

"What's Happening" DIEP RIVER



"I have seen many storms in my life. Most storms have caught me by surprise, so I had to learn very quickly to look further and understand that I am not capable of controlling the weather, to exercise the art of patience and to respect the fury of nature."

~ Paulo Coelho ~

Dear Residents,

What a difference a day (or two) makes! Cape Town truly 'shone' this week, offering plenty of warmth — and the perfect opportunity for some dry laundry!

With the Rugby Championships now behind us, we shift our focus to the upcoming Festive Season which will feature themed social dinners, Christmas carols, and much more! Keep an eye on the weekly newsletters for more information.

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.

SATURDAY

Residents Braai

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

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IT'S A CELEBRATION

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WEEKLY ACTIVITIES

MON 7 OCT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS 
TUE 8 OCT		12h00 BISTRO LUNCH	14h00 BISTRO KNITTING GROUP	
WED 9 OCT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN	
THUR 10 OCT	10h30 REC LOUNGE FELLOWSHIP	12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
FRI 11 OCT	09h30 KIND-2- HEARING	12h00 BISTRO LUNCH		
SAT 12 OCT				18h00 BISTRO RESIDENT BRAAI
SUN 13 OCT				

BIRTHDAYS

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

7 - 13 OCTOBER

MONDAY

Chicken a la King with rice and seasonal vegetables
or
(V) *Root vegetable stew with rice and seasonal vegetables*

TUESDAY

Creamy bacon and mushroom pasta with salad
or
(V) *Creamy cabbage, carrot and zucchini pasta with salad*

WEDNESDAY

Beef burger with chips and salad
or
(V) *Plant-based burger with chips and salad*

THURSDAY

Chicken meatballs and tomato relish on mashed potato with seasonal vegetables
or
(V) *Lentil meatballs and tomato relish on mashed potato with seasonal vegetables*

FRIDAY

Crispy fried fish and chips with tartar sauce and salad
or
(V) *Roasted vegetable frittata with salad*

SATURDAY (Take-Away)

Chicken and mushroom pie with chips and seasonal vegetables
or
(V) *Spinach and feta pie with chips and seasonal vegetables*

SUNDAY (Take-Away)

Roasted pork belly (R70)
OR
Roast chicken (R70)
OR
(V) *Stuffed butternut with feta, olives and roasted capsicum (R55)*
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 | R50pp & R55 T/A



Riccan's **FRUIT VAN**



DATE:
WEDNESDAY, 9 OCTOBER
TIME:
14H00 – 14H45

