



WHAT'S HAPPENING

NEXT WEEK 24 - 30 MARCH 2025

Just a friendly reminder that our Sunday lunch is coming up soon. Come hungry and ready for a delightful afternoon.

Starter

Roasted tomato & red pepper soup with garlic croutons

Table Salad

Greek village salad (Tomatoes, Cucumbers, red onions, feta, Kalamata Olives, Oregano, Olive oil & red wine vinegar)

Buffet Main:

Lemon & Oregano roast chicken

Slow braised beef Stifado (Greek-style beef stew with pearl onions & red wine)

Sides

Herbed lemon potatoes (Oven-roasted with olive oil, garlic & Oregano)

Buttered green beans with slivered almonds

Roasted mediterranean vegetables (Zucchini, bell peppers, eggplant and cherry tomatoes with basil pesto)

Vegetarian Dish:

Spanakopita (Spinach & feta phyllo pie)

Dessert Station

Ice-cream with chocolate sauce

Chocolate fudge brownies

Mini lemon cheesecake

Warm rice pudding with cinnamon

Resident R185-00 | Visitors R195-00 | Children R120-00

Weekly PLANNER

MON: 24 March	TUE: 25 March	WED: 26 March	THU: 27 March	FRI: 28 March	SAT: 29 March	SUN: 30 March
9h00 Water Aerobics 1	8h00 Therapeutic exercise	8h15 Lower group back class	09h00 Therapeutic exercise class			
9h45 Water Aerobics 2	9h00 Adiology: Sashni Munnisun ker	9h00 Dainfern Shopping Centre 	10h00 Art Class 	9h30 Line dancing		
10h00 Knit & Natter 10h30 Canasta 	14h00 Rummikub & Scrabble	9h15 Frail Care Keep Active Class		12h30 Fish & Chips		12h30 Sunday Lunch
13h00 Bridge	14h30 Craft Class	10h15 Special Wednesday Group Class	14h00 Rummikub			
16h00 Men's Snooker	17h00 Ladies pool	11h15 Hip & knee group	15h00 Pétanque		15h00 Pétanque	
17:00 Waterhole	17:00 Waterhole	18h00 Social Dinner	18:00 Movie Night: Sleepless in Seattle 	17h00 Waterhole		18:00 Movie Night: Julia Roberts is Erin Brockovich 



Bistro

LUNCHES
24 - 30 MARCH 2025

Monday

Braised beef short ribs, hassle back potato, sauteed green beans & honeyed carrots -
R75

Tuesday

Pork belly strips with braised cabbage, parsley mashed potatoes served with carrot &
orange salad - R75

Wednesday

Home-made fish cakes with buttered green veg, sweet potato mash served with
cucumber & mint yoghurt salad- R75

Thursday

Chicken schnitzel with mushroom & thyme sauce, creamy potato, buttered peas served
with a garden salad - R75

Friday

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw & a
garden salad - R98

Friday - SPECIAL:

Grilled garlic prawns (10) with garlic sauce with sesame rolls
Sides: Chips / Veg or baked potato
R280

Saturday

A la Carte Menu available

Sunday

Residents - R185 | Visitors - R195 | Children - R120

BOOK WITH BISTRO BY 16:00 PRIOR DAY ON EXT 1209



24 - 30 MARCH 2025

LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

24th Mike Prior

26th Andrew Johnston

ANNIVERSARIES





Regards

SASHNI MUNNISUNKER



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🏠 7 Sunset Lane, First Floor Sunset Square, Pineslopes, 2191

25th of March 2025, 09:00 at Care Centre.

Call 010 597 1975 To make an appointment or call Sipho on Ext 1220



Bistro

WEDNESDAY SOCIAL DINNER
26 MARCH 2025

Starter

Potato and leek soup with crispy leeks & cream

Mains

Roasted pork neck served with gravy, apple sauce, seasonal buttered vegetable & creamed spinach potato gratin - R95

OR

Chicken parmesan with tomato basil sauce, roasted vegetables & buttered tagliatelle - R90

