

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

27 May - 2 June

2024

WHAT'S HAPPENING ?

The IEC will be presiding over the casting of special votes For ELV Muizenberg in the Lifestyle Centre on Monday, 27 May between 9am and 5pm. It is expected that there will be two voting stations set up in the clubhouse, each with an IEC team that will monitor the voting process and assist you. Please bring your green bar-coded ID book, ID card or a temporary ID certificate to show the IEC voting official at the table.

Please put your name down to attend our next Town Hall Meeting (held in the Lifestyle Centre) on Wednesday, 12 June, 2024 at 3pm. We'll be catching up on the last three months and plans for the future. I encourage all residents to attend to discuss to raise any items with Evergreen Management.

The work has almost been finished on the third-floor and the forward team have already started prepping the 2nd Floor. They have been working slow and steady – it looks absolutely marvellous to so far.

We encourage residents to ensure that all funds in your Fedics accounts are used up before the end of the month. If you have a balance remaining on your food account that cannot be used up before the end of May, please hand a certified copy of your ID and proof of banking details (not a bank statement) to Kim Whitworth or Laeeqah Bantam so that you can obtain a credit payment directly into your account by Fedics/Tsebo.

Friday Lunch will be the last day for Tsebo/Fedics and we say adieu to them after service on Friday, 31 May. Servest will be up and running by Sunday breakfast and ready for action providing full service on Sunday. Daily meals and Bistro menus will be provided shortly.

Warm regards,

Regards, Christine & the MZB Team

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WEEKLY BISTRO MENU

UPCOMING EVENTS

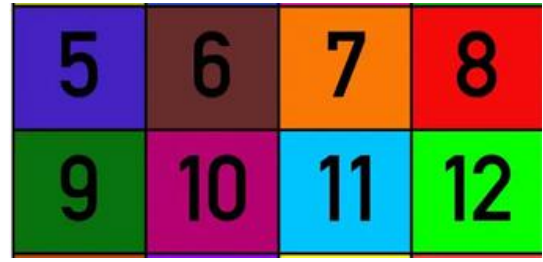
WHAT'S BEEN HAPPENING?

MEN'S BREAKFAST - The morning started with a delicious breakfast followed by a very interesting talk from Jean

Jean 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.



WEEKLY ACTIVITIES



MONDAY 27 MAY SPECIAL VOTES	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	6PM CAMERA CLUB	7PM CANASTA
TUESDAY 28 MAY	9.15AM STRETCH FOR SENIORS	9.30AM BUS TO BLUE ROUTE MALL	11AM SINGING PRACTICE	3PM COLOUR-IN MANDALA	3PM OEFEN AFRIKAANS
WEDNESDAY 29 MAY PUBLIC HOLIDAY	7.15AM WALKING GRP	10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB	2.30PM SCRABBLE
THURSDAY 30 MAY	9AM ART 9AM LINE DANCING	9.30AM KNITTING / WOL AAN DIE ROL			7PM CANASTA
FRIDAY 31 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 01 JUNE NEW CATERERS	JOHN ADAMS - FRUIT & VEG				
SUNDAY 02 JUNE	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

27 May
Peter Luxton H87

28 May
Tess Cartmill A215
Vernon Sutherland H44

30 May
Roy Hawkins H77

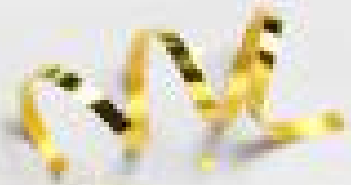
29 May
Shirley Thorpe - Laundry

Happy Anniversary!

No Anniversaries

New Resident!

No new Residents



WEEKLY

MENU

MONDAY, 27 MAY

ROASTED BBQ CHICKEN THIGHS SERVED WITH
A PASTA SALAD AND SEASONAL VEGETABLES -

R72
OR

SPAGHETTI BOLOGNESE SERVED WITH A SIDE
SALAD AND A COCKTAIL GARLIC ROLL - R58

OR

SPAGHETTI BOLOGNESE (PLANT BASE) SERVED
WITH A SIDE SALAD AND A COCKTAIL GARLIC
ROLL - R58

TUESDAY, 28 MAY

PORK BANGERS AND MASH POTATOES SERVED
WITH GRAVY AND SEASONAL
VEGETABLES - R72

OR

CHICKEN LIVERS SERVED WITH MASH
POTATOES GRAVY AND SEASONAL
VEGETABLES - R58

OR

PLANT BASE BANGERS AND MASH POTATOES
SERVED WITH GRAVY AND SEASONAL
VEGETABLES. - R58

WEDNESDAY, 29 MAY

CREAMY CHICKEN AND VEGETABLE PIE
SERVED WITH ROASTED VEGETABLES AND
POTATO WEDGES - R72

OR

BACON AND MUSHROOM ALFREDO SERVED
WITH A COCKTAIL GARLIC ROLL - R58

OR

MUSHROOM ALFREDO SERVED WITH A
COCKTAIL GARLIC ROLL - R58

BISTRO OPERATING HOURS

*OPEN DAILY 08H00-17H00

*DAILY MEAL ORDERS IN BY 14H00

*BOOK AT BISTRO OR VIA EXT 2253

OPTION 1 - R72

OPTION 2 - R58

VEGETARIAN - R58

THURSDAY, 30 MAY

HOMEMADE BEEF BURGER SERVED WITH A
SIDE SALAD AND FRIES - R72

OR

GRILLED CHICKEN BREAST SERVED WITH
COUS COUS, YOGHURT DRESSING AND
SEASONAL VEGETABLES- R58

OR

HOMEMADE PLANT BASE BURGER SERVED
WITH A SIDE SALAD AND FRIES - R58

FRIDAY, 31 MAY

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

OR

STEAK AND KIDNEY PIE SERVED WITH A SIDE
SALAD AND FRIES - R58



LIBRARY RAFFLE

DRAW IS NEXT THURS,

30 MAY AT 2PM

IN THE BISTRO

**NEW BOOKS FOR
OUR LIBRARY**

**R30 /
TICKET
R50/2
TICKETS**

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

TICKETS STILL AVAILABLE - GET THEM FAST
MON, 27TH & WED 29TH

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
Wash & blow (short)	R160
Wash & blow (medium)	R170
Wash & cut	R160
Dry cut only	R150
Wash, cut & blow (short)	R210
Wash, cut & blow (long)	R230
Wash, treatment & blow	R195

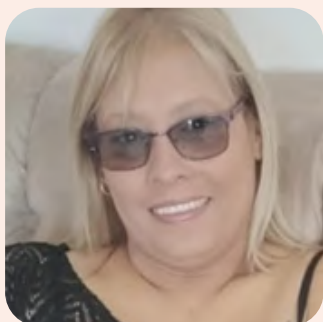
COLOUR / HIGHLIGHTS

Colour - Roots	R310
Colour - full head	R425
Colour application (own colour)	R170
Highlights - half head	R400
Highlights - full head	R545
Highlights - two-tone	R660
Highlights - toner	R250

Treatment - intense	R180
Perm	R480
Extras - mousse / hairspray / straighten	R20

GENTS

Wash	R40
Wash & cut	R150
Dry cut	R115
Beard trim	R60



**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