Evergreen — MUIZENBERG



14 APR - 20 APR 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 trust you had a great week and enjoyed the rain!

We have a great line-up this coming week;

- Poi Dance Demonstration on Monday at 6pm
- Men's Breakfast on Tuesday at 9.30am
- Flu Vaccinations on Wednesday (pre-booked),
- Alida's Fashions Pop-Up Shop from 10.30am on Thursday
- Resident's Braai on Saturday at 6pm and then our
- Easter Sunday Spit Braai.

Remember to book where necessary

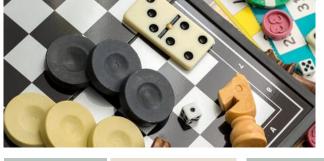
Reminder that on Public Holidays, Saturdays and Sundays, the Rubbish collections and Domestic Services do not take place.

Enjoy your weekend.

Warm Regards, The Evergreen Team.



WEEKLY ACTIVITIES



CHURCH

20 APR



	MONDAY 14 APR	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12 PILATES	6PM POI DANCE DEMO	7PM CANASTA	
	TUESDAY 15 APR	9.15AM STRETCH FOR SENIORS	09.30AM Men's Breakfast	10.30AM LINE DANCING			
	WEDNESDAY 16 APR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM FLU VACCINE - LSC	11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	2.30PM DEMENTIA SUPPORT GRP	
	THURSDAY 17 APR	9AM ART GROUP 9.30AM KNITTING	10.30AM ALIDA'S FASHIONS	7PM Dramatic Society	7PM CANASTA	7PM Dramatic Society	
	GOOD FRIDAY 18 APR	7AM WALKING GRP		10AM CHURCH SERVICE	11AM TABLE TENNIS		
	SATURDAY 19 APR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM RESIDENT Braai	
	EASTER SUNDAY	8.45AM ONLINE		12.30PM EASTER		happy-	

LUNCH - SPIT

BRAAI



WEEK 5: 14/04/2025 - 20/04/2025

DATE	Monday, 14 APR Chicken a la King served with Rice and Seasonal vegetables Tuesday, 15 APR Kassler Chop with Mustard sauce and Garlic Baby Potatoes		2 – R65	VEGETARIAN – R60	
1			s with Tomato oor, Mash and & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad	
1			otta Cannelloni with Sweet ernut	Spinach, Feta, Black Bean Pasta Bake with Salad	
Wednesday, 16 APR	Grilled Chicken Pieces with Savory Rice & Seasonal Vegetables	German Bockwurst with Creamy Potato Salad and Green Vegetables		Roasted Vegetable Quesadilla with Salad	
Thursday, 17 APR	Beef Bobotie with Yellow Rice, Sweet Butternut and Peas		dried Tomato et Potato and	Butter bean Curry with Yellow Rice and Sweet Butternut	
Friday, 18 APR GOOD FRIDAY	Fish & Chips with Tartare Sauce *** Pickled Fish and Hot Cross Buns will Is sold on the day from 09:00 till 15:00		Cauliflower, Chickpea and Capsicum Quiche		
Saturday, 19 APR	Beef Burgers, Asian S Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges		
Sunday, 20 APR EASTER SUNDAY R145 Trappy	- Greek Salad - Hot cross buns and pickled fis - Lamb Spit - Rosted Chicken Pieces			Dessert: R35 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



SPECIAL CELEBRATIONS Tappy Birthday

15 April

Colleen van Moerkerken H26

16 April

Jenna Monk H78 Maurice Wyngaard A216

18 April

Red Vincent A314

20 April

Neville Baling H13

Happy Anniversary!

16 April

Nigel & Ann Myles H27

22 April

Keith & Denise Elkin A320

New Residents

Robert & Winona Heydenrych A316

EVERGREEN MUIZENBERG MONTHLY

MUSIC Wight

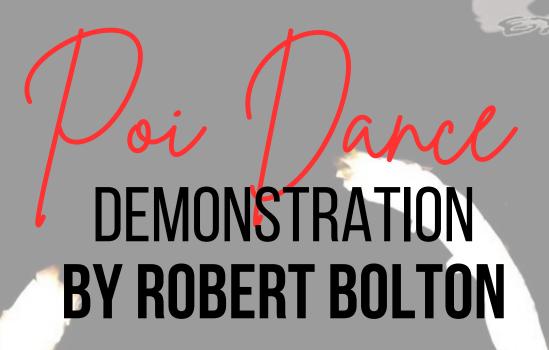
ENJOY THE EVENING IN A RELAXED AND FRIENDLY ENVIRONMENT



SUNDAY, 13 APRIL - TV LOUNGE AT 6PM

THE EVENINGS PROGRAM

- 1. Rossini / William Tell Overture Flnale / Karajan
- 2. Schonberg / Bring him home / Les Misérables / Alfie Boe
- 3. Chopin / Nocturne in E / Menahem Pressler
- 4. Schumann / Widmung / Diana Damrau
- 5. Schumann / Piano Concerto / Martha Argerich and Ricardo Chailly
- 6. Cole Porter / True Love / Bing Crosby and Grace Kelly
- 7. Dvorak / Humoresque / Yo Yo Ma and Itzhak Perlman
- 8. Puccini / O Mio Babbino Caro / Renee Fleming
- 9. Verdi / La Traviata / Libiamo / Diana Damrau and Juan Diego Florez



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



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



Easter Sunday SPIT BRAAI

Sunday, 20 April @ 12h30 - Bistro

Delicious Lamb Spit Braai

Roasted Chicken pieces,

Vegetable bake, Mini Garlic

Rolls, Greek Salad and

Hot Cross Buns & Pickled Fish

Malua Pudding & Custard-235 per person

RSVP BISTRO BY
THURSDAY, 17 April 2025
Family & Friends Welcome







Pinan'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