

Evergreen MUIZENBERG



**21 – 27 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 hope that everyone has had a wonderful weekend.

Please note some changes to this weeks calendar, unfortunately we own't be having our Easter Egg hunt and tea on Monday, and the Darling Wine Cellars Wine Tasting has been postponed until May month. Details will follow soon.

This months Friday Night Pub Night has been replaced with **Christine's Farewell**, please remember to book for catering purposes. Closing date is Wednesday, 23 April.

Have a wonderful week ahead.

Warm Regards,
The Evergreen Team.



WEEKLY ACTIVITIES



MONDAY 21 APR	7AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12 PILATES		7PM CANASTA
TUESDAY 22 APR	9.15AM STRETCH FOR SENIORS		10.30AM LINE DANCING	3PM COLOUR-IN MANDALA	
WEDNESDAY 23 APR	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	CANCELLED WINE TASTING
THURSDAY 24 APR	9AM ART GROUP 9.30AM KNITTING		3PM BINGO	7PM CANASTA	7PM DRAMATIC SOCIETY
FRIDAY 25 APR	7AM WALKING GRP		10AM CHURCH SERVICE	11AM TABLE TENNIS	3PM CHRISTINE FAREWELL
SATURDAY 26 APR	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 27 APR	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 21/04/2025 - 27/04/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 21 APR	Chicken Schnitzel with Potato wedges and Garden Salad	Grilled Sweet and Sour Pork Strips with Potato wedges and Vegetables	Chipotle Black Beans and Roasted Butternut with Savoury Rice
Tuesday, 22 APR	Beef Bangers with Onion Smoor, Roasted Sweet Potato and Vegetables	Grilled Chermoula Chicken with Roasted Vegetable & Cous-cous	Plant based Sausage with Onion Smoor, Roasted Sweet Potato and Vegetables
Wednesday, 23 APR	Oven Roasted Chicken Leg Quarter with Savoury Cous-Cous & Green Salad	Pork Loin Chop, Gravy with Mash Potato and Sweet Butternut	Lentil, Butterbean and Capsicum Smoor with Sweet Potato Mash and Salad
Thursday, 24 APR	Roti filled with Pulled Beef and served with a Greek Salad	Tuscan Grilled Chicken with Roasted Tomato, Green Beans and Roasted potatoes	Creamy Chickpea, Butternut and Spinach with Spaghetti and Green Salad
Friday, 25 APR	Fish & Chips & Tartare Sauce Garden Salad		Plant based Schnitzel with Cheese Sauce, Sweet Potato Fries and Salad
Saturday, 26 APR	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three-Cheese with Green Salad	Margarita Pizza with salad	
Sunday, 27 APR R115	Roast Beef with Thyme Gravy, Roasted Potatoes, Yorkshire pudding, Horseradish, and Vegetables or Grilled Chicken Fillet with Gravy, Roasted Potatoes and Vegetables or Vegetarian Option: Chickpea & Broccoli stuffed Sweet Potatoes topped with Feta and Mozzarella Cheese with Vegetables		Dessert: R35 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!

23 April

Chris Roberts A311

Anne Myles H27

24 April

Marian Arenhold H71

25 April

Janine Murgatroyd A116

Annie McLaren A307

27 April

Anne-Marie Bird A21

Happy Anniversary!

No Anniversaries

New Residents

No New Residents

MUSIC+MOVE+CONNECT

THURSDAY, 8 MAY 2025@ 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 5 MAY 2025**

*We reserve the right to cancel this activity in the event that we do not have a **minimum of 20 participants***

FAREWELL CHRISTINE



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MUIZENBERG LIBRARY

FUNDRAISING RAFFLE

For new books!

'GOURMET' LIBRARY RAFFLE

The Library Girls are requesting
Generous donations for our May
Library Raffle

Wine - Red or White
(Alcohol or Non-Alcohol)

Spirits - Liqueurs

QUALITY

Chocolates, Biscuits,
Nougat, Honey,
Jams, Olives, Balsamic
Vinegar, Olive Oil,
Nuts etc

PLUS PLUS PLUS PLUS
Meal vouchers for various
eateries will also be
raffled.

For more info, Contact
Lydia 073 707 6474
Ursula 073 236 4913
Dee 083 411 1532

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