

From  
the Village Manager

Wilma Swart



It is hard to believe that our financial year end is already here!

Not only is it the Village financial year-end, but it is also the tax year-end. Please prepare your tax certificates for submission for the tax year ending Feb 2023.

We are excited to start a new financial year and share with you what our focus for the next year will be.

Our three Evergreen Lifestyle Village critical objectives for this year are going to be:

- 1. Effective communication.** – Looking at ways to communicate effectively and engage with residents more often. We are looking at newsletters that address common themes across all our villages so that residents are more informed of what is happening in all Evergreen Lifestyle Villages. We want to continue to do town hall meetings more often so that we get to engage not only at AGM's.
- 2. Financial peace of mind.** – looking forward to a year when all of last year's preparations to get budgets accurate will materialise.
- 3. Exceptional hospitality** – We want to focus on outstanding hospitality and creating more memorable events and experiences. We want to find ways to package our services to bespoke delivery to residents.

That said, you will see that we have sent out the lunch menu for March. This is because we are launching our lunch packages where residents can pre-purchase a package of 10 or more meals and receive a 4.5% discount on the cost if they pre-book and purchase by the 25th of the previous month. We are excited to launch and trial this in March 2023 and hope that residents will take this up.

We have also launched laundry packages and would like to invite residents who want us to tailor packages for them to contact me to look at creating your bespoke package. Package services include meals, cleaning, gardening, laundry, and car washes.

Our Evergreen Health objectives for the year will focus on filling our care centre and ensuring our vulnerable residents have the necessary care and support services at home.

Our House painting program is in the last stretch of completion, having been delayed by the rain over the previous month. We hope to have all the houses painted and the village looking wonderful by the end of March 2023.

***That is all from me for now, till next month.***

# Village Rainfall

by Cecil



Rainfall in February has made up for January by comfortably exceeding the ten-year average, something we are all grateful for.

Dam levels nationwide are also significantly better than last year at 100% vs 93%. However, the current situation, unsurprisingly, varies widely from 110% for the Free State to 50% for the Western Cape. Our Vaal Dam stands at 116% full, with consequent flooding reported. **This data is on 21st February 2023.**

For this and much more weather-related information, visit these websites:

<http://www.sawx.co.za/state-of-dams>, or [dws.gov.za](http://dws.gov.za)

The ongoing gradually decreasing daylight hours is apparent with the day length on 1st March of 12 hours 37 minutes reducing to 11 hours 50 minutes on the 31st.

Mar '22	54,0
Apr '22	150,0
May '22	7,8
Jun '22	14,0
Jul '22	0,0
Aug '22	0,6
Sep '22	0,0
Oct '22	16,2
Nov '22	202,4
Dec '22	112,8
Jan '23	62,7
Feb '23	200,0
<b>Total</b>	<b>820,5</b>

2013	115,2
2014	251,9
2015	91,0
2016	64,6
2017	205,6
2018	58,0
2019	217,0
2020	145,2
2021	165,6
2022	174,0
2023	200,0
<b>Average</b>	<b>153,5</b>

Date	Sunrise	Sunset	Moon
1	6:01	18:38	
2	6:01	18:37	
3	6:02	18:36	
4	6:02	18:35	
5	6:03	18:34	
6	6:03	18:33	
7	6:04	18:32	Full
8	6:05	18:31	
9	6:05	18:30	
10	6:06	18:29	
11	6:06	18:28	
12	6:07	18:27	
13	6:07	18:26	
14	6:08	18:25	
15	6:08	18:24	Last Qtr.
16	6:09	18:23	
17	6:09	18:22	
18	6:10	18:21	
19	6:10	18:20	
20	6:11	18:19	
21	6:11	18:18	New
22	6:12	18:17	
23	6:12	18:15	
24	6:13	18:14	
25	6:13	18:13	
26	6:14	18:12	
27	6:14	18:11	
28	6:14	18:10	
29	6:15	18:09	First Qtr.
30	6:15	18:08	
31	6:16	18:07	





# ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



For your information, let me use this opportunity to provide a guideline for claims you wish to be reimbursed for, from ResCom funds, for expenses incurred for village activities.

Notwithstanding any published surplus of ResCom funds available for community-related expenses, this is not an invitation for individuals to incur the costs without prior reference to ResCom.

