

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

22 - 28 April 2024



Dear Resident,

April has come and already on the way out. What a month it has been. Nevertheless, we look forward to what May month brings us.

We'll be starting the May month off with Workers Day (a day off for most); I can't think of a better way to ease into it. We have a number of events and activities on our calendar.

All residents have been invited to join the Book Club on Thursday, 2 May to listen to Tessa Fairbairn (a new resident to our village) talk about Cape Flats Teacher mentoring with the Principals Academy Trust. Book at reception.

Don't forget our Mother's Day Lunch on Sunday, 12 May, please book with Reception (and pay the Bistro).

Enjoy your week ahead.

Regards,
Christine, Kim and Team



IN THIS ISSUE

WEEKLY ACTIVITIES

Keeping active
Entertainment

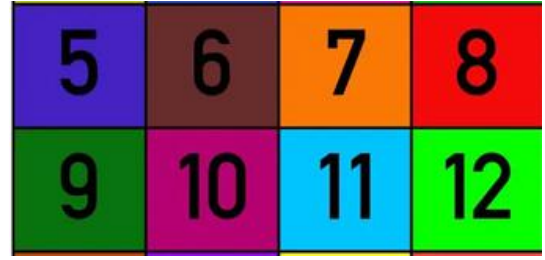
SPECIAL CELEBRATIONS

Birthdays
Anniversaries
New Residents
Achievements

WEEKLY BISTRO MENU

UPCOMING EVENTS

WEEKLY ACTIVITIES



MONDAY 29 APRIL	7.15AM WALKING GRP	9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	7PM CANASTA
TUESDAY 30 APRIL	9.15AM STRETCH FOR SENIORS	11AM SINGING PRACTICE		2.30PM DEMENTIA SUPPORT GRP	
WEDNESDAY 01 MAY WORKERS DAY	7.15AM WALKING GRP	9.30AM AGELESS GRACE	10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE
THURSDAY 02 MAY	9AM ART 9AM LINE DANCING	9.30AM KNITTING	10AM KIND 2 HEARING	2.30PM BOOK CLUB	7PM CANASTA
FRIDAY 03 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS 10AM WATERLESS CAR WASH	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 04 MAY	JOHN ADAMS - FRUIT & VEG				
SUNDAY 05 MAY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

29 April
Anne Sutherland H44

1 May
Dee Moon H65
Judy de la Port H74

2 May
John Cowing H10
Barrie Howard H47

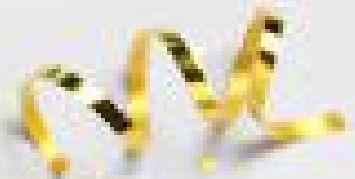
5 May
Neville Woudberg H18

Happy Anniversary!

Ray & Pat van Eyssen 5 May

New Resident!

No new Residents



MENU

BISTRO OPERATING HOURS

*OPEN DAILY 08H00-17H00

*DAILY MEAL ORDERS IN BY 14H00

*SUNDAY ORDERS CLOSE ON FRIDAY AT 14H00

*BOOK AT BISTRO OR VIA EXT 2253

OPTION 1 - R72

OPTION 2 - R58

VEGETARIAN - R58

SUNDAY R105 / R132 LAMB

MONDAY, 29 APRIL

CHICKEN & MUSHROOM LASAGNE SERVED
WITH GARLIC ROLL & A SIDE SALAD - R72
OR

BEEF BANGERS, BROWN ONION GRAVY SERVED
WITH MASH POTATOES AND SEASONAL
VEGETABLES - R58
OR

PLANT BASE MINCE LASAGNE SERVED WITH A
GARLIC ROLL & A SIDE SALAD - R58

TUESDAY, 30 APRIL

BEEF & VEGETABLE STIR-FRY SERVED ON EGG
NOODLES - R72
OR

CHICKEN CASSEROLE SERVED WITH RICE &
SEASONAL VEGETABLES - R58
OR

CHICKPEA & VEGETABLE STIR-FRY SERVED ON
A VED OF EGG NOODLES - R58

WEDNESDAY, 1 MAY

HOMEMADE PORK & APPLE PIE SERVED WITH
MASHED POTATOES, GRAVY & SEASONAL
VEGETABLES - R72
OR

LAMB LIVER STRIPS IN ONION GRAVY SERVED
WITH MASHED POTATO & SEASONAL
VEGETABLES - R58
OR

HOMEMADE ROASTED VEGETABLE PIE SERVED
WITH MASHED POTATO & SEASONAL
VEGETABLES - R58

THURSDAY, 2 MAY

LEMON & HERB CHICKEN SCHNITZEL SERVED
WITH ROASTED SWEET POTATO &
A SIDE SALAD - R72
OR

SPAGHETTI MEATBALLS SERVED WITH
TOMATO & ONION RELISH - R58
OR

PLANT BASE 'SCHNITZEL' SERVED WITH
ROASTED SWEET POTATOES & A SIDE SALAD
- R58

FRIDAY, 3 MAY

FRIED FISH & CHIPS SERVED WITH FRIS, LEMON
WEDGE, SIDE SALAD & TARTAR SAUCE - R72
OR

CREAMY BACON MAC & CHEESE SERVED WITH
A SIDE SALAD - R58

SATURDAY, 4 MAY

DEEP FRIED CALAMARI & CHIPS SERVED WITH A
SIDE SALAD, LEMON WEDGE & TARTAR SAUCE -
R58
OR

CRUMBED CHICKEN WRAP SERVED WITH FRIES
- R58

SUNDAY, 5 MAY

ROASTED RED ONION & PEPPERS BEEF SERVED
WITH GARLIC ROASTED POTATOES, SEASONAL
VEGETABLES & GRAVY - R105



HAPPY MOTHER'S DAY

MENU

Starter

Prawn Cocktail

Main Course

Roast Sirloin of Beef with Horseradish sauce,
Yorkshire Pudding and Rosemary Jus

OR

BBQ Sweet & Sticky Roast Chicken Pieces

Served with Roasted Potatoes, Seasonal Vegetable Bake
in Cheese Sauce and Roasted Orange & Cinnamon Butternut

OR

Mushroom Piccata served with Tagliatelle

Dessert

Hot Chocolate Pudding Cake served with Vanilla Ice Cream

OR

Individual Cheese Plate, Crackers with Fruits
and Pickled Onion

R180 PER PERSON

RSVP TO RECEPTION BY 6 MAY

PAY AT THE BISTRO