Dessert

Vanilla ice-cream & chocolate sauce with fresh fruit - R45

BOOK BY 17:00 ON THE 24TH OF MARCH WITH TSHWANELO ON EXT 1200

24 - 30 MARCH 2025





SHOPPING SHUTTLE

WEDNESDAY 26 MARCH 2025



**The bus will pick you up at 09:00 from the Village.
Driver will wait till 11:30 to bring you back to the Village.**

Chartwell shopping centre

**Cost: R50.00 per person per trip.
This will be charged to your levy account.
No cash / No shows will be charged**

**Please book your seat with Tshwanelo at Reception
on EXT 1200 by Monday at 17:00**

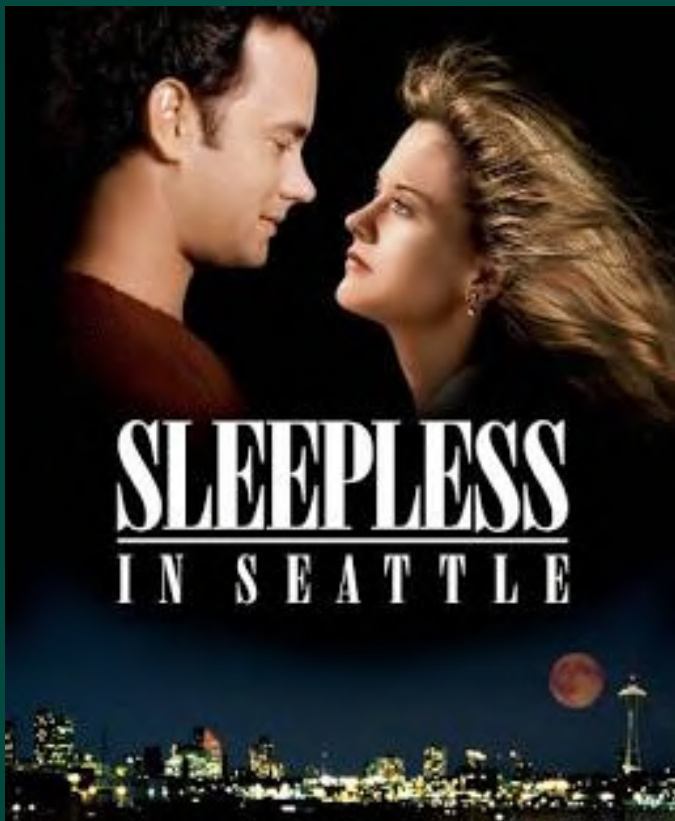


Thursday & Sunday Movie Night

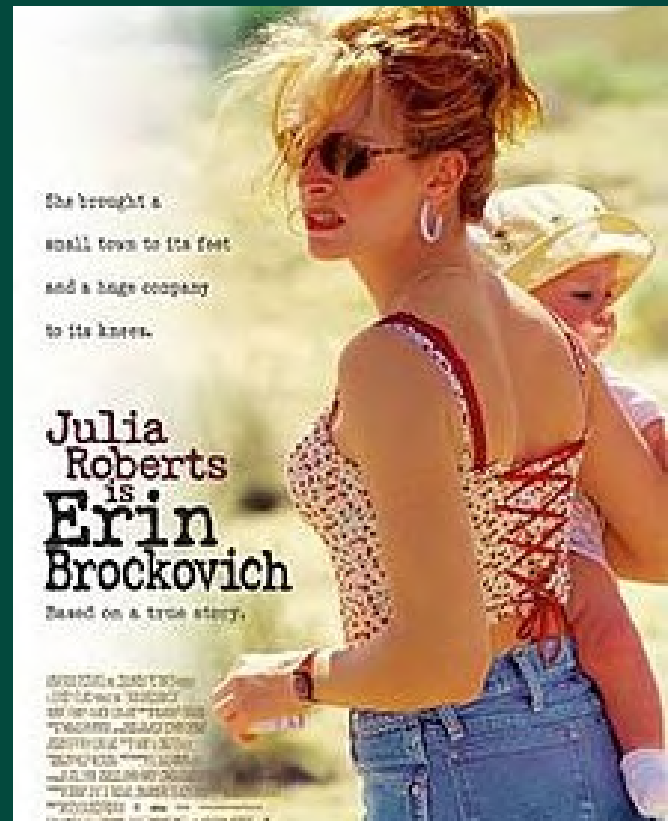


27 MARCH 2025

30 MARCH 2025



Realising that Sam has still not come to terms with his wife Maggie's death, his eight-year-old son Jonah forces him to call a national radio talk show, with the hopes of finding him a companion.



When a single mother without employment becomes a legal assistant, she is determined to punish a powerful Californian energy corporation which has allegedly polluted a city's water supply network.



**Come learn how to play Canasta.
We get together on Mondays at
10:30**

**We have 5 experienced players who
will teach you the rules.**

The more players the more fun.

20Twenty Window Washing Co

Have Sparkling Clean Windows, Inside and Out!

- Our team of experienced window washers will clean your windows inside and out, leaving them sparkling clean.
- We use only the highest quality products and equipment, and we guarantee your satisfaction.
- We offer a variety of window cleaning services to fit your needs, including:
 - Residential window cleaning
 - Commercial window cleaning (for your business)
- We are residents at Evergreen Lifestyle Village and we will therefor give all residents preferential rates.

• Our estimates* are	<u>Outside only</u>	<u>Inside and outside</u>
• 2 bed home	R590	R690
• 3 bed home	R690	R790

Call Graham or Dianne for a visit and quote 076 688 3309

Alternatively Internal no# 11031

We look forward to serving you!

Dr Vicki Schutte



I am a female GP and have been practising in the Fourways area for over 20 years. I have a family, love my pets and have experienced the ups and downs of life like anybody else. I've always been someone who wanted to help others and, even as a child, knew that one day I would become that person, a doctor.

Services:

- . General GP consultations- all ages, babies, children, elderly, men and women.
- . The Care Centre GP at Evergreen Lifestyle Village and care centre.
- . Enjoy looking after mental health (depression, anxiety).
- . Small surgical procedures: skin cancer/or unwanted skin lesions, cyst removal surgery, stitching wounds, lipoma excision, drainage of abscesses.
- . Dr Vicki assists a plastic surgeon twice a week and has been doing this for over 15 years.
- . Cryotherapy for sun lesions and warts and skin tags. This cry open uses state-of-the-art linear compression cooling technology. This treatment has minimal scarring and no need for aesthetic.
- . HCG diet for obesity/weight loss: Dr Vicki qualified for this through training at The Oral HCG Centre in Buenos Aires, Argentina with Dr Daniel Belluscio in 2011.

Contact details

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21A Pine Road, Kengies, Fourways, 2191

Opening Hours: 08h30 to 16h00

Open 1 Saturday morning per month