

Evergreen — BERGVLIET



23 - 29 JUNE
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WEEKLY ACTIVITIES

Your weekly guide to sport
& recreational activities in
the Village

BISTRO

Weekly Lunch Menu

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anniversaries

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Special Events & Activities

Dear Residents,

Thank you all for braving the chilly Cape Town weather and supported last week's activities.

It's always heartwarming to see such a wonderful turnout, even when the temperatures drop.

Looking ahead, we've got a week full of excitement.

- Tabita Fashion – Explore this season's must-have winter looks. Stylish, cozy, and right at your doorstep!
- Naturally Pampered – Treat yourself to some well-deserved relaxation. Whether it's a massage, facial, or a soothing treatment.
- Social Dinner with Freedom Foods – Join us for a heartwarming meal and great company. Please note the dinner is on Thursday, 26th June at 18h00. Be sure to book with reception to secure your seat!

Wishing you all a blessed weekend ahead.

Regards,

Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

| | | | | | |
|------------------------|---|---|------------------------------------|---|--|
| MON 23 JUNE | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | 14h00 BISTRO CANASTA | | REFUSE  |
| TUE 24 JUNE | | 12h00 BISTRO LUNCH | 14h00 CLUBHOUSE SCRABBLE | | |
| WED 25 JUNE | 10h00-13h00 LIBRARY TABITA FASHION | 11h00 CLUBHOUSE ANTI-AGING CLASS | 12h00 BISTRO LUNCH | 14h00 LAWN RIAAN'S FRUIT VAN | RECYCLING  |
| THUR 26 JUNE | 9h00 LIBRARY NATURALLY PAMPERED | 12h00 BISTRO LUNCH | 14h00 LIBRARY ART CLASSES | 18h00 CLUBHOUSE SOCIAL DINNER | CLINIC DAY  |
| FRI 27 JUNE | | 12h00 BISTRO LUNCH | | | |
| SAT 28 JUNE | CLUBHOUSE LAWN BOULE | | | 18h30 CLUBHOUSE LIVE MUSIC NIGHT | ON CALL  DAMIAN |
| SUN 29 JUNE | CLUBHOUSE LAWN BOULE | | | | ON CALL  DAMIAN |

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



Southern Bistro

SOCIAL DINNER

26 JUNE 2025

MAIN COURSE

Chicken Saltimbucca

chicken breast fillet sauteed with mushrooms and garlic in a creamy white wine sauce. Topped with ham and cheddar cheese then oven baked. Served with mashed potato and seasonal vegetables

or

Geschnetzeltes

thin strips of pork fillet pan fried with garlic, pepper, brandy, cream served with a rosti and seasonal vegetables

or

Tomato Bredie

bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavours intermingle. With rice and seasonal vegetables

DESSERT

Apple Crumble

served with vanilla ice cream or custard

or

Cheese Plate

with biscuits and fresh fruit

R195PP

Book at Reception or on ext. 3200
All payments made on the evening



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



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.

- 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





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: 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**

Happy Beanies

THANK YOU!

WE'VE ALL FELT THAT EXTRA CHILL IN THE AIR THIS PAST WEEK, AND THANKS TO THE INCREDIBLE EFFORTS OF KNITTERS ACROSS OUR EVERGREEN VILLAGES, WE'RE ABLE TO BRING WARMTH AND COMFORT TO THOSE WHO NEED IT MOST. TOGETHER, WE'RE PROVIDING HAPPY BEANIES TO AROUND 900 PEOPLE IN OUR COMMUNITIES WHO ARE LESS FORTUNATE—AND EVERY SINGLE ONE MAKES A DIFFERENCE.

A SPECIAL THANK YOU GOES TO:

- EVERGREEN NOORDHOEK FOR CONTRIBUTING OVER 600 BEANIES
- EVERGREEN MUIZENBERG FOR THEIR GENEROUS DONATION OF OVER 230 BEANIES
- EVERGREEN BERGVLIET, WHO SUPPORTED A SEPARATE PROJECT WITH OVER 300 PAIRS OF MITTENS

THANK YOU TO EACH AND EVERY KNITTER FOR YOUR TIME, CARE, AND COMPASSION. YOUR CONTRIBUTION IS TRULY MAKING A DIFFERENCE.





SPRINGBOK

Fixtures

BARBARIANS



28 JUNE

ITALY



5 JULY

ITALY



12 JULY

GEORGIA



19 JULY

AUSTRALIA



16 AUGUST

AUSTRALIA



23 AUGUST

NEW ZEALAND



6 SEPTEMBER

NEW ZEALAND



13 SEPTEMBER

ARGENTINA



27 SEPTEMBER

ARGENTINA



4 OCTOBER

FRANCE



8 NOVEMBER

ITALY



15 NOVEMBER

IRELAND



22 NOVEMBER

WALES



29 NOVEMBER

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.

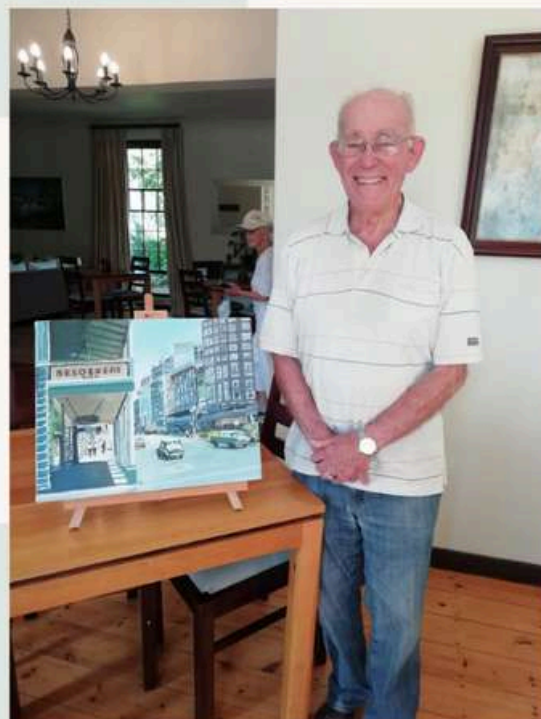
Born from the knowledge that art is crucial for both the psychological and physiological well-being of the elderly, but realising that mobility is often an issue, the classes are conducted in the comfort of their own space.

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

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anastasiasarantinou@gmail.com





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

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