

# Evergreen MUIZENBERG



**03 – 09 FEB  
IN THIS ISSUE**

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## WEEKLY ACTIVITIES

Your weekly guide to  
sport & recreational  
activities in the Village

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## BISTRO

Weekly Lunch and  
Social event Menus

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## IT'S A CELEBRATION

Birthday's,  
Anniversaries  
& New Residents

Dear Resident,

Our Activity calendar is back on track with all our activities up and running again.

We have a few good events coming up in the next few weeks, ; for instance something new called Music + Movement + Connect (music therapy) on Thursday 13 February. You can book at Pay at reception. Then of course we have our Social Dinner on Friday 14 February. Bookings are open at the Bistro.

It seems like Loadshedding is making a come-back. Please make sure that your batteries for your torches are charged or replaced so that you'll be ready at any stage. Please remember NO Open fires are permitted; ie candles.

Just a reminder that Christine is on a much needed break and will return to work on Monday, 10 February.

Enjoy the week ahead.

Warm Regards  
Christine, Kim and the Evergreen Team.





# WHAT'S BEEN HAPPENING?



'Robert Burns, also known familiarly as Rabbie Burns, was a Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide'





# WEEKLY ACTIVITIES



MONDAY 03 FEB	6.45AM WALKING GRP 8AM WATERLESS CARWASH	9AM ART WITH STEPH 9.30AM BUS TO LONGBEACH MALL	10AM NUTTY NUTS	10.30AM AQUA AEROBICS	12PM PILATES 7PM CANASTA
TUESDAY 04 FEB	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING		3PM COLOUR-IN MANDALA	
WEDNESDAY 05 FEB	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM THE SHOE LADY	11AM TABLE TENNIS	2.30PM SCRABBLE / RUMMIKUB / CHESS
THURSDAY 06 FEB	9AM ART GROUP 9.30AM KNITTING	10AM ALIDA'S FASHIONS 10AM KIND2HEARING	2.30PM BOOK CLUB	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 07 FEB	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 08 FEB	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM RESIDENT'S BRAAI
SUNDAY 09 FEB	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 5: 03/02/2025 – 09/02/2025

DATE	OPTION 1 - R80	OPTION 2 - R65	VEGETARIAN - R60
Monday, 03 Feb	Chicken a la King served with Rice and seasonal vegetables	Pork Bangers with tomato and onion Smoor, Mash, Carrots & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 04 Feb	Kassler Chop with mustard sauce and Garlic baby Potatoes	Beef and Ricotta Cannelloni pasta bake with Sweet Butternut	Spinach, Feta, Black Bean Pasta bake with Salad
Wednesday, 05 Feb	Grilled Chicken Pieces with Savory Rice & seasonal vegetables	German Bockwurst with creamy potato salad and green vegetables	Roasted Vegetable Quesadilla with Salad
Thursday, 06 Feb	Beef bobotie with yellow rice, sweet butternut and Peas	Chicken Fillet with Creamy Sundried Tomato sauce, Sweet Potato and Green Salad	Butter bean Curry with Yellow Rice and Sweet Butternut
Friday, 07 Feb	Fish & Chips with salad & Tartare Sauce		Cauliflower, Chickpea and Capsicum Quiche
Saturday, 08 Feb	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
Sunday, 09 Feb  <b>R115</b>	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 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

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# SPECIAL CELEBRATIONS

*Happy Birthday!*

**1 February**

Valda Clatworthy H12

**4 February**

Nola Patullo A207

**5 February**

Audrey Selby A308

Rose Swaisland A318

**9 February**

Andries Coetsee A245

*Happy Anniversary!*

**8 February**

John & Gill Morgan H2

*New Residents*

**Gillian Blackman A126**



# 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





# Social Dinner

FRIDAY, 14TH FEBRUARY - 18H30

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## MAIN COURSE- R120

Maple Mustard Salmon Fillet with creamy mash potatoes, Mustard drizzle and seared baby Spinach

