

Evergreen MUIZENBERG



06 APR – 13 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,

Don't worry, It's Not Friday yet.

I am away tomorrow so that is why I am sending the newsletter today.

We have a 'healthy' line up for next week, a health talk by Sally-Ann Creed on Tuesday, our weekly dose of fruit and veg from Riaan's Fruitvan on Wednesday morning and then heading to our first Music Evening on Sunday with Laubi Walters.

Please book for these at Reception, for seating purposes.

If you wish to donate towards our Easter Egg Drive, please hand them in at the Reception desk.

A reminder that it is the TWO OCEANS Marathon this weekend, 5 April - ULTRA Marathon and 6 April - HALF Marathon. The Road Closures will be available at Reception.

Enjoy your weekend.

Warm Regards,
The Evergreen Team.

WEEKLY ACTIVITIES



MONDAY 07 APR	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12 PILATES		7PM CANASTA
TUESDAY 08 APR	9.15AM STRETCH FOR SENIORS	10AM SALLY- ANN CREED - JOINT HEALTH	10.30AM LINE DANCING	2.15PM BOOK CLUB WITH GUEST AUTHOR	3PM COLOUR-IN MANDALA
WEDNESDAY 09 APR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	
THURSDAY 10 APR	9AM ART GROUP 9.30AM KNITTING		3PM BINGO	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 11 APR	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 12 APR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM QUIZ NIGHT
SUNDAY 13 APR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		6PM MUSIC EVENING

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 4: 07/04/2025 - 13/04/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 07 APR	Chicken Ceasar salad with Croutons	Fish Cakes with Tomato Smoor, Mash and Chunky Salad	Lentil cakes with Tomato Smoor, Mash and Chunky salad
Tuesday, 08 APR	Fish Curry with Rice and Sambal	Spaghetti Bolognaise with Greek salad	Chickpea, Mushroom and Spinach Penne Pasta with Greek Salad
Wednesday, 09 APR	Chicken Schnitzel with Mushroom sauce, Potato Wedges and Vegetables	Salad Nicoise	Vegetarian Schnitzel with Potato wedges, Cheese sauce and a side Salad
Thursday, 10 APR	Stuffed Jacket Potato with Pulled Beef, Mozzarella, Cherry Tomatoes and Seasonal Salad	Chicken Casserole with Rice, Baby Marrow and Carrots	Stuffed Jacket potato with Mozzarella Cheese, Spicy Beans and Corn, Pineapple Salad
Friday, 11 APR	Fish & Chips Salad & Tartare Sauce		Plant based Schnitzel with Sweet Potato Fries and Salad
Saturday, 12 APR	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
Sunday, 13 APR R115	Roast Beef with Thyme, Gravy, Roasted Potato, Yorkshire Pudding, Horseradish, and Vegetables OR Grilled Chicken Fillet with Gravy, Roasted Potato and Vegetables OR Vegetarian Option: Chickpea & Broccoli stuffed Sweet Potato topped with Feta and Mozzarella Cheese with Vegetables		Dessert: R35 Chocolate Sponge cake with 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

7 April

Sheelagh Groenwald A24

Pam Delpont A221

9 April

Valerie Mason A121

13 April

Charles Lindsay-Bowman H48

Happy Anniversary!

