

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

6 - 12 May 2024

Happy Mother's Day

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honouring the sacrifices mothers made for their children.

Therefore, Mother's Day is a time to honour motherhood and show our appreciation to moms of all kinds, including wives, sisters and grandmas, for all their hard work and sacrifice.

AMAZING
LOVING
STRONG
THANKFUL
SELFLESS
GRACEFUL

IN THIS ISSUE

WEEKLY ACTIVITIES

Keeping active
Entertainment

SPECIAL CELEBRATIONS

Birthdays
Anniversaries
New Residents
Achievements

WEEKLY BISTRO MENU

UPCOMING EVENTS

WEEKLY ACTIVITIES



MONDAY 06 MAY	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO LONGBEACH MALL	10AM NUTTY NUTS	10.30AM AQUA AEROBICS 12PM PILATES	7PM CANASTA
TUESDAY 07 MAY	9.15AM STRETCH FOR SENIORS	10AM THE SHOE LADY	11AM SINGING PRACTICE		
WEDNESDAY 08 MAY	7.15AM WALKING GRP	9.30AM AGELESS GRACE	10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE
THURSDAY 09 MAY	9AM ART 9AM LINE DANCING	9.30AM KNITTING	10AM HEALTHY BONES TALK - SALLY-ANN CREED	3PM BINGO	7PM CANASTA
FRIDAY 10 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM FISH & CHIPS / CALAMARI
SATURDAY 11 MAY	JOHN ADAMS - FRUIT & VEG				6PM RESIDENT'S BRAAI
SUNDAY 12 MAY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

6 May

Jack Louw A213

7 May

Margaret Liebing A127

8 May

Chris Kihn A113

9 May

Gay Goodwin A347
Patrick Masters H103

10 May

Allyson Vine A25
Pam Gunston A331

Happy Anniversary!

7 May

Paul & Audrey Selby A308

11 May

Jimmy & Jenny Bedwell H85

New Resident!

