

EVERGREEN MUIZENBERG

# NEWSLETTER

EVERGREEN  
lifestyle  
muizenberg

01 - 07 APRIL 2024



## Autumn in Cape Town



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New Residents  
Achievements

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#### WEEKLY BISTRO MENU

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#### UPCOMING EVENTS

March to May in Cape Town is a magical time where the slopes of the mountain and countryside transform into gold and scarlet. Some people maintain that the start of Autumn is the best time of the year to visit Cape Town. The temperatures are pleasant and there isn't much rainfall yet.

# WHAT'S BEEN HAPPENING?

A fun evening of wine tasting with Hawksmoor, which included a 'mystery wine competition' and a tasting of 9 wines plus a 2019 MCC.



HAWKSMOOR HOUSE

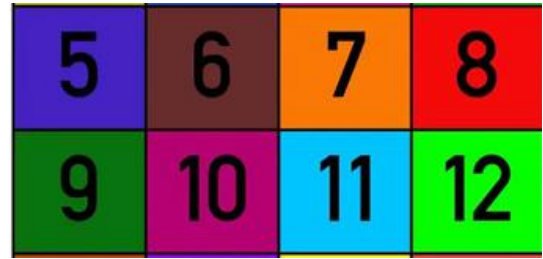
# WHAT'S BEEN HAPPENING?

It was an honour hosting our fellow residents from Evergreen Noordhoek at our recent Intervillage Games Challenge. A great BIG Thank you to everyone in making this a successful afternoon.



# WEEKLY ACTIVITIES

1 - 7 APRIL 2024



MONDAY 01 APRIL FAMILY DAY	7AM WALKING GRP	9AM ART WITH STEPH			7PM CANASTA
TUESDAY 02 APRIL	9.15AM STRETCH FOR SENIORS	9.30AM BUST TO BLUE ROUTE	10AM WATERLESS CAR WASH	2.30PM CHIT-CHAT	3PM COLOUR-IN MANDALA
WEDNESDAY 03 APRIL	7AM WALKING GRP	9.30AM BUS TO LONGBEACH	10AM BIBLE STUDY	11AM TABLE TENNIS	2.30PM DEMENTIA SUPPORT / SCRABBLE
THURSDAY 04 APRIL	9AM ART 9AM LINE DANCING	9.30AM KNITTING	10AM KIND2HEARING SHOE LADY	2.30PM BOOK CLUB	7PM CANASTA
FRIDAY 05 APRIL	7AM WALKING GRP	10AM CHURCH SERVICE	10AM NUTTY NUTS	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 06 APRIL	JOHN ADAMS - FRUIT & VEG			2PM CANASTA	
SUNDAY 07 APRIL	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

Happy Birthday!

3 April  
Rosalie McDermid A208  
Charles Burt A240  
Maureen Segers A301

5 April  
Rosemary Bailey H14

6 April  
Maureen Lawrence H97

7 April  
Pamela Delpport A221

Happy Anniversary!

2 April  
Casper & Petro Badenhorst H73

4 April  
Hugh & Lynda Till A219

7 April  
Michael & Elaine Turner A332  
Johan & Hildegard Oosterhuis H9  
Chris & Dee Moon H65



# Menu for the week

## Monday

BBQ baked chicken wings served with potato wedges and a side salad - R72

Lamb liver strips served with onion gravy, mash potatoes and seasonal vegetables - R58

Vegetable schnitzel served with cheese sauce, potato wedges and roasted vegetables - R58



## Tuesday

BBQ baked chicken wings served with potato wedges and a side salad - R72

Chicken casserole served with Rice and seasonal vegetables - R58

Plant based sausage served with onion gravy, mash potatoes and seasonal vegetables- R58



## Wednesday

Sweet chili beef strips served with stir fry vegetables and egg noodles - R72

Chicken and butternut pasta bake served with potato wedges and seasonal vegetables- R58

Butternut and feta pasta baked served with potato wedges and seasonal. vegetables - R58



## Thursday

Pork meatballs with tomato and onion relish served  
with mash potatoes and seasonal vegetables - R72

Beef and Butterbean curry served with white rice and seasonal vegetables - R58

Plant base meatballs with tomato and onion relish served  
with mash potatoes and seasonal vegetables- R58



## Friday

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

Boerewors roll served with fried onion, fries, and a side salad - R58

Creamy mac and cheese served with a side salad and a cocktail roll - R58



## Saturday

Bobotie served with yellow rice and roasted vegetables - R72

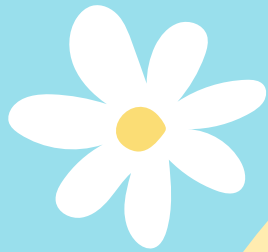
Lemon and herb chicken thigh served with potato wedges and roasted vegetables - R58



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

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

SAVE THE DATE



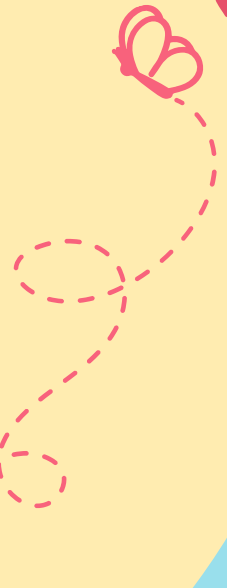
# EASTER BONNET BRUNCH

let your creative flair  
take over!

**THURSDAY,  
11 APRIL 2024**

**STARTS AT 11AM**

**MENU TO FOLLOW**



**RSVP RECEPTION  
PAY AT THE BISTRO**

RESIDENT'S

# BRAAI

Time



13 APRIL  
18h00

LIFESTYLE CENTRE

BRING & BRAAI

RSUP HUGH TILL, A219