

MUIZENBERG

WHAT'S HAPPENING?



Dear Resident,

We hope you all had a great week.

A little reminder not to book and pay for BINGO at Reception and it's only R40 per person.

Knitting ladies don't forget, Wol aan die Rol will be here on Thursday, 27 from 9.30am.

Unfortunately, the City of Cape Town has informed us of the 72-hour water outage, starting on Monday 24 June. We have sent out communication on this, giving you some helpful tips on how to prepare for those three days, see page 2 for more info.

Go Bokke! SA vs Wales this Saturday at 3pm. Enjoy.

Enjoy your weekend and stay warm.

Regards, Christine & the MZB Team



24-30 JUNE '24

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UPCOMING EVENTS

The City's Water and Sanitation Directorate will undertake a 72-hour operation which will begin on Monday morning, 24 June, (00:00) until Wednesday, 26 June (24:00) to do essential maintenance to its water supply network on the Cape Flats. This will result in several areas having no water during this period. This work will ensure that the City's pipe infrastructure is in the best possible condition for years to come. Despite the temporary inconvenience, the long-lasting benefits are necessary to best ensure service delivery in a growing city.

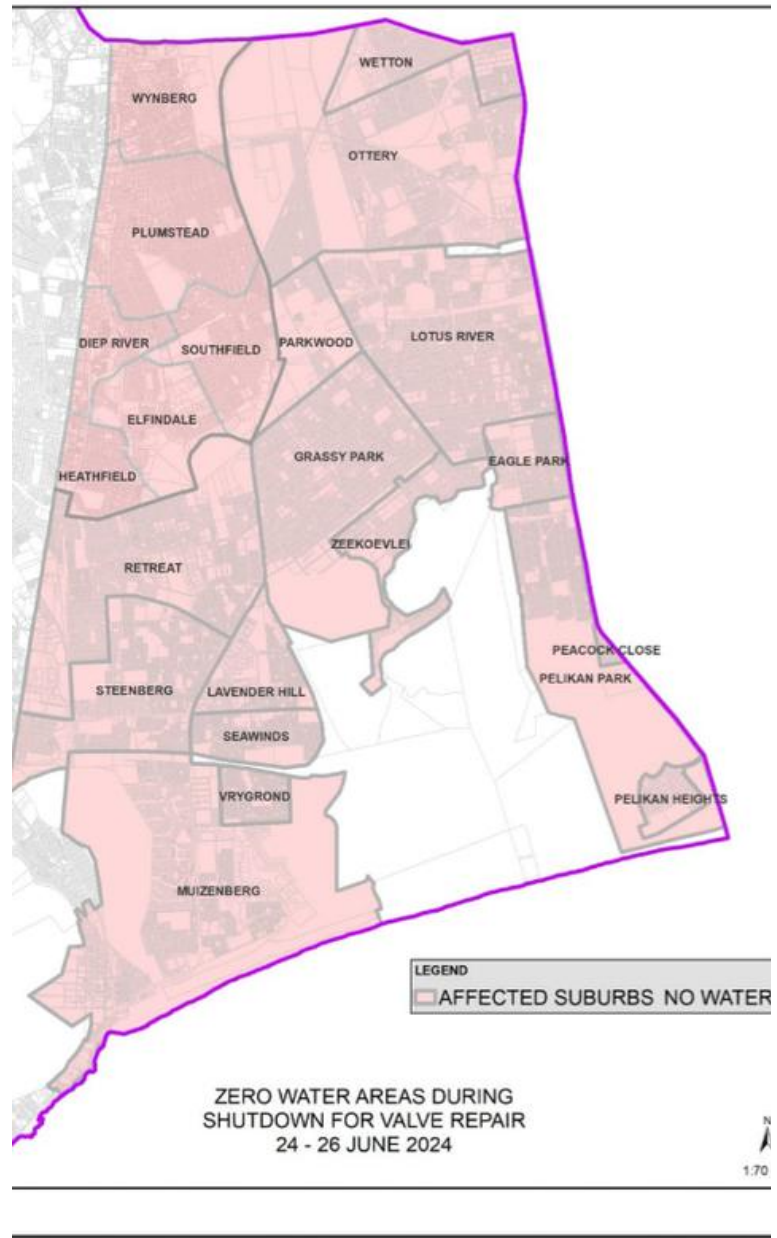
NO WATER AREAS

Due to the nature of the work involved, it requires the water supply to be shut off in the following areas for three consecutive days:

Wynberg, Wetton, Ottery, Plumstead, Diep River, Southfield, Elfindale, Heathfield, Retreat, Steenberg, Lavender Hill, Seawinds, Vrygrond, Muizenberg, Parkwood, Lotus River, Grassy Park, Zeekoevlei, Pelican Park, Pelican Heights, Peacock Close and Eagle Park

