

# WHAT'S HAPPENING

NEXT WEEK 31 - 6 August 2023

“Do your little bit of good where you are; it is those little bits of good put together that overwhelm the world.”

Archbishop Desmond Tutu

Nature and Birding group unveiling of Owl box and talk afterwards.  
Meet at Mongoose Crossing at 10:00 on  
1 Aug 2023  
Champagne and orange juice afterwards

What's On The Menu  
Delicious meals on offer this week!

New Art Teacher  
Residents interested in art lessons across various mediums. Art teacher available from August 2023

Week 31



World Cup Warm up fixtures Sat 5 Aug

Wales v England  
Scotland v France  
Ireland v Italy

It's A Celebration  
Birthday's, Anniversaries & New Residents

# ACTIVITIES & EVENTS

MON 31 JULY	TUE 1 AUG	WED 2 AUG	THUR 3 AUG	FRI 4 AUG	SAT 5 AUG	SUN 6 AUG
09h00 Water Aerobics 1  09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class		08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing	WCW fixtures  Wales v England Scotland v France Ireland v Italy	
9:30 am Howard's Health Shoes	09h00  Sashni Audiologist		09:00 am Yoga	09:30 am Line Dancing		
10 am Knitter & Natter	10 am Nature and Birding Group		10 am Visual Music	10 am Visual Music		
1 pm Bridge	2 pm Rummikub		2:00 pm Rummikub	10:30 am Bible Study		
5 pm Men's pool/Snooker Waterhole	2:30 pm Scrabble		2:00 pm Bridge	12:30 pm Fish & Chips		
	2:30 pm Craft Class		3:00 pm Pentaque	5 pm Waterhole  		
	5 pm Ladies pool/ Waterhole	05:30  Social Dinner	06:00 pm Movie Night	<b>International BEER day</b>		

# ACTIVITIES & EVENTS

Art teacher who teaches across various mediums from drawing to painting as well as sculpturing. Nas is available to teach at the Village on either Monday/ Fridays. (10:00 - 13:00)

R900.00 per month.

She is available to start teaching in August 2023 as she is overseas doing an exhibition in July 2023.

Interested residents to send Wilma their names and indicate their preferred day being either Monday or Friday.



DISCOVER THE FUN AND JOY OF PAINTING!

## ART CLASSES

Classes begin in August 2023

**NAS ART**

+27 82 920 8135    naghdam@yahoo.com



## SALON OPEN ON SATRDAYS

Charmaine the hairdresser have agreed to working two Saturdays per month to assist those residents who are not available during the week.

**She will be available on the below Saturdays :**

- 29 July 2023 from 09:00 - 13:00
- 5 August 2023 from 09:00 - 14:00
- 19 August 2023 from 09:00 - 14:00
- 2 September 2023 - From 09:00 - 14:00
- 16 September 2023 - From 09:00 - 14:00
- 30 September 2023 - from 09:00 - 14:00
- 14 October 2023 - from 09:00 - 14:00
- 28 October 2023 - from 09:00 - 14:00

Bookings can be done with her directly on **073 031 8677**

## UPCOMING EVENTS

August 2023

Woman's Day - 9 Aug

AGM - 17 Aug

September 2023

Spring day - 1st

Start of Rugby World Cup - 2nd

Arbour day - 9th

Heritage day - 24th

National Braai Day - 24th

# IT'S A CELEBRATION

*Count your age by friends, not years.*

*Count your life by smiles, not tears. — John Lennon*

## ANNIVERSARIES

**31 - 6 AUGUST**

4th Collin & Edna Grenfell

## BIRTHDAYS

**31 - 6 AUGUST**

1st Hennie Du Preez  
1st Eileen Mc Lintock  
2nd William Stanton  
2nd Nora Quinn  
3rd Joan Graber  
4th Dale Gee  
5th James Goodwin  
6th Sharyn Breval

Therapeutic Colouring  
"Get together"  
Thursdays at 10:00  
in Lifestyle Centre.  
Contact Kay Olie Unit 49



# WHAT'S ON THE MENU?

## THE BISTRO

**MONDAY  
31 JULY**

**Cream of chicken and  
mushroom soup with  
toasted cheese ciabata  
- R68**

**TUESDAY  
1 AUGUST**

**Cape babotie with  
yellow rice, tomato and  
onion salad and  
banana salad - R68**

**WEDNESDAY  
2 AUGUST**

**Liver and onions with  
mash and gravy, buttered  
squash and carrots - R68**

**THURSDAY  
3 AUGUST**

**Chicken a la king with  
savory rice, green  
beans and beetroot  
salad - R68**

**FRIDAY  
4 AUGUST**

**Grilled or deep fried  
hake, with chips, tartar  
sauce, Asian red  
cabbage coleslaw and  
garden salad - R85**

**DAILY MEAL ORDERS BY 09h00  
BOOK ON EXT 1209**

## SOCIAL DINNER - WEDNESDAY

### WEDNESDAY SOCIAL DINNER

**Wednesday night social dinner:**

#### Starter per table

**Robust winter vegetable soup with  
chive crème fraiche and rye bread  
croutons**

#### Mains

**Feta stuffed Greek style meat balls  
with tomato and basil coulis,  
penne pasta and Greek salad  
R75.00**

**or**

**Mild chicken curry in coconut milk  
with basmati rice and pawpaw  
salsa - R75.00**

#### Dessert

**Apple crumble and custard  
R40.00**

**BOOK BY 17:00 PRIOR DAY**

# INTERNATIONAL BEER DAY

4 AUGUST 2023



## INTERNATIONAL BEER DAY

Beer is one of the oldest drinks the world has ever known. International beer day gives fans worldwide just one more excuse to have a round on the first Friday in August. Beer has a reputation as the drink of choice for the ordinary working man or woman.

Beer somehow manages to do what politicians have tried to do for centuries, unite people in a common cause for good. It gives us a reason to pause, to stop what we are doing, sit down and converse with one another over a pint or two. Plenty of us have no doubt solved many of the world's problems over a few pints of beer.

Beer has been consumed by almost every culture throughout human history. The oldest evidence of man's obsession with brewing beer dates back to ancient Babylonia and Mesopotamia. Everyone drank beer in ancient Egypt, pharaohs, peasants, priests, even children, as part of their everyday diet.

Nature & Birding Group  
Cordially invite you to toast a  
historical moment to the announcement of  
Evergreen's Nature & Birding Project  
We meet at 10am, 1st August  
at Mongoose Crossing Bridge.



After this we will enjoy snacks,  
champagne, orange juice, followed by  
a short video on the N&B Project

RSVP

Heather #1080 cell 083 789 7311

Lisa #11020 cell 071 007 4658

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HOWARD'S   
HEALTH SHOES

**31 JULY 2023**

9H30 am

082 843 8365

A range of Health and  
Comfort Footwear for  
Ladies

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