

# Evergreen BERGVLIET

19 - 25 MAY  
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## IT'S A CELEBRATION

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*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

|                       |   |                          |                                       |   |   |
|-----------------------|---|--------------------------|---------------------------------------|---|---|
| <b>MON</b><br>19 MAY  | 11h00<br>CLUBHOUSE<br>ANTI-AGING<br>CLASS | 12h00<br>BISTRO<br>LUNCH | 14h00<br>BISTRO<br>CANASTA            | 10h30 – 13h00<br>CLUBHOUSE<br>TABITA<br>FASHION   | REFUSE<br>             |
| <b>TUE</b><br>20 MAY  |   | 12h00<br>BISTRO<br>LUNCH | 14h00<br>CLUBHOUSE<br>SCRABBLE        |   |   |
| <b>WED</b><br>21 MAY  | 11h00<br>CLUBHOUSE<br>ANTI-AGING<br>CLASS | 12h00<br>BISTRO<br>LUNCH | 14h00<br>LAWN<br>RIAAN'S<br>FRUIT VAN | 19h00<br>CLUBHOUSE<br>MOVIE<br>NIGHT  | RECYCLING<br>          |
| <b>THUR</b><br>22 MAY |   | 12h00<br>BISTRO<br>LUNCH | 14h00<br>LIBRARY<br>ART<br>CLASSES    | <br>CLINIC<br>SR SHARON<br>ADAMS |   |
| <b>FRI</b><br>23 MAY  |   | 12h00<br>BISTRO<br>LUNCH |                                       | 19h00<br>CLUBHOUSE<br>CANASTA   |   |
| <b>SAT</b><br>24 MAY  | CLUBHOUSE<br>LAWN<br>BOULE                |                          |                                       |   | ON CALL<br><br>JAMEY |
| <b>SUN</b><br>25 MAY  | CLUBHOUSE<br>LAWN<br>BOULE                |                          |                                       |   | ON CALL<br><br>JAMEY |

RIAAN 072 600 2499 | NOMFUNDO 071 589 6603 |  
JAMEY 081 706 4584 | DAMIAN 073 516 4119



# Zonnenhof

## LUNCH MENU

### A LA CARTE MEALS - R80

Grilled or fried hake with coleslaw and fries

Club sandwich:

Lettuce, bacon, chicken, cheese, tomato with a side salad and chips

Beef burger on a seeded bun, garnish and fries.

Spaghetti bolognese with parmesan and a green salad

Prawn and avocado salad (R75)

Thai peanut Chicken pasta bowl with capsicums, fresh coriander and cucumber salad.

### PRE-ORDER MEALS - R80

Homemade chicken and mushroom pie with seasonal veg and yellow rice

Cottage pie with seasonal roasted vegetables

Deep fried calamari with chips, fried onion rings and a side salad.

Braised garlic steak bites with cheesy mash and steamed broccoli

Creamy spinach and pesto pasta with a Green salad.

Smoky pork ribs with roasted vegetables and potato wedges, gravy on the side (R90).

### DESSERT

Cake of the day - R50

Fruit salad with ice-cream - R40

**Book at Reception or on ext. 3200**





# IT'S A CELEBRATION

## *Birthdays*

MAY

3RD HANK PIENAAR – H30

5TH ROBIN CARTER – H27

6TH CHARLES HARROD – H13

7TH DAVID DRAUDE – H28

10TH JO NIXON – H36

10TH YVONNE JACKMAN – A8

15TH JOHN BESTER – H34

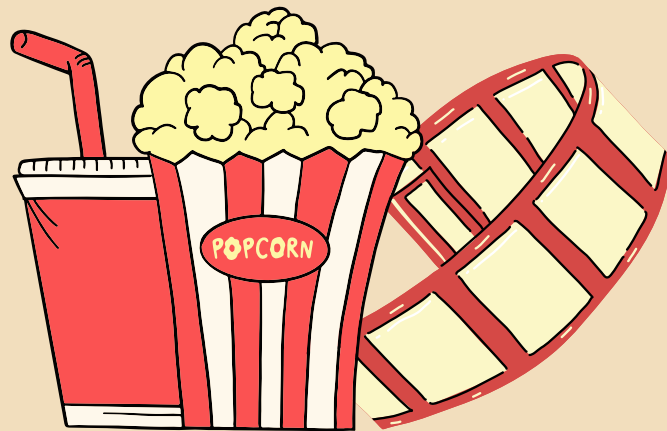
21ST ELDA DIANA-OLIARO – H55

## *Anniversaries*

MAY

27TH DAVID AND FELICITY WALKER – H42

# MOVIE NIGHT



## FOUR WEDDINGS AND A FUNERAL

Wednesday, 21<sup>st</sup> MAY at 19:00

Starring Hugh Grant and Andie MacDowell

Running time - 117 minutes

One of the Top 10 Selections by our Movie Goers

The other 9 were:

SHAWSHANK REDEMPTION  
DRIVING MISS DAISY  
WHEN HARRY MET SALLY  
CASABLANCA

THE EXOTIC MARIGOLD HOTEL  
SCHINDLER'S LIST  
DIRTY DANCING  
NOTTING HILL

VERTIGO

Bring your own drinks and snacks.