OR

Beef Medallion with a Bordelaise sauce served with potato Fondant, charred greens and baby Spinach

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## DESSERT - R40

Chocolate Mousse Log with Cookie Crumble, Burnt Meringue and Chocolate ice cream


OR

Cheese Plate with Crackers & Grapes

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## TEA/COFFEE R20.00

PLEASE BOOK AND PAY FOR DINNER  
AT THE BISTRO BEFORE 12-NOON ON  
TUESDAY, 11 FEBRUARY







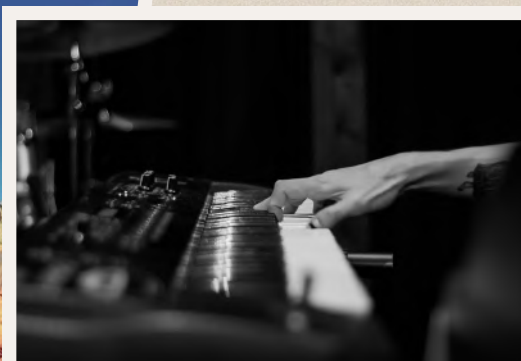
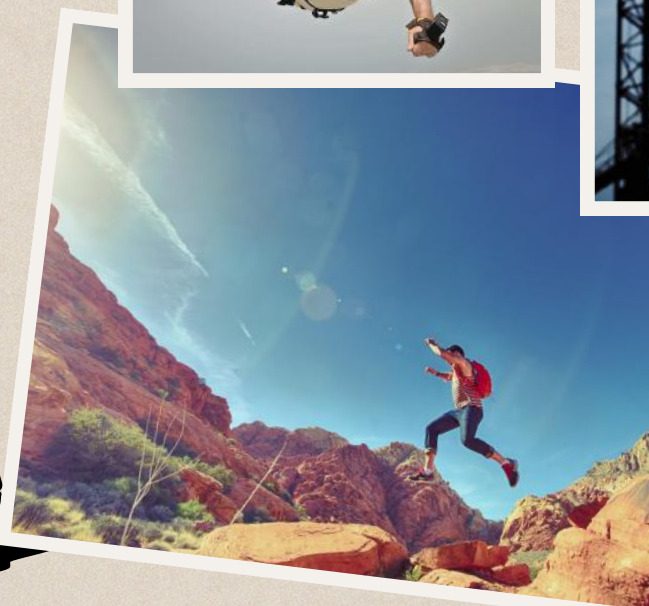
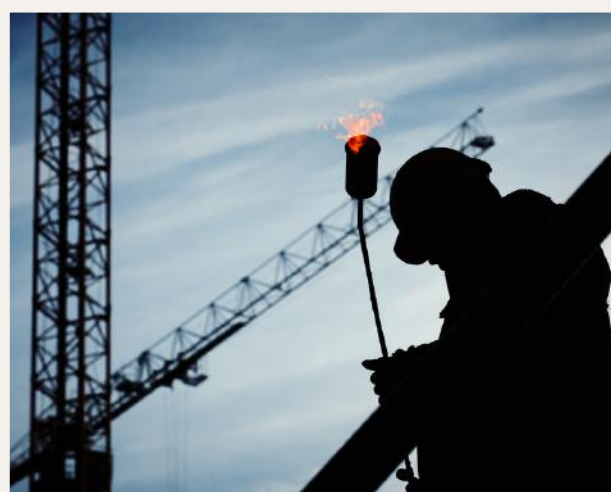
# TELL YOUR STORY

## INTERESTING STORIES OF OUR RESIDENTS

Accomplishments, life-changing events, adventures and more - everything we would love to hear about.

If you would like to share your fascinating stories from your younger years please let us know and we'll make it happen.

We may choose to do a feature on your story to celebrate the amazing events that shaped who you are today.



Contact Christine or Kim if you wish to share your story



# *Riaan's Fruit Van*



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



**Cash or Card payments accepted**