

# Evergreen VAL DE VIE



**APRIL 2025**  
**IN THIS ISSUE**  
**7 APRIL - 13 APRIL**

## 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*

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# WEEKLY ACTIVITIES

<b>MON</b> 7 APR	15h30 <b>CLUBHOUSE</b> <b>U3A</b>			
<b>TUE</b> 8 APR	10h00 <b>CINEMA ROOM</b> <b>Crafts &amp; Coffee</b>	15h00 <b>CLUBHOUSE</b> <b>Rummikub</b>		
<b>WED</b> 9 APR	09h00 <b>BRIDGE HOUSE</b> <b>Bridge</b>	17h30 <b>CLUBHOUSE</b> <b>Evergreen</b> <b>Singing Group</b>		Refuse day 
<b>THUR</b> 10 APR	10h00 <b>CINEMA ROOM</b> <b>Afrikaanse</b> <b>Bybelstudie</b>	14h00 <b>CLUBHOUSE</b> <b>Bridge</b>	15h00 <b>CLUBHOUSE</b> <b>Rummikub</b>	
<b>FRI</b> 11 APR	10h00 <b>CLUBHOUSE</b> <b>Art Class</b>	15h00 <b>CLUBHOUSE</b> <b>Canasta</b>		
<b>SAT</b> 12 APR				
<b>SUN</b> 13 APR				

"Be sure you put your feet in the right place, then stand firm."

# L U N C H M E N U

**7 APRIL - 12 APRIL 2025**

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

**Monday**

## **CHICKEN BURGER**

Served on a Fresh Toasted Bun, Wholegrain Mustard Mayonnaise, Lettuce, Cheddar Cheese, Tomato, Gherkins, Fries and Tomato Sauce on the Side

**R125**

**Tuesday**

## **PORK BANGERS**

With Garlic Mashed Potato, Peas & Carrots and Onion Gravy

**R125**

**Wednesday**

## **LAMB TAGINE PIE**

Served with Brown Butter Rosemary Roasted Sweet Potatoes and Roasted mixed Vegetables

**R125**

**Thursday**

## **BUTTER CHICKEN CURRY**

Served with Basmati Rice, Pappadoms and Cucumber Raita

**R125**

**Friday**

## **FISH & CHIPS**

Tempura Battered Fried Hake Fillet, served with Crispy Fries, Fresh Lemon and Home-Made tartar-sauce

**R140**

**Saturday**

## **BACON & MUSHROOM PASTA BAKE**

Served with a Wild Rocket Salad

**R115**

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

# V E G E T A R I A N

**7 APRIL - 12 APRIL 2025**

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

## **MONDAY**

### **CAULIFLOWER AND BROCCOLI STROGANOFF**

Served with Aromatic Steamed Basmati Rice & Lemon Cream Cheese  
**R120**

## **TUESDAY**

### **GRILLED AUBERGINE**

Served with Crushed Baby Potatoes, Honey Glazed Butternut,  
Green Beans & Mushroom Gravy  
**R120**

## **WEDNESDAY**

### **MUSHROOM & LEEK PIE**

Leek and Mushroom Pie Served with Mash Potato & Side Salad  
**R120**

## **THURSDAY**

### **THAI GREEN VEGETABLE CURRY**

Served with Coriander Couscous and Pappadom  
**R120**

## **FRIDAY**

### **TEMPURA CAULIFLOWER & CHIPS**

Tempura Fried Cauliflower with Crispy Fries & Tartar Sauce  
**R120**

## **SATURDAY**

### **MUSHROOM, BUTTERNUT & SPINACH LASAGNA**

Served with a Seasonal Salad  
**R120**

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



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**



# EASTER EGG COLLECTION

Until 14 APRIL

**Collection points : Box at reception,  
give to Angela or Linda**

Collection for Ronwe School & Rusthof Old Age Home





## PAINTING CLASSES FOR ALL

FRIDAYS 10am- 12noon

All are welcome to join me for a relaxing painting experience.

Just a creative fun class.

Give it a go! ... you will be surprised!



Starting 4<sup>th</sup> April 2025

Where: Evergreen Lifestyle Centre

Price: R250pp per session

RSVP: Eve Art Studio 0823443619 or Angela  
0834486618

*All art material supplied*





# UPCOMING *Events*



# Rose Talk

Autumn care, new roses and more...

**By Anja Taschner**

Landscaper, rose specialist, farmer,  
owner of Cosmafolio and daughter of  
Pam & Ludwig.

