

Evergreen MUIZENBERG



24 FEB – 02 MAR
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,

We hope you had a great week.

There are a number of activities coming up next week, BINGO – book at pay with Reception, Dramatic Society and of course the monthly Friday PUB Night – this is BYO drinks & snacks. Please book with Reception for seating purposes.

For all of you who enjoy early morning exercise, our Walking Group is always looking for extra company. They meet at the Reception steps three times per week (as per Activity calendar). If you're interested, please join them on Monday morning, bright and early.

On Sunday, 2 March we will be having a SPIT Braai. A delicious menu has been put together, see the poster included in this newsletter. Book with Bistro by NO Later than Thursday, 27 February.

Enjoy your weekend.

Warm Regards
Christine, Kim and the Evergreen Team.



Just one of the sites to see on the
morning walks

WEEKLY ACTIVITIES



| | | | | | |
|---------------------|--|---|--|-------------------------------------|---|
| MONDAY 24 FEB | 6.45AM WALKING GRP | 9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL | 10.30AM AQUA AEROBICS | 12PM PILATES 2.30PM POETRY | 6PM CAMERA CLUB 7PM CANASTA |
| TUESDAY 25 FEB | 9.15AM STRETCH FOR SENIORS | | 10.30AM LINE DANCING | 2.30PM STITCHCRAFT | |
| WEDNESDAY 26 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 27 FEB | 9AM ART GROUP 9.30AM KNITTING | 2.30PM RESCOM MTNG | 3PM BINGO | 7PM CANASTA | 7PM DRAMATIC SOCIETY |
| FRIDAY 28 FEB | 6.45AM WALKING GRP | 9.15AM STRETCH FOR SENIORS | 10AM CHURCH SERVICE | 11AM TABLE TENNIS | 6PM PUB NIGHT |
| SATURDAY 01 MAR | JOHN ADAMS FRUIT & VEG | | 1.45 PM CANASTA | | |
| SUNDAY 02 MAR | 8.45AM ONLINE CHURCH | | 12.30PM SUNDAY LUNCH - SPIT BRAAI | | |

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 3: 24/02/2025 – 02/03/2025

| DATE | OPTION 1 – R80 | OPTION 2 – R65 | VEGETARIAN – R60 |
|---|---|--|--|
| Monday, 24 Feb | Beef stir-fry with rice and sticky sauce | Chicken and Spinach Lasagne with Greek Salad | Blue cheese and Butternut Lasagne with Greek Salad |
| Tuesday, 25 Feb | Honey and Mustard Chicken fillet with rice, Sweet Carrots and Peas | Pork Stew and White Rice with Sweet Butternut | Plant based Bangers, Gravy and Sweet Potato Mash with Sweet Carrots and Peas |
| Wednesday, 26 Feb | 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, 27 Feb | Chicken Casserole with Fluffy White Rice and Seasonal Veg | Pork Chop with Apple sauce and Chunky salad | Macaroni and Cheese with Chunky salad |
| Friday, 28 Feb | Fish & Chips with Tartare Sauce and salad | | Roasted Vegetables Frittata with Chips and Salad |
| Saturday, 01 Mar | Grilled Chicken Cheese Burgers with Sweet potato fries and Coleslaw | | Vegetarian Burgers with Sweet potato Fries and coleslaw |
| Sunday, 02 Mar R140 | Spit Braai Buffet - Build Your Own Greek Salad - Creamy Pasta Salad - Lamb Spit - Rosted Chicken Pieces - Vegetable Bake - Garlic Baby Potatoes | | Dessert: Fruit Salad & 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

25 February

Geoffery Lee A226

26 February

Helmien Lahoud A330

Launa Barham A338

27 February

Arlys van Wyk A72

Denis Jefferies H83

28 February

Sue Wood A232

Happy Anniversary!

25 February

Pat & Hilary Masters H103

New Residents

H7A Rod & Melanie Stewart

EVERGREEN MUIZENBERG



PUB NIGHT

FRIDAY, 28 FEBRUARY

6pm – 8pm

**BRING YOUR OWN
(BYO)**

Wine/Beer and Snacks

Glasses/Side Plates and Ice will be supplied

RSVP to reception for seating


Sunday Spit Braai Buffet

R140
per
person

**Sunday, 02 March @
12h30 – Bistro**

Delicious Lamb Spit Braai
Roasted Chicken pieces,
Vegetable bake,
Garlic Baby Potatoes,
Greek Salad,
Creamy Pasta Salad,
Fruit Salad & Ice cream



 **RSVP BISTRO BY
THURSDAY, 27 February
Family & Friends Welcome**

Roundabout Singers!

Come experience the magic of a group of people who over to sing in harmony for the joy it brings!



THURSDAY 13 MARCH 2025 | 7 – 8 PM

EVERGREEN LIFESTYLE CENTRE

The eclectic mix of songs will range from the Beatles to South African hits and move to wide variety of works from classical and present-day singers and composers

TICKET: **R20** /PERSON

PLEASE BOOK AND PAY FOR YOUR TICKET AT RECEPTION BEFORE TUESDAY, 11 MARCH 2025

MUSIC+MOVE+CONNECT

WEDNESDAY, 19 MARCH @ 11am

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

MONDAY, 17th MARCH

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