

20 - 26 JANUARY

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Your weekly guide to sport & recreational activities in the Village

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Dear Residents,

I hope you all had a good week.

Thank you to everyone who helped with the arrangements and to those who attended the Bingo Night this week. We do still have seats available space for the Music Evening on the Thursday and also for the Social Dinner next week. Please book at reception should you wish to attend.

Reminder: To keep things fresh and engaging, we invite all residents to participate in a fun game that will add excitement to our birthday celebrations in the village starting in February. For more details, please check the Celebrations page. If you have any similar suggestions or activities you'd like to propose, feel free to reach out to me directly.

We have received very little interest for the above mentioned proposal. Should we not receive the majority of submissions by the end of next week the idea will be scrapped.

Wishing you all a great weekend ahead.

Regards, Riaan and the Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 20 JAN	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS	
TUE 21 JAN		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 22 JAN	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 23 JAN		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	18h00 REC LOUNGE MUSIC EVENING	
FRI 24 JAN		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE / SERIES NIGHT	
SAT 25 JAN				18h00 BISTRO RESIDENT BRAAI	ON CALL RIAAN
SUN 26 JAN					ON CALL RIAAN

WEEKLY BISTRO MENU

MON 20 JAN

Chicken and spinach lasagna with Greek salad

(V) Blue cheese and butternut lasagna with Greek salad

TUE 21 JAN

Pork bangers, gravy and sweet potato mash with carrots and peas

(V) Plant based bangers, gravy and sweet potato mash with carrots and peas

WED 22 JAN

Beef stroganoff with rice and spring salad

(V) Spinach, feta and tomato quiche with Greek salad

THUR 23 JAN

Grilled chicken cheese burgers with sweet potato fries and coleslaw

(V) Plant based schnitzel with cheese sauce, sweet potato fries and coleslaw

FRI 24 JAN

Grilled or deep fried fish & chips with salad

(V) Plant-based schnitzel with cheese sauce, sweet potato fries and salad

SAT 26 JAN

Pork chop with mash, fresh vegetables and Apples sauce

(V) Macaroni and cheese with side salad

SUN 26 JAN

Apricot glazed smoked gammon or oven roasted chicken leg-quarter with roasted potato, grilled butternut and green beans

(V) Grilled sweet potato and corn cous cous with roasted potato and salad

- Meal orders close on the day before the meal is ordered for at 14h00.
- Weekend take-away and Monday orders close on Friday at 14h00
- Week-day meals at R50pp & R55 T/A / Weekend meals at R70 & (V) R55



THURSDAY, 30 JANUARY 2025

MAIN COURSE

Chicken Yakatori stuffed with feta and peppadews, dauphinoise potatoes, charred green beans, smokey cauliflower and a thyme infused jus.

or

Short Rib Brisket with pea puree, carrot batons, diced butternut, deep fried onions and rosemary infused jus

or

Vegetarian Stack with pea puree, carrot batons, diced butternut, deep fried onions and a creamy sauce.

DESSERT

Chocolate Mousse with cookie crumble, burnt meringue and mixed berries.

or

Strawberry Fridge Tart with whipped cream, topped with berries and berry drizzle



IT'S A CELEBRATION



11 JAN JANICE SHELVER - APT 318
15 JAN SETHU VELLEM - ELV TEAM
24 JAN DIANE EVERETT - APT 117
25 JAN JEAN DE VILLIERS - APT 104
26 JAN GENEVIEVE PITT - APT 210



GUESS WHO?

To add a few more laughs to 2025 we would like to introduce a "Birthday Game" to add some fun to all our birthday celebrations.

HOW DOES IT WORK?

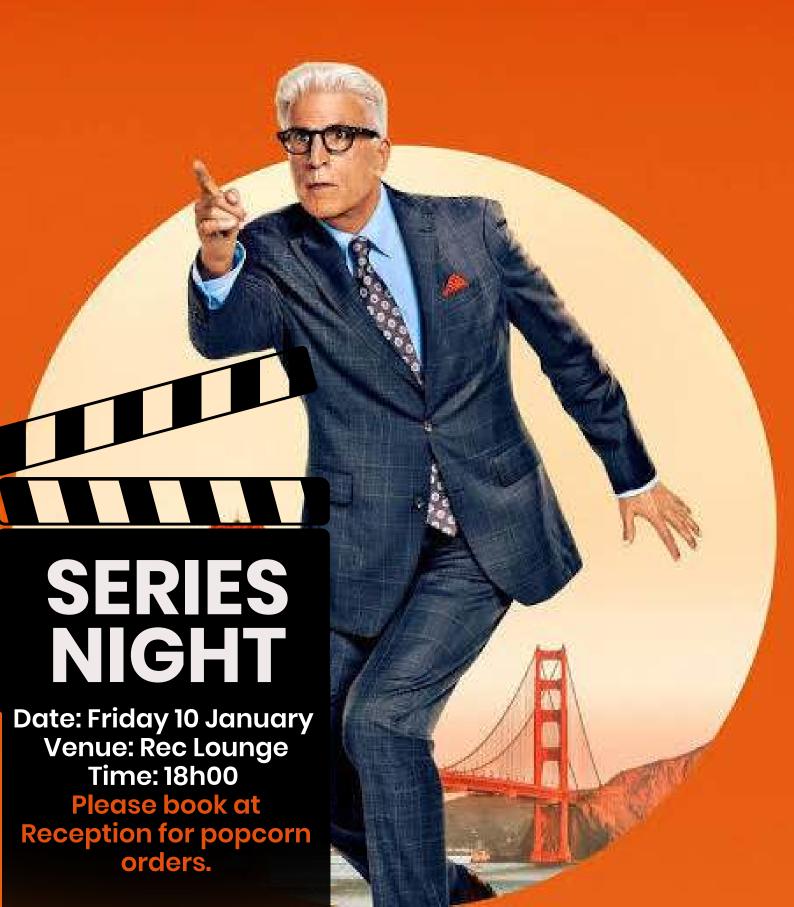
We ask that all residents submit a baby or childhood photo of themselves to either myself or Amanda.

These photos will be shown similarly to the ones below in the first newsletter of each month.

Match all the pictures to the correct resident celebrating their birthday in that month and submit it before the following Friday at reception.

The most correct guesses will earn you a bottle of sparkling wine.

MANWINSIDE



CLASSICAL

MUSIC

23 JANUARY | 18H00

Karelia Suite

Piano concerto no. 4 in G major

BY BEETHOVEN

Symphony no. 41 in C major "Jupiter"

BY MOZART

RSVP AT RECEPTION OR ON EXT. 1400