

"What's Happening"

DIEP RIVER



"Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life."

~ Joan Lunden ~

Dear Residents,

I hope you have all had a good week and that you've been enjoying the warmer weather as much as I have.

We have had a quiet start to the social calendar but as seen in this week's newsletter, we will have a busy second half of October. With the weather as nice as it is there are now many more reasons to get out of your apartments and join in the activities.

Please also note this month's Social Dinner menu and book as soon as possible.

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
- Bingo Night

SATURDAY

- Residents Braai

Wishing you all a great weekend

Regards,
Riaan and the Evergreen Team

IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

BISTRO

Weekly Menu

IT'S A CELEBRATION

Birthday's

WEEKLY ACTIVITIES

MON 14 OCT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS 
TUE 15 OCT		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA	
WED 16 OCT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN	18h00 BISTRO BINGO NIGHT
THUR 17 OCT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	15h00 BISTRO CAKE DAY
FRI 18 OCT		12h00 BISTRO LUNCH		
SAT 19 OCT				18h00 BISTRO RESIDENT BRAAI
SUN 20 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
14 - 20 OCTOBER

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)

Curried mince vetkoek with sambals

or

(V) Curried chickpea and lentil vetkoek with sambals

SUNDAY (Take-Away)

Roast beef

OR

Roast chicken

Served with Yorkshire pudding, gravy, roast potatoes and seasonal vegetables (R70)

OR

(V) Vegetable stew with rice and seasonal vegetable (R55)

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



Bistro

DINNER MENU
31 OCTOBER

Main Course

Paprika-Crusted Beef Fillet
with sweet potato mash, grilled baby vegetables
and rosemary jus

or

Grilled Lemon & Herb Chicken Fillet
with sweet potato mash, grilled baby vegetables
and creamy lemon sauce

or

(v) Mushroom Risotto
with lentil “steak”, grilled baby vegetables
and rosemary jus

Dessert

Fresh Fruit Salad
with granadilla coulis and ice cream

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



Riccan's **FRUIT VAN**

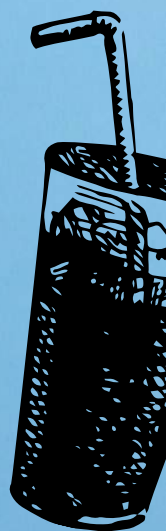


DATE:
WEDNESDAY, 16 OCTOBER
TIME:
15H45 – 15H30





MOVIE TO BE ANNOUNCED





Music Evening

29 OCTOBER | 18H00

PROGRAMME

ELGAR

CELLO CONCERTO

CELLIST SHEKU KANNEH MASON

CITY OF BIRMINGHAM SYMPHONY ORCHESTRA

SCHUBERT

UNFINISHED SYMPHONY

ISRAEL PHILHARMONIC ORCHESTRA

CONDUCTOR LAHAV SHANI

RSVP AT RECEPTION OR ON EXT. 3200