

EVERGREEN MUIZENBERG

NEWSLETTER

What's Happening

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muizenberg

27 Jan-02 Feb 2025

Dear Resident,

The Tech Talk presentation on "What is AI" attended by residents this week was very well received and has sparked an interest in all things computer. We're investigating getting help to talk us through Smart phones, Apps, Internet and using AI in our everyday life. So watch this space.

The ladies will have an interesting morning at the newly launched bi-monthly breakfast. Our first speaker is a successful owner of a Kombucha manufacturing company, *Tea for Life*. She'll speak to us about how she got into the business and what it means for your health.

There will be a resident braai (BYO) on Saturday night on the deck - please feel free to join in! Also, the Camera Club meet on Monday in the LSC.

We're also hosting a lovely event that may open a doorway to your mind. Karen Justine will get us moving through music and connecting - see poster for details and remember to save the date for our next social dinner on 14th February.

Warm Regards,
Christine, Kim and the ELV Team

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WEEKLY ACTIVITIES



MONDAY 27 JAN	6.45AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	7PM CANASTA	7PM CAMERA CLUB
TUESDAY 28 JAN	9.15AM STRETCH FOR SENIORS		10.30AM LINE DANCING		
WEDNESDAY 29 JAN RIAAAN'S FRUIT VAN	6.45AM WALKING GRP 9.30AM AGELESS GRACE	10AM BIBLE STUDY 11AM TABLE TENNIS	RUMMIKUB / CHESS	2.30PM SCRABBLE	
THURSDAY 30 JAN	9AM ART GROUP	9.30AM KNITTING	3PM BINGO	7PM CANASTA	7PM EDS
FRIDAY 31 JAN	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM FELLOWSHIP	11AM TABLE TENNIS	
SATURDAY 01 FEB	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA			6PM RESIDENT BRAAI - LSC
SUN 02 FEB	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

27 January

Magaret Roper (H21)

28 January

Petro Thomas (A248)

29 January

Noreen Langmann (A339)

30 January

Martin Harrison (A101)

Brenda Kaye (H94)

Hilary Masters (H103)

Happy Anniversary!

New Residents

Linda Skillicorn (H66)

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WHAT'S COOKING

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WEEK 4: 27/01/2025 – 02/02/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 27 Jan	Chicken Caesar salad with Croutons	Fish Cakes with Tomato Smoor, Mash and chunky salad	Lentil cakes with Tomato Smoor, Mash and Chunky salad
Tuesday, 28 Jan	Fish Curry with rice and Sambal	Spaghetti Bolognaise with Greek salad	Chickpea, Mushroom and Spinach Penne Pasta with Greek Salad
Wednesday, 29 Jan	Chicken Schnitzel with Mushroom sauce, Potato Wedges and Vegetables	Salad Nicoise	Vegetarian Schnitzel with Potato wedges, Cheese sauce and a side Salad
Thursday, 30 Jan	Stuffed Jacket Potato with Pulled beef, Mozzarella, Cherry Tomatoes and Seasonal salad	Chicken Casserole with fluffy rice, Baby Marrow and carrot	Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, pineapple salad
Friday, 31 Jan	Fish & Chips served with Tartare Sauce and Salad		Plant based Schnitzel with Sweet potato fries and Salad
Saturday, 01 Feb	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
Sunday, 02 Feb R140	Roasted Lamb, Roasted Potatoes, Creamy spinach, Butternut & gravy OR Grilled Chicken Fillet with, Roasted Potatoes, Creamy spinach, Butternut & gravy OR Veg Option: Black bean and tomato Quiche topped with Feta and Mozzarella Cheese with Green Salad		Dessert Malva Pudding & 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