Book with Reception by Wednesday 21<sup>st</sup> at noon





*TABITA FASHION*

*Pop-up*  
*Shop*

**19 May 2025**  
**10.30am - 1pm**  
**Library**



# CANASTA

On Friday, 23rd May, the Canasta Night will be held in the Clubhouse.

**TIME: 19H00**

**Players are welcome to bring their own drinks.**

**BOOK AT RECEPTION OR ON EXT. 3200**



C L A S S I C A L

# MUSIC

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27 MAY | 19H00

**PACHELBEL  
CANON**

**BUTTERFLY LOVERS  
VIOLIN CONCERTO**

**BEETHOVEN  
SYMPHONY  
NO.6**

“PASTORAL”

**RSVP AT RECEPTION OR ON EXT. 3200**





# **RESIDENT DRAW**

## **3 TICKETS FOR R50**

**A percentage of the takings will be  
given to the winner.**


**Draws will be done every second month.  
Raffle sheets will be at reception for  
residents to choose their numbers but  
payment is to be made to the any of the  
committee ladies**

**Date for draw: TBD**




# Naturally Pampered

Beauty & Care



Pamper yourself with us. We bring convenience to you without you having to in a calm and serene garden setting.




Take a scenic walk and enjoy the melody of the waters and chirping birds all in the surroundings as we care for you during your treatment.



**Date:**  
**29 MAY**  
**(Thursday)**

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



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

**BOOK your appointment  
directly with  
ielhaam**

**Call or Whatsapp  
082 396 7573**



# COMMUNITY PROJECTS

Good day Jenny. I'm Monica I just want to thank you and your team for the breads, pasta, lentils and soup mix. 🙏🙏  
God Bless you all for your hard work. 🙏  
Will give out to children when they come out of school. 🙏🙏



**PATTERN  
AVAILABLE FROM  
RECEPTION**

A group of Evergreen ladies is preparing sandwiches for the underprivileged children of Lourier Primary School in Retreat, where many children rely on daily meals.

We kindly request your support through sandwich donations. Please prepare one loaf of peanut butter sandwiches, place back into the packet and then drop off at reception. A container will be available at reception every Thursday morning for the sandwiches which will be delivered to the school.

The ladies are also thrilled to kick off their Mandela Day project early. They plan to knit "MANDELA MITTENS" for disadvantaged children and aim to provide as many pairs as possible to keep their hands warm during winter.

If you would like to contribute to this wonderful initiative, you are welcome to donate wool or assist with knitting mittens. (The knitting pattern is attached to this week's newsletter email.)

**FOR FURTHER INFORMATION, PLEASE CONTACT  
JENNY FISHER AT EXT. 33001.**





# Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

IN 2024 A CHALLENGE WAS EXTENDED TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY "HAPPY BEANIES" AS POSSIBLE. WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 20 JUNE.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT ME DIRECTLY:  
RIAAN GOUWS - 072 600 2499.







PARKINSON'S<sup>ZA</sup>



WE ARE BUILDING A  
COMMUNITY OF "PEOPLE  
IMPACTED BY  
PARKINSON'S" - PATIENTS,  
CARERS AND FAMILY  
MEMBERS.

## JOIN OUR COMMUNITY

If you are impacted by Parkinson's Disease, join us every week for the Multidisciplinary 'Model of Care' Programme designed by the Parkinsons and Movement Disorder Society of India. The program will be delivered by the Enable Centre, which specialises in neurological and cognitive rehabilitation.

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Every Wednesday | 10AM  
St James Church,  
7708 114 3<sup>rd</sup> Ave  
Kenilworth

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### CONTACT

083 258 3604

[hello@parkinsonsza.org](mailto:hello@parkinsonsza.org)

[www.parkinsonsza.org](http://www.parkinsonsza.org)



# FYNARTS FESTIVAL

## HERMANUS

music | theatre | food | wine & more ..

**6 - 16 JUNE '25**



Fynarts festival, Hermanus - 6th to 16th June, 2025

## **FYNARTS - 6th to 16th JUNE, 2025 -**

promises to bring an exciting celebration of creativity in all its forms - musical, performances, film, culinary demos, talks and presentations, food and wine tasting, art exhibitions and an array of workshops.

A feast for all your senses!

<https://www.hermanusfynarts.co.za/>

**Fynarts activity booklets available at reception.**