

# Evergreen VAL DE VIE



**MARCH 2025**  
**IN THIS ISSUE**  
**17TH MARCH -**  
**23RD MARCH**

## 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.

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

<b>MON</b> 17 MAR	17h00 <b>CLUBHOUSE</b> <b>Wellness Farm Market</b>	18h00 <b>CLUBHOUSE</b> <b>Classic Monday</b>		Veggie Day 
<b>TUE</b> 18 MAR	10h00 <b>CINEMA ROOM</b> <b>Crafts &amp; Coffee</b>	15h00 <b>CLUBHOUSE</b> <b>Rummikub</b>		
<b>WED</b> 19 MAR	09h00 <b>BRIDGE HOUSE</b> <b>Bridge</b>	17h30 <b>CLUBHOUSE</b> <b>Evergreen Singing Group</b>		Refuse day 
<b>THUR</b> 20 MAR	10h00 <b>CINEMA ROOM</b> <b>Afrikaanse Bybelstudie</b>	14h00 <b>CLUBHOUSE</b> <b>Bridge</b>	15h00 <b>CLUBHOUSE</b> <b>Rummikub</b>	18h00 <b>CLUBHOUSE</b> <b>Music Quiz</b>
<b>FRI</b> 21 MAR	<b>PUBLIC HOLIDAY</b> Human Rights Day	15h00 <b>CLUBHOUSE</b> <b>Canasta</b>		
<b>SAT</b> 22 MAR				
<b>SUN</b> 23 MAR				

“Sing like no one’s listening, love like you’ve never been hurt, dance like nobody’s watching, and live like it’s heaven on earth.”

# L U N C H M E N U

17 MARCH - 22 MARCH 2025

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

## **MONDAY**

**CREAMY TUNA PASTA BAKE**  
SERVED WITH GARDEN SALAD  
**R110**

## **TUESDAY**

**CHICKEN AND LEEK POT PIE**  
SERVED WITH POTATO WEDGES AND SIDE SALAD  
**R125**

## **WEDNESDAY**

**LAMB POTJIE**  
SERVED WITH BASMATI RICE AND BEETROOT  
**R135**

## **THURSDAY**

**CLASSIC BOBOTIE**  
WITH FRAGRANT YELLOW RICE AND BANANA SALAD  
**R125**

## **FRIDAY**

**HAKE & CHIPS**  
TEMPURA FRESH FRIED HAKE FILLET WITH CRISPY FRIES &  
HOMEMADE TARTAR SAUCE  
**R140**

## **SATURDAY**

**CHICKEN BURGER**  
SERVED ON A FRESH TOASTED BUN, WHOLEGRAIN MUSTARD  
MAYO, LETTUCE,  
CHEESE, TOMATO, GHERKINS & FRIES.  
**R125**

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



# V E G E T A R I A N

17 MARCH - 22 MARCH 2025

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

## **MONDAY**

### **CRUMBED CAULIFLOWER**

SERVED WITH CRUSHED HERBED BABY POTATOES, GREEN BEANS  
& MUSHROOM SAUCE

**R110**

## **TUESDAY**

### **ROASTED VEGETABLE PITA**

SERVED WITH HUMUS, CHERRY TOMATOES, LETTUCE, FETA  
WITH POTATO FRIES

**R110**

## **WEDNESDAY**

### **GRILLED AUBERGINE**

WITH BASIL & FETA SERVED WITH MUSTARD MASH POTATO,  
SEASONAL VEGETABLES AND NAPOLI TANA SAUCE

**R110**

## **THURSDAY**

### **VEGETABLE STIR FRY**

SEASONAL VEGETABLE STIR FRY WITH BASMATI RICE

**R110**

## **FRIDAY**

### **VEGETABLE WRAP**

SERVED WITH SWEET POTATO FRIES

**R110**

## **SATURDAY**


### **SEASONAL VEGETABLE BAKE**

SEASONAL VEGETABLES BAKED IN A BESHAMEL SAUCE WITH  
PARMESAN AND CHEDDAR SERVED WITH SEASONAL SALAD

**R110**

**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](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.



# Community Board



"Get Featured on Our Community Board!"

We want to see your smiling faces in our clubhouse! Send us your favorite photo of yourself and we'll add it to our community board. We would love to have all our Evergreen Residents on our wall.

Email your pics to  
**[receptionvdv@evergreenlifestyle.co.za](mailto:receptionvdv@evergreenlifestyle.co.za)** Or  
WhatsApp - **072 762 3786**



# UPCOMING *Events*



Evergreen Lifestyle Centre

# Music Quiz Night

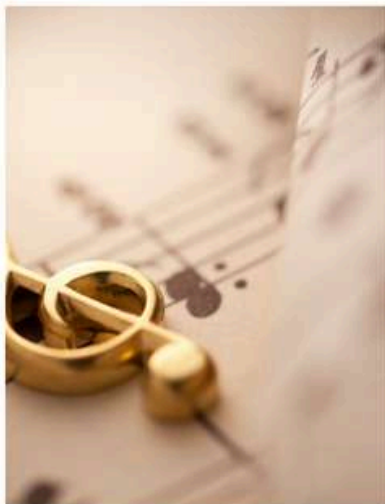


Presented By Jo-Mari

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



Evergreen Lifestyle Centre

# MUSIC

## Soirée



# Los Gitanos

Concert cost R130pp, in cash to  
Angela on 083 448 6618 or Linda 072  
437 4608

Snacks can be ordered and paid for  
at reception prior to the event at  
R60pp.  
The bar will be open.

**SUNDAY**  
**30TH**  
6 for 6:30pm