

# *"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

## 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

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

# Sonnenhof

## LUNCH MENU - 4-15 NOV

### 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 14h00. Monday orders close on a Friday at 14h00 | Book at Reception or on ext. 3200 | R80pp**



# Sonnenhof

DINNER MENU  
12 NOVEMBER

## 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*



Bookings close on Fridays prior to the Tuesday Dinner at  
14h00 | Book at Reception or on ext. 3200 | R195pp



# **BINGO** **NIGHT**

**FRI** | **15** | **NOV**  
**DAY** | **2024**

**18H00**  
**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**



Sip Sip  
Hooray!



**JOIN US FOR ANOTHER  
MEMORABLE EVENING  
OF FINE SPIRITS!**

**28 NOVEMBER 2024  
AT 18H00**

**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)**





# 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:  
28 NOV  
(Thursday)**

**Venue: Library  
Time: 9am - 4pm**

**Book your appointment  
directly with ielhaam**

**Call or Whatsapp  
082 396 7573**

