"What's Happening" DIEP RIVER





"Always say 'yes' to the present moment... Surrender to what is. Say 'yes' to life - and see how life starts suddenly to start working for you rather than against you."

~ Eckhart Tolle ~

Dear Residents,

I hope you have all had a good week.

As we poke our toe into December this week I would like to share a few updates relating to some events and the social calendar for the rest of the year.

BISTRO

With limited resources and numbers to justify a traditional Christmas Lunch, we have decided to offer 2 options. All Residents are welcome to book for Christmas Lunch at Evergreen Muizenberg or, alternatively, a meal similar to the Sunday Roast take-away option can be ordered at the Village. Take-away options will also be available on the 26th of December, meaning there will be no on-site catering on 25 and 26 December.

ACTIVITIES

MOVEMENT CLASS: Ends 9th Dec - Restarts 6th Jan AQUA AEROBICS: Ends 18th Dec - Restarts 8th Jan FELLOWSHIP: Ended 27 Nov - Restarts in Jan TBC

Wishing you all a great week ahead.

Regards,

Riaan and the Evergreen Team

IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

RISTRN

Weekly Lunch and Dinner

IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

WEEKLY ACTIVITIES

| MON 2 DEC | 09h30 REC LOUNGE MOVEMENT CLASS | 12h00 BISTRO LUNCH | 17h00 SKY LOUNGE GOLDEN GIRLS | CLINIC SR SHARON ADAMS |
|---------------|-----------------------------------|--------------------------|---|--|
| TUE 3 DEC | | 12h00 BISTRO LUNCH | 14h00 BISTRO COLOURING IN MANDALA | |
| WED 4 DEC | 10h15 POOL AQUA AEROBICS | 12h00 BISTRO LUNCH | 14h00 PARKING AREA RIAAN'S FRUIT VAN | |
| THUR 5 DEC | | 12h00 BISTRO LUNCH | 14h00 BISTRO GAMES | |
| FRI 6 DEC | 10h00 PARKING AREA SITARI SHUTTLE | 12h00 BISTRO LUNCH | | 18h00 REC LOUNGE SERIES NIGHT |
| SAT 7 DEC | | | | 18h00 BISTRO RESIDENT BRAAI |
| SUN 8 DEC | | | | |



BIRTHDAYS

10 DEC JANET VAN NIEKERK - APT 206

13 DEC MARIA VAN NIEKERK - APT 312

20 DEC KEITH YOUNG - APT 215

24 DEC ERMA LAUBSCHER - APT 302

27 DEC SHELLY ELLMAN-BROWN - APT 219

29 DEC ROY MUNRO - APT 303





MONDAY

Pork bangers with tomato & onion smoor, mashed potato & bean salad V) Plant-based bangers with tomato & onion smoor, mashed potato & bean salad

TUESDAY

Tuna and spinach pasta bake with salad (V) Spinach, feta, black bean pasta bake with salad

WEDNESDAY

Savoury mince & vegetable quesadilla with salad (V) Roasted vegetable quesadilla with salad

THURSDAY

Chicken a la King served with rice & seasonal vegetables (V) Butter bean curry with yellow rice & sweet butternut

FRIDAY

Crispy fried fish and chips served with tartar sauce & side salad (V) Cauliflower, chickpea & capsicum quiche

SATURDAY (Take-Away) Sweet chili chicken, olive & pineapple pizza with salad (V) Margarita pizza with salad

SUNDAY (Take-Away) Roast Beef with thyme gravy, roasted potatoes & seasonal vegetables (R70)

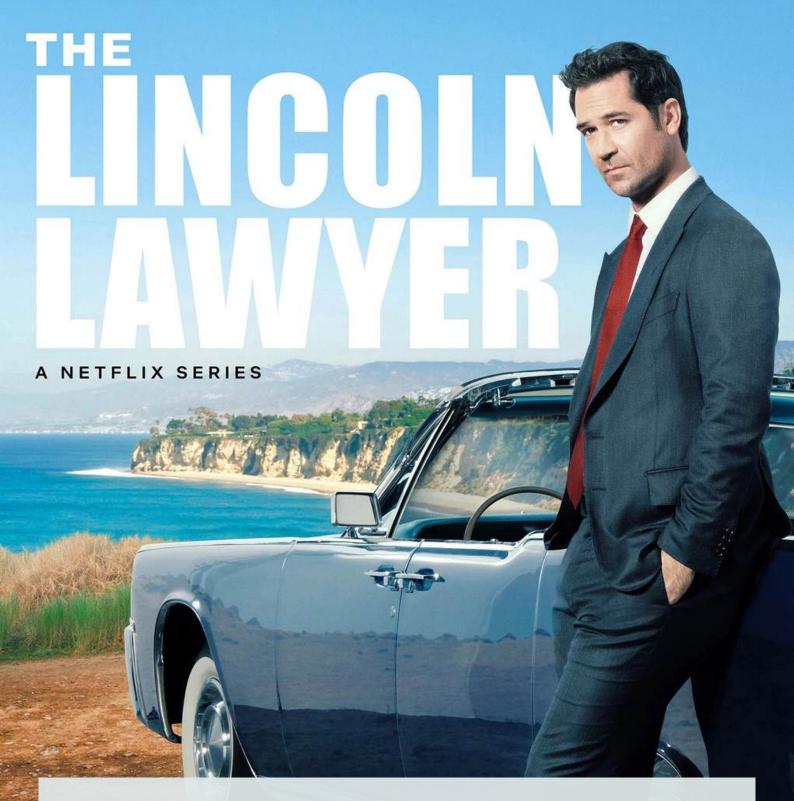
Grilled chicken fillet with gravy, roasted potatoes & seasonal vegetables (R70)

(V) Chickpea & broccoli stuffed sweet potato topped with feta and mozzarella cheese & salad (R55)



R100PP (MIN 10 PERSONS) | SEATS ARE LIMITED | BOOKINGS CLOSE 4 DEC | BOOK AT RECEPTION

WELCOME TO HIS OFFICE



Get together to enjoy this award winning Netflix series. Starting Friday, 8 November, 2 episodes will be shown each Friday for the next 4 weeks.

VENUE: RECREATION LOUNGE

TIME: 18H00





SAVE THE DATE

The holiday season is upon us, and we'd love for you to be part of our Christmas Carol celebration! Come and bring your holiday spirit, and help us fill the air with classic Christmas songs as we celebrate the Season together.

More details to follow closer to the event.

EVERGREEN MUIZENBERG CHRISTMAS LUNCH

Evergreen Muizenberg has extended an invitation to all Diep River residents who wishes to join them for their Christmas Lunch Buffet. Please see details below. Bookings at Diep River Reception. Full pre-payment required to confirm your booking. Please note that no transport will be provided.



Roasted Butternut, Beetroot, Spinach, Red Onions
and Feta with Sunflower Seeds

Mediterranean Courseous salad with Minty Dressins

Mediterranean Cous-cous salad with Minty Dressing



Main Buffet

Roast Beef with Rosemary Jus
Slow Roasted Smoked Gammon
topped with Pineapple & Cherry and Caramel Maple
Lemon & Herb Roasted Chicken

Rock Salt & Garlic Rosemary Roasted Potatoes,
Cauliflower Bake topped with Cheese, Creamed Spinach
and Honey Glazed Carrots & Peas

Festive Fruit Cake with Custard or Ice Cream

Traditional Trifle





RSVP STRICTLY BY WEDNESDAY, 18 DECEMBER BOOK EARLY - LIMITED SEATING