

Evergreen VAL DE VIE



APRIL 2025
IN THIS ISSUE
14 APRIL - 20 APRIL

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 14 APR	10h30 CLUBHOUSE Rose Talk	18h00 CLUBHOUSE Classic Monday		
TUE 15 APR	10h00 CINEMA ROOM Crafts & Coffee	15h00 CLUBHOUSE Rummikub		
WED 16 APR	09h00 BRIDGE HOUSE Bridge	17h30 CLUBHOUSE Evergreen Singing Group		Refuse day 
THUR 17 APR	10h00 CINEMA ROOM Afrikaanse Bybelstudie	12h30 CLUBHOUSE Easter Lunch	14h00 CLUBHOUSE Bridge	15h00 CLUBHOUSE Rummikub
FRI 18 APR	09h30 CLUBHOUSE Art Class	15h00 CLUBHOUSE Canasta		
SAT 19 APR				
SUN 20 APR				

"Keep your face always toward the sunshine—and shadows will fall behind you." - Walt Whitman



Easter Lunch

Join us for a Pre Easter weekend Celebration Buffet Lunch

Welcome Drink

Glass of Red Wine, White Wine or Juice

Starter

Minestrone Soup served with Toasted Hot Cross Bun

Mains

Hearty Lamb Stew served with Basmati Rice

Dessert

Chocolate Mousse with Speckled Eggs

17 April | 12:30

RSVP 14 April | R195



EVERGREEN
lifestyle

L U N C H M E N U

14 APRIL - 19 APRIL 2025

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

MONDAY COTTAGE PIE

With Roasted Vegetables and a Crispy Leafy Salad
R120

TUESDAY CREAMY SPINACH STUFFED CHICKEN

Served with Cous-cous, Béchamel sauce and Honey Roasted Sweet Potatoes
R125

WEDNESDAY BBQ PORK CHOPS

With Creamy Mashed Potato, Roasted Butternut with Apple & Onion Jus
R125

THURSDAY EASTER LUNCH | 12:30 RSVP 14 April | R195

FRIDAY FISH & CHIPS

Tempura battered fried hake fillet, served with Crispy Fries and Home-Made tartar-sauce
R140

SATURDAY HAM & MUSHROOM PASTA BAKE

Served with Parmesan Cheese and a Side 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

14 APRIL - 19 APRIL 2025

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

MONDAY

VEGETABLE CURRY

With basmati rice, tomato & Onion sambal

R115

TUESDAY

BUTTERNUT & LENTIL PIE

Served with mashed potato and steamed carrots

R120

WEDNESDAY

TOMATO, COCONUT & AUBERGINE STEW

Served with fragrant rice & sambal

R115

THURSDAY

EASTER LUNCH | 12:30

RSVP 14 April | R195

FRIDAY

BUTTERNUT & FETA SALAD

Served with a herbed yoghurt dressing

R115

SATURDAY

VEGETABLE KEBABS

Served with crispy side salad & dressing

R115

**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

**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**



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 - 9:30 - 11:30

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 4th 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



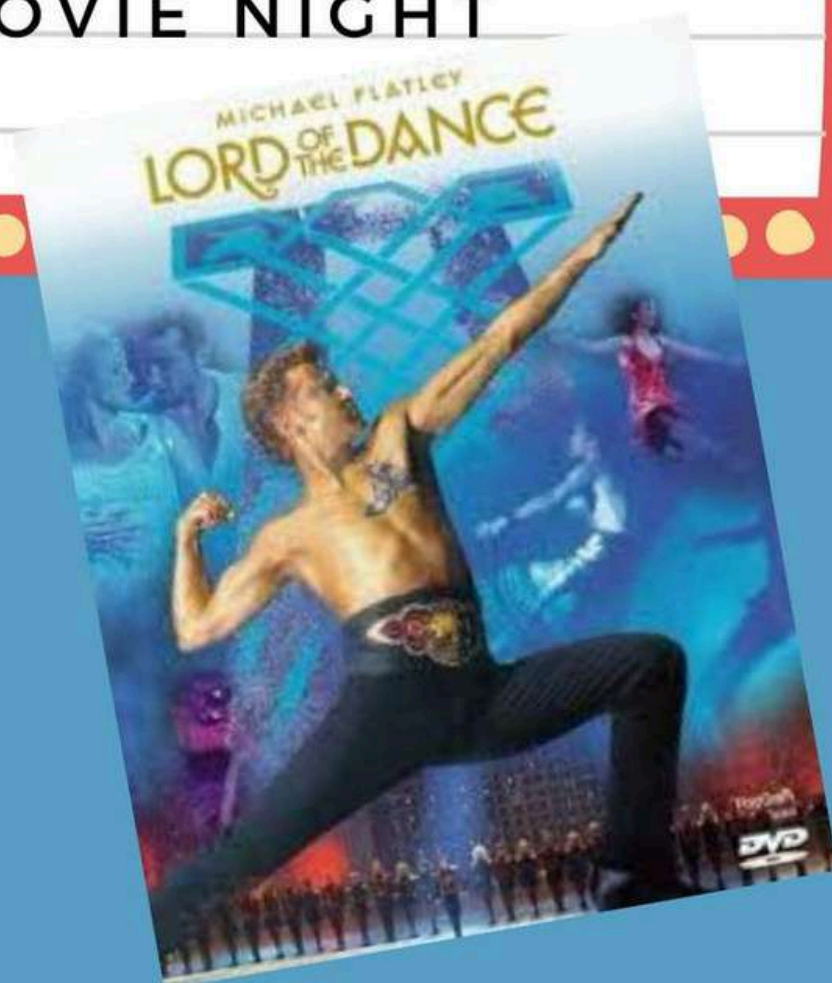
**All welcome. Book at
Reception**

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.