

Evergreen DIEP RIVER



28 JUL - 3 AUG
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Your weekly guide to sport
& recreational activities in
the Village

BISTRO

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Special Events & Activities

Dear Residents,

I hope you've all had a fantastic week.

Although the Springboks are not playing for a couple of weeks, BOK FRIDAYS are still going strong, and will continue right through to the end of the season! Let's keep the gees high and the energy flowing.

Thank you to everyone who made our Christmas in July dinner such a success! Your festive spirit, and support made it a truly special event.

Looking ahead, we're excited to welcome Freedom Foods in the new month. more details will be shared early next week.

Reminders:

- **Naturally Pampered – Tuesday, July 29th**
- **Music Evening – Thursday, July 31st**

Thank you as always for being such a vibrant and supportive community.

Wishing you all a blessed and warm weekend ahead.

Regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 28 JUL	11h15 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH			CLINIC DAY 
TUE 29 JUL	10h00 SKY LOUNGE NATURALLY PAMPERED	12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 30 JUL	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 31 JUL		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	18h00 REC LOUNGE MUSIC EVENING	
FRI 1 AUG		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE NIGHT	
SAT 2 AUG				18h00 BISTRO RESIDENT BRAAI	ON CALL  RIAAN
SUN 3 AUG					ON CALL  RIAAN

WEEKLY BISTRO MENU

MON
28 JUL

Pork bangers with tomato and onion smoor, mashed potatoes, carrots and peas

(V) Plant-based bangers with tomato and onion smoor, mashed potatoes, carrots and peas

TUE
29 JUL

Beef and ricotta cannelloni pasta bake with with salad

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

WED
30 JUL

Pulled pork and cheddar quesadilla with salad

(V) Roasted vegetable and cheddar quesadilla with salad

THUR
31 JUL

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

(V) Butterbean curry with yellow rice and sweet butternut

FRI
1 AUG



Menu to be confirmed

SAT
2 AUG



Menu to be confirmed

SUN
3 AUG



Menu to be confirmed

- 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!

AUGUST

3RD MARGARET HULL – APT 316

19TH BERNIE FEBRUARY – VILLAGE TEAM

26TH KELVIN BARRY – APT 218

A romantic close-up of a man and a woman about to kiss. The woman is on the left, looking down at the man on the right. They are both smiling and looking at each other. The background is blurred.

MOVIE
NIGHT


Squared Love All Over
Again

18H00 IN THE RECREATION LOUNGE
BOOK AT RECEPTION FOR SEATING ARRANGEMENTS




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:
29 JULY
(Tuesday)

- 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**

C L A S S I C A L

MUSIC

31 JULY | 18H00

MOZART

Oboe Concerto in C Major

MAHLER

Symphony No. 4

RSVP AT RECEPTION OR ON EXT. 1400

GEAR UP FOR Bok Fridays

WEAR YOUR GREEN AND GOLD PROUDLY
ON BOK FRIDAYS AND MATCH DAYS

