

EVERGREEN MUIZENBERG

NEWSLETTER



15 - 21 April 2024



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UPCOMING EVENTS

The Two Oceans Marathon is a 56 kilometres ultramarathon and 21 kilometres half-marathon which will be held in Cape Town, on Saturday, 13 April and Sunday, 14 April between 6am and 3pm.

Plan your trips / outings carefully.



WHAT'S BEEN HAPPENING?

On Thursday, 11 April Muizenberg held a delicious Easter Bonnet Brunch for residents that was very well attended. Congratulations and well done to Violet Butler who won a prize for the BEST Easter Bonnet for 2024. I'm sure you will agree!



WEEKLY ACTIVITIES



MONDAY 15 APRIL	7AM WALKING GRP	9AM ART WITH STEPH	9.30AM BUS TO CONSTANTIA VILLAGE	10.30AM AQUA AEROBICS 12PM PILATES	7PM CANASTA
TUESDAY 16 APRIL	9.15AM STRETCH FOR SENIORS	11AM SINGING PRACTICE		3PM COLOUR-IN MANDALA	
WEDNESDAY 17 APRIL	7AM WALKING GRP	10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE	2.30PM DEMENTIA SUPPORT
THURSDAY 18 APRIL	9AM ART 9AM LINE DANCING	9.30AM KNITTING			7PM CANASTA
FRIDAY 19 APRIL	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 20 APRIL	JOHN ADAMS - FRUIT & VEG				
SUNDAY 21 APRIL	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

16 April
Cherryl Pilz A205
Maurice Wyngaard A216
Jenna Monk H78

18 April
Harold Cox A313
Ted Vincent A314
Walter Hasselbusch H108

20 April
Neville Baling H13

21 April
Cynthia Dean

Happy Anniversary!

16 April
Nigel & Ann Myles

New Resident!

Welcome to **Tessa Fairbairn H49**



Menu for the week

Monday

Tomato bredie served with white rice and seasonal vegetables - R72


Spinach and bacon paste bake served with a cocktail roll and a side salad - R58

Tomato, lentil and courgette bredie served with white rice and seasonal vegetables - R58 

Tuesday

Bacon and mushroom quiche with a served with a side salad and cocktail roll - R72

Chicken and vegetable pie served with gravy, mashed potatoes,
and seasonal vegetables - R58

Potato, mushroom, and leek pie served with gravy, mashed potatoes,
and seasonal vegetables- R58 

Wednesday

Homemade fish cakes served with onion and tomato relish, mash potatoes
and seasonal vegetables - R72

Italian meatballs served with spaghetti and a side salad- R58

Spaghetti and plant base meatballs served with a side salad - R58 

Thursday

Chicken Breyani served with a side salad and yoghurt dressing- R72


Moussaka served with a cocktail roll and a side salad- R58

Vegetable and lentil moussaka served with a cocktail roll and a side salad- R58 

Friday

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

Mince curry served in a vetkoek served with a side salad - R58

Vegetable curry served in a vetkoek served with a side salad - R58 


Saturday

Beef burger and cheese served with fries and a side salad - R72

Chicken and mushroom pasta bake served with seasonal vegetables - R58

Sunday

Red onion and thyme lamb roast served with
garlic roasted potatoes and seasonal vegetables - R132



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, 27 April 2024

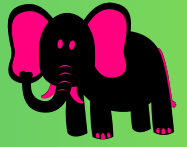
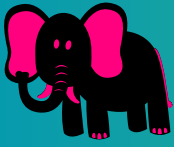
6pm - 8pm

NB information

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

See you there!

WHITE ELEPHANT DONATIONS



Just moved in & have too much?

Been here for years & have too much?

Don't fear for the White Elephant is near!



HOMWARE

PHOTOFRAMES
VASES
CANDLE
HOLDERS
COASTERS

GENERAL

ORNAMENTS
BOWLS
BOTTLES
TRAYS

KITCHENWARE

BAKING STUFF
UTENSILS
GLASSWARE
CUTLERY
'TUPPERWARE'
JUGS



ITEMS:
BEDDING,
CLOTHING, SHOES
TABLE CLOTHS,
BLANKETS,
BAGS, ETC.
ARE NOT NEEDED

CALL

LYDIA EXT.2017

TO FIND OUT MORE