Whilst the repairs are being undertaken, we strongly recommend that you buy bottled water for drinking and preparing meals. The well-point water we have from the tanks can be used for everything else, however:

- **use water sparingly** in this period, only for essential use to ensure that we save
- **consider a 'cowboy splash' or 'top and tail' wash** for body washing. Use a **bucket or large plastic bowl** of water to wipe yourself down and use greywater from washing to flush toilets.
- Use a **bucket or bowl in the sink** to wash dishes. Do not fill the whole sink with water.
- **spot-clean clothes** where necessary.
- make sure your geyser is turned off for the duration of the pipeline maintenance period to prevent any damage.
- **ensure that all taps are closed to prevent water loss and/or damage when the supply is restored.**
- **There will be no irrigation for this period.**



WEEKLY ACTIVITIES



MONDAY 24 JUNE	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL 10.30AM AQUA AEROBICS	12PM PILATES	6PM CAMERA CLUB	7PM CANASTA
TUESDAY 25 JUNE	9.15AM STRETCH FOR SENIORS	9.30AM BUS TO BLUE ROUTE MALL	10AM NUTTY NUTS	10.15AM RESCOM MEETING	3PM COLOUR-IN 3PM OEFEN AFRIKAANS
WEDNESDAY 26 JUNE	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30 SCRABBLE	
THURSDAY 27 JUNE	9AM ART 9AM LINE DANCING	9.30AM KNITTING WOL AAN DIE ROL		3PM BINGO	7PM CANASTA
FRIDAY 28 JUNE	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 29 JUNE	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	
SUNDAY 30 JUNE	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

22 June
Mandisa Mathozana - Evergreen

26 June
Margaret Leitner A306
Charles Laurence H42

27 June
Alice Grant A4
Sally Gooderham H104
Janet Aird H105

Happy Anniversary!

27 June
Andries & Judith Coetsee

30 June
Eloff & Shirley Olivier

New Residents

No new residents



WHAT'S COOKING

WEEK 24 – 30 JUNE

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, June 24	Pork chop, mustard gravy served on a bed of Sweet Potato Mash and Seasonal Veg	Creamy Chicken Korma served with Basmati Rice and Salad	Creamy Vegetable Curry served with Basmati Rice and Salad
Tuesday, June 25	Classic Beef Lasagne served with Garlic Bread and Side Salad	Portuguese Chicken Livers served with a Portugues Roll and Side Salad	Roast Butternut, Mushroom and Spinach Lasagna served with a Side Salad
Wednesday, June 26	Homemade Cheese Burger served with Chips	Mexican Chicken Enchilada served with Guacamole, Sour Cream and Salsa	Mushroom Cheese Burger served with Chips
Thursday, June 27	Crispy Chicken Schnitzel topped Mushroom Sauce, served with a Baked Potato	Slow Cooked Beef Stew served with Samp or Rice	Plant Base Schnitzel served with Chips, Cheese Sauce and a Side Salad
Friday, June 28	Classic Fish and chips served with tartar sauce and a side salad (Grilled or Fried)		Caramalised onion & Feta Quiche served with a side salad
Saturday, June 29	Chicken Prego Roll topped with Cheese, served with Chips		
Sunday, June 30 Main meal R105 Dessert R28	<p><u>Roast</u> Cinnamon and Apple Roast Pork Belly served with Mexican Red Rice and Seasonal Veg</p> <p><u>Dessert:</u> Bread & Butter pudding</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



2024 SPRINGBOKS FIXTURES

A.K.A. "The Important Braai Dates"

Saturday 22 June: Springboks vs Wales (Twickenham, London)

Saturday 6 July: Springboks vs Ireland (Loftus Versfeld, Pretoria)

Saturday 13 July: Springboks vs Ireland (Hollywoodbets Kings Park, Durban)

Saturday 20 July: Springboks vs Portugal (Toyota Stadium, Bloemfontein)

Saturday 10 August: Australia vs Springboks (Suncorp Stadium, Brisbane)

Saturday 17 August: Australia vs Springboks (Optus Stadium, Perth)

Saturday 31 August: Springboks vs New Zealand (Emirates Airline Park, Jhb)

Saturday 7 September: Springboks vs New Zealand (DHL Stadium, Cape Town)

Saturday 21 September: Argentina vs Springboks (venue TBC)

Saturday 28 September: Springboks vs Argentina (Mbombela Stadium, Nelspruit)

Sunday 10 November: Scotland vs Springboks (Murrayfield, Edinburgh)

Saturday 16 November: England vs Springboks (Twickenham, London)

Saturday 23 November: Wales vs Springboks (Principality Stadium, Cardiff)

STRONGER TOGETHER


EVERGREEN
lifestyle
muizenberg