# What's Happening this week...

24th - 28th October 2022



### **Social Activities:**

#### Monday 24th October 2022

9am Therapeutic Water Aerobics 10am Art class 10am Knit & Natter 10am Howard's Shoes 10 am Esther Bags and Jewelry SALE 1pm Duplicate Bridge

5pm Snooker / Pool + Waterhole

#### Tuesday 25th October 2022

9am Therapeutic Exercise class 9am Sashni Muniker Audiologist 2:30pm Craft Classes 2.30pm Scrabble 5pm Ladies Pool + Waterhole

Celebratine

#### Wednesday 26th October 2022

10am Art Class 🔪 10am Residents meeting 5.30pm Evergreen 10th Birthday Celebration

#### Thursday 27th October 2022

9am Yoga - contact Kiloran (House 63) 2pm Bridge 3pm Petanque 6pm Movie Night

#### Friday 28th October 2022

9am Beginners Line Dancing Class 9.30am Line Dancing - Main Class 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole

#### Saturday 29<sup>th</sup> October 2022

4pm Village Walk





Join us for our celebratory cocktail evening

26<sup>th</sup> of October 2022 17:00 for 17:30

Dress code: Smart Casual

RSVP's are closed





It is time to test your fitness again in The Evergreen Resident's fun walk

> Date: 29<sup>th</sup> of October Start time: 16:30

Price: R50 compulsory donation 4 Distances to choose from

Dogs are welcome to join their resident on the walk Indemnity forms must be completed and signed Please wear your Evergreen T-shirts

Champagne with or without orange juice will be available.

Boere/Pork sausage rolls with Hennie's famous pap & souse will be available after the walk.

Ice cream cones will be served as dessert

Contact people for more information: Ernie (Ext 1080) Norma (Ext 1111) Brenda (Ext 11001)

# Health & Comfort Shoes

Will be on sale in the village between 10:00 - 13:00 24<sup>th</sup> of October 2022







## BOOK YOUR APPOINTMENT

The audiologist will be in the village

Date: 25th of October

Time: 10:00 - 13:00

Venue: Lifestyle Centre Boardroom

Please book with Sipho at

Evergreen Health Ext 1220

OR

Sashni: 010 597 1975



#### 24-28 October 2022

Date	Standard Menu - R63.00	Premium Menu – R73.00
Monday Lunch 24 October	Pork Bangers and mash, onion gravy with roast butternut and peas	Pork stir fry, vegetable stir fry, fried rice
Tuesday Lunch 25 October	BBQ roasted chicken drumsticks, pasta and beet salad	Green Thai chicken curry in coconut milk with beans and brinjals, basmati rice and paw-paw salsa
Wednesday Lunch 26 October	Beef lasagne with roasted med style vegetables and side salad	Minute steak egg and chips with cheese sauce and Greek salad
Thursday Lunch 27 October	Chicken and mushroom pie with mashed potatoes and gravy, pumpkin and mixed vegetables	Chicken schnitzel. Mushroom and cheese sauce, mashed potatoes, grilled baby marrow and sweet corn
Friday Lunch 28 October	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas and garden salad Bistro R80.00 Home delivery R87.00	Grilled prawns, peri-peri and lemon garlic butter, chips, mushy minted peas and garden salad  R125.00
PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT or CARD Meals eaten or collected at Bistro R63.00, if delivered R70.00 or otherwise specified The R7.00 surcharge covers all packaging  * Order to be placed by 16:00 prior day		PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT or CARD Meals eaten or collected at Bistro R73.00, if delivered R80.00 or otherwise specified The R7.00 surcharge covers all packaging Order to be placed by 16:00 prior day

See you there!