The treasury function on ResCom is afforded some latitude in approving claims in an emergency. But as a general rule, any requirement to draw on the funds has to be ratified by at least a quorum of ResCom members.

Refunds for approved expenditures will, of course, need to be supported by proof of costs incurred.

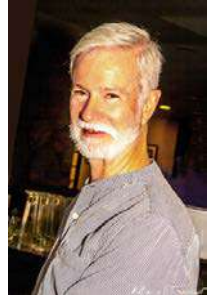
Simply put, the ResCom funds cannot be treated as a personal ATM for recovering costs incurred without approval.

As always the case the transactions in the fund will be discussed if needed.

			<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Cash on hand at 31/12/2022</b>					<b>18 362,43</b>
100+ Club Contributions (39th Draw)			4 550,00		
Burns Night Function Supplies				474,13	
Bank Charges				918,55	
Interest Received			5,15		
<b>Cash on hand at 31/01/2023</b>			<b>4 555,15</b>	<b>1 392,68</b>	<b>21 524,90</b>
<b>Reserved Funds</b>					
Lyn Huddy Memorial Fund Balance					(1 114,90)
Hospitality Portfolio Budget					(2 000,00)
Library Functions Budget					(500,00)
New Residents Welcome Budget (Estimate)					(550,00)
100+ Club Prizes (39th Draw)					(4 550,00)
<b>TOTAL RESERVED</b>					<b>(8 714,90)</b>
<b>Cash available after reserves</b>					<b>12 810,00</b>
<b>Memo - Cash on hand made up as:</b>					
<b>Bank accounts:</b>	Business		17 384,64		
	Savings		1 158,56		18 543,20
<b>Cash</b>					2 981,70
					<b>21 524,90</b>



Dave Nesbitt



Have you received an email that looks like the one below?

## This is a scam!

The bank will never send you an email or an SMS with a link that requires you to capture your card number, Pin, Username or Password.

Please don't click on the link if you have received an email like the one below. Delete the email and continue to stay vigilant.

### Take these three steps to secure your profile:

1. You can increase the security of your digital banking profile by linking and securing it through the Banking App.
2. Unlink unused devices from your digital profile.
3. Do not share your card or profile details with anyone, even if they say they are from the bank!

Your card will be suspended in 24 hours.

From a trusted sender.



Dear standard bank User,

Due to the new year, We have update our Security maintenance and upgrade of our system information's. To enable you continue accessing your Credit/Debit Card , You are required to update your card details to match our latest secured system information's.

**Note:** If this is not complete,we'll be forced to suspend your card.

[Update Your Card Details !](#)

Information on protecting yourself from fraud, please review the security Tips in our security center.

@Copyright 1862-2023 standard Bank ZA. All Right Reserved.



**Unless you were living under a rock on Mars, you would have noticed an artificial intelligence (AI) software launched by OpenAI in December. It has generated controversy and much discussion on Twitter, both positive and negative. It took one week to attract a million users.**

ChatGPT is a language model developed by OpenAI. It is a type of artificial intelligence that uses deep learning algorithms to generate human-like responses to text inputs. ChatGPT is trained on a large corpus of text data and can create replies to various topics, from answering questions to developing creative writing.

The model has been trained to understand the context of a conversation and can generate coherent and contextually appropriate responses. This makes it a powerful tool for various applications, including chatbots, automated customer service, and natural language processing.

ChatGPT is part of OpenAI's more extensive suite of language models, designed to push the boundaries of what is possible with AI and language. These models are trained on massive amounts of data, making them some of the most advanced language models available.

Overall, ChatGPT represents a significant advance in the field of AI and natural language processing and has the potential to revolutionise the way we interact with computers and technology.

### How powerful is ChatGPT?

**ChatGPT is a compelling language** model with a high level of accuracy in generating human-like text. It has been trained on a large corpus of text data, which allows it to render text in various styles and formats, from news articles to poetry. Its powerful performance has made it popular in various NLP tasks, such as question-answering, conversation, and summarisation. However, it's important to note that the model still has limitations and is not perfect, and it's crucial to use it with caution and ethics in mind.

