

Evergreen MUIZENBERG

**06 – 12 JAN
IN THIS ISSUE**

WEEKLY ACTIVITIES

Your weekly guide to
sport & recreational
activities in the Village

BISTRO

Weekly Lunch and
Dinner Menu

IT'S A CELEBRATION

Birthday's,
Anniversaries
& New Residents

Dear Resident,

We wish you a wonderful New Year and trust that the year ahead is as bright and hopeful as a sunrise.

As mentioned, the refurbishment team will be coming through to paint the men's and ladies toilets as well as the shower/toilet gym facilities next week. They will also be working on some individual resident units and refurbishing a few vacant units. We will keep you in the loop as and when they come on site.

The team is working hard on setting up some wonderful activities and events for 2025 and we will share these with you shortly. In January, we have confirmed a Ted Talk about Artificial Intelligence and how you can use it in your everyday life; a Robert Burns cocktail party; a Ladies Breakfast and our month end Pub Night – details and posters to follow.

If there are any activities you would like to introduce to the village, we strongly urge you to come through and discuss your ideas. We can help you set it up and advertise these to residents.

Just to let you know that Kim Whitworth, Assistant Manager, will be taking her well-earned break from next week and will return on 22nd January.

Warm Regards
Christine, Kim and the Evergreen Team.

WEEKLY ACTIVITIES



MONDAY 06 JAN	6.45AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS		7PM CANASTA
TUESDAY 07 JAN	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING		3PM COLOUR-IN MANDALA	
WEDNESDAY 08 JAN	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE	11AM TABLE TENNIS	2.30PM SCRABBLE / RUMMIKUB / CHESS	
THURSDAY 09 JAN	9AM ART GROUP	9.30AM KNITTING		7PM CANASTA	
FRIDAY 10 JAN	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 11 JAN	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 12 JAN	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH	HAIRSTYLISTS ON ANNUAL LEAVE RETURN 13 JAN	

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 06/01/2025 – 12/01/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 06 Jan	Chicken Schnitzel and Mushroom sauce with Potato wedges and Garden salad	Grilled sweet and sour Pork Strips with Potato wedges and Vegetables	Chipotle Black Beans and Roasted Butternut with Savoury Rice
Tuesday, 07 Jan	Beef Bangers with Onion smoor, Roasted sweet potato and Vegetables	Grilled Chermoula Chicken with Roasted vegetable Cous-cous	Plant based Sausage with Onion smoor, Roasted Sweet Potato and Vegetables
Wednesday, 08 Jan	Parmesan Crusted Chicken with Savoury Rice & Salad	Pork Bangers with Tomato and onion Smoor, Mash and Bean salad	Lentil, Butterbean and Capsicum Smoor with Sweet Potato Mash and Salad
Thursday, 09 Jan	Roti filled with Pulled Beef and Greek Salad	Tuscan Grilled Chicken with Roasted Tomato, Green beans and Roasted potatoes	Creamy Chickpea, Butternut and Spinach with Spaghetti and Green salad
Friday, 10 Jan	Fish & Chips with salad & Tartare Sauce	Plant based Schnitzel with cheese sauce, Sweet Potato fries and Salad	
Saturday, 11 Jan	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three-cheese with Green Salad	Margherita Pizza with salad	
Sunday, 12 Jan R115	Leg of Pork, Roasted Potato seasonal, Vegetables and Cranberry Sauce OR Grilled Chicken leg quarter, Roasted Potato and vegetables OR Vegetarian option: Grilled Butternut filled with Creamy Spinach and Roasted Potato		Dessert: Poached Pears with Custard

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

SPECIAL CELEBRATIONS

Happy Birthday!

7 January

Jeremy Castle A228

8 January

Ossie Gibson H60

9 January

Terry Trinder-Smith A8

Nigel Myles H27

Happy Anniversary!

No Anniversaries

New Residents

Robert & Christine Johnston A246



Tech Talk.

**WHAT IS ARTIFICIAL
INTELLIGENCE ANYWAY?**

**20th JANUARY
3PM - TV LOUNGE**

Please RSVP to Reception or Ext 9 before
17th January for seating and catering purposes