

Evergreen DIEP RIVER



**29 SEPT - 5 OCT
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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 everyone is keeping warm after a few chilly days this week!

Thank you to everyone who supported this week's social dinner. It is really great to see bistro so full, consistently.

We're heading into a quieter week next week but you can still look forward to a relaxing evening of classical music on Tuesday, 30 September —always a highlight on the calendar.

Before that though, the Springboks will be taking on Argentina tomorrow in what promises to be another exciting match.

If you've been out and about, you may have noticed festive décor creeping into the the shops and it seems with that the countdown has officially begun!

Wishing you all a blessed weekend ahead.

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 29 SEPT	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH			CLINIC DAY 
TUE 30 SEPT		12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA	18h00 REC LOUNGE MUSIC EVENING	
WED 1 OCT	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	15h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 2 OCT		12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 3 OCT		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE NIGHT	
SAT 4 OCT				18h00 BISTRO RESIDENT BRAAI	ON CALL  AMANDA
SUN 5 OCT			14h00 BISTRO GAMES		ON CALL  AMANDA

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

WEEKLY MENU

MON
22 SEPT

Chicken Stroganoff with basmati rice, green beans and butternut

OR

Chicken pasta bake topped with cheese and baked

OR

(V) **Vegetarian pesto pasta with Veggies**

(S) **Strawberry chicken salad**



Danish pastries

TUE
23 SEPT

Beef curry and yellow rice, garden peas and carrots with side sambal salad

OR

Chicken supreme in a creamy mushrooms and bacon sauce with mashed potato and steamed green veggies

OR

(V) **Spicy chickpea bowl with couscous**

(S) **Goats cheese beetroot and broccoli salad**



Cheese-cake

WED
24 SEPT

Penne a la vodka topped with parmesan cheese and BBQ chicken breast

OR

Glazed sticky pork strips with stir-fry veg and basmati rice

OR

(V) **Baked feta pasta with cherry tomatoes**

(S) **Chicken Caesar salad**



Chocolate cake

THUR
25 SEPT

Alfredo pasta with side parmesan cheese

OR

Coconut beef marsala with basmati rice, peas and carrots

OR

(V) **Coconut baby marrow marsala and chickpeas with rice, garden peas and butternut**

(S) **Strawberry spinach salad**



Carrot cake

FRI
26 SEPT

Grilled or fried fish and chips with coleslaw

OR

Pork schnitzel with a fried egg, sautéed potatoes and braised cabbage with carrots

OR

(V) **Lentil "meatloaf" with mash, broccoli and carrots**

(S) **Bacon and mozzarella salad**



Brownies

SAT
26 SEPT

Coronation chickens with rice, carrots and peas

OR

Gourmet mac n cheese with peppers, corn and onions

OR

(V) **Bean stew with rice, garden peas and butternut**



R70 including Delivery fee

SUN
28 SEPT

Roast Gammon or Roast Beef served with rice, Yorkshire pudding, roast potatoes, gravy and veggies

OR

(V) **Italian-style roast cabbage wedges with tomato lentils and roast potatoes**



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

OCTOBER

2ND MARGARET LEE – APT 119

9TH ROSALINE FLINT – APT 207

14TH COLIN EVERETT – APT 117

17TH JEFF UYS – APT 107

19TH GEORGE BROWN – APT 216

24TH MAUREEN HELMAN – APT 305

A man and a woman are shown from the chest up, looking off to the right. The woman, in the foreground, has long brown hair and is wearing a blue headscarf with white patterns, a white long-sleeved shirt, and a grey vest. The man, behind her, has dark curly hair and a beard, wearing a blue shirt. They are leaning on a stone wall. The background shows a lush green mountain valley under a cloudy sky.

MOVIE NIGHT

WITHOUT SAYING GOODBYE

18H00 IN THE RECREATION LOUNGE

BOOK AT RECEPTION FOR SEATING ARRANGEMENTS

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.