### What is the difference between ChatGPT and Google?

ChatGPT is an AI-powered language model developed by OpenAI, while Google is a technology company that offers a range of products and services including search engine, email, cloud storage, and many others. **The main difference is that ChatGPT is specifically designed to generate human-like text based on the input it receives**, while Google provides a variety of services and products that go beyond natural language processing.



## What is the impact on Education

The impact of ChatGPT on education can be both positive and negative. On the positive side, ChatGPT can be an educational tool to help students learn new information, improve their language skills, and enhance their critical thinking abilities.

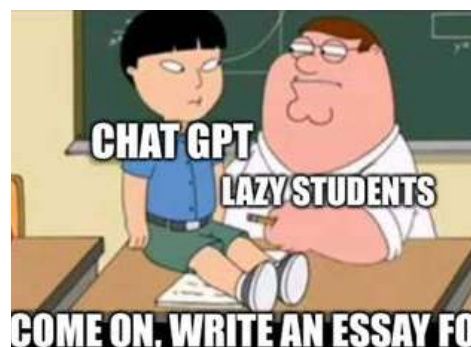
For example, ChatGPT can generate personalised learning experiences, providing students with tailored content specifically designed to meet their individual learning needs. This can help to improve student engagement and motivation, making learning more enjoyable and effective.

In addition, ChatGPT can also be used as an assessment tool, helping teachers to quickly and accurately assess student understanding and progress. This can provide valuable insights into areas where students need additional support, allowing teachers to adjust their teaching approach and better support student learning.

On the negative side, ChatGPT can also generate fake information, which can spread rapidly and undermine the accuracy and reliability of information available to students. In addition, using **ChatGPT as a tool for generating answers to assessments and homework can promote academic dishonesty and undermine the value of formal education.**

To maximise the positive impact of ChatGPT in education, educators need to use the technology responsibly and critically evaluate its impact on student learning. This can include developing strategies to verify the accuracy of the information generated by ChatGPT, promoting digital literacy skills, and encouraging students to engage in independent critical thinking and research.

In conclusion, ChatGPT has the potential to revolutionise education by providing new and innovative ways for students to learn. Still, educators need to be aware of its potential benefits and risks and use it responsibly and effectively.



For this and much more visit the sites below:

<https://www.dailymaverick.co.za/article/2023-01-11-omething-wicked-this-way-comes-chatgpt-artificial-intelligences-quantum-loop/>

<https://www.openai.com>



Jill Townsend

Some food for thought & I suspect a few of our residents are already busy with this!

Jill Townsend, Dick's sister, wrote the article below, and Kiloran submitted it to the newsletter.



### "WHAT DO YOU DO ALL DAY?"

This is a question retirees are often asked. We read, we do puzzles, and we play cards & board games. We all; reply with the same answers. Some knit or sew & the more energetic might play a bit of bowls or spend their time tending to a garden.

### Until now.....

Now, supermarket chains have given us a new challenge. They send us many colourful advertising pamphlets with ambiguous statements such as **"BUY 2 GET ONE FREE."**

We search for our reading glasses and then look for the price; it's always hidden in small print. OK, the price is R109.99 each, so .... now we have to go off to find our calculator.

Once we find the calculator, we find that two items will cost R219.98, but with a third one thrown in, each item costs me a mere R73.32.

Great stuff.... but hey, wait a minute, didn't the other ad say the same item was R69.99? We thumb through the pile of pamphlets & find which store has the cheaper version.

Hold it! That's different from the shop that gives me a 5% pensioners discount! Back to the pamphlets to see what the normal price is at discount stores & calculate the 5%. Finally, enter the item & name of the shop on our shopping list.

The following ad is even more of a puzzle ... this one states... "GET 13% OFF." Wow, imagine that hey? We reach once more for our trusty calculator .... 13% of what? No price is given, not even underneath in the small print! We note the percentage and figure we'll look for the price once we get to the shop. This search-and-calculate game can go on for hours! It sometimes takes a whole morning to compile a shopping list that we used to write in 10 minutes.

It also means we have four stores to go to instead of just 1 or 2. We must work out the most cost-efficient route with the current high fuel price. Bring up the WAZE app on our phone to see the shortest route, make a note of the distance, grab the calculator & work out the cost of petrol.

Add calculator batteries to the shopping list & decide that we'll leave the shopping until the next day to give ourselves an early start for the foraging expedition.

