

Evergreen — DIEP RIVER



**8 - 14 SEPTEMBER
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WEEKLY ACTIVITIES

Your weekly guide to sport
& recreational activities in
the Village

BISTRO

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anniversaries

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Special Events & Activities

**“Spring is nature’s way of saying, ‘Let’s party!’”
– Robin Williams**

Dear Residents,

I’m not sure if we’ve shaken off yesterday’s odd weather as we head into the weekend but it is Bok Friday and we have a weekend packed with sport, sport, and more sport ahead of us!

There’s plenty to look forward to, starting with the Springboks taking on the All Blacks tomorrow morning—a clash that always promises fireworks. On Sunday, you might need to keep the remote handy, as the sporting action comes thick and fast. The Proteas face England in the final One Day International, (SA already leading the series 2-0), while the Lady Boks take on France in the Women’s Rugby World Cup play-offs.



And for Formula 1 fans, all eyes will be on Monza for the second race after the summer break. With the drama of last week’s results still fresh, this weekend’s Grand Prix is shaping up to be another one to watch.

Cheers to a weekend full of action. Go Bokke!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 8 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH			CLINIC DAY 
TUE 9 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 10 SEPT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 11 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 12 SEPT		12h00 BISTRO LUNCH	10h00 KIND 2 HEARING	18h00 REC LOUNGE MOVIE NIGHT	
SAT 13 SEPT				18h00 BISTRO RESIDENT BRAAI	ON CALL  RIAAN
SUN 14 SEPT			14h00 BISTRO GAMES		ON CALL  RIAAN

RIAAN 072 600 2499 | AMANDA 071 868 0597 | DAMIAN 073 516 4119

WHAT'S WHAT?

Considering joining village activities? Get to know other residents better? Not always sure what's what on the activity lists? Have a look below and read more about each activity.

MOVEMENT CLASS

"Stretch, sway, and shimmy! Gentle movement to keep you loose, lively, and laughing—no leotards required."

COLOURING IN

"Zen meets colour! Grab some pencils and lose yourself in the calming magic of mandala colouring—no rules, just rhythm, relaxation, and a splash of creativity."

RUBBIKUB

"Mix a little luck with loads of logic! Match numbers and colours in clever tile combinations—Rummikub is all about making sets, breaking them apart, and staying one step ahead of other players!"

SCRABBLE

"Word nerds, unite! Build big words, score bigger points, and prove once and for all that Q without U does have a place."

AQUA AEROBICS

"Make a splash while getting fit! Low-impact, high-fun water workouts that are easy on the joints and great for the soul."

RESIDENT BRAAI

"Good vibes, great company, and something sizzling on the grill! Bring your appetite and your best stories—it's braai time!"

MUSIC EVENING

"An evening of elegance and timeless tunes—sit back, relax, and let the soothing sounds of the classics sweep you away."

MOVIE NIGHT

"Popcorn ready, lights down low—grab a comfy seat and get lost in a night of flicks, fun, and maybe a few laughs (or tears)!"

RIAAN'S FRUIT VAN

"Fresh, fruity, and just a roll away! Stock up on juicy goodness without leaving the village."

**COMING
SOON**

BOULE

"A touch of French flair on our lawn—gather your friends, aim, toss, and let the good times roll!"

SOCIAL DINNER

"Good food, great company, and plenty of laughs—our monthly get-together where everyone's invited to the table!"

BINGO NIGHT

"Numbers, nerves, and a whole lot of fun—get ready to shout 'Bingo!' and maybe take home a prize or two!"

SHUTTLE BUS

"Hop on, hang out, and get where you need to go—our shuttle's making your errands and outings easy every other week!"

KIND 2 HEARING

"Friendly hearing care right here at the village. Check-ups, advice, and support to keep you hearing your best."

NATURALLY PAMPERED

"Treat yourself to bliss with natural, gentle pampering—because you deserve a little self-love and relaxation, the pure way."

WEEKLY MENU

MON
8 SEPT

Mushroom stroganoff with rice, butternut and green beans
OR
Spaghetti bolognaise with side parmesan cheese
OR
(V) Ratatouille with spaghetti and side parmesan cheese
(S) Strawberry chicken salad



Danish pastries

TUE
9 SEPT

Chicken parmesan with roasted potatoes, garden peas and carrots
OR
Braised pork in sweet soy with rice, broccoli and butternut
OR
(V) Eggplant parmesan with roasted potatoes, garden peas and butternut
(S) Goats cheese beetroot and broccoli salad



Cheese-cake

WED
10 SEPT

Chicken marsala with mashed potatoes, baby marrows and butternut
OR
Pork adobo with rice, green beans and butternut
OR
(V) Baby marrow marsala with mashed potatoes, baby marrows and butternut
(S) Chicken Caesar salad



Chocolate cake

THUR
11 SEPT

Meatloaf wrapped in streaky bacon with mashed potatoes, gravy, broccoli & carrots
OR
Thai chicken curry with basmati rice, garden peas and carrots
OR
(V) Thai vegetable curry with basmati rice, garden peas and carrots
(S) Strawberry spinach salad



Carrot cake

FRI
12 SEPT

Grilled or fried fish and chips with coleslaw
OR
Sweet n sour chicken with stir fry veggies over rice
OR
(V) Sweet n sour falafel with stir fry veggies over rice
(S) Bacon and mozzarella salad



Brownies

SAT
13 SEPT

Creamy macaroni and cheese with bacon and broccoli
OR
Chicken cacciatore with rice and butternut
OR
(V) Broccoli macaroni and cheese



R70 including
Delivery fee

SUN
14 SEPT

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy and vegetable medley
OR
(V) Meat free Wellington with beetroot, mushroom and butternut squash wrapped in pastry with rice and vegetable medley



R95 including
Delivery fee

- 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

IT'S A CELEBRATION

Birthdays

SEPTEMBER

13TH THIRZA MUNRO – APT 303

15TH JEANNE BOONZAIR – APT 319

16TH SUE DAVIES – APT 315

20TH JANET BAYLY – APT 308

Aaron Eckhart Jennifer Aniston

MOVIE
NIGHT



Sometimes when you least expect it...

Love Happens

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

GEAR UP FOR Bok Fridays

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

