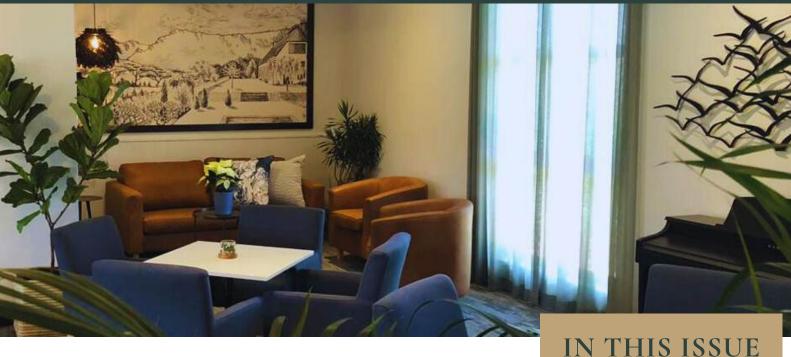
"What's Happening" BERGVLIET





"If you don't have time for self-care, you'll end up spending a lot more time and effort on self-repair."

~ Anonymous ~

Dear Residents,

I hope you all have had a fantastic week.

As mentioned last week, we've made some exciting changes to our lunch menu. On page 3, you'll find an expanded lunch selection divided into two sections. The a la carte section is available for walk-ins from Monday to Sunday, while the other meals, which take a bit longer to prepare, are similar to the daily options we previously offered. You can pre-order these dishes just like before, and remember, any meal can be ordered for any day of the week. This allows for flexibility, so you can mix and match meals as you like, and not everyone has to choose the same option.

In addition, our highly requested fish and chips will still be served every Friday, and the rest of the menu will refresh every two weeks.

Meals will also now include a drink of your choice. Orders for Monday will close on Sunday at 14h00.

Reminders for next week include:

TUESDAY

Portuguese Social Dinner

WEDNESDAY

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

THURSDAY

Sister Sharon will be available for her weekly visit.

It will also be the final SWIGS event for 2024.

Wishing you all a great week ahead.

Regards,

Riaan and the Evergreen Team

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

SONNENHOF BISTRO

Weekly Lunch and Dinner Menu

IT'S A CELEBRATIO<u></u>N'

Birthday's, Anniversaries & New Residents

WEEKLY ACTIVITIES

MON 4 NOV	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 5 NOV		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
WED 6 NOV	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	13h00 LAWN RIAAN'S FRUIT VAN	
THUR 7 NOV	CLINIC SR SHARON ADAMS	12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	18h00 BISTRO SWIGS
FRI 8 NOV		12h00 BISTRO LUNCH		
SAT 9 NOV	10h00 CLUBHOUSE LAWN BOULE			10h00 - 17h00 BISTRO PRIVATE FUNCTION
SUN 10 NOV		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

7 NOV COLIN NOBLE - H72 15 NOV CHERIE MORTIMER - H68 23 NOV JENNY WESSELS - H9 23 NOV HANNELEN HAMMEL - A111



ANNIVERSARIES

16 NOV JACK AND SHEILA HOLLIDAY - H17 24 NOV HANK AND CHERYL PIENAAR - H30



A LA CARTE MEALS - R80

Honey & Soy Chicken Fillet with a Pineapple and Peppadew Salad

Toasted Pulled Beef/Chicken Wrap filled with Rocket, Crunchy Slaw and Camembert Sauce

BLT (bacon, lettuce, tomato) Panini with Brie, Balsamic Reduction and Fries

Gourmet Chicken/Beef Burger topped with Caramelized Onion Rings and Blue Cheese Crumble

Chicken Schnitzel with Cheese Sauce, Fries and Salad

Chef's Salad - Grilled Chicken Strips, Lettuce, Rocket, Cucumber, Cherry Tomatoes, Carrot Ribbons, Roasted Chick Peas, Red Onion and Feta with Balsamic Reduction.

V - (No chicken) R60

PRE-ORDER MEALS - R80

Masala Steak Sandwich with Fries and Salad

Chicken and Spinach Lasagne with Salad or Vegetables

Homemade Cottage Pie with Salad or Vegetables

Cape Malay Chicken Curry with Roti, Basmati Rice and Sambal

Homemade Beef Steak Pie with Salad

DESSERT - R40

Fruit Salad with Ice Cream or Whipped Cream

Cake of the Day

Bookings close the day before the meal at 14hoo. Monday orders close on a Friday at 14hoo | Book at Reception or on ext. 3200 | R8opp



Main course

Garlic & Rosemary Beef Sirloin with red wine jus, crushed baby potatoes, creamed spinach and sweet butternut

Or

Tandoori Chicken with creamy mint sauce crushed baby potatoes, creamy spinach and sweet butternut

Dessert

Sliced Fruit Platter with ice cream and maple glaze

or

South African Cheese Plate with crackers and dried fruit

BINGHT MGHT

FRI 15 | NOV 2024
18HOO CLUBHOUSE

R80PP

Cold meats and salads provided by the Catering Committee

Payment on the night. Please ensure that you have the exact amount.

Book at Reception or on Ext. 3200







JOIN US FOR ANOTHER MEMORABLE EVENING OF FINE SPIRITS!

28 NOVEMBER 2024 AT 18HOO

TICKETS: R150PP

TASTING INCLUDES 4
GINS AND A MINI
COCKTAIL MADE WITH
EACH GIN

BOOK AT EVERGREEN BERGVLIET RECEPTION (021 137 2690)

(THIS EVENT IS OPEN TO EVERGREEN FRIENDS AND FAMILY)





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: 28 NOV (Thursday)

Venue: Library

Time: 9am - 4pm

Book your appointment directly with ielhaam

Call or Whatspp 082 396 7573