

Evergreen MUIZENBERG



**17 – 23 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've had a great week.

This weekend, we have QUIZ night at 6pm and then we have a lot of activities coming up in the next week.

Our Resident and Chairman of RESCOM, Hugh Till will be presenting a photographic tour of London: Lights & Gardens in the sky on Tuesday evening. For seating purposes, please book with reception. Karen J is back for some more Music+Move+Connect on Wednesday morning. Please book and pay with reception.

Enjoy the weekend, and be safe.

Warm Regards,
The Evergreen Team.



WEEKLY ACTIVITIES





MONDAY 17 MAR ST PATRICK'S DAY	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 18 MAR	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING	3PM COLOUR-IN MANDALA		6PM PHOTOGRAPHIC TOUR
WEDNESDAY 19 MAR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM EVG SALES MORNING	11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 20 MAR	9AM ART GROUP 9.30AM KNITTING		4.30PM ARABELLA WINE TASTING	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 21 MAR PUBLIC HOLIDAY	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 22 MAR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 23 MAR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 17/03/2025 – 23/03/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 17 MAR St Patrick's Day Lunch 	Irish Cottage Pie served with Carrots and Peas.	Toasted Brioche Bun with Beef Patty, Crispy Bacon, Sunny-Side Fried Egg and topped with garnish served with a side Rustic Fries.	Aubergine Lasagne with Carrots and Peas. 
Tuesday, 18 MAR	Beef Bangers, Onion Smoor, Roasted Sweet Potato and Seasonal Vegetables	Oven- Baked Chermoula Chicken, Mediterranean Couscous and Seasonal Vegetables	Plant Based Sausage with Onion Smoor, Roasted Sweet Potato and Seasonal Vegetables
Wednesday, 19 MAR	Oven Roasted Chicken Leg Quarter and Roasted Sweet Potato Wedges & Green Salad	Pork Loin Chop, Gravy with Mash Potato and Butternut	Lentil, Butterbean and Capsicum Smoor with Sweet Potato Mash and Salad
Thursday, 20 MAR	Roti filled with Pulled BBQ Beef and Greek Salad	Tuscan Chicken with Roasted Tomato, Roasted Potatoes, Green Beans	Creamy Chickpea, Butternut and Spinach with Spaghetti and Green salad
Friday, 21 MAR	Fish & Chips with Tartare Sauce Plant Based Schnitzel with Cheese Sauce, Sweet Potato Fries and Salad		Plant Based Schnitzel with Cheese Sauce, Sweet Potato Fries and Salad
Saturday, 22 MAR	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three Cheese with Green Salad	Vegan Hotdog Rolls Tomato Relish with Chips and Salad	
Sunday, 23 MAR R115	Roast Beef, Thyme Gravy, Roasted Potato, Yorkshire Pudding, Horseradish and Vegetables Or Grilled Chicken Fillet, Gravy, Roasted Potato and Vegetables Or Vegetarian Option: Stuffed Jacket potato with Creamy Mushrooms, Sweet Butternut and Green Beans		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!

16 March

Beryl Thorpe H41

17 March

Anna Devlin H93

18 March

Jenny Bedwell H85

Dustin Delport Evergreen

21 March

Kate Maver H34

22 March

Joycelyn Jefferies H83

Happy Anniversary!

No Anniversaries

New Residents

Yvonne le Roux A309



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

FAREWELL CHRISTINE



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PUB NIGHT

FRIDAY, 28 MARCH

6pm – 8pm

**BRING YOUR OWN
(BYO)**

Wine/Beer and Snacks

Glasses/Side Plates and Ice will be supplied

RSVP to reception for seating

EVERGREEN MUIZENBERG MONTHLY

MUSIC *Night*

ENJOY THE EVENING IN A RELAXED AND
FRIENDLY ENVIRONMENT



SUNDAY, 13 APRIL – TV LOUNGE AT 6PM

EVENT HIGHLIGHTS WILL INCLUDE:

- a rousing overture;
- some beautiful ballet music.;
- a slot for some popular jazz ;
- some light music from movies/
live shows;
- An opera or lieder area;
- Instrumental music from
Bach, Haydn, Mozart,
Beethoven, Brahms,
Mahler, Chopin, and others

Your host, Laubie Walters (A345), welcomes you and will play
an eclectic selection of music for your enjoyment.

PLEASE BOOK YOUR PLACE AT RECEPTION BEFORE THE EVENING'S
PERFORMANCE FOR SEATING PURPOSES