7 April

Johan & Hildegard Oosterhuis H9

Dee & Chris Moon H65

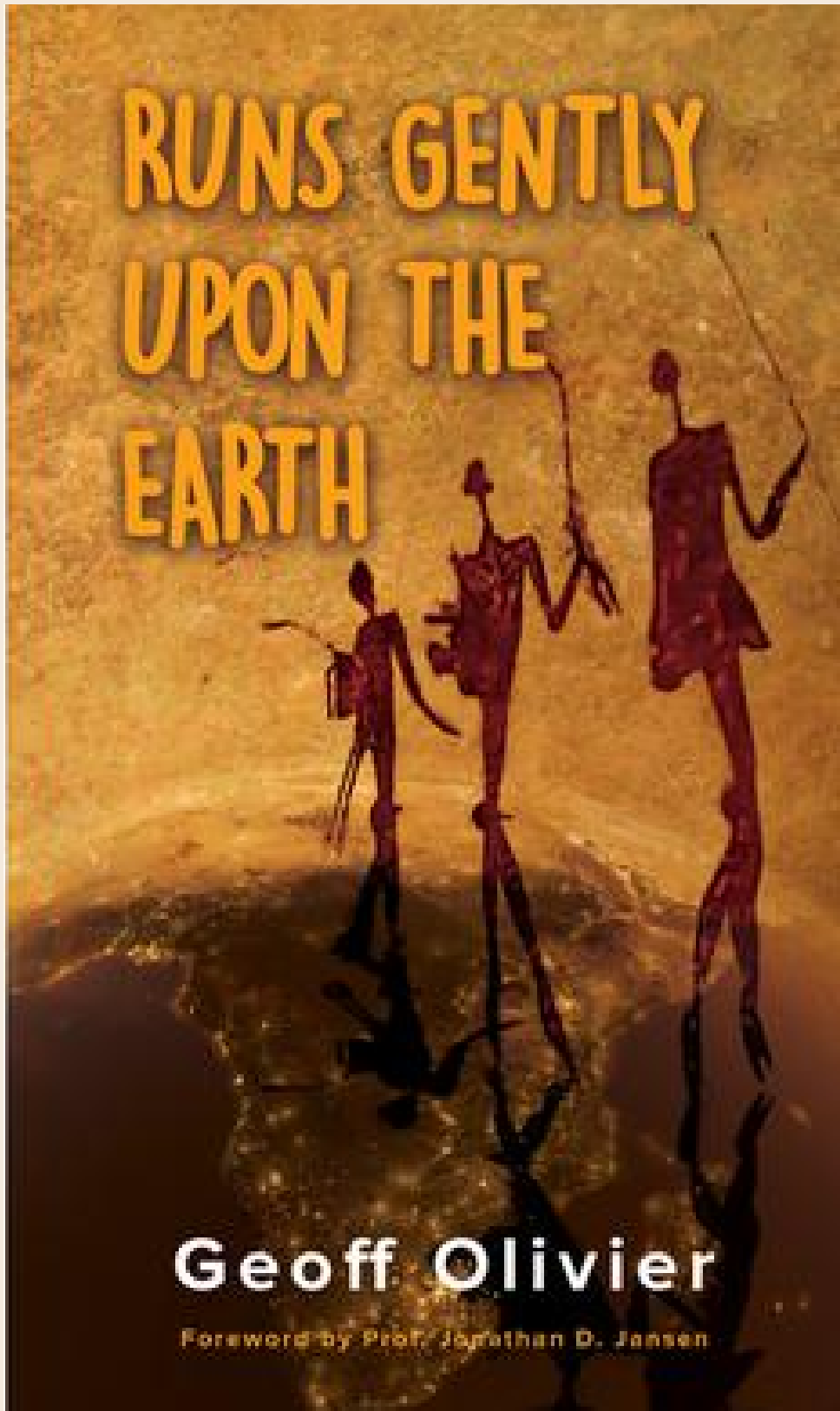
Micahel & Elaine Turner A332

New Residents

No New Residents

BOOK CLUB

invites you to a discussion with author,
Geoff Olivier on his historial novel



**TUESDAY
8 APRIL '25**

@ 14H15

**IN THE BIG
TV, LSC**

R20 INCL TEA

RSVP

Reception
for Seating and
Catering puposes

Starts Wed, 9 April



Scone Special

Scone with whipped
cream, jam and cheese

R35

Every Wednesday from
9am - 3pm

booking essential to avoid
disappointment

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

The background of the poster features a blurred image of a Poi dancer in a dynamic pose, with a large, bright, glowing white circle superimposed over the scene. In the top right corner, there is a small, faint logo that reads "EXAMP".

Poi Dance

DEMONSTRATION BY ROBERT BOLTON

**Monday 14th April
Lifestyle Centre 6pm**

**Book at reception for
seating purposes**

Poi spinning is a flow art where weights on strings are swung in rhythmic patterns, often creating visual patterns of light or color, and has its origins in the Māori culture of New Zealand

-no fire will be used-

MEN'S BREAKFAST

TUESDAY, 15 APRIL 2025 AT 09H30
WITH GUEST SPEAKER

MR BRIAN HEYDENRYCH

An International Motivational Speaker,
Former National Director of Performing
Arts Network SA,
Resident Producer and Programme
Manager at Artscape Theatre,
Open Air Festival Executive Producer,
movie and TV actor.



Brian is a Muizenberg resident, and is an
avid cold water swimmer.

Menu

Creamy Scrambled egg, Crispy Bacon, Breakfast
Pork Sausage, Sautéed Mushrooms, Rosa
Tomatoes and Hash-Browns
Toast and Preserves

Tea or Filter Coffee

R85 PER PERSON

RSVP AT THE BISTRO BY FRIDAY, 11 APRIL



EVERGREEN MUIZENBERG

Easter Egg Donation Drive



Please join our Charity Drive to collect as many
Easter Eggs as possible for those less fortunate.

Donations can be dropped off at
Reception by 16th April.

Donations will be given to
Nourish Preschool & Educare in Capricorn
Douglas Murray Home for the Aged



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