

Evergreen MUIZENBERG



26 MAY – 1 JUNE IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to
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 you've been having a fantastic week.

As the temperatures drop, I trust you are keeping cozy and warm.

Upcoming Activities for the Week:

- Monday: 2 p.m. – Stitchcraft
- Tuesday: 10:30 a.m. – Nutty Nuts
- Wednesday: 8:30 a.m. – Riaan's Fruit Van
- Thursday: 2 p.m. – RESCOM
- Friday, 30 May at 3 p.m. : Mary Tait, granddaughter of Jan Smuts, will present a talk titled "Anecdotes and Family Life of Jan Smuts."

Library Raffle Information:

A heartfelt thank you for all the donations received!

- Tickets will be available for purchase from Tuesday, 27 May to Friday, 6 June, Monday to Friday from 12 p.m. to 2:30 p.m.
- The draw will take place on Friday, 13 June at 12 p.m.

Don't miss your chance to win some amazing prizes—feel free to buy as many tickets as you like!

Exciting News Coming Soon in June:

- False Bay Veterinary Services will be joining us at Evergreen, see poster for further details.

Wishing you a fabulous weekend!

Warm regards,
The Evergreen Team.

WEEKLY ACTIVITIES



MONDAY 26 MAY	7.15AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	2PM STITCHCRAFT 2.30PM POETRY CLUB	6PM CAMERA CLUB 7PM CANASTA
TUESDAY 27 MAY	9.30AM STRETCH FOR SENIORS		10.30AM LINE DANCING & NUTTY NUTS		3PM OEFEN AFRIKAANS
WEDNESDAY 28 MAY	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE	10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE
THURSDAY 29 MAY	9AM ART GROUP	9.30AM KNITTING	2PM RESCOM		7PM DRAMATIC SOCIETY / CANASTA
FRIDAY 30 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS	3PM ANECDOTES & FAMILY LIFE JAN SMUTS
SATURDAY 31 MAY	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 1 JUNE	8.45AM ONLINE CHURCH		12.30PM LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 26/05/2025 - 01/06/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 26 MAY	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, 27 MAY	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, 28 MAY	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, 29 MAY	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, 30 MAY	Fish & Chips & Tartare Sauce Garden Salad		Plant based Schnitzel with Cheese Sauce, Sweet Potato Fries and Salad
Saturday, 31 MAY	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three-Cheese with Green Salad	Margarita Pizza with salad	
Sunday, 01 JUNE R140	Roast Lamb, Roasted Potatoes, Creamy spinach, Butternut & gravy OR Grilled Chicken Fillet with, Roasted Potatoes, Creamy spinach, Butternut & gravy OR Veg Option: Black bean and tomato Quiche topped with Feta and Mozzarella Cheese with Green Salad		Dessert: R35 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

27 May

Peter Luxton H84

28th May

Tess Cartmill A215

Vernon Sutherland H44

30th May

Roy Hawkins H77

Happy Anniversary!

28th May

Paul & Patricia Palmer A337

New Residents

No New Residents



False Bay Veterinary Clinic
will be bringing
compassionate veterinary
care directly to Evergreen
Muizenberg Village

When: 18 June 2025 at 11am
Where: Basement Parking

For bookings and more
information please contact
False Bay Vet on **021 788 1172**

Your pet is our priority!



www.falsebayvet.co.za

021 788 1172 / WA 064 020 7134



Discounted services include:

- Basic Consultations
- Vaccinations
- Minor Grooming
- Deworming/Tick&Flea treatments
- Delivery of your pet's chronic medication and food



ANECDOTES & FAMILY LIFE OF JAN SMUTS

Join us for a special session with his
granddaughter, Mary Tait

Date: Friday, 30 May

Time: 3 PM

Location: TV Lounge

Please RSVP for seating arrangements.



Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

IN 2024 A CHALLENGE WAS EXTENDED TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY "HAPPY BEANIES" AS POSSIBLE. WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE **VIBRANT** THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 20 JUNE.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT ME DIRECTLY:
RIAAN GOUWS - 072 600 2499.





Scone Special

Scone with whipped
cream, jam and cheese

R35

Every Wednesday from
9am - 3pm

booking essential to avoid
disappointment

Riaan's Fruit Van



**Fresh Fruit & Veg
every Wednesday from 8.30am**



Cash or Card payments accepted