

"What's Happening"

BERGVLIET



"I've always found a cure for the blues is wandering into something unknown, and resting there, before coming back to whatever weight you were carrying."

~ Diane Sawyer ~

Dear Residents,

I hope you all had a good week.

Reminders for next week include:

WEDNESDAY

- Riaan's Fruit Van

THURSDAY

- Sister Sharon's weekly visit,

FRIDAY

- Pub Night - Note: Voucher booklets are sold on the evening

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 21 OCT	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 22 OCT		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	
WED 23 OCT	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	13h00 LAWN RIAAN'S FRUIT VAN	
THUR 24 OCT	CLINIC SR SHARON ADAMS 	12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	
FRI 25 OCT		12h00 BISTRO LUNCH		18h00 BISTRO PUB NIGHT
SAT 26 OCT	10h00 CLUBHOUSE LAWN BOULE			
SUN 27 OCT		CLUBHOUSE LAWN BOULE		



BIRTHDAYS

23 OCT GILL BLACKMAN – H29

25 OCT TONY FARR – A107

27 OCT SHEILA HOLLIDAY – H17





Sonnenhof

LUNCH MENU

21 - 25 OCTOBER

MONDAY

Tomato bredie with rice and seasonal vegetables
or
(V) *Root vegetable stew with rice and seasonal vegetables*

TUESDAY

Homemade sausage roll with onion gravy, chips and seasonal vegetables
or
(V) *Roasted tomato and spinach pasta bake with salad*

WEDNESDAY

Butter chicken curry with rice, roti and sambals
or
(V) *Plant-based bangers and mashed potato with gravy, carrots and peas*

THURSDAY

Beef casserole with mashed potato and seasonal vegetables
or
(V) *Chickpea and red bean curry with rice, roti and sambals*

FRIDAY

Crispy fried fish and chips with tartar sauce and salad
or
(V) *Vegetable schnitzel with cheese sauce, 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 | For all food related queries please email EvergreenM@servest.co.za



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y , 2 9 O C T O B E R

Main Course

Seared Salmon

with creamy spinach and tomato penne pasta

Or

Parmesan Chicken

with mashed potato, roasted baby vegetables and fennel sauce

Dessert


Volcano Chocolate Pudding

with vanilla ice cream

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

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 ON THE
NIGHT AT R100 EACH**

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





Naturally Pampered

Beauty & Care



Pamper yourself as we bring convenience to you in a calm and serene setting.

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



Date:
31 OCT
(Thursday)

Venue: Library
Time: 9am - 4pm

Book your appointment
directly with ielhaam

Call or Whatsapp
082 396 7573

