

1 - 7 SEPTEMBER IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

BISTRO

Weekly Lunch Menu

IT'S A CELEBRATION

Birthdays and anniversaries

EVENT DETAILS

Special Events & Activities

"Spring is nature's way of saying, 'Let's party!"

– Robin Williams

Dear Residents,

We've been treated to a week of fantastic weather leading up to Spring Day next week — a great start to the new season!

It's a quiet beginning to the month with no major events lined up for the coming week, but the weekend weather is looking ideal for firing up the braai and enjoying some time outdoors.

On the sports front, it's also a relatively calm weekend. Keep an eye on the US Open Tennis and the Dutch F1 Grand Prix, both happening on Sunday. Looking ahead to next week, excitement starts building again as the Springboks return to action with an early match against the All Blacks in New Zealand.

Wishing yo<mark>u all a bl</mark>essed and warm weekend ahead.

Warm regards, The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 1 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH			CILINIC ON T
TUE 2 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 3 SEPT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 4 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 5 SEPT		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE NIGHT	
SAT 6 SEPT				18h00 BISTRO RESIDENT BRAAI	ON CALL RIAAN
SUN 7 SEPT			14h00 BISTRO GAMES		ON CALL RIAAN



WEEKLY MENU

MON 1 SEPT Sesame meatballs, basmati rice, steamed green beans and braised cabbage

OR

Creamy chicken salsa with savoury rice and garden peas

OR

(V) Vegetable meatballs, basmati rice, steamed green beans and braised cabbage

(S) Strawberry chicken salad



TUE 2 SEPT Chicken carbonara pasta served with parmesan cheese

OR

Asian pork stir fry served on rice and stir-fry vegetables

(V) Vegetarian stir-fry with broccoli with brown rice

(S) Goats cheese beetroot and broccoli salad



WED 3 SEPT Chicken breyani with a side sambal

OR

Texas pulled pork served with mash, gravy, butternut and baby marrows

OR

(V) Vegetable lentil briyani yellow rice and pumpkin with side sambal

(S) Chicken Caesar salad



THUR 4 SEPT Tomato bredie served with rice, carrots and peas

OR

Thai chicken stir fry on noodles and stir-fry vegetables

OR

(V) Cheesy vegetarian loaded baked potatoes with spinach and mushrooms

(S) Strawberry spinach salad



Car

FRI 5 SEPT Grilled or fried fish and chips with coleslaw

OR

Homemade beef burger, balsamic onions and cheddar cheese with chips

OR

(V) Lentil bolognaise over penne pasta with side parmesan cheese

(S) Bacon and mozzarella salad





Pork sausages and mash: Grilled pork sausages served with mash, gravy, garden peas and butternut

OR

(V) Veg sausages with mash, gravy, garden peas and butternut





Roast Lamb or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots

(V) Roasted cabbage with butter beans & baked feta with rice and side veggies



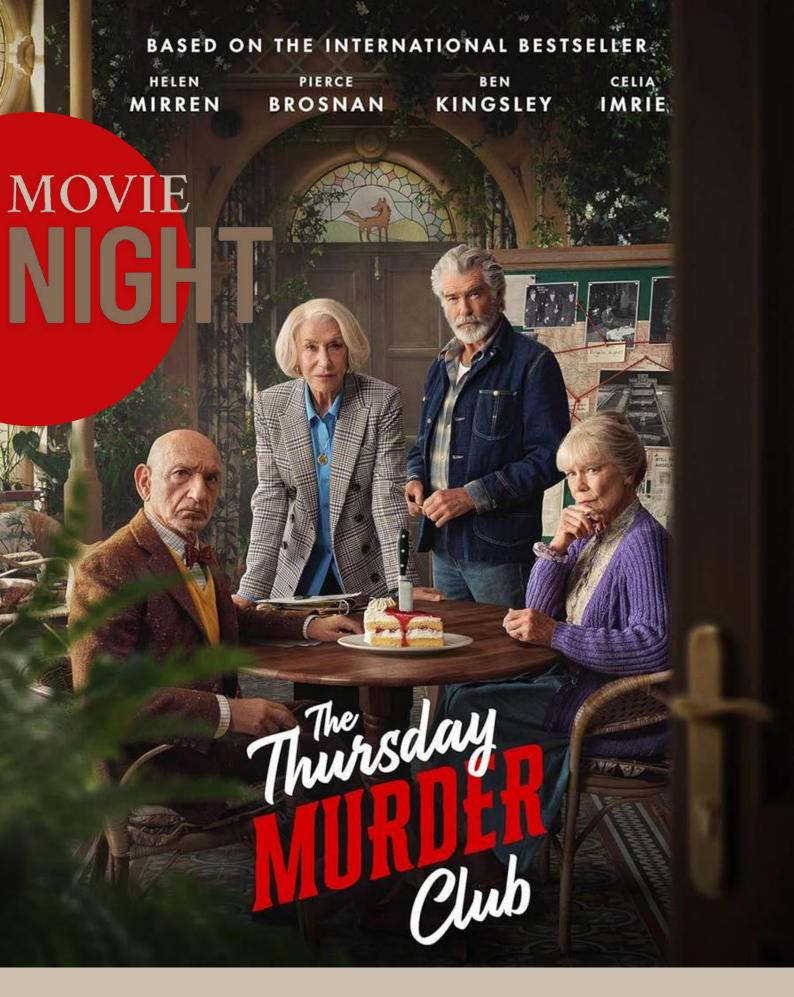
- House menu available on "same day order" before 10h00.
- Daily meal orders close the day before the meal is ordered for by 14h00.
- Weekend take-away and Monday orders close on Friday by 14h00
- Meals at R60 / Soup R45

IT'S A CELEBRATION



SEPTEMBER

01ST FRANK JEPPE - APT 110 13TH THIRZA MUNRO - APT 303 15TH JEANNE BOONZAIER - APT 319 16TH SUE DAVIES - APT 315 20TH JANET BAYLY - APT 308



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



BOR Fridays

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



























