

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

13 - 19 May 2024



WHAT'S HAPPENING ?

We are excited that the Evergreen Refurbishment Team, have started preparations for the refurbishments and painting of the South Block's third-floor passages.

The IEC will be present at the village when you cast your vote on either 27 May or 28 May – they will confirm the day closer to the time so please be prepared. We've sent a circular out to give you a heads up on how the election ballots will work.

We wish all our mothers a wonderful Mother's Day on Sunday, 12 May and hope you're enjoying a small celebration with your family or joining us for lunch in the Bistro.

Also, we're excited about our first **Pub night** on Friday 17th May at 5pm- 7pm.
Please book at reception for a fun evening.

IN THIS ISSUE

WEEKLY ACTIVITIES

Keeping active
Entertainment

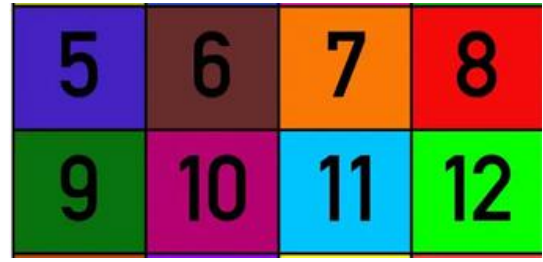
SPECIAL CELEBRATIONS

Birthdays
Anniversaries
New Residents
Achievements

WEEKLY BISTRO MENU

UPCOMING EVENTS

WEEKLY ACTIVITIES



MONDAY 13 MAY WIND-O-WASH	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE MALL		10.30AM AQUA AEROBICS 12PM PILATES	7PM CANASTA
TUESDAY 14 MAY WIND-O-WASH	8AM WATERLESS CARWASH	9AM BUS TO CONSTANTIA VILLAGE 9.15AM STRETCH FOR SENIORS	10AM NUTTY NUTS	11AM SINGING PRACTICE	3PM COLOUR-IN MANDALA
WEDNESDAY 15 MAY	7.15AM WALKING GRP	9.30AM AGELESS GRACE	10AM BIBLE STUDY 11AM TABLE TENNIS	2.PM RUMMIKUB 2.30PM SCRABBLE	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 16 MAY	9AM ART 9AM LINE DANCING	9.30AM KNITTING			7PM CANASTA
FRIDAY 17 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	6PM PUB NIGHT
SATURDAY 18 MAY	JOHN ADAMS - FRUIT & VEG				6PM QUIZ NIGHT
SUNDAY 19 MAY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

13 May
Conrad Samuels A117
Margaret Clough H6A

14 May
Eira Bond A5
Petro Badenhorst H73

18 May
Anne Blignaut H107

19 May
John Higgs A105

Happy Anniversary!

18 May
Don & Brenda McKay H80

New Resident!

No new Residents

WEEKLY

MENU

MONDAY, 13 MAY

MONGOLIAN BEEF AND VEGETABLE STIR-FRY
SERVED WITH SEASONAL VEGETABLES - R72
OR

CHICKEN MEAT BALLS IN A TOMATO AND
BASIL SAUCE SERVED ON A BED OF
SPAGHETTIS- R58
OR

PLANT BASE MEAT BALLS IN A TOMATO AND
BASIL SAUCE SERVED ON A BED OF
SPAGHETTI- R58

TUESDAY, 14 MAY

CHICKEN AND MUSHROOM STROGANOFF
SERVED WITH SEASONED RICE AND SEASONAL
VEGETABLES - R72
OR

BEEF LASAGNA SERVED WITH A COCKTAIL
ROLL AND A SIDE SALAD. - R58
OR

PLANT BASE CHICKEN AND MUSHROOM
STROGANOFF SERVED WITH SEASONED RICE
AND SEASONAL VEGETABLES- R58

WEDNESDAY, 15 MAY

CRUMBED PORK CHOP SERVED WITH MASH
POTATOES, SEASONAL VEGETABLES, AND
GRAVY - R72
OR

BEEF AND BUTTERBEAN STEW SERVED WITH
MASHED POTATOES, AND SEASONAL
VEGETABLES R58
OR

BUTTERBEAN STEW SERVED WITH MASH
POTATOES, AND SEASONAL VEGETABLE - 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, 16 MAY

CREAMY MARINARA SEAFOOD PASTA SERVED
WITH A COCKTAIL GARLIC ROLL - R72
OR

HOMEMADE CHICKEN AND VEGETABLE PIE
SERVED WITH POTATO WEDGES AND A SIDE
SALAD - R58
OR

HOMEMADE ROASTED VEGETABLE PIE
SERVED WITH POTATO WEDGES AND A SIDE
SALAD - R58

FRIDAY, 17 MAY

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

BEEF MEATLOAF SERVED WITH MASH
POTATOES, GRAVY AND SEASONAL
VEGETABLES - R58

SATURDAY, 18 MAY

CHEESEBURGER SERVED WITH FRIES AND A
SIDE SALAD. - R58
OR

CHICKEN LIVERS IN A BROWN ONION SAUCE
SERVED WITH MASH POTATOES AND SEASONAL
VEGETABLES- R58

SUNDAY, 19 MAY

ROASTED PORK BELLY SERVED WITH
CRANBERRY SAUCE, ROASTED GARLIC
AND HERB POTATOES AND SEASONAL
VEGETABLES.

**CHICKEN OPTION AVAILABLE

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

MEN'S BREAKFAST

TUESDAY, 21 MAY 2024

TIME: 09H30

PRICE: R75 PER PERSON

Guest Speaker

Jean Tresfon - Ocean Photographer for our oceans - Marine conservation from an aerial and underwater perspective



Jean Tresfon is a marine conservation photographer, whose work has been published in prestigious publications around the world. He flies a gyrocopter and conducts marine survey flights along the Cape coast. He also does underwater photography from oceans to mountain lakes, rivers and underwater caves. Jean was featured in the BBC's Wildlife Photographer of the Year programme.

Delicious Breakfast

**Creamy scrambled egg, crispy bacon, breakfast pork sausage, sautéed mushrooms and Rosa tomatoes & Hash-browns
Toast & preserves
Tea OR Coffee**

Book at reception by Friday, 17 May 2024

Pay at the Bistro

EVERGREEN
MUSIC
& **MINGLE**
MARKET

25

MAY 2024
SATURDAY
FROM 12:30

**EVERGREEN
NOORDHOEK**

CORNER OF GLENCAIRN EXPRESS
WAY AND KOMMETJIE ROAD,
FISH HOEK

SCAN HERE FOR EVENTS PAGE



RSVP to Lindsay on 087 808 7000 or email
info@evergreenlifestyle.co.za

Alternatively, you can visit the events page on
our website to reserve your spot!
www.evergreenlifestyle.co.za

FREE ENTRY

BRING ALONG YOUR FRIENDS AND ENJOY THE MARKET