## MONDAY

## 14th APRIL

## 10:30am



**All welcome. Book at  
Reception**

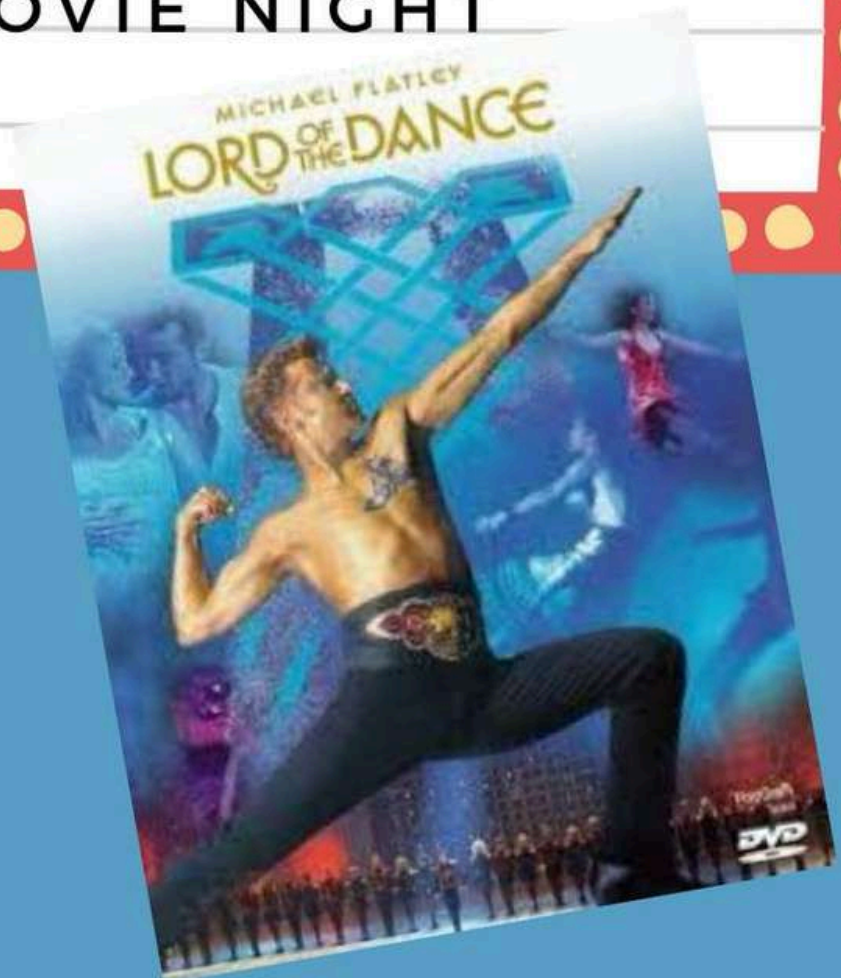


EVERGREEN LIFESTYLE CENTRE

# CLASSIC MONDAY

## MOVIE NIGHT

**14TH  
APRIL  
6PM**



**Creamy spinach stuffed chicken  
served with couscous and béchamel  
sauce**

**Stuffed zucchini with couscous and  
béchamel sauce.**

**Caramel & banana tart.**

**R80pp**

**BOOK AT RECEPTION**

# MAGNESIUM SALT TALK

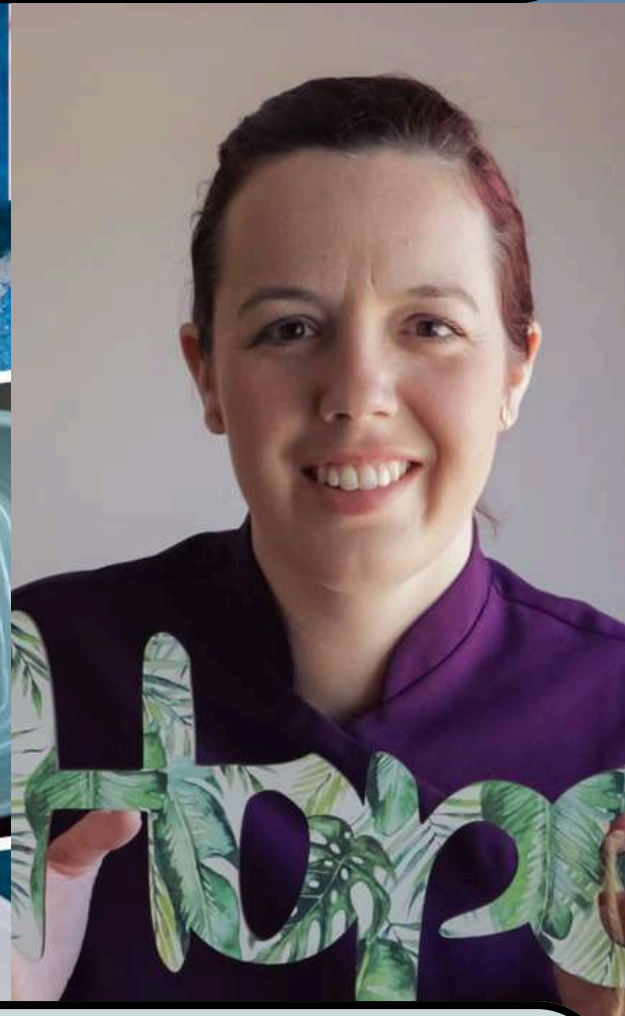
Tuesday, 22 April

10:00 am

Evergreen lifestyle Centre

Magnesium  
Salts help  
with:

- Constipation
- Muscle cramps
- Restless legs
- High blood pressure
- High cholesterol
- Migraines
- Asthma
- Drawing out Infection
- Skin irritations
- Improving sleep



**I am proud to be a self-employed massage therapist of 7 years and love to help ladies relax and restore their muscles through massage. I provide muscular alignment and diagnostics within my sessions.**

**Prior to training as a massage therapist, I was a nursing sister for 10 years, mainly in the emergency room, so I have an excellent understanding of your body and what it needs.**

**I discovered the uncompromising goodness of magnesium salts in 2017. This natural product has so many benefits if used regularly.**

**I just love being able to have a natural product that can help people on the everyday day and I look forward to sharing with you more soon.**