



STAFF CHANGES



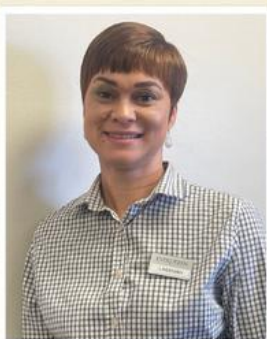
As you will know by now, Susan Everett will be assisting at Evergreen Noordhoek for the next four months; officially starting on 26 March. We wish her well and hope she enjoys the change of scenery.

During this time there will be some changes at the front desk.



Laeqah will be assisting Kim in the back office with her daily administration in a Duty Manager capacity.

Amanda will be taking on more responsibilities at the front desk and will be your first stop to assist you. Mandisa will be assisting Amanda at the front desk, learning the ropes and assisting you.



Although only a temporary assignment for these ladies, they are all well deserved. We wish them the best of luck!

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WHAT'S BEEN HAPPENING?

BURNS NIGHT COCKTAIL PARTY MUIZENBERG

Wednesday,
24 January 2024



The Muizenberg residents recently celebrated Robert Burns, the famous Scottish poet. Burns Night itself marks the anniversary of Robert Burns' birth on 25 January 1759 and the traditional Burns supper is an evening event that celebrates his life and work. History can trace its origins back to nine of Burns' close friends who decided to get together to mark the fifth anniversary of their friend's death.

In his short life, Burns wrote hundreds of poems and songs that would become cherished throughout the world. One of his famous works includes, the new year song, Auld Lang Syne.

The 'Address to the Haggis' was done by Owen Kinahan and the Haggis was piped in by a traditional Scottish Piper kindly sponsored by Rescom.

The guests were entertained by the Village Poetry Club when they recited some of his more well-known poems.

Decor and tables were dressed by Jenna Monk and a bottle of whisky was donated by a generous resident (incognito) for a lucky draw. Slàinte Mhath! Everyone had a really good time. Cheers!



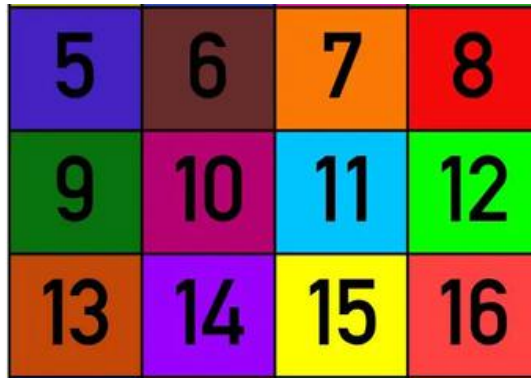
WHAT'S BEEN HAPPENING?

An official welcome to Christine was held on Wednesday, 6 March 2024. First, we held a very successful 'Town Hall' Meeting followed by an even more successful cocktail party!



WEEKLY ACTIVITIES

18 MARCH - 25 MARCH



MONDAY 18 MARCH	06H45 WALKING GROUP 09H30 GYM PILATES GROUP	09H30 LSC DRAWING WITH STEPH 09H30 BUS - BLUE ROUTE	10H30 GYM AQUA AEROBICS	15H00 LSC POETRY CLUB	19H00 LSC CANASTA
TUESDAY 19 MARCH	09H15 GYM STRETCH CLASS FOR SENIORS	09H30 BUS - CONSTANTIA VILLAGE	09H30 BISTRO MEN'S BREAKFAST	11H00 GYM CHOIR 14H30 LSC SCRABBLE	15H00 LSC COLOUR-IN GROUP
WEDNESDAY 20 MARCH	06H45 WALKING GROUP 10H00 BOARDROOM BIBLE STUDY	10H00 LSC SALES EVENT	11H00 GYM TABLE TENNIS 14H00 LSC RUMMIKUB	14H30 BOARDROOM DEMENTIA SUPPORT GROUP	17H00 LSC HAWKSMOOR WINES - TASTING
THURSDAY 21 MARCH HOLIDAY	09H00 LSC ART GROUP	09H30 GYM LINE DANCING	09H30 LSC KNITTING GROUP		19H00 LSC CANASTA
FRIDAY 22 MARCH	06H45 WALKING GROUP	09H15 GYM STRETCH CLASS FOR SENIORS	11H00-12H00 GYM TABLE TENNIS GROUP		17H00 BISTRO FISH & CHIPS/ CALAMARI EVENING
SATURDAY 23 MARCH	JOHN ADAMS FRUIT & VEG				18H00 LSC QUIZ NIGHT
SUNDAY 24 MARCH	08H45 BIG TV ONLINE CHURCH SERVICE		12H00 - 14H00 BISTRO SUNDAY ROAST LUNCH		

