



# Evergreen VAL DE VIE

**FEBRUARY 2025**  
**IN THIS ISSUE**  
**3RD FEB - 9TH FEB**

## WEEKLY ACTIVITIES

Your weekly guide to sport  
& recreational activities in  
the Village

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## BISTRO

Weekly Lunch Menu

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## UPCOMING EVENTS

Weekly Event Posters

Dear Resident,

Welcome to this week's "What's Happening" issue.

Next week, rise above the ordinary and unleash your inner greatness! It's a new chance to tackle challenges, learn from setbacks, and celebrate victories. Believe in yourself, stay focused, and keep pushing forward. Remember, the only way to make progress is to take that first step. So, take a leap of faith, be brave, and make next week count!

Wishing you all a great week.

Regards,  
Team Evergreen

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> 3 FEB	17h00 CLUBHOUSE <b>Wellness Farm Market</b>	15h00 CLUBHOUSE <b>U3A</b>		Veggie Day 
<b>TUE</b> 4 FEB	10h00 CLUBHOUSE <b>Crafts &amp; Coffee</b>	15h00 CLUBHOUSE <b>Rummikub</b>		
<b>WED</b> 5 FEB	09h00 BRIDGE HOUSE <b>Bridge</b>	17h30 CLUBHOUSE <b>Evergreen Singing Group</b>		Refuse day 
<b>THUR</b> 6 FEB	10h00 CINEMA ROOM <b>Afrikaanse Bybelstudie</b>	14h00 CLUBHOUSE <b>Bridge</b>	15h00 CLUBHOUSE <b>Rummikub</b>	
<b>FRI</b> 7 FEB	15h00 CLUBHOUSE <b>Canasta</b>			
<b>SAT</b> 8 FEB				
<b>SUN</b> 9 FEB				

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.” — George Bernhard Shaw.

# L U N C H M E N U

**3 FEBRUARY - 8 FEBRUARY 2025**

**FRESHLY PREPARED MEAL OF THE DAY SERVED MONDAY TO  
SATURDAY**

**ORDERS TO BE PLACED VIA RECEPTION**

## **MONDAY**

### **COTTAGE PIE**

**Served with Garden Salad and Home-Made dressing  
R125**

## **TUESDAY**

### **ALFREDO PASTA**

**Served with Ham & Mushroom  
R120**

## **WEDNESDAY**

### **GRILLED PORK BANGERS**

**With Creamy Garlic Mash Potato, Steamed Peas & Carrots with an  
Onion Gravy  
R125**

## **THURSDAY**

### **GRILLED CHICKEN BREAST**

**Served with Crushed Baby Potatoes, Honey Glazed Butternut,  
Green Beans & Natural Gravy  
R135**

## **FRIDAY**

### **HAKE & CHIPS**

**Tempura Fried Hake with Crispy Fries & Tartar Sauce  
R135**

## **SATURDAY**

### **BEEF BURGER**

**Served on a fresh toasted bun, wholegrain mustard mayo, lettuce,  
cheese, tomato, gherkins & Sweet potato Fries  
R120**

**Bookings close the day before the meal at 14h00.  
Reception or on ext. 5700**

# V E G E T A R I A N

**3 FEBRUARY - 8 FEBRUARY 2025**

**FRESHLY PREPARED VEGETARIAN MEAL OF THE DAY  
SERVED MONDAY TO SATURDAY  
ORDERS TO BE PLACED VIA RECEPTION**

## **MONDAY**

### **VEGETABLE COTTAGE PIE**

**Served with green salad**

**R120**

## **TUESDAY**

### **VEGETABLE KEBABS**

**Served with crispy side salad & dressing**

**R115**

## **WEDNESDAY**

### **TOMATO, COCONUT & AUBERGINE STEW**

**Served with fragrant rice & sambal**

**R120**

## **THURSDAY**

### **MIXED VEGETABLE STIRFRY**

**Served with creamy parmesan polenta**

**R120**

## **FRIDAY**

### **BUTTERNUT & FETA SALAD**

**Served with a herbed yoghurt dressing**

**R115**

## **SATURDAY**

### **VEGETABLE CURRY**

**With basmati rice, tomato & onion sambal.**

**R120**

**Bookings close the day before the meal at 14h00.  
Reception or on ext. 5700**





# Evergreen Singing Group

Every **Wednesday** at Evergreen  
Lifestyle Centre

**17h30**

From English to Afrikaans,  
Golden Oldies to New Songs,  
they sing it all.



