

Evergreen — DIEP RIVER

**22 - 28 SEPTEMBER
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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

Dear Residents,

I hope you all had a good week.

Next week, we celebrate Heritage Day better known as “Braai Day” on the 24th of September. (Not that South Africans need any encouragement to light a fire)

Most official celebration will be on Saturday the 27th however and , we'll be hosting a Spit Braai for lunch as a build-up to our second last match of the Rugby Championship between the Springboks and Argentina! If enough residents are interested in attending the event, we will be able to book a shuttle.

Upcoming Events:

- Tuesday, 22 Sept: Naturally Pampered
- Thursday, 25 Sept: Social Dinner
- Saturday, 27 Sept: Spit Braai & Rugby
- Tuesday, 30 Sept: Music Evening

Wishing you all a blessed weekend ahead.

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 22 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH			CLINIC DAY 
TUE 23 SEPT	10h00 SKY LOUNGE NATURALLY PAMPERED	12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 24 SEPT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 25 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES	18h00 BISTRO SOCIAL DINNER	
FRI 26 SEPT		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE NIGHT	
SAT 27 SEPT				18h00 BISTRO RESIDENT BRAAI	ON CALL  RIAAN
SUN 28 SEPT			14h00 BISTRO GAMES		ON CALL  RIAAN

WEEKLY MENU

MON
22 SEPT

Chicken broccoli bake: with rice, carrots and garden peas
OR
Chili con carne with rice, side of sour cream and cheddar cheese
OR
(V) **Lentils chilli con carne with rice, side of sour cream and cheddar cheese**
(S) **Strawberry chicken salad**



Danish pastries

TUE
23 SEPT

Cottage pie served with side garden peas
OR
Moroccan chicken with couscous, sautéed spinach and roasted veggies
OR
(V) **Lentils mushroom shephards pie topped with sweet potato mash**
(S) **Goats cheese beetroot and broccoli salad**



Cheese-cake

WED
24 SEPT

Monterrey chicken bake with rice, carrots and baby marrows
OR
Korean BBQ pork with egg fried rice and broccoli
OR
(V) **Baked feta pasta with cherry tomatoes**
(S) **Chicken Caesar salad**



Chocolate cake

THUR
25 SEPT

Chicken lemons with broccoli, butternut and lemon roasted potatoes
OR
Mild pork curry with rice, butternut and green beans and side sambal
OR
(V) **Stuffed peppers with savoury rice and lentils**
(S) **Strawberry spinach salad**



Carrot cake

FRI
26 SEPT

Grilled or fried fish and chips with coleslaw
OR
Mongolian beef (stew) with basmati rice
OR
(V) **Grilled teriyaki falafels with mash, broccoli and carrots**
(S) **Bacon and mozzarella salad**



Brownies

SAT
26 SEPT

Eggplant parmesan with mash, garden peas and butternut
OR
Chicken kebabs with savoury rice, broccoli and carrots
OR
(V) **Creamy mushroom pasta**



R70 including
Delivery fee

SUN
28 SEPT

Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
OR
(V) **Stuffed roasted butternut with rice and veggies**



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



**MOVIE
NIGHT**

A NETFLIX FILM

A Perfect Pairing

18H00 IN THE RECREATION LOUNGE

BOOK AT RECEPTION FOR SEATING ARRANGEMENTS

SOCIAL DINNER

25TH SEPTEMBER

18H00

MAIN COURSE

Prawn and Seabass Fish Cakes

*Crumbed with Japanese Panko crumbs and shallow fried.
Served with lemongrass infused savoury rice, green beans and
a side of homemade remoulade.*

OR

Sirloin Slices

*Tender, juicy sirloin slices, topped with mushroom or pepper
sauce. Served with roasted baby potatoes and seasonal
vegetables*

OR

Smokey Pastrami

*Vegetarian Pastrami stacked with goats cheese and avocado,
splashed with a sticky balsamic reduction. Served with salad
and garlic toast*

DESSERT

Kahlua Dom Pedro

OR

Sliced fruit and Cheese plate

OR

Cassata with a drizzle of peppermint Liqueur

Book with reception on ext 3200 with your menu choices,
BOOKING CLOSE 24th September at 2pm. R120 pp



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:
23 SEPT
(Tuesday)

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



Venue: Library Room
Time: 10am - 2pm

BOOK your appointment directly with ielhaam

Call or Whatsapp
082 396 7573



C L A S S I C A L

MUSIC

30 SEPTEMBER | 18H00

John Williams
Olympic Fanfare

J.S.Bach
Concerto for Two Violins, in
D Minor

Max Bruch
Scottish Fantasy

Robert Schumann
Symphony No. 4.