

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

20 - 26 May 2024

WHAT'S HAPPENING ?

The Evergreen Refurbishment Team have prepped and already started painting the third-floor passages, South Block and it is looking great!

We would like to remind you that the IEC will be present at the village when you cast your vote on either 27 May or 28 May – they are still to 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.

Jean Tresfon, an Ocean Photographer is our guest speaker on Tuesday, 21 May at the Men's Breakfast. There will be additional seating for anyone who like to come and listen to him.

And then we have BINGO on Thursday, 23 May so don't forget to book and pay Reception - R40 per person.

Warm regards,
Regards, Christine & the MZB Team

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WHAT'S BEEN HAPPENING?

The most deserving receiving a dedicated day to celebrate them -
MOTHER'S DAY 12 May 2024. A really happy day with family & friends
enjoying a delicious meal!



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

WEEKLY ACTIVITIES



MONDAY 20 MAY	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	3PM POETRY CLUB	7PM CANASTA
TUESDAY 21 MAY	9.15AM STRETCH FOR SENIORS	9.30AM MEN'S BREAKFAST - JEAN TRESFON	10AM ALIDA'S FASHION POP- UP SHOP	11AM SINGING PRACTICE	
WEDNESDAY 22 MAY	7.15AM WALKING GRP	9.30AM AGELESS GRACE	10AM BIBLE STUDY 11AM TABLE TENNIS	2.2PM RUMMIKUB 2.30PM SCRABBLE	
THURSDAY 23 MAY	9AM ART 9AM LINE DANCING	9.30AM KNITTING		3PM BINGO	7PM CANASTA
FRIDAY 24 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 25 MAY	JOHN ADAMS - FRUIT & VEG				
SUNDAY 26 MAY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

20 May
Cynthia Waldegrave A242
William Gild A304
Violet Hardy H15

21 May
Paul Selby A308
Valerie Hollidge H5A

24 May
Clive Cloete A211

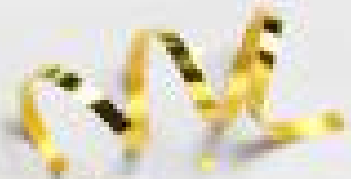
25 May
Leslie Carter A11

Happy Anniversary!

No Anniversaries

New Resident!

No new Residents



WEEKLY

MENU

MONDAY, 20 MAY

HOMEMADE FISH CAKES SERVED WITH A
TOMATO AND ONION GRAVY, MASH
POTATOES AND SEASONAL VEGETABLES - R72
OR

CHILI CON CARNE SERVED WITH BROWN RICE
AND A SIDE SALAD- R58
OR

PLANT BASE MINCE CHILI CON CARNE SERVED
WITH BROWN RICE AND A SIDE SALAD- R58

TUESDAY, 21 MAY

CREAMY BEEF CANNELLONI PASTA SERVED
WITH A SEASONAL VEGETABLE AND A
COCKTAIL ROLL - R72
OR

CAPE CHICKEN CURRY SERVED WITH HERB
RICE AND ROASTED BUTTERNUT - R58
OR

CREAMY SPINACH CANNELLONI PASTA
SERVED WITH A SEASONAL VEGETABLE AND A
COCKTAIL ROLL - R58

WEDNESDAY, 22 MAY

CHICKEN ALFREDO SERVED WITH A COCKTAIL
ROLL AND A SIDE SALAD- R72
OR

BEEF COTTAGE PIE SERVED WITH SEASONAL
VEGETABLES - R58
OR

PLANT BASE CHICKEN STRIPS ALFREDO
SERVED WITH A COCKTAIL ROLL AND A SIDE
SALAD - 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, 23 MAY

BEEF AND CABBAGE STEW SERVED WITH
WHITE RICE AND BEETROOT SALAD - R72
OR

PORK AND APPLE PIE SERVED WITH WHITE
RICE AND SEASONAL VEGETABLES - R58
OR

ROASTED VEGETABLE PIE SERVED WITH
WHITE RICE AND SEASONAL VEGETABLES -
R58

FRIDAY, 24 MAY

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

OR
CRUMB CHICKEN BURGER SERVED WITH
SALAD AND FRIES - R58

SATURDAY, 25 MAY

GREEN BEAN BEEF STEW SERVED WITH WHITE
RICE - R58
OR

CREAMY CHICKEN AND MUSHROOM ALFREDO
SERVED WITH COCKTAIL ROLL - R58

SUNDAY, 26 MAY

ROASTED BEEF WITH RED WINE JUS
SERVED WITH ROASTED POTATOES AND
SEASONAL VEGETABLES.
R105

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

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

VILLAGE *Salon*

with **BELINDA
& MANDY**

LADIES

Wash	R60	Treatment - intense	R180
Wash & blow (short)	R180	Perm	R480
Wash & blow (medium)	R170	Extras - mousse /	
Wash & cut	R150	hairspray /	
Dry cut only	R160	straighten	R20
Wash, cut & blow (short)	R210		
Wash, cut & blow (long)	R230		
Wash, treatment & blow	R195		

COLOUR / HIGHLIGHTS

Colour - Roots	R310	Wash	R40
Colour - full head	R425	Wash & cut	R150
Colour application (own colour)	R170	Dry cut	R115
Highlights - half head	R400	Beard trim	R60
Highlights - full head	R545		
Highlights - two-tone	R660		
Highlights - toner	R250		

GENTS



**All treatments exclude wash, cut
& blow dry**

Bookings are to be made with Reception - CASH PAYMENTS ONLY
Mandy available Monday & Friday, Belinda available Tuesday & Wednesday