"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

I 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	International BEER day		

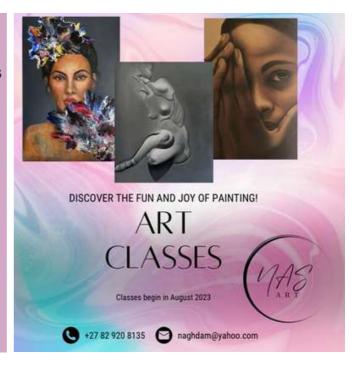
ACTIVITIES & EVENTS

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.





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

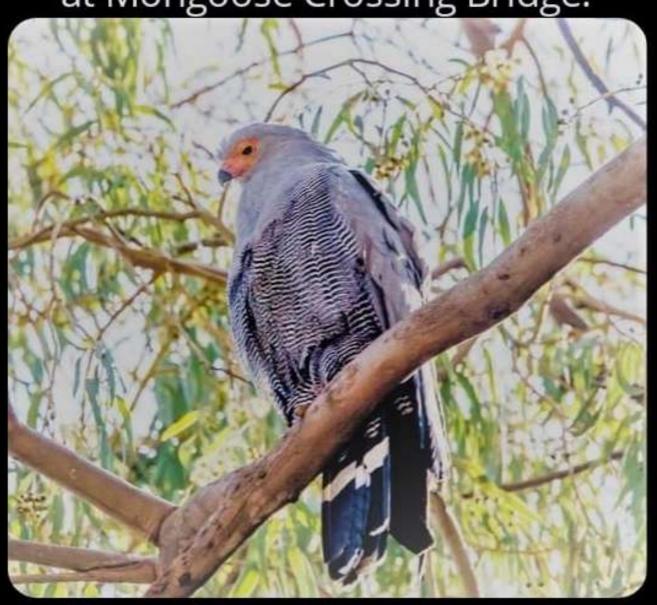
Beer is one of the oldest drinks the world has ever known. International beer day gives fans worldwide just one more excuse to have a round on the first Friday in August. Beer has a reputation as the drink of choice for the ordinary working man or woman.

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.

🖾 info:Bevergreenlifestyle.co.za 🔞 www.evergreenlifestyle.co.za 👩 /evergreenlifestyle 🔘 iiEvergreen_LV

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

HOWARD'S SHOES

31 JULY 2023

9H30 am

082 843 8365

A range of Health and Comfort Footwear for Ladies