No new Residents

WEEKLY

MENU

MONDAY, 6 MAY

PORK AND VEGETABLE STEW SERVED WITH
WHITE RICE AND A SIDE SALAD - R72

OR

CHICKEN A LA KING SERVED WITH WHITE
RICE AND SEASONAL VEGETABLES - R58

OR

PLANT BASE "CHICKEN" A LA KING SERVED
WITH WHITE RICE AND SEASONAL
VEGETABLES - R58

TUESDAY, 7 MAY

ROASTED CHICKEN PIECES SERVED WITH HERB
RICE AND SEASONAL VEGETABLES - R72

OR

SPAGHETTI BOLOGNESE SERVED WITH A
COCKTAIL ROLL - R58

OR

PLANT BASE "MINCE" SPAGHETTI BOLOGNESE
SERVED WITH A COCKTAIL ROLL - R58

WEDNESDAY, 8 MAY

BBQ CHICKEN STIR FRY SERVED ON A BED OF
PASTA AND SEASONAL VEGETABLES - R72

OR

BUTTERNUT AND CHICKPEA STROGANOFF
SERVED WITH WHITE RICE AND SEASONAL
VEGETABLES - R58

OR

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

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

THURSDAY, 9 MAY

HONEY AND GARLIC ROASTED CHICKEN
PIECES SERVED WITH POTATO WADGES AND
SEASONAL VEGETABLES - R72

OR

COTTAGE PIE SERVED WITH SEASONAL
VEGETABLES - R58

OR

COTTAGE PIE "PLANT BASE MINCE" SERVED
WITH SEASONAL VEGETABLES - R58

FRIDAY, 10 MAY

FRIED FISH AND CHIPS SERVED WITH FRIES,
LEMON WEDGE, SIDE SALAD AND TARTAR
SAUCE - R72

OR

CREAMY BEEF PANCAKE SERVED WITH
SEASONAL VEGETABLES - R58

SATURDAY, 11 MAY

STEAK PIE SERVED WITH FRIES, GRAVY, AND
SIDE SALAD - R58

OR

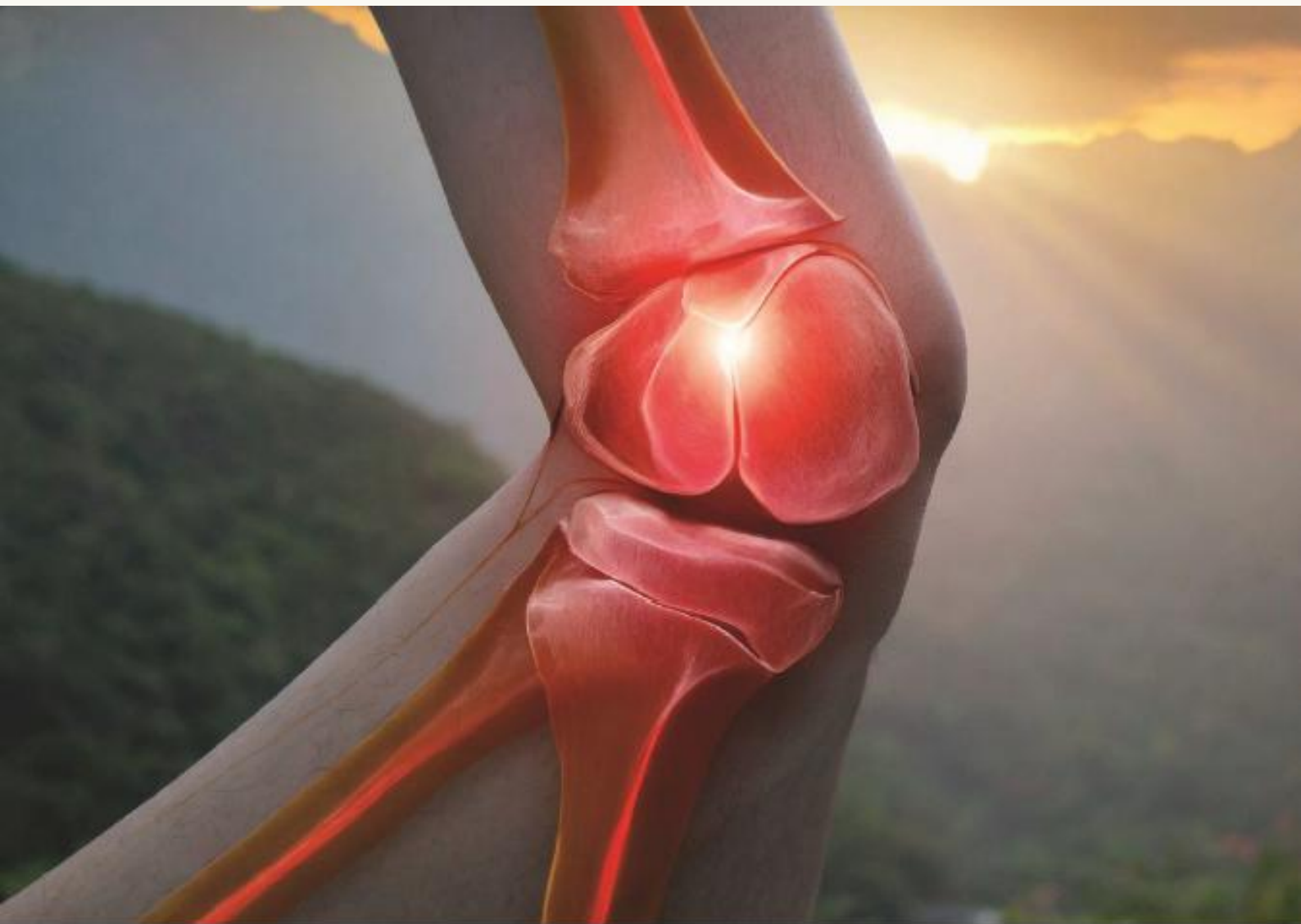
BUTTER CHICKEN WITH WHITE RICE AND
SEASONAL VEGETABLES - R58

SUNDAY, 12 MAY

MOTHER'S DAY SPECIAL - R180

OR

MENU CAN BE SEPARATED AND ONLY
PAY FOR MEALS ORDERED



Let's talk about bone health

Don't wait until it's too late—start protecting your bones now and enjoy them later! Join Tanya and our dietitian Jade Russouw with any and all questions you may have about how to keep your bones stronger for longer.

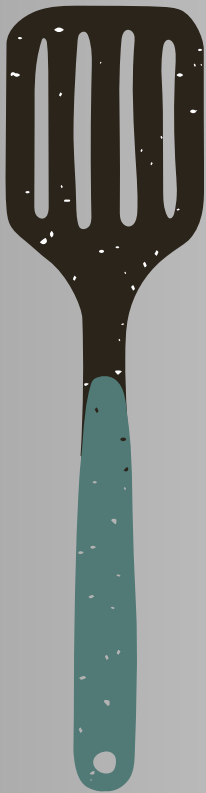
Join us at the BIG TV
Thursday 9 May at 10:00am
RSVP at Reception

Sally-Ann
CREED®
Wellness through nutrition

RESIDENT'S

BRAAI

Time



11 MAY
18h00

LIFESTYLE CENTRE

BRING & BRAAI

RSUP HUGH TILL, A219



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



LIBRARY RAFFLE

**NEW BOOKS FOR
OUR LIBRARY**

**R30 / TICKET
R50/2 TICKETS**

**TWO
Yummy
hampers -
alcoholic
& NON-
alcoholic**

GET YOUR TICKETS FROM 13 MAY ONWARDS
BISTRO - MONDAY, WEDNESDAY & FRIDAY
11H30 - 13H30