

Evergreen VAL DE VIE



MARCH 2025
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WEEKLY ACTIVITIES

Your weekly guide to sport
& recreational activities in
the Village

BISTRO

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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 24 MAR	17h00 CLUBHOUSE Wellness Farm Market			Veggie Day 
TUE 25 MAR	10h00 CINEMA ROOM Crafts & Coffee	15h00 CLUBHOUSE Rummikub		
WED 26MAR	09h00 BRIDGE HOUSE Bridge	17h30 CLUBHOUSE Evergreen Singing Group		Refuse day 
THUR 27 MAR	10h00 CINEMA ROOM Afrikaanse Bybelstudie	14h00 CLUBHOUSE Bridge	15h00 CLUBHOUSE Rummikub	
FRI 28 MAR	15h00 CLUBHOUSE Canasta			
SAT 29 MAR				
SUN 30 MAR				

Never regret anything you have done with a sincere affection; nothing is lost that is born of the heart. — **Basil Rathbone**

L U N C H M E N U

24 MARCH - 29 MARCH 2025

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

MONDAY

CREAMY PENNE PASTA

Served with Chopped Ham, Mushroom and Fresh Parsley

R120

TUESDAY

COTTAGE PIE

Served with Garden Salad, Grated Parmesan and Home-Made dressing

R125

WEDNESDAY

GRILLED BEEF BANGERS

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

R125

THURSDAY

PORK LOIN CHOP

Served with Crushed Potatoes, Honey Glazed Pumpkin, Green Beans with Gravy

R135

FRIDAY

HAKE & CHIPS

Tempura Fried Hake Fillet with Crispy Fries & Homemade Tartar Sauce

R140

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

24 MARCH - 29 MARCH 2025

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

MONDAY

ROAST VEGETABLE SALAD

Served with lemon dressing

R110

TUESDAY

ZUCCHINI AND TOMATO FETTUCCINE

Served with Grated Parmesan Cheese and Rocket salad

R120

WEDNESDAY

AUBERGINE & FETA BAKE

Served with a side salad

R120

THURSDAY

CREAMY WILD MUSHROOM RISOTTO

Served with micro greens and truffle

R120

FRIDAY

BUTTERNUT AND FETA BAKE

Served with fresh crispy greens and honey mustard dressing

R110


SATURDAY

BRINJAL BAKE

Served with ratatouille and a side 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

**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 Or
WhatsApp - **072 762 3786**



UPCOMING *Events*

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