Do you see what the stores have done? They've kept us occupied for the best part of 2 days!!



## Did you know?



Proteas are considered one of the oldest flowering plants (approximately 300 million years) and are indigenous to South Africa.

Many popular global hybrids have been cultivated from our indigenous plants, such as Agapanthus 'Queen Mum', which was hybridised and grown in Australia.



Cut back herbs to encourage fresh new growth. Freeze or dry snippets of summer herbs for use during winter. Bundles of herbs can also be used as insect repellents in your home. Mints deter most insects, including ants. Basil, rosemary and lavender keep flies at bay. Lemon-scented herbs such as balm, lemongrass and scented geraniums are great for keeping mosquitoes away. Tansy is suitable as a flea repellent.

- Grow groundcover plants to cover as much bare soil as possible between plants
- Choose hardy and indigenous plants that can tolerate harsh climates, such as Felicia Ameloides, Strelitza Reginae, Agapanthus, Clivia, Vygies, Aloes, Fynbos, Dymondia and Dietes.
- Avoid fertilising plants during a heatwave as this encourages growth when the plants need to conserve energy to survive.



The Cape Floral Kingdom is one of the world's six floral kingdoms: it is also the smallest yet the most diverse. It represents 0.5% of the area of Africa but is home to 20% of the continent's flora.

South Africa has more than 22,000 indigenous seedling plants from 230 different families.





Introducing  
The Trees of Evergreen  
by  
Hennie



Well, not of Evergreen but of **New Zealand**, and a single one, the mighty **kauri *Agathis australis***. We have been in NZ for the past twelve weeks, and if you're interested in trees, the kauri will be at the top of your 'must-see' list!

We visited Tane Mahuta, '**The lord of the forest**'. The kauri is the largest tree found anywhere in the world. It is 51.2 m high with a diameter of 5.5 m and a circumference of 17.2 m, one m above ground level. Those remaining today average 3 m in diameter, with the first branches appearing up to 18 m above ground. It is estimated to be 2100 years old.



Kauri timber is light, durable, straight-grained, amazingly free of knots and other defects, and easily worked. It has been used for ships masts, boat building, railway carriages, road paving, house building and furniture making.

The gum of the kauri was a greatly prized ingredient for the manufacture of high-quality paints and varnishes. It was obtained by digging over areas where kauri forests had been, and later by 'bleeding' the trees.

Sadly, of the estimated 1 215 000 hectares of the original kauri forests, only about 142 hectares remain. Today it is a scarce resource reserved for special purposes.



**Source: The native trees of New Zealand by JT Salmon**

## Nature & Birding Group

Heather Mutch



Our Nature and Birding Group held their third meeting on 7th February at the Club House – at 10 am for Tea/Coffee and Biscuits, followed by a slideshow. At this meeting, we continued the theme of **“Birds seen at Evergreen”**. Thanks to Kloran, Chris Sleigh and Henry Dobrowolski, whose photos of birds added to mine were shown, as well as Penny Henegan’s Brown Widow mommy spider and her 1000+ offspring. Also shown was a trip to Random Harvest, where I took a video of Jeremiah the Bullfrog keeping watch of his brood of little Jeremiah and Jemima babies, with one eye on them and one eye on us. At this meeting, I was fortunate to have my sister Sue visiting from Durban and my Niece and Grandniece visiting from Australia. They enjoyed the morning.

We are exploring the idea of going to Walter Sisulu Botanical Gardens to see the Black Eagles for our next meeting, which will be on 2nd May 2023. Look out for WhatsApp messages.

**Evergreen Bird Walk** – We were very privileged to have **Bird Guide André Marx** (who does the Random Harvest Bird Walks) take us on a walk around Evergreen looking for birds and explaining the habits of the various birds we saw or heard. We started @ 6.15 am with 24 “Evergreeners” meeting at the Club House for Rusks/Shortbread, Coffee/Tea, then proceeded to Mongoose Crossing Bridge, up along the stream, to the two dams and back down the other side of the stream. This took us approximately an hour. We saw 38 birds and heard two that hid from us (The Swainson Spurfowl and Woodland Kingfisher). The bird of the morning was the **African Green Pigeon, and the sighting of two Hadada chicks in the nest in the fir tree**. All in all, a magnificent bird-sighting walk! Eight of us finished the morning with breakfast with André, who offered another walk later in the year. Special thanks to all who joined us on the walk; you made it a particular morning. **Thanks to Brenda** for all her help in ensuring that the morning coffee/tea was ready for all. **Thanks to Kloran for being the photographer.**

