

# Evergreen MUIZENBERG



**12 – 18MAY  
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,

As the morning and late afternoon bring a refreshing chill—brrrrrrrrrr—we hope you've been having a fantastic week.

We would like to notify you that Wind-o-wash will be on-site on Monday, May 12th, and Tuesday, May 13th.

Furthermore, we have an exciting lineup of activities planned for your enjoyment next week:

- **\*\*Nutty Nuts\*\*** on Tuesday, May 13th, 2025.
- **\*\*Darling Cellars Wine Tasting\*\***, featuring their exquisite wines, on Thursday, May 15th, at 4 PM. Please remember to make a reservation with reception.
- **\*\*Quiz Night\*\*** on Saturday evening.

Stay tuned—our self-service laundry will soon be converting to a coinless system! More details will follow soon.

Wishing all the Mother's a very Happy Mother's Day!

Enjoy your weekend.

Warm regards,  
The Evergreen Team.

# WEEKLY ACTIVITIES



**MONDAY  
12MAY**

7.15AM  
WALKING GRP

9AM  
ART WITH STEPH  
9.30AM  
BUS TO BLUE ROUTE  
MALL

10.30AM  
AQUA AEROBICS  
12PM  
PILATES

7PM  
CANASTA

**TUESDAY  
13 MAY**

9.15AM  
STRETCH FOR  
SENIORS

10.30AM  
LINE DANCING  
NUTTY NUTS

14H15  
BOOK CLUB

**WEDNESDAY  
14MAY**

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  
SCRABBLE

**THURSDAY  
15 MAY**

9AM  
ART GROUP  
9.30AM  
KNITTING

4PM  
WINE TASTING  
DARLING CELLARS

7PM  
DRAMATIC  
SOCIETY

**FRIDAY  
16 MAY**

7.15AM  
WALKING GRP

10AM  
CHURCH SERVICE

11AM  
TABLE TENNIS

11AM  
TABLE TENNIS

**SATURDAY  
17 MAY**

JOHN ADAMS  
FRUIT & VEG

1.45 PM  
CANASTA

6PM  
QUIZ NIGHT

**SUNDAY  
18 MAY**

8.45AM  
ONLINE CHURCH

12.30PM  
LUNCH



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 4: 12/05/2025 - 18/05/2025**

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 12 MAY	Chicken Ceasar salad with Croutons	Fish Cakes with Tomato Smoor, Mash and Chunky Salad	Lentil cakes with Tomato Smoor, Mash and Chunky salad
<b>Tuesday,</b> 13 MAY	Fish Curry with Rice and Sambal	Spaghetti Bolognaise with Greek salad	Chickpea, Mushroom and Spinach Penne Pasta with Greek Salad
<b>Wednesday,</b> 14 MAY	Chicken Schnitzel with Mushroom sauce, Potato Wedges and Vegetables	Salad Nicoise	Vegetarian Schnitzel with Potato wedges, Cheese sauce and a side Salad
<b>Thursday,</b> 15 MAY	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
<b>Friday,</b> 16 MAY	Fish & Chips Salad & Tartare Sauce		Plant based Schnitzel with Sweet Potato Fries and Salad
<b>Saturday,</b> 17 MAY	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
<b>Sunday,</b> 18 MAY <b>R115</b>	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: Chick Pea & Broccoli stuffed Sweet Potato topped with Feta and Mozzarella Cheese with Vegetables		<b>Dessert: R35</b> 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**

**serve**st

# SPECIAL CELEBRATIONS

Happy Birthday!

**13 May**

Conrad Samuels (A117)

Colleen Olden (A13)

Ralph Burnhams (H37)

**14 May**

Eira Bond (A5)

Petro Badenhorst (H73)

**18 May**

Anne Blignaut (H107)

Happy Anniversary!

**No Anniversaries**

New Residents

**Edward & Jannice Van Der Heiden H79**

# Darling Cellars Wine Tasting

A close-up photograph of a hand pouring red wine from a dark glass bottle into a clear, rounded wine glass. The wine is captured mid-pour, creating a vibrant red stream that fills the bottom of the glass. The background is softly blurred, showing more of the bottle and the hand.

**Thursday 15<sup>th</sup> May**  
**@ 4pm**  
**In the Bistro**

**DARLING CELLARS**  
*Bush vines from the cool West Coast*

**Book @ Reception by**  
**Tuesday 13<sup>th</sup> May 2025**





# 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**