

Evergreen VAL DE VIE



MARCH 2025 IN THIS ISSUE 3RD MARCH - 9TH MARCH

WEEKLY ACTIVITIES

Your weekly guide to sport
& recreational activities in
the Village

BISTRO

Weekly Lunch Menu

UPCOMING EVENTS

Weekly Event Posters

Dear Resident,

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

As we step into a brand new week, remember that every day brings new opportunities to grow, learn, and thrive.

Stay positive and let's make this week an amazing one!

Wishing you all a great week.

Regards,
Team Evergreen

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 3 MAR	15h30 CLUBHOUSE U3A	17h00 CLUBHOUSE PARKING LOT Wellness Farm Market		Veggie Day 
TUE 4 MAR	10h00 CINEMA ROOM Crafts & Coffee	15h00 CLUBHOUSE Rummikub	18h30 CINEMA ROOM English Biblestudy	
WED 5 MAR	09h00 BRIDGE HOUSE Bridge	17h30 CLUBHOUSE Evergreen Singing Group		Refuse day 
THUR 6 MAR	10h00 CINEMA ROOM Afrikaanse Bybelstudie	10h00 CLUBHOUSE Buffet Breakfast	14h00 CLUBHOUSE Bridge	15h00 CLUBHOUSE Rummikub
FRI 7 MAR	15h00 CLUBHOUSE Canasta	15h30 CLUBHOUSE “What is pain” Talk		
SAT 8 MAR	NO LUNCH SERVED			
SUN 9 MAR				

“Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don’t try to be perfect; just be an excellent example of being human.”

— Tony Robbins

L U N C H M E N U

3 MARCH - 8 MARCH 2025

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

MONDAY

BASIL PESTO PASTA

Served with Parmesan & Fresh Cherry Tomatoes
R115

TUESDAY

BEEF COTTAGE PIE

Served with Garden Salad and Home-Made dressing
R125

WEDNESDAY

GRILLED PORK BANGERS

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

THURSDAY

ROASTED CHICKEN

Served with Crushed Potatoes, Vegetable Bake & Yellow Rice with
Raisins
R135

FRIDAY

HAKE AND CHIPS

Tempura Fried Hake with Crispy Fries & Home-made Tartar sauce
R135

SATURDAY

BISTRO CLOSED FOR LUNCH

OPEN ONLY FOR:

BREAKFAST: 09:00-11:00

COFFEE CORNER: 09:00-16:00

Muffins, Crossiants and Cakes

**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 MARCH - 8 MARCH 2025

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

MONDAY

VEGETABLE KEBABS

Served with crispy side salad & dressing
R115

TUESDAY

VEGETABLE COTTAGE PIE

Served with green salad
R120

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

BISTRO CLOSED FOR LUNCH


OPEN ONLY FOR:

BREAKFAST: 09:00-11:00

COFFEE CORNER: 09:00-16:00

Muffins, Crossiants and Cakes

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



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

**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*



EVERGREEN LIFESTYLE CENTRE

THURSDAY, 6 MARCH
10H00 AM
R110PP

Breakfast Table;

