

# Evergreen MUIZENBERG



**17 – 23 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,

We trust you had a good week.

We have a few regular outside activities lined up for next week; Tabita's Fashions, Nutty Nuts and for the knitting ladies.. Wol aan die Rol.

Don't forget QUIZ night is tomorrow, Saturday 15 Feb and it starts at 6pm in the Lifestyle Centre.

A reminder that on Sunday, the Peninsula Marathon is taking place, road closures need to be taken into account if travelling out and about.

Have a great weekend.

Warm Regards  
Christine, Kim and the Evergreen Team.



# WEEKLY ACTIVITIES



MONDAY 17 FEB	6.45AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS		12PM PILATES 7PM CANASTA
TUESDAY 18 FEB	9.15AM STRETCH FOR SENIORS	10AM TABITA'S FASHIONS	10.30AM LINE DANCING	3PM COLOUR- IN MANDALA	
WEDNESDAY 19 FEB	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2.30PM DEMENTIA SUPPORT GRP	2.30PM SCRABBLE / RUMMIKUB / CHESS
THURSDAY 20 FEB	9AM ART GROUP 9.30AM KNITTING	11AM WOL AAN DIE ROL		7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 21 FEB	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	10AM NUTTY NUTS	11AM TABLE TENNIS
SATURDAY 22 FEB	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 23 FEB	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 2: 17/02/2025 – 23/02/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 17 Feb	Chicken Penne Pasta Bake topped with cheese & served with a Chunky salad	Shepards Pie with salad and Sweet Carrots	Spinach, Feta and Mozzarella pie with Salad and Sweet Carrots
Tuesday, 18 Feb	Thai Fish Cakes with Mash Potato, Tomato Smoor and Greek Salad	Curried Chicken filled Roti Sambal and Vegetables	Roti filled with Curried Vegetable, Sambal and Vegetables
Wednesday, 19 Feb	Asian beef Salad, Cabbage and Sprouts with a lemon dressing	Pork Schnitzel with mushroom sauce with Potato Wedges and Butternut	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted vegetables
Thursday, 20 Feb	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese Egg Noodles	Vegetable Chow Mein with Chickpeas and Egg Noodles
Friday, 21 Feb	Fish & Chips with Tartare Sauce		Butternut, Peppadew and Cheddar Quiche with Salad
Saturday, 22 Feb	Double Hotdog rolls with Tomato relish, Chips and Salad		Vegan Hotdog Rolls Tomato relish with chips and Salad
Sunday, 23 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 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

**serve**st



# SPECIAL CELEBRATIONS

Happy Birthday!

**18 February**

Craig Brown H101

**20 February**

Maureen Lowry A343

Happy Anniversary!

**25 February**

Pat & Hilary Masters H103

New Residents

No New Residents



# Riaan's Fruit Van



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



**Cash or Card payments accepted**



**SUN**  
**16 FEB**  
**2025**

## Distances and Start Times

**42.2km: Starts at 05h15 Greenpoint Main Road**

**21.1km: Starts at 07h00 Bergvliet Sports Clubs**

**Finish: Simon's Town Naval Sports Ground**

### Road Closure Schedule:

#### Affected Roads: 42.2km

Main Rd, Green Point, Three Anchor Bay Rd to York Rd 04:45 to 05:45  
(City bound carriage way only)

Main Rd / Somerset Road Green Point York Rd and Buitengracht St. 05:00 to 05:45  
(both directions)

#### Affected Roads: 21.1km

Children's Way, Fountain Rd, Egret Road, Silverhurst Way, Bergvliet 06:30 to 07:30  
(Main Road bound)

Main Rd, Bergvliet 06h45 to 07:30  
(Crossover Wynberg bound)

## INTERMITTENT ROAD CLOSURES

#### Main & Atlantic Rd Muizenberg

07h00 – 11h00  
RESIDENTS ONLY  
Detour via boyes dr or  
Ou Kaapse Weg

#### Main Rd at Fish Hoek Circle

07h00 – 11h00  
Detour via Kommetjie  
Rd, Glencairn Express  
Way

#### Main Rd & Glencairn Express Way

07h00 – 11h00 Detour  
via Glencairn Express  
Way Kommetjie Road

#### Queens St (Main) & Runciman Dr. (Boulders end)

07h30 – 11h30 Detour  
via Runciman Drive

Arial

- Motorists to be courteous and try to avoid using Victoria Main Road.
- Athletes to adhere to the directions and instructions of Traffic Officers and Marshals at all times.
- Motorists travelling to Fish Hoek area along the Main Road via Muizenberg to Kalk Bay should use the alternative route of Boyes Drive or Ou Kaapse Weg as there will be intermittent delays along the seaboard road.
- Enforcement of parking restrictions in Simons Town will apply.

Dedicated bus services will shuttle participants back to their start points from the finish periodically.

Traffic Officers will assist in the management of traffic and marshals will be deployed all along the route to direct participants.