

“What's Happening”

BERGVLIET



“Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.”

~ Norman Vincent Peale ~

Dear Residents,

I hope you've all had a good week and that you were able to get together with friends and family for a traditional South African braai to celebrate Heritage Day.

Tomorrow we will have our main event for the week with a slightly delayed Heritage Day Spit Braai. For those of you who enjoy a spit and a proper South African Braai will know that this is never just a quick “T20 game” but rather a full on “One-Day International” (in cricket terms) so you are all welcome to join from early on in the day. If you are not joining for the late lunch, pop in for a drink or join us for the rugby which starts at 17h00.

The weather will be playing its own game but we are ready for a big event and can't wait to see you all tomorrow!

On the October event front, we slow things down just a bit after the big end to September but there will still be something for everyone to attend. See event posters for the month below.

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.

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 30 SEPT	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 1 OCT		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	
WED 2 OCT	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	13h00 LAWN RIAAN'S FRUIT VAN	
THUR 3 OCT		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC SR SHARON ADAMS 
FRI 4 OCT		12h00 BISTRO LUNCH		
SAT 5 OCT	10h00 CLUBHOUSE LAWN BOULE			
SUN 6 OCT		CLUBHOUSE LAWN BOULE		



BIRTHDAYS

2 OCT ERNEST MITCHELL – H25
3 OCT PETER SAMPSON – H71
8 OCT MICHAEL PITT – H63
9 OCT CLAUDIA BURCHELL – H40
9 OCT AMANDA BESTER – H34
11 OCT JILL HINDE – H15
12 OCT CHERYL VERMEULEN – H14





Sonnenhof

LUNCH MENU
30 SEPT - 4 OCT

MONDAY

Chicken and spinach lasagne with salad
or
(V) *Three bean stew with rice and seasonal vegetables*

TUESDAY

Sweet and sour beef and vegetable stir-fry with egg noodles
or
(V) *Vegetable and lentil cottage pie with gravy, and seasonal vegetables*

WEDNESDAY

Chicken schnitzel with mushroom sauce, jacket potato and seasonal vegetables
or
(V) *Plant-based bangers and mashed potatoes with gravy, carrot and peas*


THURSDAY

Tomato bredie with rice and seasonal vegetables
or
(V) *Plant based schnitzel with potato bake and seasonal vegetables*

FRIDAY

Crispy fried fish and chips with tartar sauce and salad
or
(V) *Creamy mushroom and spinach risotto with seasonal vegetables*

(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



INDIAN CURRY NIGHT

8 OCT | 18H00

MAIN COURSE

Basmati Rice

Rotis

Lamb Curry

Butter Chicken Curry

Fish Curry

Sambal

Cucumber Raita

DESSERT - PLATED

Mango Panna Cotta

or

Cheese Plate

BOOKINGS CLOSE THE DAY BEFORE THE
MEAL AT 14H00 | BOOK AT RECEPTION OR
ON EXT. 3200 | R195PP



Riccan's **FRUIT VAN**



DATE:
WEDNESDAY, 2 OCTOBER
TIME:
13H00 – 13H45





Music Evening

16 OCTOBER | 19H00

PROGRAMME

ELGAR

CELLO CONCERTO

CELLIST SHEKU KANNEH MASON

CITY OF BIRMINGHAM SYMPHONY ORCHESTRA

SCHUBERT

UNFINISHED SYMPHONY

ISRAEL PHILHARMONIC ORCHESTRA

CONDUCTOR LAHAV SHANI

RSVP AT RECEPTION OR ON EXT. 3200

PUB *Night*

DATE: FRIDAY, 25 OCT
TIME: 18H00

**Join us for this
month's Pub
Night and enjoy
a great evening
with fellow
residents.**

**VOUCHER BOOKLETS
AVAILABLE AT
RECEPTION FOR R100**

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

