

Evergreen MUIZENBERG



**10 – 16 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,

It's been a lovely week and our sports fans have a lot to watch on TV. There is Rugby: Sharks vs Lions at 2pm and then the Six Nations and in Golf: Joburg Open and the Cape Cycle Tour on Sunday 9th March, taking riders on a 109km route around the Cape Peninsula.

We can look forward to a concert on Thursday, 13 March with the Roundabout Singers. Please buy your tickets (R20), bring your refreshments and snacks and get your seats early to listen to a wonderful group of people who love to sing a selection of eclectic songs covering a range of music. The show starts promptly at 18h45. We also have our St Patrick's Social Dinner on Friday, 14 March. Bookings close on 11 March followed by the popular Quiz night on Saturday, 15 March.

Just a reminder about the forthcoming events including the Photographic Tour of London by Hugh Till at 6pm on Tuesday, 18th March; Music+Move+Connect session at 11am on 19th March and the Arabella Wine Tasting at 4.30pm on 20th March. See posters attached.

We've had some lovely hot weather and some cooling down wind and rain in between, but we are heading back into very hot temperatures next week - so take care and stay hydrated.

Warm Regards
Christine, Kim and the Evergreen Team.

WEEKLY ACTIVITIES



MONDAY 10 MAR	6.45AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 11 MAR WINDOW WASH	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING	10.30AM NUTTY NUTS	2.15PM BOOK CLUB	
WEDNESDAY 12 MAR WINDOW WASH	6.45AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	
THURSDAY 13 MAR	9AM ART GROUP 9.30AM KNITTING	3PM BINGO	6.30PM ROUND-ABOUT SINGERS	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 14 MAR	6.45AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	6.30PM SOCIAL DINNER
SATURDAY 15 MAR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM QUIZ EVENING
SUNDAY 16 MAR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 5: 10/03/2025 – 16/03/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 10 MAR	Chicken A La King Served with Rice Seasonal Vegetables	Pork Bangers with Brown Onion Gravy Mash, Carrots & Peas	Plant Based Bangers Brown Onion Gravy Mash and Bean Salad
Tuesday, 11 MAR	Kasseler Chop with Mustard Sauce Garlic Baby Potatoes	Beef and Ricotta Cannelloni Bake With Sweet Butternut	Spinach, Feta, Black Bean Pasta Bake with Salad
Wednesday, 12 MAR	Grilled Chicken Pieces with Savoury Rice & Seasonal Vegetables	German Bockwurst Sausage with Creamy Potato Salad and Green Vegetables	Roasted Vegetable Quesadilla with Salad
Thursday, 13 MAR	Beef Bobotie 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, 14 MAR Social Dinner	Fish & Chips Salad & Tartare Sauce	Cauliflower, Chickpea and Capsicum Quiche	
Saturday, 15 MAR	Beef Burgers, Asian Slaw Potato Wedges	Plant Based Burgers, Asian Slaw Potato Wedges	
Sunday, 16 MAR R115	Leg of Pork and Cranberry Sauce, Roast Potatoes, Seasonal Vegetables OR Grilled Chicken Leg Quarter, Roasted Potato and Vegetables OR Vegetarian option: Grilled Butternut filled with Creamy spinach, Roasted Potato and 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

11 March

Elred Lawrence H97

2 March

Paula Collins A23

Liz D'Alton H3

Rene Kieswetter H52

Linda Skillicorn H66

Grizéll Luxton H84

Happy Anniversary!

No Anniversaries

New Residents

Theo & Cheryl Verrijdt H18

David & Eileen Stephens H18

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

.....●.....

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.

.....●.....

DESSERT

ORANGE INFUSED CREME CARAMEL WITH
FRESH BERRIES AND COULIS.

OR

CHEESE PLATE WITH CRACKERS,
PRESERVES AND FRESH FRUITS.

.....●.....

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

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***



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

Bee's Choice Honey by Nick Hitge



The honey is raw, unfiltered and
unheated and sells for R80.00 per
500g bottle.

Gift box comprising of 6 different
honeys for R130

Contact Jos Jefferies directly on
internal line 4083 or
WhatsApp to 082 921 9711



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