

Evergreen VAL DE VIE



APRIL 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 21 APR				
TUE 22 APR	10h00 CINEMA ROOM Crafts & Coffee	10h00 CLUBHOUSE Magnesium Salt Talk	15h00 CLUBHOUSE Rummikub	
WED 23 APR	09h00 BRIDGE HOUSE Bridge	17h30 CLUBHOUSE Evergreen Singing Group		Refuse day 
THUR 24 APR	10h00 CINEMA ROOM Afrikaanse Bybelstudie	14h00 CLUBHOUSE Bridge	15h00 CLUBHOUSE Rummikub	
FRI 25 APR	09h30 CLUBHOUSE Art Class	15h00 CLUBHOUSE Canasta		
SAT 26 APR				
SUN 27 APR				

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

21 APRIL - 27 APRIL 2025

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

MONDAY

CHICKEN SCHNITZEL

Served with Golden Potatoes, Sautéed vegetables and Creamy Mushroom Sauce

R120

TUESDAY

BEEF LASAGNE

With Creamy Béchamel, Cheddar Cheese and a Garden Salad

R120

WEDNESDAY:

PORK BELLY RIB

With Crispy fries and a side of Creamed Spinach

R135

THURSDAY:

OVEN BAKED CHICKEN

Served with Spicy Potatoes, Vegetable Bake and Acorn Squash.

R135

FRIDAY

FISH & CHIPS

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

R140

SATURDAY

BEEF BURGER

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

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

21 APRIL - 27 APRIL 2025

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

MONDAY

CHICKPEA & POTATO CURRY

With basmati rice, tomato & onion salsa.

R115

TUESDAY

AUBERGINE & TOMATO VEGGIE STACK

Served with feta and olives

R115

WEDNESDAY

MUSHROOM POT PIE

Served with crispy fries and salad

R115

THURSDAY

ROAST VEGGIE KEBABS

Served with salad and herb dressing

R115

FRIDAY

RATATOUILLE

In a rich tomato sauce, served with pasta and rocket salad **R115**

SATURDAY

MIXED MUSHROOM PASTA

In a creamy white sauce with rocket salad

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**

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*

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.