

EVERGREEN MUIZENBERG

NEWSLETTER

What's Happening

EVERGREEN
lifestyle
muizenberg

13 - 19 Jan 2025

Dear Resident

I would like to welcome everyone back from your travels and I trust you had a wonderful and joyous festive season with family and friends.

We are planning some lovely events this year from Wine Tasting evenings, Quiz Nights and Bingo to Pub Nights, Breakfast Speakers, Social Dinners and Musical Soirees.

In January, you can look forward to an interesting and informative talk on Artificial Intelligence and how it works and we will be celebrating the famous Scottish poet, Robert Burns, with traditional fare and poetry readings.

Also, there is much sport viewing with the SA20 matches and ODI's that promise to be a whirlwind of limited over cricket. In addition, the Rugby matches between Stormers and Sharks on the weekend will spice things up.

Except for Sunday, the warm weather seems to have settled in and we can look forward to temperature reaching 27* next week.

Warm regards,
Christine, Kim and the ELV Team

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WEEKLY ACTIVITIES



MONDAY 13 JAN	6.45AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS		7PM CANASTA
TUESDAY 14 JAN	9.15AM STRETCH FOR SENIORS		10.30AM LINE DANCING		
WEDNESDAY 15 JAN RIAAN'S FRUIT VAN	6.45AM WALKING GRP 9.30AM AGELESS GRACE	10AM BIBLE STUDY 11AM TABLE TENNIS	2.30PM DEMENTIA SUPPORT GROUP	RUMMIKUB / CHESS	
THURSDAY 16 NOV	9AM ART GROUP	9.30AM KNITTING		7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 15 NOV	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM FELLOWSHIP	11AM TABLE TENNIS	
SATURDAY 16 NOV	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA			6PM QUIZ NIGHT
SUNDAY 17 NOV	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

13 January

John Hickman (H88)

14 January

Eugene Kretchmer (H70)

16 January

Merleen vd Vyver (A201)
Vivien Hawkins (H77)

17 January

Patricia Davidson (A235)
Annaleen Erasmus (A303)
Chris Smith (H62)

18 January

Keith Elkin (A320)
Collyeen Sinclair (H62)
Oliver Trevor H53)

19 January

Alan Gander (A110)

20 January

Anne Grant (H92)

Happy Anniversary!

New Residents

Mervyn & Josepha Eagles H57
Robert & Christine Johnston (A246)

EVERGREEN MUIZENBERG

WHAT'S COOKING

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WEEK 2: 13/01/2025 – 19/01/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 13 Jan	Basil Pesto Chicken penne pasta with Chunky salad	Shepards Pie with salad and Sweet Carrots	Spinach, Feta and Mozzarella pie with Salad and Sweet Carrots
Tuesday, 14 Jan	Smokey BBQ Beef and Mozzarella Tramezzini with Potato wedges and Salad	Curried Chicken filled Roti Sambal and Vegetables	Roti filled with Curried Vegetable, Sambal and Vegetables
Wednesday, 15 Jan	Coronation Chicken salad	Pork Schnitzel with Mushroom sauce with Potato Wedges and Butternut	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted vegetables
Thursday, 16 Jan	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese Egg Noodles	Vegetable Chow Mein with Chickpeas and Egg Noodles
Friday, 17 Jan	Fish & Chips with Tartare Sauce		Butternut, Peppadew and Cheddar Quiche with Salad
Saturday, 18 Jan	Double Hotdog rolls with Tomato relish, Chips and Salad		Vegan Hotdog Rolls Tomato relish with chips and Salad
Sunday, 19 Jan R115	Roast Beef with Thyme Gravy, Roasted Potato, Yorkshire Pudding, Horseradish and Vegetables OR Grilled Chicken Fillet with Gravy, Roasted Potato and Vegetables OR Vegetarian Option: Chickpea & Broccoli stuffed Sweet Potato topped with Feta and Mozzarella Cheese with Vegetables		Dessert Fruit Salad and Chantilly 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


The background is a vibrant red. At the top, a string of white, glowing lights is draped across the frame. On the left and right sides, there are stylized, cartoonish illustrations of people's heads and shoulders in a light yellow color. The heads are simple circles with black outlines for eyes and mouths. The shoulders are depicted with grey, blocky shapes representing arms or clothing. The main title 'QUIZ NIGHT' is centered in a large, white, outlined font. Below the title, there are two horizontal white lines.

QUIZ NIGHT

SAT 18TH
JANUARY

6PM • LIFESTYLE CENTRE

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



TED

IDEAS WORTH SPREADING

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

Friday, 24 January 2025

6pm - 8pm

Burns Night CELEBRATION

Join us for sundowners in the Lifestyle Centre to celebrate the life of Robert Burns, the famous Scottish poet, with a wee dram of whisky, traditional cocktail snacks and a programme of poetry readings/songs.



Please book and pay by 12-noon on Monday 22, January
You are welcome to bring your own refreshments

R115 per person

Haggis Balls, Balmoral Chicken, Parsley Potato Cakes, Smoked Salmon Rounds, Scottish Sausage Rolls and Scotch Eggs, Cheese and Pickles and a welcome dram of whiskey

EVERGREEN MUIZENBERG



PUB NIGHT

FRIDAY, 31 JANUARY

6pm – 8pm

BRING YOUR OWN

Wine/Beer and Snacks

Glasses/Side Plates and Ice will be supplied
(you may use your 2024 tickets to buy more drinks)

RSVP to reception for seating purposes on Ext 9