

# Evergreen MUIZENBERG

**28 APR – 04 MAY**  
**IN THIS ISSUE**

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## WEEKLY ACTIVITIES

Your weekly guide to  
sport & recreational  
activities in the Village

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## BISTRO

Weekly Lunch and  
Social event Menus

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## IT'S A CELEBRATION

Birthday's,  
Anniversaries  
& New Residents

Dear Resident,

We hope that you had a great week.

Thank you to everyone who was able to join us in saying farewell to Christine yesterday. I am sure she really appreciated all the love and support shown to her.

Please remember that Monday, 28 April is a public holiday. This means that there are no Domestic Services, or refuse collections. Please do not leave any rubbish outside your house or apartment.

Ladies and gents, reminder to book for the next session of Music+Move+Connect with Karen J on Thursday, 8 May at 11am. Please book and pay your R50 to Reception.

We will be having another Music Evening on Sunday, 11 May at 6pm. Please book with Reception for seating purposes.

Enjoy your weekend.

Warm Regards,  
The Evergreen Team.

# WEEKLY ACTIVITIES



<b>MONDAY</b> <b>28 APR</b>	7.15AM WALKING GRP	9AM ART WITH STEPH	10.30AM AQUA AEROBICS 12 PILATES	6PM CAMERA CLUB	7PM CANASTA
<b>TUESDAY</b> <b>29 APR</b>	9.15AM STRETCH FOR SENIORS		10.30AM LINE DANCING		
<b>WEDNESDAY</b> <b>30 APR</b>	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	9.30AM BUS TO BLUE ROUTE MALL	11AM TABLE TENNIS 2.30PM SCRABBLE / RUMMIKUB	
<b>THURSDAY</b> <b>01 MAY</b>	9AM ART GROUP 9.30AM KNITTING			7PM CANASTA	7PM DRAMATIC SOCIETY
<b>FRIDAY</b> <b>02 MAY</b>	7.15AM WALKING GRP		10AM CHURCH SERVICE	11AM TABLE TENNIS	
<b>SATURDAY</b> <b>03 MAY</b>	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
<b>SUNDAY</b> <b>04 MAY</b>	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 2: 28/04/2025-05/05/2025**

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 28 APR	Chicken Penne Pasta Bake topped with Cheese & Chunky salad	Shepherd's Pie with Sweet Carrots	Spinach, Feta and Mozzarella pie Sweet Carrots
<b>Tuesday,</b> 29 APR	Fish Cakes with Mash Potato, Tomato Smoor and Greek Salad	Curried Chicken filled Roti, Sambal and Vegetables	Roti filled with Curried Vegetable, Sambal and Vegetables
<b>Wednesday,</b> 30 APR	Asian Beef Salad, Cabbage and Sprouts with a lemon dressing	Pork Schnitzel with Mushroom sauce with Potato Wedges and Butternut	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted Vegetables
<b>Thursday,</b> 01 MAY	Beef Lasagne with Greek Salad	Chicken Chow Mein with Egg Noodles	Vegetable Chow Mein with Chickpeas and Egg noodles
<b>Friday,</b> 02 MAY	Fish & Chips with Salad		Butternut, Peppadew and Cheddar Quiche with Salad
<b>Saturday,</b> 03 MAY	Double Hotdog with Tomato relish, Chips and Salad		Vegan Hotdog, Tomato relish with Chips and Salad
<b>Sunday,</b> 04 MAY <b>R115</b>	Apricot Glazed smoked Gammon with Roasted potatoes, Grilled Butternut and Green Beans Or Oven Roasted Chicken Leg Quarters with Roasted Potatoes, Grilled Butternut and Green Beans Or Vegetarian: Mushroom, Courgette and Aubergine Lasagne with Green salad		<b>Dessert: R35</b> Fruit Salad and Chantilly 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

**serve**st



# SPECIAL CELEBRATIONS

## Happy Birthday!

**28 April**

Christine Johnston A246

**05 May**

Neville Woudberg A103

**29 April**

Anne Sutherland H44

Eileen Stephens H108

**06 May**

Jack Louw A213

**1 May**

Dee Moon H65

Judy de la Port H74

**07 May**

Margaret Liebing A127

**2 May**

Barrie Howard H47

**3 May**

Keith Mason A121

Tessa Fairbairn H49

## Happy Anniversary!

**29 April** - Dave & Eileen Stephens H108

**30 April** - Mark & Violet Hardy H15

**2 May** - Ray & Pat van Eyssen A 232

**7 May** Paul & Audrey Selby A 308

## New Residents

Denis & Toody Cassidy H68

# 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***



# MUSIC

# Night

WITH LAUBI WALTERS

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**SUNDAY, 11 MAY – TV LOUNGE AT 6PM**

## THE EVENINGS PROGRAM

1. Elisabeth Schwarzkopf sings "An die Musik" by Schubert – Gerald Moore
  2. Gustavo Dudamel – Notre-Dame de Paris Reopening – Saint-Saëns  
Symphony No. 3 (Olivier Latry)
  3. William H. Harris – «Bring us, O Lord God» / The SIXTEEN (Live)
  4. Elton John – Circle of Life (From "The Lion King"/Official Video)
  5. Alison Balsom, 'Haydn Trumpet Concerto in Eb, 1st mov.' (Allegro)
  6. Now You Has Jazz (HD) – Bing Crosby, Louis Armstrong from the film  
"High Society" (1956)
  7. 2024 Isfahan (SANT ANDREU JAZZ BAND dir. JOAN CHAMORRO, feat  
SANDER THEUNS, PAU GARCIA)
  8. 8. Rhapsody in Blue – George Gershwin – Yuja Wang – piano. Wiener  
Philharmonic – Gustavo Dudamel
  9. Oklahoma by Rodgers and Hammerstein – BBC Proms 2010
  10. VOCES8: This Is My Song (Finlandia) – Jean Sibelius arr. Blake Morgan
  11. Al Pacino Teaches the Tango (Full Scene) | Scent of a Woman
  12. Dmitri Hvorostovsky – Ombra mai fù from Xerxes (CSOTW, 16th June  
1989)
  13. Somewhere Over the Rainbow – Judy Garland / The Wizard of Oz (1/8)  
Movie CLIP (1939) HD
  14. Auld Lang Syne – New York Philharmonic New Year's Eve: Bernstein on  
Broadway
  15. Thank you for the music – ABBA
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# EVERGREEN MUIZENBERG LIBRARY RAFFLE

The Library Gals  
are requesting  
your assistance  
with donations for  
our "Gourmay"  
Raffle to buy  
**NEW Books!**



PLEASE  
DONATE



Red or White wine  
(Alcoholic or Non Alcoholic)  
Spirits or Liqueurs



QUALITY Chocolates, Biscuits, Nougat, honey, jams Tapenade,  
Olives, Balsamic Vinegar, Olive oil, etc

To arrange collection please contact

Lydia 072 707 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*