For more information: Contact Heather Mutch on 1080 or 0837897311  
and  
Lisa Nuttall on 11021 or 0710074658

# Nature & Birding Group Continued

Heather Mutch



**Mongoose Crossing bridge**



**Andrè Marx**



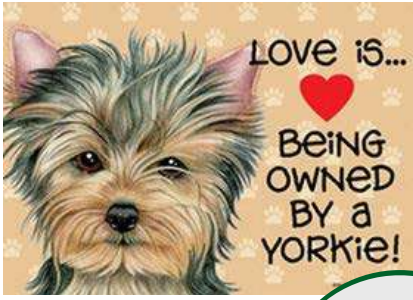
**Hadada chicks in nest**



**African Green Pidgeon**



**Speckled Mousebird**

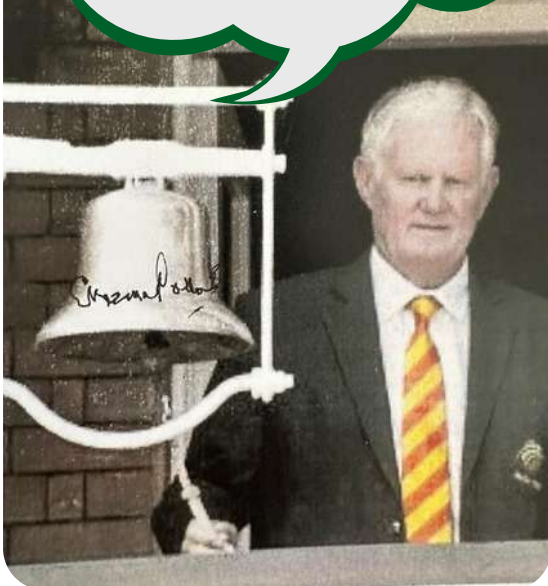


## Pets Corner

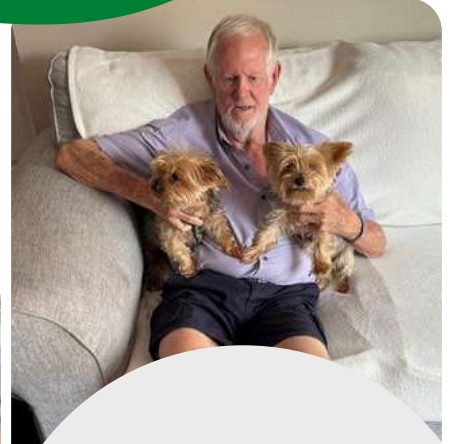
Featuring Residents & their furry friends



Graeme had the honour to ring the bell at Lords cricket ground, signifying the start of the test between England and South Africa in 2017

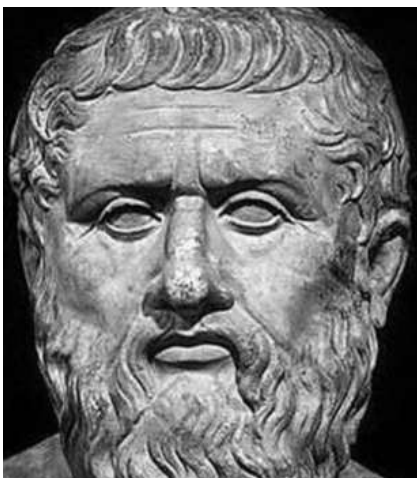


**Graham can be seen walking his two Yorkies every day (like clockwork) at 9am**



Graeme with his two Yorkies.

**Noah** - Named after Noah's Arc  
**Bailey** - Named after Baileys Liqueur (he has similar colouring)



If you do not take an interest in the affairs of your government, then you are doomed to live under the rule of fools.

— Plato —

# Trolleys donated by SPAR Broadacres



Harold Black

**Harold Black** (Acacia) liaised with Michael Tarr from **Broadacres SPAR** to donate trolleys for Acacia and Bushwillow. Many of our residents need help to take their purchases from the garage to their apartments.

