

Evergreen MUIZENBERG

**24 – 30 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 have had a really lovely week celebrating St Patrick's Day, being entertained by the Roundabout Singers and we had a lovely session with Music+Move+Connect facilitator. After a hot spell, the weather has been kind to us and its a little cooler this weekend.

We have an AI session on Navigating the Hype around Artificial Intelligence on Monday. Don't forget to put your name down for Christine's farewell on Wednesday, 26th March at 3pm.

"As South Africa commemorates Human Rights Month on 21 March, we pause to reflect on the invaluable sacrifices made during the struggle for democracy. The month has built up to the observance of Human Rights Day on 21 March 2025, a day dedicated to remembering those who fought for the freedoms and human rights that we now enjoy. However, this day of remembrance is also a stark reminder of the ongoing struggles that persist within our society, particularly the fight for safety and dignity".

Kind regards

Warm Regards,
The Evergreen Team.



WEEKLY ACTIVITIES



MONDAY 24 MAR	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12 PILATES	3PM AI: NAVIGATING THE HYPE & FEAR	7PM CANASTA
TUESDAY 25 MAR	9.15AM STRETCH FOR SENIORS	10.30AM LINE DANCING	10.30 NUTTY NUTS TABITA'S FASHIONS	2PM STITCH CRAFT	3PM OEFEN AFRIKAANS
WEDNESDAY 26 MAR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	3PM CHRISTINE'S FAREWELL
THURSDAY 27 MAR	9AM ART GROUP 9.30AM KNITTING	2PM RESCOM MTNG	3PM BINGO	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 28 MAR	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	6PM BYO PUB NIGHT
SATURDAY 29 MAR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 30 MAR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 2: 24/03/2025 – 30/03/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 24 MAR	Chicken Penne Pasta Bake Topped with Cheese & Chunky Salad	Shepherd Pie Salad and Sweet Carrots	Spinach, Feta and Mozzarella Pie with Salad Sweet Carrots
Tuesday, 25 MAR	Fish Cakes With Mash Potato, Tomato Smoor Greek Salad	Curried Chicken Filled Roti, Sambals and Vegetables	Roti Filled With Curried Vegetables, Sambal and Salad
Wednesday, 26 MAR	Beef Stir Fry and Rice	Pork Schnitzel with Mushroom Sauce, Potato Wedges and Butternut	Plant Based Schnitzel With Mushroom Sauce, Pasta and Roasted Vegetables
Thursday, 27 MAR	Beef Lasagne With Greek Salad	Chicken Chow Mein With Chinese Egg Noodles	Vegetable Chow Mein With Egg Noodles
Friday, 28 MAR	Fish & Chips & Tartare Sauce Garden Salad	Butternut, Peppadew and Cheddar Quiche With Salad	
Saturday, 01 APR	Double Hotdog Rolls with Tomato Relish, Chips and Salad	Vegan Hotdog Rolls Tomato Relish with Chips and Salad	
Sunday, 02 APR R115	Apricot Glazed Smoked Gammon with, Roasted Potato, Grilled Butternut and Green beans Or Oven Roasted Leg Quarter, Gravy, Roasted Potato and Grilled Butternut and Green Beans Or Vegetarian Option: Ravioli filled with a Creamy Pesto, Spinach and Ricotta and Gem Squash and Corn		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!

24 March

Caroline Damstra A125

24 March

Jade Marinus A119

Laeeka Adams - Servest

27 March

Rosemary Gardner H51

Happy Anniversary!

No Anniversaries

New Residents

No New Residents



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

STITCH CRAFT

ALL WELCOME
TUESDAY, 25 MARCH
LSC - 2PM



PLEASE CALL JENNA MONK ON EXT 04078 FOR
ANY ADDITIONAL INFORMATION

FAREWELL CHRISTINE



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Evergreen Muizenberg



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 aria;
- Instrumental music from Bach, Haydn, Mozart, Beethoven, Brahms, Mahler, Chopin, and others

Your host, Laubi 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

Riaan's Fruit Van



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



Cash or Card payments accepted

RAW ORGANIC KOMBUCHA TEA OF LIFE IS NOW AVAILABLE FROM OUR BISTRO R35.00



Absurdly Refreshing