

## 3 - 9 FEBRUARY IN THIS ISSUE



#### WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

#### **BISTRO**

Weekly Lunch Menu

### IT'S A CELEBRATION

Birthdays

### **EVENT DETAILS**

Special Events & Activities

Dear Residents,

I hope everyone had a great week. Luckily it's been a bit cooler today and it seems that there is some rain on the way!

January has flown past and we are already heading into February, the month of love! Although not on Valentines day, we will be celebrating the whole month of love at this months social dinner. Look out for the menu in next week's newsletter.

In the meantime, don't forget to join us for the movie tomorrow night, Ticket to Paradise — it's the perfect chance to unwind and enjoy a movie with friends.

Reminder for all the rugby fans, the Six Nations kicks off tomorrow night. Wales will try and break one of their longest running losing streak against one of the Tournament favourites, France.

Wishing you all a great weekend ahead.

Regards, Riaan and the Evergreen Team

Live the Evergreen Lifestyle

# WEEKLY ACTIVITIES

MON 3 FEB	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS	
TUE 4 FEB		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 4 FEB	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 6 FEB		12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 7 FEB		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE / SERIES NIGHT	
SAT 8 FEB				18h00 BISTRO RESIDENT BRAAI	ON GAZZ AMANDA
SUN 9 FEB					ON CALL AMANDA

## WEEKLY BISTRO MENU

## MON 3 FEB

German Bockwurst with creamy potato salad and green vegetables

(V) Plant-based sausage with creamy potato salad and green vegetables

### TUE 4 FEB

Beef and feta cannelloni pasta bake with sweet butternut

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

### WED 5 FEB

Pulled pork and roasted vegetable quesadilla with salad

(V) Roasted vegetable quesadilla with salad

## THUR 6 FEB

Chicken fillet with creamy sundried tomato sauce, sweet potato and coleslaw

(V) Butter bean curry with rice and sweet butternut

FRI 7 FEB

Grilled or deep fried fish & chips with salad

(V) Cauliflower, chickpea and capsicum quiche with salad



Beef burgers, Asian slaw and potato wedges

(V) Plant-based burgers, Asian slaw and potato wedges



Roast beef or grilled chicken fillet with thyme gravy, roasted potato, Yorkshire pudding, horseradish and seasonal vegetables

(V) Chick pea & broccoli stuffed sweet potato topped with feta and mozzarella cheese with Vegetables

- 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

# IT'S A CELEBRATION





DATE: FRIDAY 31 JANUARY | VENUE: REC LOUNGE TIME: 18H00 PLEASE BOOK AT RECEPTION FOR POPCORN ORDERS.