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

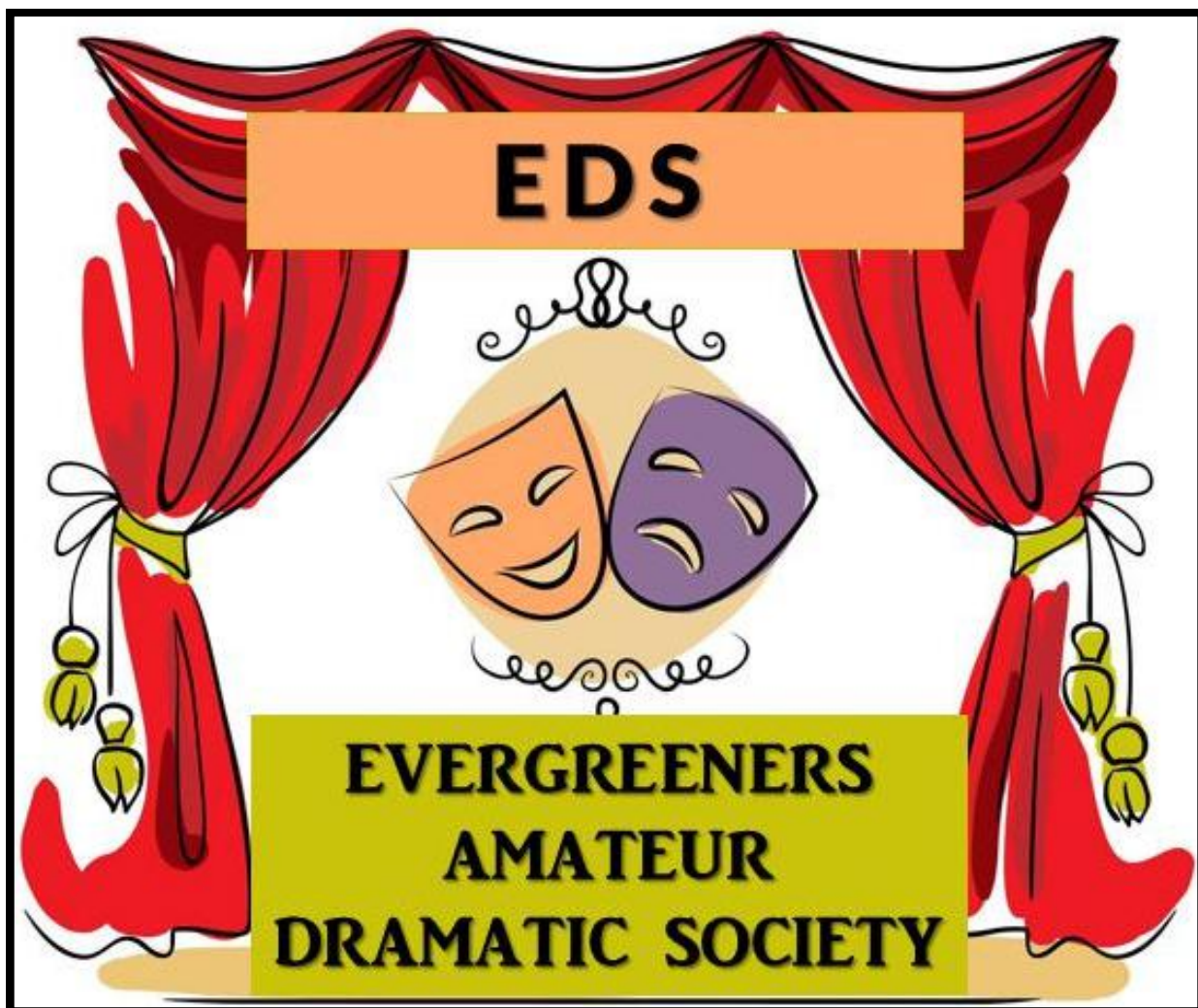
6pm – 8pm

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



**THE *EVERGREENERS* WILL MEET
WEEKLY, ON A THURSDAY
EVENING AT 7PM IN THE
BOARDROOM TO FINE TUNE THEIR
DRAMATIC SKILLS FOR THEIR
NEXT PERFORMANCE!**

**IF YOU ARE INTERESTED IN JOINING THE
EVERGREEN AMATEUR DRAMATIC SOCIETY,
PLEASE CALL BARRY HOWARD (EXT 42247)
FOR FURTHER INFORMATION.**

MUSIC+MOVEMENT+CONNECT

Thursday, 13 February @ 11am in Gym

Discover the path to well-being - R50pp



MUSIC

Using head phones that are given to you on arrival, you will be guided through a musical journey to get you moving & grooving - feeling excited and happy

MOVEMENT

Dancing is one of the best things to do for your body. Like other forms of cardio-exercise, dancing also has mood and mind benefits.

CONNECT

Connection is the key and movement is a doorway. Be inspired to change your mindset. Learn to express yourself creatively in a comfortable space

Karen Justine awaits you with open arms!

This exciting opportunity is subject to a minimum number of participants. Please book and pay for your place in this group with reception by no later than 1pm on Tuesday, 12 February.

We reserve the right to cancel this activity in the event that we do not have a minimum of 20 participants

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.