

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

22 - 28 April 2024



Dear Resident,

It has been quite a topsy-turvy few weeks but I seem to be settling down and getting my head around the wonderful villagers of Muizenberg. There seems to be such a diverse selection of events and interest groups which I am delighted about.

Please make sure that you book your seats for the Greek Dinner which is to be held next Friday - 26th April at 6pm. The tables can be booked for 6 – 8 people by Tuesday, 23 April. Should you wish to be seated with your friends, please ensure that you book your table or mark who you would like to join and we will do our best to accommodate your requirements.

It has been decided that for practical reasons the Craft Market and White Elephant fundraiser for this year will be cancelled and instead a different, light-hearted and fun events and raffles will be scheduled to raise funds during the year!

The IEC will be doing a short presentation on Tuesday, 23 April at 10am to take us through the voting process and casting the special votes at the village on 27 & 28 May.

And then we will be celebrating Mother's Day on Sunday, 12th May - Save the date for a special Lunch with the Family

Regards,
Christine, Kim and Team

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WEEKLY ACTIVITIES

Keeping active
Entertainment

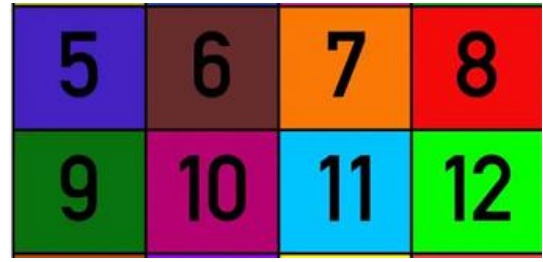
SPECIAL CELEBRATIONS

Birthdays
Anniversaries
New Residents
Achievements

WEEKLY BISTRO MENU

UPCOMING EVENTS

WEEKLY ACTIVITIES



MONDAY 22 APRIL	7AM WALKING GRP	9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	3PM POETRY 7PM CANASTA
TUESDAY 23 APRIL	9.15AM STRETCH FOR SENIORS	10AM NUTTY NUTS POP-UP SHOP	10AM IEC TALK BIG TV AREA	11AM SINGING PRACTICE	
WEDNESDAY 24 APRIL	7AM WALKING GRP	10AM BIBLE STUDY	10AM AGELESS GRACE DEMO IN THE GYM	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE
THURSDAY 25 APRIL	9AM ART 9AM LINE DANCING	9.30AM KNITTING 9.30AM WOL AAN DIE ROL		3PM BINGO	7PM CANASTA
FRIDAY 26 APRIL	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 27 APRIL FREEDOM DAY	JOHN ADAMS - FRUIT & VEG				6PM QUIZ NIGHT
SUNDAY 28 APRIL	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

23 April
Chris Roberts A311
Anny Myles H27

24 April
Marian Arenhold H71
Christine Dempers - Village Manager

25 April
Janine Murgatroyd A116
Annie McLaren A307

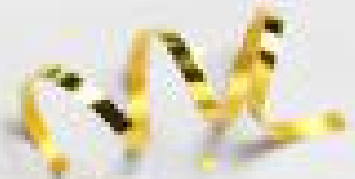
27 April
Annemarie Bird A21
Genene White A335

Happy Anniversary!

22 April
Keith & Denise Elkin

New Resident!

No new Residents





Menu for the week

Monday

Beef and vegetable stew served with white rice and roasted butternut - R72

Crumb chicken burger served with fries and a side salad - R58

Potato and vegetable stew served with white rice and roasted butternut - R58



Tuesday

Creamy fish pie served with sweet potato wedges and roasted vegetables - R72

Citrus and coriander chicken kebabs served with sweet potato wedges and a side salad - R58

Vegan meatball kebabs served with sweet potato wedges and a side salad - R58



Wednesday

Sour and sour pork stir fry served with egg noodles and stir fry vegetables - R72

Beef casserole served white rice and seasonal vegetables - R58

Sour and sour chickpea stir fry served with egg noodles and stir fry vegetables - R58



Thursday

Steak and kidney pie served with Roasted vegetables and potato wedges - R72

Tuna pasta bake served with a cocktail roll and a side salad - R58

Tomato, mushroom and feta pasta bake 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

Beef lasagna served with a cocktail roll and a side salad - R58


Saturday

Baked pork chops in onion gravy served with potato wedges and seasonal vegetables - R72

Grilled peppers and meaty pizza served with a side salad - R58

Sunday

Cranberry glazed roasted pork fillet served with Garlic roasted potatoes
and seasonal vegetables - R105



Open daily 08h00 - 17h00

Lunches served from 12h30

Daily meal orders by 14h00

Book at the Bistro / ext. 2249

GREEK DINNER

FRIDAY, 26 APRIL at 6PM

MENU

MEZE PLATTER

Olives, Cabbage Rolls, spanakopita, kofta, feta cheese, baba ghanoush, pita bread, cucumber and tomato

MOUSSAKA

OR

BEEF YUVETSI

OR

CHICKEN SOUVLAKI

Served with Roast Vegetables

BAKLAVA

OR

ICE CREAM



R160.00 per person

Includes Welcome Drink.

Please book and pay for your meal at
the Bistro before
Tuesday, 23 April

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
- PROFESSIONAL QUIZ HOST
- BUT MOST OF ALL HAVE FUN!

See you there!

Mother's Day Lunch

Save the Date
12 May

You can feel when your mom's
proud of you. You can feel the love.