

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

What's Happening?

14 - 20 Oct 2024

Dear Resident,

We hope you've had a great week, especially with the warmer weather.

A little reminder that Riaan's Fruit Van is on site every Wednesday from 8.30am until 9.15am. Delicious fresh fruit, vast variety of fresh vegetables, homemade jams and so much more.

We have our Residents Braai this Saturday and then the first of our Social Dinners on Wednesday, 16 October.

Next Saturday, 19 October will be the last Quiz Night for the year but they have arranged a special guest; a Professional Quiz Master.

Don't forget about our up and coming Arts & Crafts Christmas Market on Saturday 2 November. Don't forget to tell your family and friends. It's going to be a fabulous day.

Have a great weekend.

Warm Regards
Christine, Kim and the Evergreen Team

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WEEKLY ACTIVITIES



MONDAY
14 OCT
**WIND-O-
WASH**

7AM WALKING
GRP
9AM ART WITH
STEPH

9.30 BUS TO
BLUE ROUTE
MALL

10.30AM
AQUA
AEROBICS

12PM
PILATES

7PM
CANASTA

TUESDAY
15 OCT
**WIND-O-
WASH**

9.15AM
STRETCH FOR
SENIORS

7PM EVG
DRAMATC
SOCIETY

WEDNESDAY
16 OCT
**RIAAAN'S FRUIT
VAN**

7AM WALKING
GRP
9.30AM AGELESS
GRACE

10AM BIBLE STUDY
11AM TABLE
TENNIS

2.30PM
SCRABBLE

2.30PM
DEMENTIA
SUPPORT GROUP

6.30PM
SOCIAL
DINNER

THURSDAY
17 OCT

9AM
ART GROUP

9AM LINE
DANCING
9.30AM KNITING

2PM RESCOM
MEETING

7PM CANASTA

7PM EVG
DRAMATC
SOCIETY

FRIDAY
18 OCT

7AM WALKING
GRP

9.15AM STRETCH
FOR SENIORS

10AM
CHURCH
SERVICE

11AM
TABLE TENNIS

SATURDAY
19 OCT

JOHN ADAMS -
FRUIT & VEG

1.45PM
CANASTA

6PM QUIZ
NIGHT

SUNDAY
20 OCT

8.45AM ONLINE
CHURCH

12.30PM
SUNDAY
LUNCH

6PM MOVIE
NIGHT W
POPCORN

SPECIAL CELEBRATIONS

Happy Birthday!

16 October

Jean Phillips A107

Gill Pearson A203

Peter Attenborough A243

17 October

Daphne Smith A315

20 October

Ron Scott H46

Olivia Thomas A115

Happy Anniversary!

No Anniversaries

New Residents

No New Residents

EVERGREEN MUIZENBERG

WHAT'S COOKING

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WEEK 6: 14/10/2024 – 20/10/2024

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 14 Oct	Green Bean Bredie served on Sweet Potato Mash Seasonal Vegetables	Chicken a la King Fluffy Rice Seasonal Vegetables	Vegetable Bredie Sweet Potato Mash and Salad
Tuesday, 15 Oct	Home-made Sausage Roll served with Onion Gravy Chips & Seasonal Vegetables	Bacon & Tomato Mac & Cheese with Seasonal Vegetables	Creamy Mushroom Pasta served with Salad
Wednesday, 16 Oct	Sticky Chicken Pieces served with Potato Wedges Seasonal Vegetables	Pork Bangers, Mash & Gravy Sweet Carrot & Peas	Roasted Butternut with Chickpea, Mint Served on Couscous
Thursday, 17 Oct	Beef Stroganoff served with Rice and Seasonal Vegetables	Chicken Meatballs Napoletana Tomato Sauce on Mash Seasonal Vegetables	Lentil Meatballs and Napoletana Tomato Sauce on Mash Seasonal Vegetables
Friday, 18 Oct	Fish & Chips with Tartare Sauce and salad	Roasted Vegetable Frittata served with Salad	
Saturday, 19 Oct	Curried Mince & Vetkoek and sambals	Curried chickpea and lentils & vetkoek and sambals	
Sunday, 20 Oct R115	Roast Beef, Yorkshire Pudding, and Mustard Sauce served with Roast Potato and Gravy Seasonal Vegetables *Roast Chicken OR Vegetarian Vegetable stew with Rice, and Seasonal Veg	Dessert Apple Crumble & Cream	

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

servest

Riaan's Fruit Van



**Fresh Fruit & Veg
every Wednesday from 8.30am**

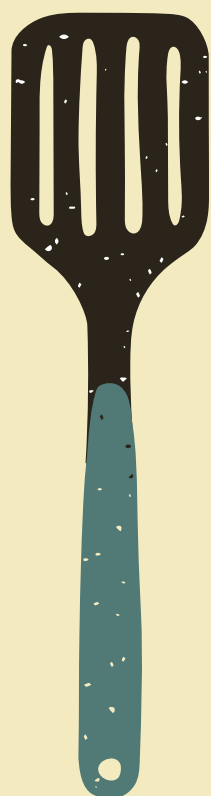


Cash or Card payments accepted

Our Monthly

RESIDENT'S

Braai



SAT
12 OCT

BRING & BRAAI

LIFESTYLE CENTRE

FOOD
FRIENDS
FUN

CONTACT HUGH TILL | EXT 2219

Boardwalk Bistro Social Dinner

WEDNESDAY, 16 OCTOBER
18H30 - R180 PER PERSON

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MAIN

Slow Roasted Beef Short Rib in Red Wine and
Rosemary Jus served with Creamy Mash Potatoes
and Baby Vegetables

OR

Grilled Line Fish served with a Creamy Cumin
Sauce, Dauphinoise Potato and Baby Vegetables

DESSERT

Chocolate Tart served with Warm
Chocolate Ganache and Cream

OR

Cheese Plate with Crackers
and Dried fruit

Filter Coffee

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Please book and pay for dinner
at the Bistro before
Monday, 14 October



The background is a dark blue gradient. At the top, there are two stylized light bulbs on the left and right sides, with a string of small, glowing white lights draped across the top. The main title 'QUIZ NIGHT' is centered in a large, glowing yellow-outlined font.

QUIZ NIGHT

SAT 19TH
OCTOBER

6PM · LIFESTYLE CENTRE

SPECIAL GUEST - PROFESSIONAL QUIZ MASTER

TEAMS OF 4-6 PEOPLE
Bring Own Snacks & Drinks
Donations for Prizes appreciated
Entrance is Free
BOOK WITH RECEPTION

ALL MARKET
TABLES HAVE
BEEN BOOKED!!



Christmas

ARTS & CRAFT MARKET



MUSIC, FOOD & GIFTS GALORE

GET YOUR GIFTS, STOCKING FILLERS AND
DECORATIONS WHILE SUPPORTING
LOCAL ARTISTS & CRAFTERS

SAVE THE DATE



SATURDAY, NOVEMBER 2

FROM 11 AM TO 4 PM



EVERGREEN MUIZENBERG LSC
ALL WELCOME - BRING THE FAMILY