

"What's Happening" DIEP RIVER



"Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory."

~ Norman Vincent Peale ~

Dear Residents,

I hope you've all had a good week.

We have a slightly slow start to October but after a busy week we should take the time to gear up for the rest of the months events.

Thank you to everyone who supported last night's social dinner. The menu for this month's dinner will be shared next week.

Tomorrow's resident braai might be affected by the weather but regardless, you will have more than enough reason to get together inside when the Springboks take on

Argentina in the final game of the Rugby Championship.

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 weekend

Regards,
Riaan and the Evergreen Team

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Your weekly guide to sport & recreational activities in the Village


BISTRO

Weekly Menu

IT'S A CELEBRATION

Birthday's

WEEKLY ACTIVITIES

MON 30 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS 
TUE 1 OCT		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA	
WED 2 OCT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN	
THUR 3 OCT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
FRI 4 OCT		12h00 BISTRO LUNCH		
SAT 5 OCT				18h00 BISTRO RESIDENT BRAAI
SUN 6 OCT				

BIRTHDAYS

2 OCT MARGARET LEE – APT 119
 14 OCT COLIN EVERETT – APT 117
 17 OCT JEFFREY UYS – APT 107
 19 OCT GEORGE BROWN – APT 216
 24 OCT MAUREEN HELMAN – APT 305





Bistro

LUNCH MENU
30 SEPT - 6 OCT

MONDAY

Pork stew with rice and seasonal vegetables
or
(V) *Three bean stew with rice and seasonal vegetables*

TUESDAY

Cottage pie with gravy and seasonal vegetables
or
(V) *Vegetable and lentil cottage pie with gravy and seasonal vegetables*

WEDNESDAY

Beef bangers and mashed potato with gravy, carrots and peas
or
(V) *Plant-based bangers and mashed potato with gravy, carrots and peas*

THURSDAY

Grilled chicken breast with potato bake and seasonal vegetables
or
(V) *Plant based schnitzel with potato bake and seasonal vegetables*

FRIDAY

Crispy fried fish and chips with tartar sauce and salad
or
(V) *Creamy mushroom and spinach risotto with seasonal vegetables*

SATURDAY (Take-Away)

Cheesy Margherita pizza with salad
or
(V) *Roasted vegetable and olive pizza with salad*

SUNDAY (Take-Away)

Rosemary roasted beef OR Roast chicken (R70)
OR (V) *Roasted cauliflower steak (R55)*

served with with gravy, roast potato 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 | R50pp
- R55 for take-away meals | Weekend Take-away meals R70 - (V)R55)



Riccan's **FRUIT VAN**



DATE:
WEDNESDAY, 2 OCTOBER
TIME:
14H00 – 14H45

