

Evergreen DIEP RIVER



10 - 16 MARCH
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& recreational activities in
the Village

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Dear Residents,

I hope you all well and that you had a good week.

I would like to use this week's "intro" to highlight the benefit of a change we made last year to the mobile sim card operated telecare pendants. Earlier this week, residents of Diep River experienced an unfortunate accident not far from the village. They activated their emergency button, and in no time, their family was alerted, along with the village team, who promptly prepared all necessary medical information in case it was needed.

The benefits of the new devices were clearly evident during the presentation, but I hope this real-life example encourages all residents to keep their pendants on them at all times.

Wishing you all a safe weekend ahead.

Regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 10 MAR	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		CLINIC SR SHARON ADAMS	
TUE 11 MAR		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 12 MAR	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 13 MAR	10h00 REC LOUNGE PRIVATE MEMORIAL	12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 14 MAR		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE / SERIES NIGHT	
SAT 15 MAR				18h00 BISTRO RESIDENT BRAAI	ON CALL  AMANDA
SUN 16 MAR					ON CALL  AMANDA

WEEKLY BISTRO MENU

MON
10 MAR

Pork bangers with tomato and onion smoor, mashed potato and bean salad

(V) plant-based bangers with tomato and onion smoor, mashed potato and bean salad

TUE
11 MAR

Beef and feta cannelloni bake with roasted sweet potato

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

WED
12 MAR

German Bockwurst, creamy potato salad and green vegetables

(V) Roasted vegetable quesadilla with salad

THUR
13 MAR

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

(V) Butterbean curry with yellow rice and sweet butternut

FRI
14 MAR

Grilled or deep fried fish & chips with salad

(V) Cauliflower, chickpea and capsicum quiche with salad

SAT
15 MAR

Beef burgers with Asian slaw and sweet potato fries

(V) Plant-based burgers with Asian slaw and sweet potato fries

SUN
16 MAR

Roast beef with Yorkshire pudding or grilled chicken fillet with, roasted potato, roasted vegetable and gravy

(V) Chickpea and 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



Happy Birthday!

MARCH

13TH NEVILLE GILL APT 212

14TH MARGARET VELDMAN - APT 109

14TH JUDY SEPHTON - APT 217

A movie night poster for 'La Dolce Villa'. The poster features a man and a woman standing in a large, arched stone doorway. The woman, on the left, has long dark hair and is wearing a purple floral dress, holding a paintbrush. The man, on the right, has short brown hair and a beard, wearing a brown sweater and blue jeans, with his arms crossed. The background shows a scenic view of a hillside with a villa and trees under a warm, golden light. The entire poster is framed by a black border with white film strip sprocket holes. In the top left corner, there is a black clapperboard graphic with the words 'MOVIE NIGHT' in white. The title 'La DOLCE VILLA' is centered in a large, white serif font, with 'La' in a smaller script font. At the bottom, there is a black bar with white and yellow text providing event details.

**MOVIE
NIGHT**


La
**DOLCE
VILLA**

DATE: FRIDAY 7 MARCH | VENUE: REC LOUNGE TIME: 18H00
PLEASE BOOK AT RECEPTION FOR POPCORN ORDERS.




Naturally Pampered


Beauty & Care



Pamper yourself with us. We bring convenience to you without you having to in a calm and serene garden setting.




Take a scenic walk and enjoy the melody of the waters and chirping birds all in the surroundings as we care for you during your treatment.



Date:
27 MAR
(Thursday)

- Manicure
- Pedicure
- Leg & Foot Massages
- Back Massage
- Head, Shoulder Massage
- Back Scrub
- Waxing



Venue: Library Room
Time: 9am - 4pm

**BOOK your appointment
directly with
ielhaam**

**Call or Whatsapp
082 396 7573**