**Thank you, Harold, for the initiative.** Please pass on the appreciation of Acacia and Bushwillow to Michael on the resident's behalf.



Bushwillow



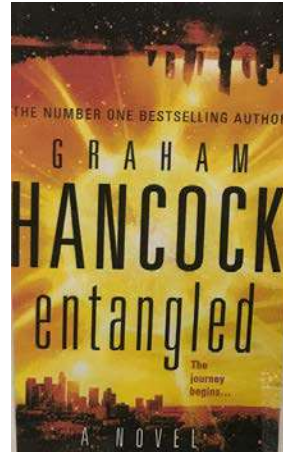
Acacia

# From the Library

## A Good Read - by Libby



Fantastic!  
A new Felix / Dick  
Francis novel



Graham Hancock is  
the well known non-  
fiction author of  
books - Keeper of  
Genesis & Fingerprints  
of the Gods

This story reintroduces Sid Halley, Former champion jockey - turned - private investigator - a character Dick Francis created in several of his older novels.

Sid had lost his left hand during a racing accident many years previously. While solving crimes, his hand had been further damaged (by the bad guys), and Sid had been fitted with a sophisticated prosthesis - but now he has been given a new transplanted hand. We have followed his progress through several novels.

Apart from the gripping plot, Francis' books are filled with interesting bits of information from history to medical matters and more - Fascinating!

***Enjoyable, easy reading that 'gallops along splendidly.'***

This is a strange tale, part science-fiction and part spiritual.

A tale of the eternal battle between good and evil.

It is set in two realms, the present day and 24 000 years in the past.

Two young girls' lives are entangled - Leoni living in modern America and Ria living in Stone Age Europe.

When a drug overdose results in Leoni having a near-death experience, her soul is lifted from her modern environment and flung into a parallel past.

There she meets Ria, who is involved in a war against evil forces determined to destroy humankind.

Intriguing & thought-provoking, and written with pace and vigour that keeps the **reader on the edge of the chair.**



by Libby



## Bottle tops and Bread Tags

While browsing the library shelves, you might have noticed the growing collection of bottle tops and bread tags and wondered where they go and why they are being collected.

It all started in 2013 when an organisation called **The Sweetheart Foundation**, which had started collecting these plastic items, donated their first wheelchair to Dora Williams. Since then, they have handed out an estimated number of 498 wheelchairs!

Now that is quite an achievement when one realises that 1750kg of bottle tops or 350kg of bread tags are needed for a standard wheelchair. However, most beneficiaries need a more specialised wheelchair, which requires even more bottle tops or bread tags.



### **What type of bottle top? You may ask**

*The Sweethearts'* rule of thumb is, **“if you can drink the product, we can collect the lid.”**

Generally speaking that excludes the likes of household detergents, peanut butter, and mayonnaise lids.

**Elske Fann** is our contact with this organisation via her connection with SA Guide Dogs. So thank you, Elske, for getting them to the Sweethearts and all the residents for their donations.

An informative 'thank you' letter from the organisation can be viewed on our library notice board.

# FEBRUARY



## Valentine's Dinner

Fantastic dinner served by  
Chef Andrew and his Team  
&  
organised by Brenda  
Thank you!



### How Do I Love Thee?

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of Being and ideal Grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candlelight.  
I love thee freely, as men strive for Right;  
I love thee purely, as they turn from Praise.  
I love with a passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints, -- I love thee with the breath,  
Smiles, tears, of all my life! -- and, if God choose,  
I shall but love thee better after death.

Elizabeth Barrett Browning





# FEBRUARY



## Valentine's Dinner



# M A R C H



Christian Fellowship Group  
Wednesday, 8 March  
@ 2:30 pm  
Unit 69 -Ext1069  
Heather Morgan



