

"What's Happening"

BERGVLIET



"You will have bad times, but they will always wake you up to the stuff you weren't paying attention to."

~ Robin Williams ~

Dear Residents,

I hope you all had a good week and that you enjoyed the rather positive start to Spring where in true Cape Town style we managed a high of 30 degrees on one day, and a low of 14 degrees all in the same week! I for one am very ready for many more warmer days.

Thank you to everyone who attended last weekend's Bok-braai. As always it was great to watch the game with you all proudly dressed in green and gold. Although we will not be hosting an event for this weekend's match you are all welcome to make use of the facilities. Please also book for our Heritage/Bok-Spitbraai at the end of the month. This is not only for the rugby fans but open to all residents.

Reminders for next week include:

WEDNESDAY

Riaan's Fruit Van will be back for his weekly visit so you have another chance to stock up on those fresh fruits and veggies!

THURSDAY

Sister Sharon will be available for her weekly visit and you can also join us for an informative talk on Cyber Security and how you can better protect yourself against online fraud.

FRIDAY

The team from Resilire anti-aging and health drinks will be here to hosting a pop-up shop and will be offering free tastings.

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

Weekly Lunch and Dinner Menu

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

WEEKLY ACTIVITIES

MON 9 SEPT	11h00 CLUBHOUSE ANTI-AGING CLASS		14h30 CLUBHOUSE CANASTA	
TUE 10 SEPT			14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
WED 11 SEPT		11h00 CLUBHOUSE ANTI-AGING CLASS	13h00 LAWN RIAAN'S FRUIT VAN	
THUR 12 SEPT	CLINIC SR SHARON ADAMS 		14h00 LIBRARY ART CLASSES	16h30 BISTRO CYBER TALK
FRI 13 SEPT		12h00 BISTRO RESILIRE BEVERAGES		
SAT 14 SEPT	10h00 CLUBHOUSE LAWN BOULE			
SUN 15 SEPT		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

7 SEPT KAREN VISSER - H44
 8 SEPT LYNNE PERRY - H77
 11 SEPT BRIAN DALTON - A106
 14 SEPT RENEE STEWART - H69
 14 SEPT RENEE ESSON - A103



ANNIVERSARIES

15 SEPT IAN & RENEE STEWART - H69
 19 SEPT TONY & SANDRA FARR - A107
 22 SEPT DAVID & MARYON DRAUDE - H28





Sonnenhof

LUNCH MENU
9 - 13 SEPTEMBER

MONDAY

*Spaghetti Bolognese with parmesan cheese and salad
or
(V) Butterbean curry with rice, roti and sambals*

TUESDAY

*Beef and cabbage stew with rice and seasonal vegetables or salad
or
(V) Roasted vegetable and mushroom pie with potato wedges and
seasonal vegetables*

WEDNESDAY


*Chicken schnitzel with mushroom sauce, chips and seasonal vegetables
or
(V) Roasted chickpea and vegetable stir-fry with egg noodles*

THURSDAY

*Beef bobotie with yellow rice and seasonal vegetables
or
(V) Black bean and vegetable quesadilla with salad*

FRIDAY

*Crispy fried fish and chips with tartar sauce and salad
or
(V) Basil pesto and mozzarella quiche 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 , 1 7 S E P T E M B E R

Main Course

Crusted Beef Medallion

with pomme puree, seasonal vegetables and a blue cheese sauce

or

Slow-Roasted Pork Belly

with pomme puree baby vegetables and a honey & cherry jus

Dessert


Pecan Pie

deconstructed and served with caramel drizzle

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

CYBER SECURITY PRESENTATION

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.



Date: Thursday, 12 September | Time: 16h30 | Venue: Bistro

Please RSVP at Reception or on Ext. 3200

**EXCLUSIVE SALE FOR EVERGREEN BERGVLIET
RESIDENTS ONLY**



**13TH
SEPTEMBER**

POP-UP SHOP

**RESILIRE IS A LUXURY ANTI-AGEING, LONGEVITY DRINK INFUSED WITH A
POWERFUL COMBINATION OF ANTIOXIDANTS & VITAMINS, TO HELP YOU LOOK
& FEEL YOUR BEST!**

POP-UP FROM 12PM TO 2 PM | FREE SAMPLE TASTINGS |

50% DISCOUNT FOR RESIDENTS OF EVERGREEN BERGVLIET

QUIZ NIGHT

FRI | 20 | SEPT
2024

18H00
CLUBHOUSE

R80PP

Cold meats and
salads provided
by the Social
Committee

**Book at
Reception or on
Ext. 3200**





SA VS ARG

THE RUGBY
CHAMPIONSHIP

HERITAGE DAY SPIT BRAAI

It's Heritage Month and what better way to embrace our culture and those from around the world than with a braai and a great game of rugby!

Join us for a Spit Braai and watch the Bokke face-off against Los Pumas in the final match of the Rugby Championship.

SATURDAY, 28 SEPTEMBER

"KUIER" FROM WHEN THE FIRE IS LIT
MEAL SERVED AT 15H00
MATCH BUILD-UP AT 16H30
KICK-OFF AT 17H00

MENU | R175PP

Lamb spit | Curried chicken sosaties
Potato bake | Summer salad |
Roasted vegetable and cous cous salad
Coleslaw | Selection of fresh cocktail rolls

Peppermintcrisp tart | Koeksisters | Ystervarkies

BYOB | no drinks included

BOOK AT RECEPTION OR ON EXT 3200 BY 23 SEPT