

# *"What's Happening"* BERGVLIET



*"Perseverance is the hard work you do after you get tired of doing the hard work you already did."*

*~ Newt Gingrich ~*

Dear Residents,

I hope you have all had a good week and that you are all looking forward to another weekend of international Rugby, with the Springboks back as the no 1 ranked team in the world. Remember that residents are welcome to make use of the braai facilities and watch the game in the clubhouse.

Please be reminded to book for next week's social dinner and also for the December events. First, our annual and highly anticipated Christmas/Year-end Social Dinner on the 4th, followed by Christmas Carols on the 13th.

Reminders for next week include:

**TUESDAY**  
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.

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> 18 NOV	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 19 NOV		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
<b>WED</b> 20 NOV	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h00 LAWN RIAAN'S FRUIT VAN	
<b>THUR</b> 21 NOV	CLINIC SR SHARON ADAMS 	12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	
<b>FRI</b> 22 NOV		12h00 BISTRO LUNCH		
<b>SAT</b> 23 NOV	10h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 24 NOV		CLUBHOUSE LAWN BOULE		

## BIRTHDAYS

23 NOV JENNY WESSELS – H9  
23 NOV HANNELEN HAMMEL – A111



## ANNIVERSARIES

24 NOV  
HANK AND CHERYL PIENAAR – H30

# Sonnenhof

## LUNCH MENU - 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 Chickpeas, 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  
19 NOVEMBER

## *Main Course Only*

### *Platter for One*

*Grilled Kingklip, calamari, 3 prawns,  
savoury rice and a side salad*

*or*


### *Kingklip and Calamari*

*with savoury rice and a side salad*

*or*

### *Surf & Turf*

*200g sirloin steak, 2 prawns, crushed  
garlic potato and a side salad*



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





Dear Evergreen Residents

I am writing to introduce you to KimoraMed, known as "KM", the leading Medical Doctor Call Out Service in Cape Town, Stellenbosch, Somerset West, and Melkbosstrand. Since our inception in 2017, we have transformed from a General Practice into a fully Mobile Medical Practice, dedicated to providing exceptional healthcare services.

Founded by Dr. Faatimah Kimmie, KimoraMed was established with the vision of delivering House Call Medical Services and Virtual Consultations to our community. Our aim is to create an excellent healthcare experience, positioning ourselves as a trusted medical practice in Cape Town.

KM is committed to providing quality and convenient on-call doctor services throughout Cape Town, as well as telephonic and video consultations available across South Africa. We are excited to announce that we have extended our services to the residents of Evergreen Bergvliet on a weekly basis, ensuring that everyone has access to the medical care they deserve.

We take pride in our personalized, compassionate, and friendly environment, which has earned us a remarkable 5-star rating on Google Reviews. Our mission is reflected in our slogan, "Breaking boundaries and enriching lives," emphasizing our unwavering dedication to our patients' welfare. We offer a comprehensive range of mobile medical services at competitive rates and accept most medical aids.

Our 2024 consultation rates are as follows:

- Scheduled GP consultations at Evergreen Health Clinic: R700
- Urgent house call consultations (unscheduled): R1450

Thank you for considering KimoraMed for your healthcare needs. We look forward to the opportunity of serving you with the utmost professionalism and care.

Warm regards,

Aaisha Salie

Medical Receptionist



# Music Evening

20 NOVEMBER | 19H00

PROGRAMME

ANDRE RIEU  
EVENING CONCERT

RSVP 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







# Christmas

**SOCIAL DINNER - 4 DECEMBER**

*Sparkling wine on arrival*

## **PLATED STARTERS**

*Gammon or (V) Roasted Mushroom Terrine and Rocket,  
Roasted Cherry Tomato & Pineapple with Cherry Glaze*

## **BUFFET MAIN COURSE**

*Rosemary Roasted Beef with Yorkshire Pudding and  
Jus | Peach & Lemon-infused Chicken | Garlic Roasted  
Baby Potatoes | Roasted Butternut | Creamed Spinach*

## **PLATED DESSERT**

*Traditional Christmas Pudding with  
Creme Anglaise  
or  
Summer Fruit Trifle*

**R250PP | Bookings close  
Friday 29 November**





# CHRISTMAS CAROLS

DECEMBER

13

FRIDAY

**The holiday season is upon us, and we'd love for you to be part of our Christmas Carol celebration! Bring your holiday spirit and help us fill the air with classic Christmas songs as we celebrate the Season together.**

Drinks will work on a "BYOB" basis  
Catering options to be shared closer to the event

RSVP for seating purposes by Monday 9 December.

**Performance and Carols accompanied by the  
Cantiamo Chamber Choir  
from 18h00 to 19h30**