

“What's Happening”

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# DIEP RIVER



*“Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.”*

*~ Eckhart Tolle ~*

Dear Residents,

I hope you all had a good week. This month has flown past and it is hard to believe we are already heading into the second half of September. The Grade 12's have about 2 weeks of school left before they start writing their final exams and we are already busy planning the year end functions and Christmas Carols. I assume we will see tinsel in the shops any day now.

Thank you to everyone who already booked for this month's social dinner. We still have more seats available so if you have not yet booked your seat, please do so by latest Monday afternoon.

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 and then join us for another great Bingo Night.

**WEDNESDAY**

Join us for a very informative

Wishing you all a great week ahead.

Regards,  
Riaan and the Evergreen Team

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# WEEKLY ACTIVITIES

<b>MON</b> 16 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC  SR SHARON ADAMS
<b>TUE</b> 17 SEPT	09h30 SKY LOUNGE NATURALLY PAMPERED	12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA	
<b>WED</b> 18 SEPT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAAN'S FRUIT VAN	19h00 BISTRO BINGO NIGHT
<b>THUR</b> 19 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
<b>FRI</b> 20 SEPT	11h00 RECEATION LOUNGE DEMENTIA TALK	12h00 BISTRO LUNCH		
<b>SAT</b> 21 SEPT				18h00 BISTRO RESIDENT BRAAI
<b>SUN</b> 22 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  
16 - 22 SEPTEMBER

## MONDAY

*Thai fish cakes with sweet chili mayo, mashed potatoes  
and seasonal vegetables*

*or*

*(V) Mushroom and lentil cakes with mint sauce, mashed potatoes  
and seasonal vegetables*

## TUESDAY

*Beef lasagna with a side salad*

*or*

*(V) Chickpea and butternut curry with rice and sambals*

## WEDNESDAY

*Hunters chicken casserole with rice and seasonal vegetables*

*or*

*(V) Plant-based schnitzel with jacket potato and seasonal vegetables*

## THURSDAY

*Pork stir-fry served with egg noodles*

*or*

*(V) Creamy mushroom and spinach risotto with seasonal vegetables*

## FRIDAY

*Crispy fried fish and chips served with tartar sauce and side salad*

*or*

*(V) Vegetable filled pancake with cheese sauce and salad*

## SATURDAY (Take-Away)

*Boerewors rolls with caramelized onion and chips*

*or*

*(V) Plant-based hotdog with caramelized onion and chips*

## SUNDAY - (Take-Away)

*Roasted pork belly or Roast chicken Chicken (R65)*

*or*

*(V) Black bean and chick pea stuffed sweet potato topped with feta (R45)*

*Served with 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 Honey Glaze*

*or*

*Mushroom Duxelle Stuffed  
Chicken Breast*

*or*

*(V) Black Bean, Chick Pea and Feta  
Stuffed Sweet Potato*

*served with pomme puree and seasonal vegetables*

## *Dessert*

*Homemade Sago Pudding  
with crème anglaise*

Bookings close on Monday, 23 September | Meal served at 18h15  
"BOYB". No drinks included | R95pp



# *Riaan's* **FRUIT VAN**

**DATE:**

**WEDNESDAY, 18 SEPTEMBER**

**TIME:**

**14H00 – 14H45**



# 14 WAYS TO PROTECT YOUR BRAIN AS YOU GET OLDER

A recent report published by the Lancet Commission on dementia has identified 14 risk factors for developing dementia in later life.

The good news is that if these factors are managed well, the risk can be reduced by almost half. And importantly, it's never too late to start.

In this free talk, we'll run through and discuss these 14 risk factors. This will give you a better understanding on what you can do to protect your brain and to reduce your risk of cognitive decline as you get older.

**SPEAKER: DESIREE PULE, CERTIFIED HEALTH COACH**

**DATE: FRIDAY, 20 SEPTEMBER | TIME: 11H00**

**VENUE: RECREATION LOUNGE**

**RSVP AT RECEPTION OR ON EXT 3200**