

# Evergreen — BERGVLIET



16 - 22 JUNE  
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## WEEKLY ACTIVITIES

Your weekly guide to sport  
& recreational activities in  
the Village

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### BISTRO

Weekly Lunch Menu

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### IT'S A CELEBRATION

Birthdays and  
anniversaries

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### EVENT DETAILS

Special Events & Activities

Dear Residents,

Thank you to everyone who joined us and showed their support at the recent Social Dinner with Freedom Foods. We're thrilled to keep the activities going this week although it is a short week ahead, with a full lineup.

Whether you're in the mood for music, movies, or a bit of friendly competition, there's something for everyone to enjoy.

Here's what's coming up:

- Music Evening - Unwind with an evening of timeless classics
- Movie Night - Reserve your seat at reception and enjoy a great film.
- The Village Pub Launch – Thursday, 19 June | 17:00–19:00 Hosted by Bones, Apartment 102 – join us for the grand opening, good company, and great refreshments! BOOKLETS WILL BE SOLD AT THE DOOR FOR **R100.00**. (Same as Pub Night)
- Canasta Night - Try your hand at this classic card game and see if luck is on your side!

Wishing you all a blessed weekend ahead.

Regards,

Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> <b>16 JUNE</b>	<b>PUBLIC HOLIDAY YOUTH DAY</b> 	<b>11h00</b> <b>CLUBHOUSE</b> <b>ANTI-AGING CLASS</b>	<b>14h00</b> <b>BISTRO</b> <b>CANASTA</b>	<b>REFUSE</b> 
<b>TUE</b> <b>17 JUNE</b>		<b>12h00</b> <b>BISTRO</b> <b>LUNCH</b>	<b>14h00</b> <b>CLUBHOUSE</b> <b>SCRABBLE</b>	<b>19h00</b> <b>CLUBHOUSE</b> <b>MUSIC EVENING</b>
<b>WED</b> <b>18 JUNE</b>	<b>11h00</b> <b>CLUBHOUSE</b> <b>ANTI-AGING CLASS</b>	<b>12h00</b> <b>BISTRO</b> <b>LUNCH</b>	<b>14h00</b> <b>LAWN</b> <b>RIAAN'S FRUIT VAN</b>	<b>18h30</b> <b>CLUBHOUSE</b> <b>MOVIE NIGHT</b> <b>RECYCLING</b> 
<b>THUR</b> <b>19 JUNE</b>	 <b>CLINIC</b> <b>SR SHARON ADAMS</b>	<b>12h00</b> <b>BISTRO</b> <b>LUNCH</b>	<b>14h00</b> <b>LIBRARY</b> <b>ART CLASSES</b>	<b>17h00</b> <b>CLUBHOUSE</b> <b>VILLAGE PUB LAUNCH</b>
<b>FRI</b> <b>20 JUNE</b>		<b>12h00</b> <b>BISTRO</b> <b>LUNCH</b>		
<b>SAT</b> <b>21 JUNE</b>	<b>CLUBHOUSE</b> <b>LAWN BOULE</b>		<b>19h00</b> <b>CLUBHOUSE</b> <b>CANASTA NIGHT</b>	<b>ON CALL</b>  <b>JAMEY</b>
<b>SUN</b> <b>22 JUNE</b>	<b>CLUBHOUSE</b> <b>LAWN BOULE</b>			<b>ON CALL</b>  <b>JAMEY</b>

**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

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

## *Anniversaries*

### JUNE

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



C L A S S I C A L

# MUSIC

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17 JUNE | 19H00

**GRIEG**

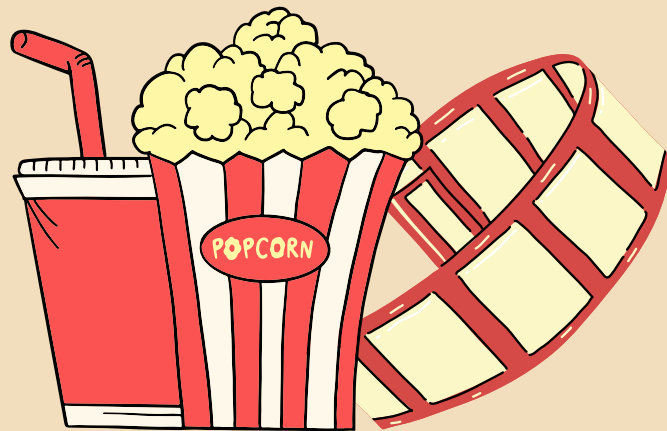
SYMPHONY IN C MINOR

**POULENC**  
ORGAN CONCERTO

**TCHAIKOVSKY**  
FANTASY OVERTURE  
ROMEO AND JULIET

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

# MOVIE NIGHT



## THE BEST EXOTIC MARIGOLD HOTEL

**Wednesday, 18<sup>th</sup> JUNE at 18:30**

Starring Judi Dench, Bill Nighy, and Maggie Smith

Please book with Reception by Wednesday at noon to enable setting up of seats.

### **WARNING**

**Content not suitable for persons under the age of 65**

Running time - 124 minutes

**Bring your own drinks and snacks.**



# CANASTA

On Saturday, 21<sup>st</sup> June, 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**







*TABITA FASHION*

*Pop-Up*  
**— SHOP —**


**25 June 2025  
10.30am - 1pm  
Library**






# 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:**  
**26 JUNE**  
**(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**



# **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 any of the  
committee ladies**

**Date for draw: 28 June 2025**





# *Live Music Night*

**SATURDAY, 28 JUNE**

**JOIN US FOR AN UNFORGETTABLE EVENING  
WITH "FLASH BACK" PLAYING ALL YOUR  
FAVORITE CLASSIC HITS FROM THE PAST!**

**TIME: 18:30 ARRIVAL FOR 19:00.**

**R50 PER PERSON, PAY AT THE DOOR.**

**THE WINNER FOR THE RAFFLE DRAW WILL  
ALSO BE SELECTED.**

**BOOKINGS AT RECEPTION  
BRING YOUR OWN DRINKS**



# 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 RAGING 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.





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

