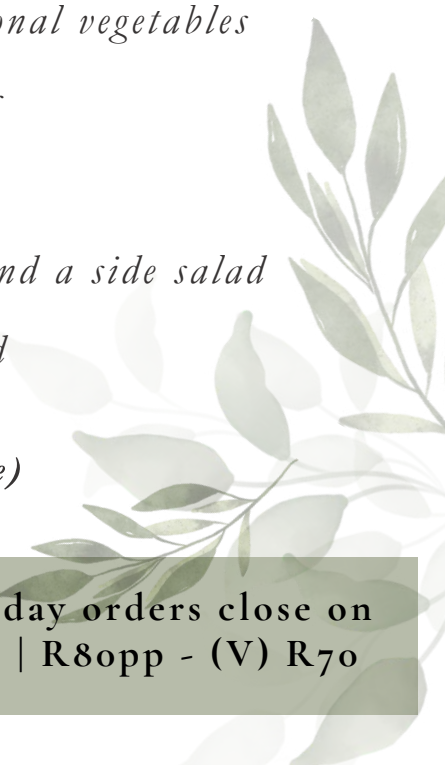
Beef & cabbage stew with mashed potatoes and seasonal vegetables
or
(V) Vegetable stir-fry with egg noodles

FRIDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) Lentil burger with chips and salad

(includes a glass of house wine or coffee)

Bookings close the day before the meal at 14h00. Monday orders close on
a Friday at 14h00 | Book at Reception or on ext. 3200 | R80pp - (V) R70





Sonnenhof

BISTRO

S O C I A L D I N N E R

T U E S D A Y , 27 A U G U S T

Main Course

*Slow-cooked Beef Flank
stuffed with pea purée and served with roasted beetroot
and mashed potatoes*

or

*Moroccan Chicken Fillet
stuffed with mushroom Duxelle and served with
pea purée, roasted beetroot and mashed potatoes*

Dessert

*Milk Tart
with Chantilly cream chocolate sauce*

or

*South African Cheese Plate
with crackers and dried fruit*



Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R195 per person



Riccan's **FRUIT VAN**



DATE:
WEDNESDAY, 21 AUGUST

TIME:
13H00 – 13H45





Music Evening

21 AUGUST | 19H00

PROGRAMME

MOZART

PIANO CONCERTO NO.23

**EVGENY KISSIN WITH THE BERLIN PHILHARMONIKA
CONDUCTOR FABIO LUISI**

BRAHMS

SYMPHONY NO.2 IN D MAJOR

**THE CLEVELAND ORCHESTRA
CONDUCTOR FRANZ WELSER-MOST**

RSVP AT RECEPTION OR ON EXT. 3200

NSRI Presentation



**NATIONAL
SEA RESCUE
INSTITUTE**

Guest Speaker

Theresa Medicine will be sharing about our exciting initiatives like the Pink Rescue Buoy and Drowning Prevention campaigns, & how we save the lives of people & animals on South African waters.

Come join the exciting presentation with a slide show. There will be a small keep-sake for every person that attends.

Hope to see you there.



Date: Friday, 23 August

Time: 14h30

Venue: Bistro

Please RSVP at Reception or on Ext. 3200

CANASTA

On Saturday, 24th August, the Canasta Night will be held in the Clubhouse.

TIME: 19H00

**Players are welcome to bring
their own drinks.**

BOOK AT RECEPTION OR ON EXT. 3200





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



**Date:
29 AUG
(Thursday)**

Venue: Library
Time: 9am - 4pm

Book your appointment
directly with ielhaam

Call or Whatsapp
082 396 7573





SA VS NZ

THE RUGBY
CHAMPIONSHIP

Join us for a "rugby braai" as the Bokke face the Kiwis in our first home game of the Rugby Championship.

SATURDAY, 31 AUGUST

Pre-match drinks and in-depth rugby discussions (amongst village experts)
from 15h00

MEAL SERVED AT 15H30
MATCH BUILD-UP AT 16H30
KICK-OFF AT 17H00

MENU | R115PP

Chicken Kebab, Wors, Loin Chop
Curry Noodle Salad, Garden Salad, Garlic Bread
Malva Pudding with Ice Cream and Custard

BYOB | no drinks included

BOOK AT RECEPTION OR ON EXT 3200 BY 27 AUG

THE RUGBY CHAMPIONSHIP



10-AUG				
AUSTRALIA	VS	SOUTH AFRICA		06H30
NEW ZEALAND	VS	ARGENTINA		09H05
17-AUG				
NEW ZEALAND	VS	ARGENTINA		09H05
AUSTRALIA	VS	SOUTH AFRICA		11H45
31-AUG				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
01-SEP				
ARGENTINA	VS	AUSTRALIA		00H00
07-SEP				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
ARGENTINA	VS	AUSTRALIA		21H00
21-SEP				
AUSTRALIA	VS	NEW ZEALAND		07H45
ARGENTINA	VS	SOUTH AFRICA		23H00
28-SEP				
NEW ZEALAND	VS	AUSTRALIA		09H05
SOUTH AFRICA	VS	ARGENTINA		17H00



Possible viewing events in clubhouse.
Details to be confirmed