

# MUIZENBERG

## WHAT'S HAPPENING?



Dear Resident,

This week we held an informal 'Town Hall' meeting to bring all residents up to speed on the happenings in the village over the last few months. This was very well received. Garry Reed also elaborated on the business plan for Evergreen.

We are looking forward to celebrating all the father's this Sunday while enjoying a delicious Roast Lamb.

Our next Pub Night will be on Friday, 21 June from 5pm to 7pm. Bookings and payments to done with Reception.

Warm regards,

*Regards, Christine & the MZB Team*



### IN THIS ISSUE

---

WEEKLY ACTIVITIES  
KEEPING ACTIVE  
ENTERTAINMENT

\*\*\*

SPECIAL OCCASIONS  
BIRTHDAYS

ANNIVERSARIES  
NEW RESIDENTS  
ACHIEVEMENTS

\*\*\*

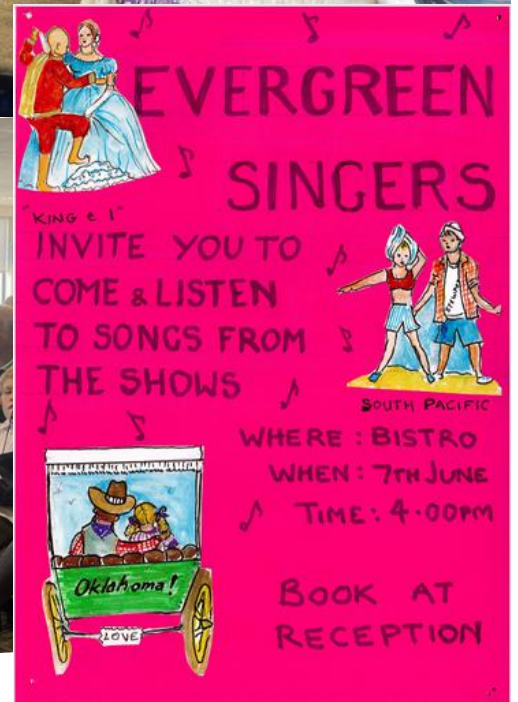
WEEKLY BISTRO  
MENU

\*\*\*

UPCOMING EVENTS

# WHAT'S BEEN HAPPENING?

Our very own Evergreen Singers put on a fabulous show for us last Friday with 'Songs from the Shows'. Thank you to everyone who made it happen. We look forward to the next one!



# WHAT'S BEEN HAPPENING?



Congratulations 🎉 to the winners of the Library raffle - Annaleen Erasmus with ticket #80 and Alice Grant with ticket #36. A Big thank you to everyone who participated and to Lydia and her team for their hard work in making this happen!



Mrs Audrey Forbes (Left) showing off one of her recent creations from the knitting group. All these stunning creations are given to a charity of their choice. The knitting group meets every Thursday from 9.30am in the Lifestyle Centre

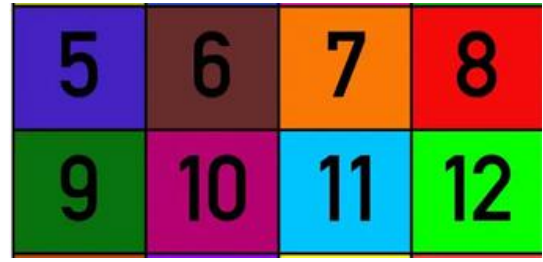


Thurs, 13 July was an absolutely stunning & warm Winters day in the Village.