Waffles & Syrup, Fruit,
Scrambled Eggs, Bacon,
Baked Beans, Grilled
Tomatoes

Includes a cup of
coffee/tea

BUFFET BREAKFAST



EVERGREEN
lifestyle

PAIN

7 March 2025 - 3:30 pm
Evergreen Clubhouse

**COME JOIN US FOR AN INSIGHTFUL TALK ABOUT
WHAT EXACTLY IS PAIN**

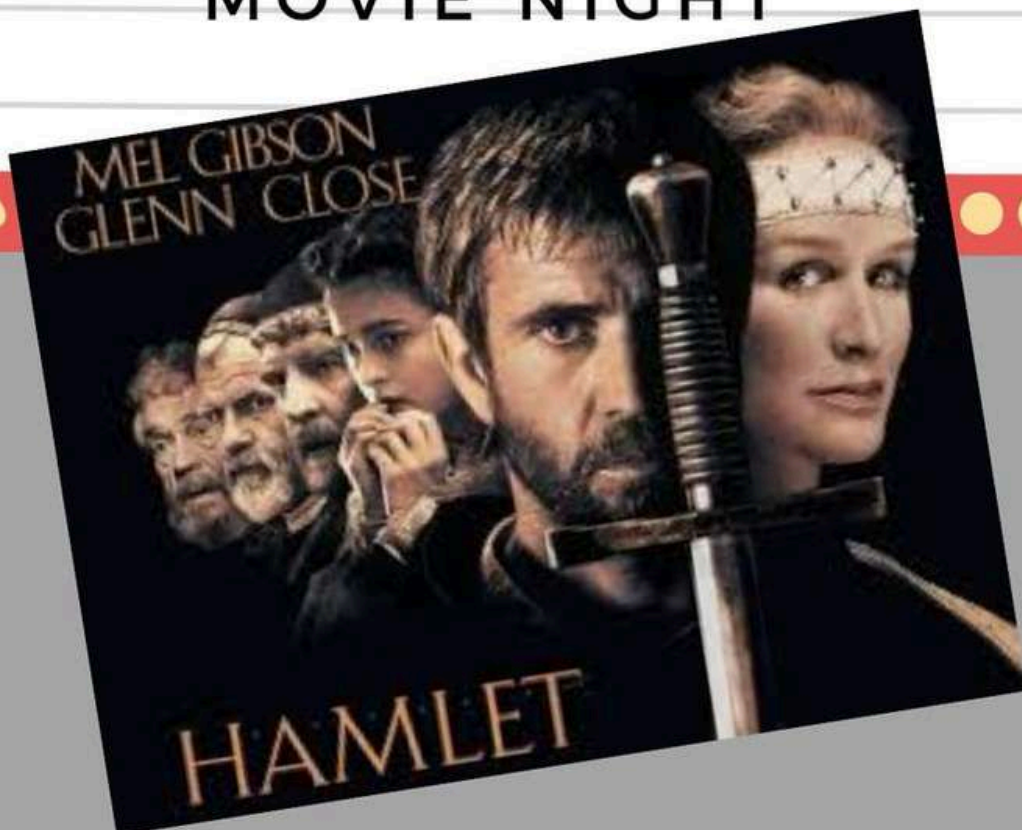
Presenter: Mia du Plessis from
Physiotherapy@Home



EVERGREEN LIFESTYLE CENTRE

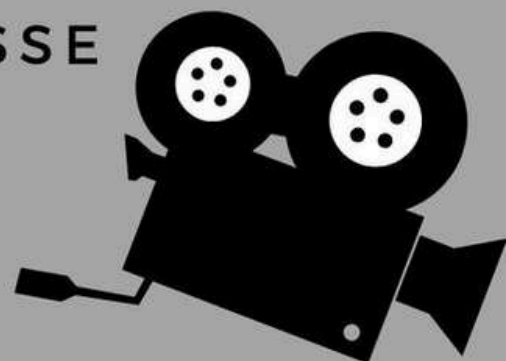
CLASSIC MONDAY

MOVIE NIGHT



10TH MARCH 6PM

COTTAGE PIE AND SALAD
VEGETARIAN OPTION LENTIL AND
VEGETABLE PIE
CHOCOLATE MOUSSE
R80PP



BOOK AT RECEPTION

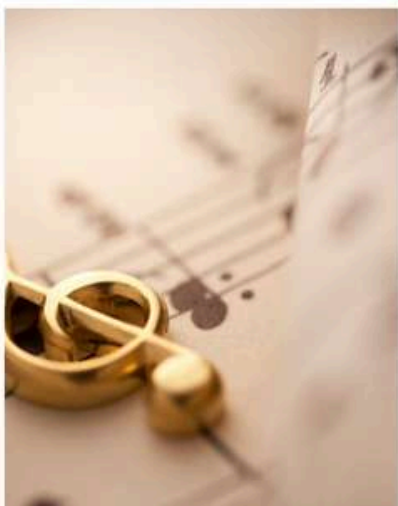
Evergreen Lifestyle Centre

Music Quiz Night



Presented By Jo-Mari

Thursday
20 March
18h00



R110pp
Dinner &
Wine

Join us for a night of Melody, Trivia, and Fun at our MUSIC QUIZ NIGHT

Test your knowledge of tunes, artists, and genres.

Compete with friends and fellow music lovers. Sign up a team of 4 people max and win prizes.

Included ;
Light Dinner & Glass of Red/White Wine

Bar with Beer, Soft Drinks & Wine available