

EVERGREEN MUIZENBERG

# NEWSLETTER

EVERGREEN  
lifestyle  
muizenberg

08 - 14 APRIL 2024



**Heavy rains, strong winds and even snow expected as SA braces for chilly weekend**



Take note - South Africans are in for a cold and wet weekend as an intense low-pressure system is expected to herald widespread showers and thundershowers across the country. The weather is expected to continue through to next week. The South African Weather Service said the weather system, also known as a cut-off low are notorious for causing flooding, damaging winds, severe thunderstorms and even snow.

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### WEEKLY ACTIVITIES

Keeping active  
Entertainment

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### SPECIAL CELEBRATIONS

Birthdays  
Anniversaries  
New Residents  
Achievements

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### WEEKLY BISTRO MENU

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### UPCOMING EVENTS

# WEEKLY ACTIVITIES

8 - 14 APRIL 2024



MONDAY 08 APRIL	7AM WALKING GRP	9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE	10.30AM AQUA AEROBICS 12PM PILATES	7PM CANASTA
TUESDAY 09 APRIL	9.15AM STRETCH FOR SENIORS	10.30AM TELECARE TALK	10.30AM TABITA'S FASHION		
WEDNESDAY 10 APRIL	7AM WALKING GRP	10AM BIBLE STUDY	10AM VALUATION DAY ROY DIBLEY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE
THURSDAY 11 APRIL	9AM ART 9AM LINE DANCING	9.30AM KNITTING	10AM EASTER BONNET BRUNCH	3PM BINGO	7PM CANASTA
FRIDAY 12 APRIL	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 13 APRIL	JOHN ADAMS - FRUIT & VEG				6PM RESIDENTS BRAAI
SUNDAY 14 APRIL	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

*Happy Birthday!*

8 April  
Marie Snijders H29

13 April  
Charles Lindsay-Bowman H48

*No Anniversaries*

A celebratory background featuring a champagne bottle with a gold bow, scattered gold confetti, and gold streamers.



# Menu for the week

## Monday

Pork stroganoff served with herbed white rice and roasted vegetables - R72


Beef cottage pie served with roasted vegetables - R58

Cottage pie with plant-based mince served with roasted vegetables - R58 

## Tuesday

Panko chicken schnitzel served with cheese sauce,  
roasted baby potatoes and roasted vegetables - R72

Chicken livers in onion gravy served with mash potatoes and roasted vegetables - R58

Plant based chic n style schnitzel served with cheese sauce,  
roasted baby potatoes and roasted vegetables- R58 

## Wednesday

Sweet and Sour Chicken wrap served with fries and a side salad - R72

Savory beef mince served in a homemade roti served with a side salad- R58

Vegetable wrap with falafel balls served with fries and a side salad - R58 

## Thursday

BBQ Baked 1/4 chicken served with potato wedges and roasted vegetable - R72

Beef lasagne served with a cocktail roll and seasonal vegetables - R58

Plant based mince lasagne served with a cocktail roll and seasonal vegetables- R58 

## Friday

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

Ham and mushroom pizza served with a side salad - R58

Spinach and feta quiche served with fries and a side salad - R58 


## Saturday

Pork rib burger served with mushroom sauce, potato wedges and a side salad - R72

Baked chicken parmesan served with potato wedges and a side salad - R58

## Sunday

Glazed Gammon served with garlic roasted potatoes,  
creamy spinach, and roasted pumpkin - R105



Open daily 08h00 - 17h00

Lunches served from 12h30

Daily meal orders by 14h00

Book at the Bistro / ext. 2249



# TELECARE SOLUTIONS

REFERSHER  
TALK / PRESENTATION with  
Anton de Beer

## Benefits of Telecare WHY & HOW to use it



Venue: BIG TV AREA

Time: 10h30

Date: Tuesday, 9 April 2024

**TeleCare Talks are ALWAYS beneficial;  
We encourage all our residents to attend**

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RSVP Reception for seating purposes

**ALWAYS test your care station by pushing the RED button**

# **EASTER BONNET BRUNCH**

**THURSDAY, 11 APRIL**

**R120 PER PERSON**

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**MIMOSA (CHAMPAGNE / ORANGE JUICE)  
COCKTAIL DANISH AND MUFFINS**

**BASKET OF TOAST AND COCKTAIL CROISSANTS  
WITH BUTTER & JAM**

**SCRAMBLED EGGS WITH STIR-FRIED MUSHROOMS, BACON, PORK  
SAUSAGE, ROASTED ROSA TOMATOES**

**OR**

**EGGS BENEDICT WITH SPINACH AND MUSHROOMS,  
ROASTED ROSA TOMATOES  
COFFEE/TEA**

**EASTER HATS & DRESSING UP IS WELCOME BUT NOT ESSENTIAL**



**RSVP RECEPTION  
PAY AT THE BISTRO**

RESIDENT'S

# BRAAI

Time



13 APRIL  
18h00

LIFESTYLE CENTRE

BRING & BRAAI

RSUP HUGH TILL, A219