Friday, 17 March  
@ 2:30pm  
Clubhouse  
Heather Morgan



St Patricks Social Dinner  
15 March @ 6pm



New Members Tea  
23 March @ 10am  
in the Clubhouse  
David Presbury



Sunday Lunch  
26 March @ 12pm



Audiologist  
28 March @ 9am  
in the Clubhouse  
Sashni



Dr Dory Neu-Ner  
Ophthalmologist  
Saturday May 20th



David Presbury

## Birthdays March 2023

### Birthdays

Robert Loyd	1st
Sheila Rackley	2nd
Gillian Croisier	3rd
Peter McMurray	5th
Pauline Green	5th
Derek Heard	6th
Aileen Langmead	7th
Cynthia Lamb	10th
Jenny Hodgson	10th
Charmaine Hall	11th
David Campbell	13th
Esme Paul	13th
Judy Stowell	15th
Ivar Skanke	18th

### Birthdays

Rita Cloete	18th
Angela McMurray	19th
Carol Robert	21st
Glynnis Webb-Murfin	23rd
Andrew Johnson	26th

### Anniversaries



Willie & Hester Kilian	2nd
Gerd Pontow & Gunnar Swensson	17th
Ivar & Pat Skanke	30th

# March 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> <b>National retired not retired Day</b> 10am Art Class 6pm Social Dinner	<b>2</b> 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>3</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	<b>4</b>	<b>5</b>
<b>6</b> 9am Therapeutic Water Aerobics 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>7</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>8</b> 10am Art Class 2:30pm Christian fellowship group 6pm Social Dinner	<b>9</b> 9am Yoga 10am Visual Music – House 81 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>10</b> 9am Line Dancing 10am Visual Music – House 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>11</b>	<b>12</b> <b>Patient safety awareness week</b>
<b>13</b> 9am Therapeutic Water Aerobics 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>14</b> <b>International ask a question Day</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>15</b> 10am Art Class <b>6pm St Patricks Theme Social Dinner</b> 	<b>16</b> 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>17</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips <b>2:30pm BINGO</b> 5pm Waterhole 	<b>18</b>	<b>19</b>
<b>20</b> 9am Therapeutic Water Aerobics 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Pool / Snooker & Waterhole	<b>21 PUBLIC HOLIDAY</b> <b>Human Rights Day</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>22</b> 10am Art Class 6pm Social Dinner	<b>23</b> 9am Yoga <b>10am New Members Tea</b> 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>24</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>25</b>	<b>26</b> <b>12pm Sunday Lunch</b>
<b>27</b> 9am Therapeutic Water Aerobics 10am Knit & Natter 10am Art Class 1pm Bridge 5pm Pool / Snooker & Waterhole 	<b>28</b> 9am Therapeutic Exercise Class <b>9am Sashni Audiologist</b> 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>29</b> 10am Art Class 6pm Social Dinner	<b>30</b> 9am Yoga 2pm Bridge 3pm Pétanque 6pm Movie Night	<b>31</b> <b>Dance Marathon Day</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 		

### Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	Ext 1222

Remember always to wear your  
Buddy Band and carry your  
emergency button

# MARCH 2023 LUNCH MENU

## Packages:

Effective **1 March 2023**, the Bistro will offer packages to residents on lunches. A discount of 4.5% will be offered for take up and pre-payment of ten or more standard meals a month. This excludes Special events. To qualify for the discount, you must pre-book and pay by the 28th of the previous month and indicate which meals you will take up. To help with this, **the daily lunch menu for March 2023 is below.**

If you'd like to purchase a package, you can use the menu below to indicate with an X which meals you will take up. This form and pre-payment can then be handed in at the Bistro to process the payment and book the meals.

You don't have to have the meal at the Bistro; you can collect or request home delivery at an additional cost of **R10.00 for the packaging.**

RESIDENTS NAME .....

UNIT NO: .....

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing to sit down or deliver and the number of meals.

