

EVERGREEN MUIZENBERG

NEWSLETTER

What's Happening

EVERGREEN
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muizenberg

20-26 Jan 2025

Dear Resident,

Time has flown by - 2025 is going full steam ahead. Everyone has started working, children are back to school, life is happening.

There's an interesting and informative presentation on Artificial Intelligence and how it works. The TED Talk topic will cover AI's origins and capabilities and we can learn about its development and how it is being used.

Don't forget that we are celebrating the famous Scottish poet, Robert Burns, with traditional fare and poetry readings on Friday, 25th - please book with the Bistro.

we've introduced an alternative monthly women's breakfast and we have invited Lizette Gunther to talk to us on Tuesday, 28th January about how she became the owner of a very successful drinks company by following her passion.

Warm regards,
Christine, Kim and the ELV Team

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WEEKLY ACTIVITIES



MONDAY 20 JAN	6.45AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS		7PM CANASTA
TUESDAY 21 JAN	9.15AM STRETCH FOR SENIORS	3PM COLOUR-IN MANDALA	10.30AM LINE DANCING		
WEDNESDAY 22 JAN RIAAN'S FRUIT VAN	6.45AM WALKING GRP 9.30AM AGELESS GRACE	10AM BIBLE STUDY 11AM TABLE TENNIS	RUMMIKUB / CHESS	2.30PM SCRABBLE	
THURSDAY 23 NOV	9AM ART GROUP	9.30AM KNITTING	3PM BINGO	7PM CANASTA	
FRIDAY 24 NOV	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM FELLOWSHIP	11AM TABLE TENNIS	
SATURDAY 25 NOV	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA			6PM RESIDENT BRAAI - LSC
SUNDAY 26 NOV	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

20 January

Anne Grant (H92)

25 January

Susie Kietzman (H25)

21 January

Carol van Zyl (H70)

Happy Anniversary!

New Residents

Robert & Johanna Geldenhuis (H30)

EVERGREEN MUIZENBERG

WHAT'S COOKING



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WEEK 3: 20/01/2025 – 26/01/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 20 Jan	Beef stir-fry with Rice and sticky sauce	Chicken and Spinach Lasagne with Greek Salad	Blue cheese and Butternut Lasagne with Greek Salad
Tuesday, 21 Jan	Honey and Mustard Chicken fillet with rice, Sweet Carrots and Peas	Pork Bangers, Gravy and Sweet Potato Mash with Sweet Carrots and Peas	Plant based Bangers, Gravy and Sweet Potato Mash with Sweet Carrots and Peas
Wednesday, 22 Jan	Beef Boerewors with Caramelized onion, Gravy, Mash, Carrot and Peas	Bacon, Tomato, Chicken Pasta bake with Greek salad	Spinach, Feta and Tomato Quiche with Greek Salad
Thursday, 23 Jan	Beef Casserole with Fluffy White Rice and Seasonal Veg	Pork chop with Apple sauce and Chunky salad	Macaroni and Cheese with Chunky salad
Friday, 24 Jan	Fish & Chips with Tartare Sauce and salad		Roasted Vegetables Frittata with Chips and Salad
Saturday, 25 Jan	Grilled Chicken Cheese Burgers with Sweet potato fries and Coleslaw		Vegetarian Burgers with Sweet potato Fries and coleslaw
Sunday, 26 Jan R115	Apricot Glazed smoked Gammon with, Roasted Potato, Grilled Butternut and Green beans OR Oven Roasted Chicken Leg quarter with Roasted Potato and Grilled Butternut and Green beans OR Vegetarian option: Grilled Sweet potato and Corn Cous-cous with Roasted Potato and Salad		Dessert: Apple Pie and Ice-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



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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

LADIES BREAKFAST

Tuesday, 28 JANUARY 2025 at 9am

R85 per person

Tea for Life - Meet the Brew Master ... Lizette Gunther ...



the successful owner of a Kombucha manufacturing company, *Tea for Life*, that makes a healthy fermented tea which also helps lower blood sugar levels among people with type two diabetes.

Lizette will speak about her diagnosis and her passion for kombucha and its extensive health benefits

A tasting will be offered to all attendees
Book and pay for your full English Breakfast at the Bistro before Monday, 27 January.



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

Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

~ EUDORA WELTY

THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

HOW TO SUBMIT:

- Please include the following per submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.