

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

3 - 9 June 2024

WHAT'S HAPPENING ?

Dear Resident,

So much has happened this week, it has been quite exciting!

The Special Vote held at the village was a real winner and we thank the IEC and Cllr Marr for making it happen – there were just under 180 residents that were accommodated. We can't wait for the results of the election!

We say hullo to Servest Caterers who are moving in and setting up as we speak – The new chef in residence, Andre, is getting his team up to speed and they will be ready for service in the morning. We wish them well and we look forward to delicious meals and exciting events. Remember to book your choices for the week at the Bistro counter. The menu is attached.

Kenny Meiring, a Finance Wellness Coach and columnist for the Daily Maverick, will be sharing some ideas on how to ensure you negotiate estate duty and look after your money on Tuesday, 4 June at the Big TV area from 3pm.

We're very excited about the "Muizenberg Singers" who will be entertaining us in the Bistro with songs from the Movies on Friday, 7th June at 4pm – please book at reception for seating purposes. It promises to be a wonderful afternoon.

Father's Day is around the corner, and we will be doing a special Roast Lunch on Sunday, 16 June. Book your table – watch this space for the menu.

Its rainy weather next week so keep warm and wrap up.

Warm regards,

Regards, Christine & the MZB Team

IN THIS ISSUE

WEEKLY ACTIVITIES

Keeping active
Entertainment

SPECIAL CELEBRATIONS

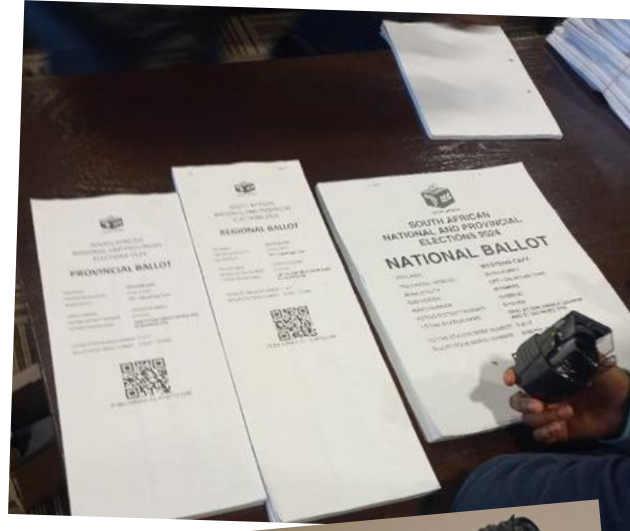
Birthdays
Anniversaries
New Residents
Achievements

WEEKLY BISTRO MENU

UPCOMING EVENTS

WHAT'S BEEN HAPPENING?

The IEC visited us on Monday 27 May giving you your chance to cast your Special Vote ✓



WEEKLY ACTIVITIES



MONDAY 3 JUNE	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 4 JUNE	9.15AM STRETCH FOR SENIORS	10AM WATERLESS CARWASH	10.15AM RESCOM 10.30AM TABITA'S FASHION	11AM SINGING PRACTICE	3PM KENNY MEIRING - FINANCIAL WELLNESS
WEDNESDAY 5 JUNE	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30 SCRABBLE	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 6 JUNE	9AM ART 9AM LINE DANCING	9.30AM KNITTING	10AM SHOE LADY		7PM CANASTA
FRIDAY 7 JUNE	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	4PM EVERGREEN SINGERS
SATURDAY 8 JUNE	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	6PM RESIDENT'S BRAAI
SUNDAY 9 JUNE	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

3 June

Bridgette Flanagan A112

Patrick Marinus A119

June Orsmond A234

Hazel Fick A317

Don McKay H80

4 June

Renier Gust A233

7 June

George Rutter A29

Happy Anniversary!

3 June

Peter & Patricia Attenborough

Charles Bowman & Jean King
Bowman

4 June

Ozzy & Dawn Gibson

New Resident!

No new Residents

WEEKLY

ME NU

MONDAY, 3 JUNE

DURBAN STYLE CHICKEN BIRYANI SERVED
WITH SAMBALS - R72
OR

TUNA AND CORN PASTA BAKE SERVED
WITH SEASONAL VEG - R58
OR

CREAMY VEGETABLE PASTA BAKE SERVED
WITH SEASONAL VEG - R58

TUESDAY, 4 JUNE

CHICKEN A LA KING SERVED WITH
SAVOURY RICE AND SEASONAL VEG - R72
OR

COTTAGE PIE SERVED WITH SEASONAL
VEG - R58
OR

BUTTER AND LENTIL CASSEROLE SERVED
WITH RICE AND SEASONAL VEG - R58

WEDNESDAY, 5 JUNE

SWEET CHILLI CHICKEN WRAP SERVED
WITH CHIPS AND A SIDE SALAD - R72
OR

SLOW COOKED BEEF CASSEROLE SERVED
WITH RICE AND SEASONAL VEG - R58
OR

MED ROAST VEG WRAP WITH FETA,
SERVED WITH CHIPS 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 / R135 LAMB

THURSDAY, 6 JUNE

CLASSIC BANGERS AND MASH SERVED
WITH GRAVY AND SWEET GREEN PEAS -
R72
OR

CAPE MALAY BOBOTIE SERVED WITH
YELLOW RICE AND SEASONAL
VEGETABLES - R58
OR

PLANT BASE BANGERS AND MASH
SERVED WITH GRAVY AND SWEET
GREEN PEAS - R58

FRIDAY, 7 JUNE

CLASSIC FISH AND CHIPS SERVED WITH
TARTAR SAUCE AND A SIDE SALAD
(GRILLED OR FRIED)- R72
OR

ROAST BUTTERNUT, MUSHROOM AND
SPINACH LASAGNA SERVED WITH A SIDE
SALAD - R58

SATURDAY, 8 JUNE

BBQ CHICKEN PIZZA TOPPED WITH
MOZZARELLA CHEESE - E72

SUNDAY, 9 JUNE

GARLIC AND ROSEMARY ROAST BEEF
SERVED WITH ROSAT POTATOES,
GRAVY AND SEASONAL VEG
R105

Time to sort out your finances



DAILY MAVERICK



**FINANCE
WELLNESS
COACH**

Kenny
Meiring



**A talk from
Daily Maverick Personal
Finance Columnist**

Kenny Meiring

Estates are taking a long time to be finalised as there are backlogs at the masters' office.

This can cause problems

Kenny will share some ideas on what can be done to:

- Ensure that there is enough cash for your dependents to live on while the estate is being finalised
- Pay the least amount of estate duty
- Avoid nasty surprises if you have money offshore

**Tuesday 4 June at 3pm
BIG TV area**



EVERGREEN SINGERS

"KING e l"

INVITE YOU TO
COME & LISTEN
TO SONGS FROM
THE SHOWS



SOUTH PACIFIC

WHERE : BISTRO
WHEN : 7TH JUNE
TIME : 4.00PM



BOOK AT
RECEPTION