

Evergreen MUIZENBERG



31 MAR – 06 APR
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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,

One can really tell that we're nearing the end of March, as the weather temps start to drop, especially in the mornings and evenings. It's a nice time of the year!

We have some events coming up in the next few weeks, one being the First Music Night with our very own Laubi Walters. It promises to be an enjoyable and relaxing evening. Please book your seat with Reception.

There promises to be some fun activities for all coming up over the Easter weekend. We'll be sending some more info during the course of next week.

Enjoy your weekend.

Warm Regards,
The Evergreen Team.



WEEKLY ACTIVITIES



MONDAY 31 MAR	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12 PILATES	6PM CAMERA CLUB	7PM CANASTA
TUESDAY 01 APR	9.15AM STRETCH FOR SENIORS	10AM WATERLESS CARWASH	10.30AM LINE DANCING	3PM COLOUR-IN MANDALA	
WEDNESDAY 02 APR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 03 APR	9AM ART GROUP 9.30AM KNITTING	10AM KIND2HEARING	10AM THE SHOE LADY	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 04 APR	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 05 APR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 06 APR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 3: 31/03/2025 – 06/04/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 31 MAR	Beef Stir-Fry with Rice and Sticky Sauce	Chicken and Spinach Lasagne with Greek Salad	Blue Cheese and Butternut Lasagne with Greek Salad
Tuesday, 01 APR	Honey and mustard Chicken Fillet with Rice, Sweet Carrots and Peas	Pork Stew and Rice with Sweet Butternut	Plant based Bangers, Gravy and Sweet Potato Mash with sweet Carrots and Peas
Wednesday, 02 APR	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, 03 APR	Chicken Casserole with Rice and Seasonal Veg	Kassler Chop with Mash Potato and Seasonal Vegetables and Apple Sauce	Macaroni and Cheese with Chunky Salad
Friday, 04 APR	Fish & Chips with Salad & Tartare Sauce		Roasted Vegetables Frittata with Chips and Salad
Saturday, 05 APR	Grilled Chicken Cheese Burgers with Sweet Potato Fries and Coleslaw		Vegetarian Burgers with Sweet Potato Fries and Coleslaw
Sunday, 06 APR R140	Roast Lamb, Roasted Potatoes, Creamy Spinach, Butternut and Gravy or Grilled Chicken Fillet with, Roasted Potatoes, Creamy Spinach, Butternut and Gravy or Vegetarian Option: Black Bean and Tomato Quiche topped with Feta, Mozzarella Cheese with Green Salad		Dessert: R35 Apple Pie and 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!

31 March

Alan Roberts A321

3 April

Rosalie McDermid A208

Charles Burt A241

Maureen Segers A301

5 April

Rosemary Bailey H14

6 April

Maureen Lawrence H97

Happy Anniversary!

30 March

Freddy & Felicity Williams A346

2 April

Casper & Petro Badenhorst H73

4 April

Hugh & Lynda Till A219

7 April

Johan & Hildegard Oosterhuis H9

Micahel & Elaine Turner A332

New Residents

Freddy & Felicity Williams A346

Henry & Diane Coetzee H35

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