

“What's Happening”

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# DIEP RIVER



*“You will have bad times, but they will always wake you up to the stuff you weren’t paying attention to.”*

*~ Robin Williams ~*

Dear Residents,

I hope you all had a good week and that you enjoyed the rather positive start to Spring where in true Cape Town style we managed a high of 30 degrees on one day, and a low of 14 degrees all in the same week! I for one am very ready for many more warmer days.

This weekend all the rugby fans can get together for another mammoth clash when South Africa take on the All Blacks in the second of 2 matches. Kick-off is at 17h00 with the resident braai as usual at 18h00. Be sure to don your Green and Gold in support.

Reminders for next week include:

**MONDAY**

Sister Sharon will be available for her weekly visit.

**WEDNESDAY**

Riaan's Fruit Van will be back so you have another chance to stock up on those fresh fruits and veggies!

Wishing you all a great week ahead.

Regards,  
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village

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Weekly Menu

### IT'S A CELEBRATION

Birthday's

# WEEKLY ACTIVITIES

<b>MON</b> 9 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC  SR SHARON ADAMS
<b>TUE</b> 10 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO KNITTING GROUP	
<b>WED</b> 11 SEPT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN	
<b>THUR</b> 12 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
<b>FRI</b> 13 SEPT		12h00 BISTRO LUNCH		
<b>SAT</b> 14 SEPT				18h00 BISTRO RESIDENT BRAAI
<b>SUN</b> 15 SEPT				

## BIRTHDAYS

13 SEPT THIRZA MUNRO - APT 303  
 15 SEPT JEANNE BOONZAIER - APT 319  
 16 SEPT NAOMI DANIELS - APT 311  
 20 SEPT JANET BAYLY - APT 308





# Bistro

LUNCH MENU  
9 - 15 SEPTEMBER

## MONDAY

*Cape Malay chicken curry with rice, roti and sambals*  
or  
*(V) Butterbean curry with rice, roti and sambals*

## TUESDAY

*Steak and mushroom pie with potato wedges and seasonal vegetables*  
or  
*(V) Roasted vegetable and mushroom pie with potato wedges and seasonal vegetables*

## WEDNESDAY

*Thai pork and vegetable stir-fry with egg noodles*  
or  
*(V) Roasted chickpea and vegetable stir-fry with egg noodles*

## THURSDAY

*Savoury mince and vegetable quesadilla with salad*  
or  
*(V) Black bean and vegetable quesadilla with salad*

## FRIDAY

*Crispy fried fish and chips with tartar sauce and salad*  
or  
*(V) Basil pesto and mozzarella quiche with chips and salad*

## SATURDAY (Take-Away)

*Cottage pie with gravy, potato wedges and seasonal vegetables*  
or  
*(V) Spinach and feta pie with gravy, potato wedges and seasonal vegetables*

## SUNDAY - (Take-Away)

*Cherry and honey glazed gammon OR Roast chicken*  
OR  
*(V) Chickpea and mozzarella stuffed butternut with, feta and tomato salsa*  
  
*All served with gravy, roast potatoes and seasonal vegetables*

Meal orders close on the day before the meal is ordered for at 14h00 |  
Weekend take-away and Monday orders close on a Friday at 14h00 | R45pp



# Bistro

DINNER MENU  
26 SEPTEMBER

## *Main Course*

*Slow Roasted Pork Belly  
with pomme puree, seasonal vegetables  
and a honey glaze*

## *Dessert*

*Homemade Sago Pudding  
with crème anglaise*

Meal orders close on the day before the meal is ordered for at 14h00 |  
Weekend take-away and Monday orders close on a Friday at 14h00 | R45pp