...for  
visited the Great Blasket ... and fell in love with it  
... to rebuild the village as a holiday





# WELLNESS FARM MARKET

EVERY MONDAY

17:00 - 18:00



Evergreen Lifestyle Centre

Bring your grocery bags and buy fresh  
veggies & greens from Val de Vie's  
Wellness farm right here in the clubhouse

Contact Jo-Mari on **072 762 3786** to  
add you to their WhatsApp Group for  
weekly updates of what will be available



# Photographic COMPETITION

## 2025

*Happy Snapping!*

**"A GOOD SNAPSHOT  
KEEPS A MOMENT FROM  
RUNNING AWAY."**

- EUDORA WELTY

#### THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

#### HOW TO SUBMIT:

- Please include the following per submission:
  - theme
  - your name
  - village
  - caption
  - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution - 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

**You can submit your photographs  
for any of the themes throughout  
the year.**



## Themes



### The Family

Whether it is your direct family, or a family of the Animal Kingdom.



### Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



### Black and White

Not everything has to be seen in colour.



### Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



### Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



### Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



### Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



### Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



### Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



### Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.



# UPCOMING *Events*





JOIN IN  
5KM

# LUNAR WALK

WED 12TH FEB

7:30PM

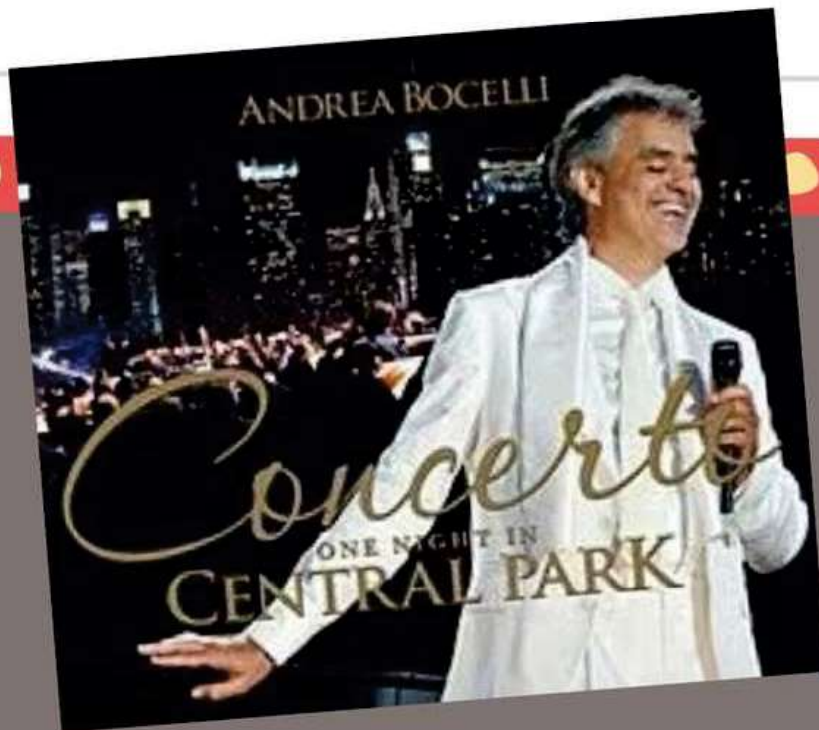
DETAILS TO BE ANNOUNCED



EVERGREEN LIFESTYLE CENTRE

# CLASSIC MONDAY

## MOVIE NIGHT



**17TH FEBRUARY 6PM**

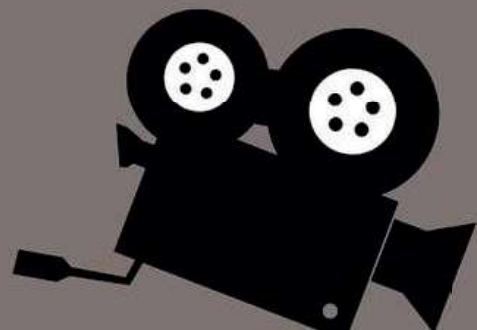
**BOOK AT RECEPTION**

**CHICKEN & MUSHROOM PIE WITH SALAD -**

**VEGETARIAN OPTION**

**FRUIT COCKTAIL AND CREAM**

**R80PP**





EVERGREEN LIFESTYLE CENTRE

# Valentine's Day

Join us for an unique and non-traditional  
Valentine's day!

Enjoy the day with friends, loved ones and family.



**Food, Market, Live Music**



**14 FEBRUARY**

Celebrate Love with Us!



Join our Valentine's event for a romantic day of:

Harvest Table with delicious finger food

Live Acoustic Music

A curated Gift Market featuring flowers, fashion, jewelry,  
and more!

Indulge in the loving atmosphere and make this Valentine's  
one to remember!"

**R195PP**

BAR WITH SOFT DRINKS , WINE & BEER AVAILABLE

BOOKINGS WITH RECEPTION