

Evergreen MUIZENBERG



**10 – 16 FEB
IN THIS ISSUE**

WEEKLY ACTIVITIES

Your weekly guide to
sport & recreational
activities in the Village

BISTRO

Weekly Lunch and
Social event Menus

IT'S A CELEBRATION

Birthday's,
Anniversaries
& New Residents

Dear Resident,

Ladies, we have Funky Legs coming to the Village on Tuesday, 11th from 10.30am. Don't be shy, those leggings suit Everyone!

Tuesday, is the last day to book for the Social Dinner coming up on Friday, 14th. Book and pay at the Bistro.

Music + Movement + Connect, Join Karen Justine on Thursday, 13th from 11am in the Gym. You can dance, sing and have some fun and the best part is that no one will hear you. Book and pay R50 at reception. A minimum of 20 participants needed to have the class.

Have a wonderful weekend.

Warm Regards

Christine, Kim and the Evergreen Team.



"February is the month of
love; just look around and
you'll find it everywhere."
— Unknown



WEEKLY ACTIVITIES




MONDAY 10 FEB	6.45AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	2.30PM POETRY CLUB	12PM PILATES 7PM CANASTA
TUESDAY 11 FEB	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING	10.30AM FUNKY LEGS - LEGGINGS		
WEDNESDAY 12 FEB	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN		9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2.30PM SCRABBLE / RUMMIKUB / CHESS
THURSDAY 13 FEB	9AM ART GROUP 9.30AM KNITTING	11AM MUSIC + MOVEMENT	3PM BINGO	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 14 FEB	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	6.30PM SOCIAL DINNER
SATURDAY 15 FEB	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM QUIZ NIGHT
SUNDAY 16 FEB	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 10/02/2025 – 16/02/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 10 Feb	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, 11 Feb	Beef Bangers with onion smoor, roasted sweet potato and Vegetables	Grilled Chermoula Chicken with Roasted vegetable Couscous	Plant based Sausage with Onion smoor, Roasted Sweet Potato and Vegetables
Wednesday, 12 Feb	Oven Roasted Chicken Leg Quarter with Savoury Cous-Cous & Green Salad	Pork Loin Chop, Gravy with Mash Potato and sweet Butternut	Lentil, Butterbean and Capsicum Smoor with Sweet Potato Mash and Salad
Thursday, 13 Feb	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, 14 Feb	Fish & Chips with salad & Tartare Sauce	Plant based Schnitzel with cheese sauce, Sweet Potato fries and Salad	
Saturday, 15 Feb	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three-cheese with Green Salad	Margherita Pizza with salad	
Sunday, 16 Feb 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!

11 February

Brenda Kaye H94

12 February

Helen Paterson A239

Michael Spence H39

13 February

Brenda Wadsworth A214

Norman Reynolds A348

14 February

Beatrix Driver A10

15 February

Michelle Jones-Phillipson A6

Happy Anniversary!

10 February

Manfred & Margaret Leitner A306

14 February

Neville & Pat Baling H13

New Residents

Colleen Olden A13

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

.....●.....

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





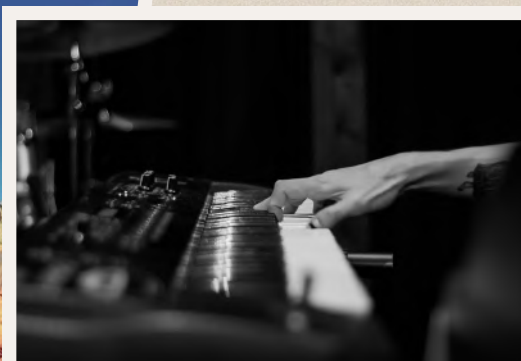
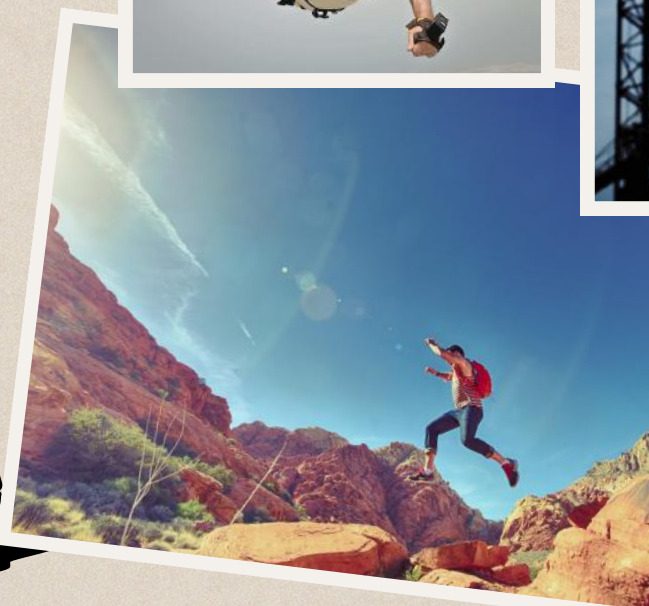
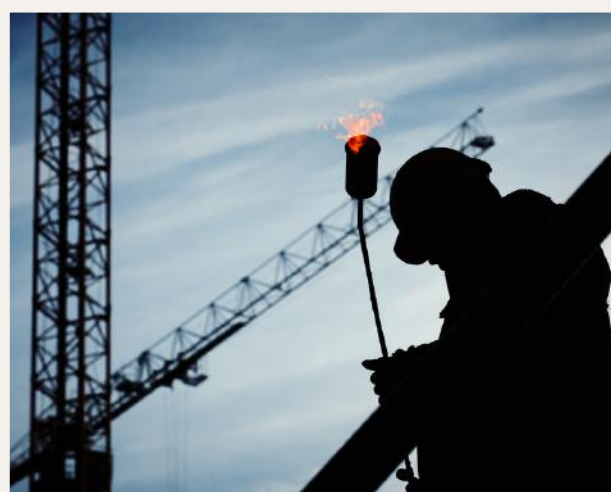
TELL YOUR STORY

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