

Evergreen BERGVLIET

2 - 8 JUNE
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Your weekly guide to sport
& recreational activities in
the Village

BISTRO

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Special Events & Activities

Dear Residents,

I hope you are well and that you had a good week.

What a chilly winter week it's been! We hope you're all keeping warm. Why not escape the cold and drop by the clubhouse for a hearty breakfast or lunch next to the crackling fire.

Some exciting events coming up for those winter nights:

- Bingo – Test your luck and enjoy some lively fun.
- Movie Night – Sit back, relax, and enjoy a great film.

And don't forget our wonderful community projects – it's the perfect time to get those knitting needles clicking! Stay warm, and we hope to see you soon!

Wishing you all a blessed weekend ahead.

Regards,
ELV Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 2 JUNE	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h00 BISTRO CANASTA	
TUE 3 JUNE		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	
WED 4 JUNE	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h00 LAWN RIAAN'S FRUIT VAN	19h00 CLUBHOUSE MOVIE NIGHT 
THUR 5 JUNE		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	 CLINIC SR SHARON ADAMS
FRI 6 JUNE		12h00 BISTRO LUNCH		
SAT 7 JUNE	CLUBHOUSE LAWN BOULE			ON CALL  JAMEY
SUN 8 JUNE	CLUBHOUSE LAWN BOULE			ON CALL  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

JUNE

4TH GILL COOPER – H10
6TH JULIE PHILLIPS – H56
13TH JENNY ERSKINE – H7
14TH LIDDY CUMMINS – H7
15TH FELICITY WALKER – H42
18TH PETA NOBLE – H72
21ST ANNE LAWTON – H51
27TH JANINE FULLER – A2
28TH ELNOR LEACH – H19
29TH GAVIN MORRISON – A101

Anniversaries

JUNE

3RD STEWART AND JENNI FISHER – A1
15TH DAVE AND JACKY ORTON – H31
18TH ROBERT AND GLENDA WELSH – A11
30TH DAVID AND INEZ GRETTON – H3

BINGO NIGHT

FRI | 13 | JUNE
DAY | 2025

18H00
CLUBHOUSE

R80PP

A Selection of Soups
Rolls and
Chocolates
Provided by the
Catering
Committee

**Book at Reception
on
Ext. 3200
Bookings Close
10 June**





C L A S S I C A L

MUSIC

17 JUNE | 19H00

GRIEG

SYMPHONY IN C MINOR

POULENC
ORGAN CONCERTO

TCHAIKOVSKY
FANTASY OVERTURE
ROMEO AND JULIET

RSVP AT RECEPTION OR ON EXT. 3200



RESIDENT DRAW

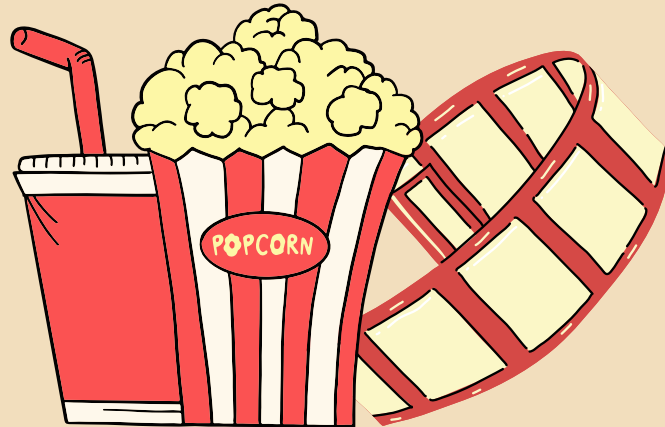
3 TICKETS FOR R50

**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

MOVIE NIGHT



THE SHAWSHANK REDEMPTION

Wednesday, 4th JUNE at 18:30

Starring Morgan Freeman and Tim Robbins

Shawshank was released in September, 1994 and tells the story of banker Andy Dufresne sentenced to life imprisonment for murders that he didn't commit and his eventual escape from the prison.

Received seven academy award nominations

Please book with Reception by Wednesday at noon to enable setting up of seats. Please note the earlier starting time during the winter period.

Bring your own drinks and snacks.

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.

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

Date:
26 JUNE
(Thursday)

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^{ZA}



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.

Every Wednesday | 10AM
St James Church,
7708 114 3rd Ave
Kenilworth



CONTACT

083 258 3604

hello@parkinsonsza.org

www.parkinsonsza.org

Hosted by Anastasia Sarantinou

Art Classes for Seniors

Anastasia Sarantinou has been an art facilitator since 2013. Her signature gallery and studio, Blue Planet, is home to more than 30 students and caters for all age groups and levels of experience.

Born from the knowledge that art is crucial for both the psychological and physiological well-being of the elderly, but realising that mobility is often an issue, the classes are conducted in the comfort of their own space.

Seniors can reap great benefits from art, including improvement of cognition, sensory simulation, and sharpening memory. Less well known is the effectiveness of incorporating expressive arts into programs for patients who are diagnosed with Alzheimer's, Parkinson's, and other chronic degenerative diseases.

Classes include all materials, canvasses, and easels. Anastasia travels to the location and arranges all set up. Groups of 5 or 6 are best suited, and classes are ideally held in a clubhouse or communal space.

Class Duration: 2 Hours
Cost: R280 per person

0727669573
anastasiasarantinou@gmail.com





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.