

Evergreen — BERGVLIET



**30 JUNE - 6 JULY
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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 everyone has had a pleasant week, despite the heavy rain and chilly temperatures.

With more rain expected throughout the weekend and a high of just 16 degrees, it's safe to say that staying indoors is the best option. Sports fans can look forward to some exciting tennis at Wimbledon, the Springboks facing off against the Barbarians in a historic first meeting on South African soil, and wrapping up the weekend with the Austrian Formula 1 Grand Prix on Sunday.

I'm happy to share that we have confirmed this year's Christmas in July dinner for July 22, and the menu will be shared next week and the catering will be done by Freedom Foods.

Upcoming events:

- Movie Night - come and enjoy a movie in the clubhouse.

Wishing you all a blessed weekend ahead.

Regards,

Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 30 JUNE	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h00 BISTRO CANASTA		REFUSE 
TUE 1 JULY		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE		
WED 2 JULY	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h00 LAWN RIAAN'S FRUIT VAN	18h30 CLUBHOUSE MOVIE NIGHT	RECYCLING 
THUR 3 JULY		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC DAY 	
FRI 4 JULY		12h00 BISTRO LUNCH			
SAT 5 JULY	CLUBHOUSE LAWN BOULE				ON CALL  JAMEY
SUN 6 JULY	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

28TH ELNOR LEACH - H19

29TH GAVIN MORRISON - A101

JULY

1ST DELMORE TERWIN - H66

3RD MARIE SAMPSON - 71

5TH PATRICIA SMITH - H67

7TH DAWN OSBORNE - H59

9TH YOLANDA BOND-SMITH - H46

10TH GLENDA COOKE - A4

11TH ANNA DELL'ERBA - H21

13TH ELAINE DOYLE - H12

14TH JUDITH WALSH - H23

Anniversaries

JUNE

30TH DAVID AND INEZ GRETTON - H3

JULY

4TH BRIAN AND MYRLE MAWMAN - H53

10TH DAVE AND JULIE PHILLIPS - H56

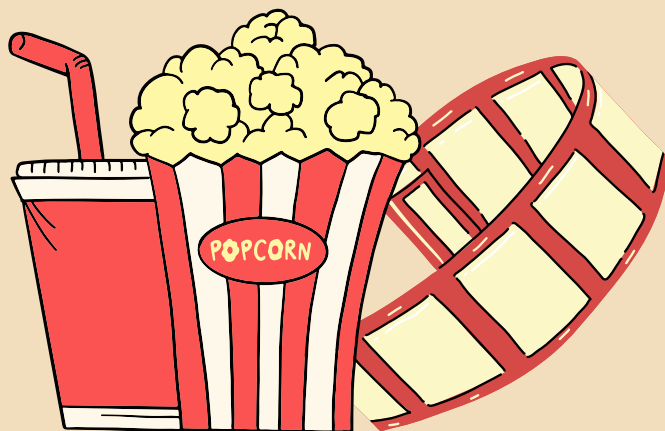
11TH DESMOND AND THERESA CHESTER - H70

GEAR UP FOR Bok Fridays

WEAR YOUR GREEN AND GOLD PROUDLY
ON BOK FRIDAYS AND MATCH DAYS



MOVIE NIGHT



NOTTING HILL

Wednesday, 2nd JULY at 18:30

Staring Julia Roberts and Hugh Grant
(but Rhys Ifans steals the show)

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

Running time - 124 minutes

Bring your own drinks and snacks.



C L A S S I C A L

MUSIC

15 JULY | 19H00

MOZART

Oboe Concerto in C Major

MAHLER

Symphony No. 4

RSVP AT RECEPTION OR ON EXT. 3200

PUB *Night*

DATE: FRIDAY, 18 JULY
TIME: 18H00

**Join us for this
month's Pub
Night and enjoy
a great evening
with fellow
residents.**

**VOUCHER BOOKLETS
AVAILABLE ON THE
NIGHT AT R100 EACH**

**RSVP at Reception or
on Ext. 3200**



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