MONDAY	6-Mar	SWEET N SOUR PORK FRIED RICE AND VEGETABLE STIR FRY	sit down	13-Mar	STICKY BBQ BEEF SHORTRIB, POTATO WEDGES, FRIED CABBAGE AND ROAST BUTTERNUT	sit down	20-Mar	PORK CHOW WITH ASIAN NOODLES, CASHEW NUTS AND SOY SAUCE, ASIAN COLESLAW WITH SESAME DRESSING	sit down	27-Mar	MEAT LOAF IN TOMATO GRAVY, CHEESE POTATOE BAKE, CREAM SPINACH AND CARROTS	sit down			
	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver			
TUESDAY	7-Mar	BEEF LASAGNE WITH ROASTED MEDITERANEAN VEGETABLES AND SIDE SALAD	sit down	14-Mar	CHICKEN A LA KING WITH STEAMED RICE MEDLEY OF SEASONAL VEGETABLES WITH SIDE SALAD	sit down	21-Mar	STICKY LEMON AND MAPLE ROASTED CHICKEN THIGHS WITH CREAM POTATOES, BROCCOLI AND PEAS	sit down	28-Mar	PORK FILLET IN CREAM LEAK AND APPLE SAUCE, STEAMED RICE, PEAS & CORN IN GEM SQUASH	sit down			
	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver			
WEDNESDAY	1-Mar	STEAK AND KIDNEY PIE WITH ROASTED PUMPKIN AND FRIED CABBAGE	sit down	8-Mar	CHICKEN SCHNITZEL WITH CHEESE SAUCE AND NEW PARSLEY POTATOES ROAST BUTTERNUT AND BEETROOT SALAD	sit down	15-Mar	PORK SCHNITZEL WITH CHEESE AND BACON SAUCE PARSLEY MASH, GREEN BEANS AND ONIONS AND ROAST PUMPKIN	sit down	22-Mar	ITALIAN FETA STUFFED MEAT BALLS IN TOMATO BASIL COULIS, MEDITERANEAN ROASTED VEGETABLES AND ITALIAN SALAD	sit down	29-Mar	OX LIVER MASH AND ONIONS WITH ROASTED PUMPKIN AND FRIED CABBAGE	sit down
	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver			
THURSDAY	2-Mar	CHICKEN CASSREOLE WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD	sit down	9-Mar	BRAISED BEEF SHIN WITH MASH POTATOES, GLAZED CARROTS AND PEAS	sit down	16-Mar	BOBOTIE WITH YELLOW RAISIN RICE, TOMATO, CUCUMBER SALAD, BANANA SALAD	sit down	23-Mar	MILD BEEF CURRY IN COCONUT MILK, STEAM RICE, BANANA SALAD AND BEETROOT SALAD	sit down	30-Mar	BBQ CHICKEN DRUMSTICKS WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD	sit down
	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver	R68,00		Deliver			
FRIDAY	3-Mar	GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD	sit down	10-Mar	GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND COLESLAW AND GARDEN SALAD	sit down	17-Mar	GRILLED OR DEEP FRIED HAKE AND CHIPS WITH LEMON BUTTER SAUCE, FRIED CABBAGE AND PEAS AND GARDEN SALAD	sit down	24-Mar	DEEP FRIED OR GRILLED HAKE AND CHIPS WITH TARTAR SAUCE, PEA AND SWEETCORN SALAD AND GARDEN SALAD	sit down	31-Mar	GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD	sit down
	R85,00		Deliver	R85,00		Deliver	R85,00		Deliver	R85,00		Deliver			

Number of meals selected = \_\_\_\_\_ @ R68.00 per meal = R\_\_\_\_\_

Number of meals selected = \_\_\_\_\_ @ R85.00 per meal = R\_\_\_\_\_

TOTAL PACKAGE PRICE: R\_\_\_\_\_

4.5% discount off package price: R\_\_\_\_\_

TOTAL PACKAGE PAYMENT: R\_\_\_\_\_

## Sunday lunch, 26 March 2023



### **Plated starter**

Roasted tomato soup topped with basil pesto crème fraiche and cheese straws

### **Main Course**

Roast sirloin of beef with roast baby onions in red wine jus

Chicken a la king

Vegetable lasagne with cream spinach and roast brinjals in tomato

Roast Mediterranean vegetables in balsamic glaze

Minted peas

Roast potatoes

Savoury rice

### **Dessert**

Baked chocolate pudding with Custard

Mini tartlets with berry cream and strawberries

Mini lemon meringue pies

Seasonal fruit salad in citrus and ginger syrup

Vanilla ice cream with chocolate and wild berry sauce

Cheese and biscuits with cheese straws,  
savoury crackers and red onion marmalade

Residents – R165.00pp

Visitors – R185.00pp

Children under 12yrs – R135.00pp

### **Terms and Conditions**

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)
3. Bookings close on Monday 20 Marc 2023 at 17:00
4. No cancellations will be accepted or refunded.
5. No deliveries