

# Evergreen MUIZENBERG



**02 – 09 MAR**  
**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,

The Love month is over and March holds some lovely events that have been planned for your enjoyment. We have the Roundabout Group of singers who love to entertain, pop in with your snack and refreshments to hear their eclectic range of music, a Social Dinner celebrating St Patricks Day and a wine tasting by Arabella Wines. This is in addition to our usual range of lovely monthly events that keep us busy.

I would also like to advise you that Philip Poni, our utility worker will be joining Noordhoek from next month as it is a stones' throw away from his house. He will be replaced by Llewellyn Abrahams who joins our team from Monday.

Enjoy the spit braai on Sunday in lovely sunny weather and also have a selection of sporting events to watch on the weekend from the URC showdown between Sharks and Lions n Saturday, the SA Open Golf Championship and the Cricket Champions Trophy matches.

Warm Regards

Christine, Kim and the Evergreen Team.

# WEEKLY ACTIVITIES



MONDAY 03 MAR	6.45AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10AM WATERLESS CARWASH 10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 04 MAR	<b>SHROVE TUES PANCAKE DAY</b>	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING	3PM COLOUR-IN MANDALA	
WEDNESDAY 05 MAR	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10.30AM SWITCH & SAVE TALK	11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 06 MAR	9AM ART GROUP 9.30AM KNITTING		10AM KIND2HEARING	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 07 MAR	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 08 MAR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM RESIDENT'S BRAAI
SUNDAY 09 MAR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 4: 03/03/2025 – 09/03/2025**

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 03 MAR	Chicken Caesar Salad and Croutons	Fish Cakes with Tomato Smoor, Mash And Chunky Salad	Lentil Cakes Tomato Smoor, Mash and Chunky Salad
<b>Tuesday,</b> 04 MAR	Fish Curry with Rice And Sambal	Spaghetti Bolognaise Greek Salad	Chickpea, Mushroom, Spinach Penne Pasta Greek Salad
<b>Wednesday,</b> 05 MAR	Chicken Schnitzel With Mushroom Sauce, Potato Wedges and Seasonal Vegetables	Salad Nicoise	Vegetarian Schnitzel Potato Wedges, Cheese Sauce and Salad
<b>Thursday,</b> 06 MAR	Stuffed Jacket Potato With Pulled Beef, Mozzarella, Cherry Tomatoes and Seasonal Salad	Chicken Casserole Fluffy Rice, Baby Marrow and Carrot	Stuffed Jacket Potato, Mozzarella Cheese, Spicy Beans and Corn & Pineapple Salad
<b>Friday,</b> 07 MAR	Fish & Chips with Salad & Tartare Sauce		Plant Based Schnitzel Sweet Potato Fries and Salad
<b>Saturday,</b> 08 MAR	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
<b>Sunday,</b> 09 MAR <b>R140</b>	Roasted Lamb, Roasted Potatoes, Creamy Spinach, Butternut, Mint Sauce And Gravy Or Grilled Chicken Fillet, Roasted Potatoes, Creamy Spinach, Butternut And Gravy Or Vegetarian Option: Black Bean And Tomato Quiche Topped With Feta, Mozzarella Cheese With Green Salad R65.00		<b>Dessert</b> Chocolate Sponge Cake Caramel Sauce Topped With Berries

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!*

**1 March**

Laubie Walters A236

**2 March**

Judith Coetsee A245

Violet Butler A302

Jean King Lindsay-Bowman H48

**4 March**

Roy Cowing H10

**5 March**

Denise Edwards H101

**7 March**

John Wigham A124

Lydia Smith A305

**8 March**

Pam Lightfoot H28

*Happy Anniversary!*

**3 March**

Ingrid & Peter Heyneke H76

*New Residents*

Tom Whitelaw A14

# SHROVE TUESDAY



## PANCAKE DAY

4 MARCH 2025

Freshly Made

R40 for two pancakes with any  
three toppings of your choice!

**Whipped Cream, Cinnamon Sugar, Maple Syrup, Dark  
Chocolate Chips, White Chocolate Chips, Choc Vermicelli,  
Sprinkle Peanuts, Chocolate Sauce**





Dear Resident,

If ***FIXED Levies for Life*** sounds good ...

How about ***LESS levies for life?***

Or even ***NO levies for life?***

Imagine the possibilities - like taking the holiday you've always dreamt of, embarking on a new adventure, spoiling the grandkids, or simply enjoying life's little luxuries.

Well now you can, thanks to Evergreen's latest reward-based innovation - ***Switch & Save*** - available exclusively to existing Evergreen residents.

To find out how you can unlock real savings and enjoy greater financial freedom, please join us for a short presentation on **Wednesday 5 March, at 10:30am, in the TV Lounge.**

We look forward to seeing you there! This really is an opportunity you cant afford to miss.

Please RSVP via the village management team.

Kind regards  
Garry Reed



**Managing Director**  
*Evergreen Lifestyle Villages*

# Roundabout Singers!

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



**THURSDAY 13 MARCH 2025 | 6.30 – 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

# **St Patrick's Day**

## **Social Dinner - R180**

**FRIDAY, 14TH MARCH - 18H30**

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### **MAIN COURSE**

GUINNESS AND HONEY GLAZED PORK LOIN  
SERVED WITH COLCANNON AND CARROT  
AND PEAS

**OR**

BASIL PESTO TAGLIATELLE TOPPED WITH  
SALMON AND CHARRED CHERRY TOMATOES.

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### **DESSERT**

ORANGE INFUSED CREME CARAMEL WITH  
FRESH BERRIES AND COULIS.

**OR**

CHEESE PLATE WITH CRACKERS,  
PRESERVES AND FRESH FRUITS.

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TEA/COFFEE

*IRISH COFFEE - R45*

**PLEASE BOOK AND PAY FOR DINNER AT THE  
BISTRO ON OR BEFORE  
TUESDAY, 11 MARCH.**

**NO LATE BOOKINGS WILL BE ACCEPTED**





*Hugh Till*

# LIGHTS & GARDENS IN THE SKY **LONDON**

*TUESDAY, 18 MARCH at 6pm*

***Join Hugh Till in the TV Lounge for a  
photographic meander through parts of  
London by day and night***

*Please RSVP to reception for seating purposes*





# Tech Talk.

## ARTIFICIAL INTELLIGENCE: NAVIGATING THE "HYPE" AND "FEAR"

Kate Thompson Davy will cover a simple, non-technical introduction to AI and will introduce you to several popular AI tools that you can experiment with at home

**24th MARCH**  
**3PM - TV LOUNGE**

Please RSVP to Reception or Ext 9 before  
21st MARCH for seating purposes