Friday afternoon Canasta with Liz, Minnie & Lydia

# WEEKLY ACTIVITIES



<b>MONDAY</b> <b>17 JUNE</b> <b>PUBLIC HOLIDAY</b>	<b>7.15AM</b> <b>WALKING GRP</b> <b>9AM ART WITH STEPH</b>	<b>10.30AM AQUA AEROBICS</b>	<b>12PM</b> <b>PILATES</b>	<b>3PM POETRY CLUB</b>	<b>7PM</b> <b>CANASTA</b>
<b>TUESDAY</b> <b>18 JUNE</b>	<b>9.30AM</b> <b>BUS TO BLUE ROUTE MALL</b>	<b>9.15AM STRETCH FOR SENIORS</b>	<b>10.30AM</b> <b>SOUL CARERS NETWORK</b>		
<b>WEDNESDAY</b> <b>19 JUNE</b>	<b>7.15AM</b> <b>WALKING GRP</b>	<b>9.30AM AGELESS GRACE</b> <b>10AM BIBLE STUDY</b>	<b>11AM TABLE TENNIS</b>	<b>2.PM</b> <b>RUMMIKUB</b> <b>2.30 SCRABBLE</b>	<b>2.30PM</b> <b>DEMENTIA SUPPORT GRP</b>
<b>THURSDAY</b> <b>20 JUNE</b>	<b>9AM ART</b> <b>9AM LINE DANCING</b>	<b>9.30AM</b> <b>KNITTING</b>			<b>7PM</b> <b>CANASTA</b>
<b>FRIDAY</b> <b>21 JUNE</b>	<b>7.15AM</b> <b>WALKING GRP</b>	<b>9.15AM STRETCH FOR SENIORS</b>	<b>10AM</b> <b>CHURCH SERVICE</b>	<b>11AM</b> <b>TABLE TENNIS</b>	<b>6PM PUB NIGHT</b>
<b>SATURDAY</b> <b>22 JUNE</b>	<b>JOHN ADAMS - FRUIT &amp; VEG</b>			<b>1.45PM</b> <b>CANASTA</b>	
<b>SUNDAY</b> <b>23 JUNE</b>	<b>8.45AM ONLINE CHURCH</b>		<b>12.30PM</b> <b>SUNDAY LUNCH</b>		

# SPECIAL CELEBRATIONS

## Happy Birthday!

17 June

Audrey Forbes A120

Sally Vincent A314

18 June

Christopher Moon H65

19 June

Richard Bailey H14

20 June

Jenny Angehrn A340

Tony Law H1

Laeqah Bantam Evergreen

21 June

Steph de Haas A2

## Happy Anniversary!

22 June

Roy & Vivienne Hawkins

## New Residents

No new residents

EVERGREEN MUIZENBERG

## WHAT'S COOKING


 EVERGREEN  
lifestyle  
muizenberg

## WEEK 17 – 23 JUNE

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, June 17	Portuguese Steak topped with a Sunny Side Egg served with Chips	Creamy Chicken and Mushroom Alfredo	Sugar Bean Curry with Potato served with Salad
Tuesday, June 18	North Indian Butter Chicken served with Basmati Rice and Sambals	Grilled Boerewors topped with Caramelized Onion, served with Fluffy Rice and Tomato Gravy	Crispy Falafel served on a bed of Moroccan Cous-cous
Wednesday, June 19	Chicken Florentine - Stuffed with Spinach and Feta served with Potato Wedges and Seasonal Veg	Italian Meatballs served on a bed of Al Dente Spaghetti	Lentil and Vegetable cottage Pie
Thursday, June 20	Durban Beef Curry served with Savoury Rice and Sambals	Moroccan Chicken Bake - Grilled Chicken Fillet topped with Chic Pea and Baby Marrow	Leek & Feta Cheese Tart topped with caramelised Onions served with a side salad
Friday, June 21	Classic Fish and chips served with tartar sauce and a side salad (Grilled or Fried)		Thai Vegetable Stir-fry served on a bed of Noodles
Saturday, June 22	Mexican Pizza - Beef Mince and Pepper topped with Mozzarella Cheese		
Sunday, June 23 Main meal R105 Dessert R28	<p><u>Roast</u> Wholegrain Mustard Roast Beef served with a Rosemary Jus, Roast Potato Wedges and Seasonal Veg</p> <p><u>Dessert:</u> Jan Ellis pudding served with cream</p>		

Daily Meal orders by 14h00, previous day

Sunday orders close Friday at 14h00

Same day meal cancellations by 9h00

Use the pre-paid account system or pay via Debit or With Credit card.

No cash payments accepted



#### What we offer (Services):

- ∞ Walking alongside you on your journey
- ∞ Facilitating family conversations
- ∞ Being supportive to family and friends
- ∞ Being a companion and a listener
- ∞ Writing life stories
- ∞ Providing gentle touch and comfort
- ∞ Connecting to nature and beauty - art, music, poetry
- ∞ Reading from sacred scriptures
- ∞ Assisting with the end-of-life work
- ∞ Creating meaningful rituals and memorial services
- ∞ Bereavement and grief support

## PRESENTATION

TUESDAY, 18 JUNE at 10h30  
BIG TV AREA

SOUL CARERS NETWORK -

# FRIDAY PUB NIGHT

21 JUNE 2024

FROM 5-7PM IN THE BISTRO

**R100 including  
snack platter**

**Book & Pay at Reception by  
Thursday, 20 June**