SPECIAL CELEBRATIONS

MARCH 2023

18th Jenny Bedwell H85

20th Marlene Burt A240 &
Colleen Ricketts A341

21st Michael Webber A22 & Kate Maver H34

22nd Jocelyn Jefferies H83

24th Caroline Damstra A125



New Residents

welcome

No new residents

HAPPY
anniversary!

No Anniversaries



18th CAPE TOWN CYCLE TOUR



ELRED LAWRENCE
completed his 18th
Cape Town Cycle tour
on Sunday, 10 March

**Congratulations Elred -
an inspiration to us all**

10 minutes to h...



Menu for the week

Monday

Butter chicken curry served with white rice and Sambals - R72

OR

.Pork meatballs in tomato gravy served with mash potatoes, seasonal vegetables - R58

OR

Vegetable meatballs in tomato sauce served Brown rice and a side salad - R58 

Tuesday

Beef tenderised steak in gravy served with roasted vegetables and mash potatoes - R72

OR

.Ham and cheese mac served with a garlic roll and a side salad - R58

OR

Mac and cheese served with a garlic roll and a side salad - R58 

Wednesday

Chicken and mushroom homemade pie served with potato wedges and seasonal vegetables - R72

OR

Savory beef and vegetable mince stew served with white rice and sambal - R58

OR

Savory vegetable and vegetable mince stew served with white rice and sambal - R58 

Thursday

Pork Stroganoff served with yellow rice and roasted vegetables - R72

OR

Mushroom, bacon and cheese quiche served with a side salad and potato wedges - R58

OR

Mushroom and cheese quiche served with a side salad and potato wedges - R58 


Friday

Fish and chips served with tartar sauce, lemon wedge and a side salad - R72

OR

Creamy beef baked pancake served with a garlic roll and seasonal vegetables - R58

OR

Stir fry vegetables wrapped in a pancake served with potato wedges and a side salad - R58 

Saturday

Chicken schnitzel served with mushroom sauce, potato wedges and salad - R72

OR

Homemade beef burger served with salad and potato wedges - R58

Sunday

Rosted chicken pieces served with garlic and herb roasted potatoes and roasted seasonal vegetables - R105

Old school malva pudding served with custard - R28

Open daily 08h00 - 17h00
Lunches served from 12h30

Daily meal orders by 14h00
Book at the Bistro / ext. 2249



Enter your teams of 4-6 people
You can Book with Reception OR just JOIN
US ON THE NIGHT - we will ALWAYS have
space for New comers

Quiz Night

Bistro

Sat, 23 March 2024

6pm - 8pm

NB information

- **BRING OWN SNACKS & DRINKS**
- **DONATIONS FOR PRIZES**
APPRECIATED
- **ENTRANCE IS FREE**
- **PROFESSIONAL QUIZ HOST**
- **BUT MOST OF ALL HAVE FUN!**

See you there!

Easter LUNCH

SUNDAY, 31 MARCH 12H30



Mains

ROASTED ROSEMARY AND THYME LAMB
SERVED WITH ROASTED POTATOES,
BUTTERNUT, AND CREAMY SPINACH
WITH GRAVY

- R132 PER PERSON -



Dessert

CHOCOLATE BROWNIE SERVED WITH
ICE CREAM AND CHOCOLATE SAUCE

- R28 PER PERSON -



FAMILY & FRIENDS WELCOME

BOOK WITH BISTRO BY
WEDNESDAY, 27 MARCH

