

# Evergreen MUIZENBERG

**05 – 11 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 you've had a great week.

We have a number of activities to keep you entertained next week;

Inge from Funky legs will be here with her fabulous leggings on Monday morning, Colour-in Mandala on Tuesday afternoon.

The Shoe Lady, Karen J and BINGO will be on Thursday.

Karen will have her Music+Movement class in the Gym – please ensure you book with Reception. She requires a minimum of 20 participants to hold the class.

Saturday is the Resident's Braai from 6pm and then on Sunday we have our Mother's Day Lunch at 12.30pm and then early evening we have our Music Evening with Laubi Walters. For seating purposes please book with Reception.


Happy Mother's Day to all the incredible mothers! This day is a special occasion to celebrate the love, guidance, and support they provide.

Enjoy your weekend.

Warm Regards,  
The Evergreen Team.

# WEEKLY ACTIVITIES



<b>MONDAY</b> <b>05 MAY</b>	7.15AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS 12 PILATES	10.30AM FUNKY LEGS (TIGHTS)	7PM CANASTA
<b>TUESDAY</b> <b>06 MAY</b>	9.15AM STRETCH FOR SENIORS		10.30AM LINE DANCING	3PM COLOUR-IN MANDALA	
<b>WEDNESDAY</b> <b>07 MAY</b>	7.15AM 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
<b>THURSDAY</b> <b>08 MAY</b>	9AM ART GROUP 9.30AM KNITTING	10AM THE SHOE LADY	11AM MUSIC+MOVE+ CONNECT	3PM BINGO 7PM CANASTA	7PM DRAMATIC SOCIETY
<b>FRIDAY</b> <b>09 MAY</b>	7.15AM WALKING GRP	10AM CHURCH SERVICE	10.30AM TABITA FASHIONS	11AM TABLE TENNIS	
<b>SATURDAY</b> <b>10 MAY</b>	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		6PM RESIDENTS BRAAI
<b>SUNDAY</b> <b>11 MAY</b> <b>MOTHER'S</b> <b>DAY</b>	8.45AM ONLINE CHURCH		12.30PM MOTHER'S DAY LUNCH		6PM MUSIC EVNEING WITH LAUBI WALTERS



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 3: 05/05/2025 – 11/05/2025**

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 05 MAY	Beef Stir-Fry with Rice and Sticky Sauce	Chicken and Spinach Lasagne with Greek Salad	Blue Cheese and Butternut Lasagne with Greek Salad
<b>Tuesday,</b> 06 MAY	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
<b>Wednesday,</b> 07 MAY	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
<b>Thursday,</b> 08 MAY	Chicken Casserole with Rice and Seasonal Veg	Kassler Chop with Mash Potato and Seasonal Vegetables and Apple Sauce	Macaroni and Cheese with Chunky Salad
<b>Friday,</b> 09 MAY	Fish & Chips with Salad & Tartare Sauce		Roasted Vegetables Frittata with Chips and Salad
<b>Saturday,</b> 10 MAY	Grilled Chicken Cheese Burgers with Sweet Potato Fries and Coleslaw		Vegetarian Burgers with Sweet Potato Fries and Coleslaw
<b>Sunday,</b> 11 MAY <b>MOTHER'S DAY</b> <b>R170</b>	Cocktail rolls Chicken a l'Orange Roast Beef with Red Wine Jus Roasted baby Potatoes in Rosemary salt Roasted Sweet Butternut topped with Maple, Cauliflower & Broccoli Gratin with Parmesan crust, Crunchy green beans & sprouts with crispy fried onions Fresh green salad		<b>Dessert: R35</b> Chocolate Mud cake with custard OR Fruit salad with 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

**serve**st

# SPECIAL CELEBRATIONS

*Happy Birthday!*

**08 May**

Christopher Kihn A113

**9 May**

Gay Goodwin A347

Patrick Masters H103

**10 May**

Allyson Vine A25

Pam Gunston A331

*Happy Anniversary!*

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

**11 May** Jimmy & Jenny Bedwell H85

*New Residents*

**Blanche Pitt A203**



# *Mother's Day*

**BUFFET LUNCH  
SUNDAY, 11 MAY AT 12H30**

## *Main Course R170*

Cocktail Rolls Chicken a l'Orange  
| Roast beef with red wine jus  
Roasted baby Potatoes in  
Rosemary salt | Maple roasted  
sweet butternut | Seasonal  
vegetable gratin | Crunchy green  
beans & sprouts with crispy fried  
onions | Garden salad

## *Dessert R35*

Chocolate mud cake with custard  
OR  
Fruit salad with vanilla ice cream



**RSVP THURSDAY, 8 MAY**



# 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***

EVERGREEN MUIZENBERG MONTHLY

# 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. 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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# Scone Special

Scone with whipped cream, jam and cheese

R35

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Every Wednesday from  
9am - 3pm

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**booking essential to avoid  
disappointment**



# 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*