

# Evergreen MUIZENBERG

**2 JUNE – 8 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're enjoying a wonderful week!

As we enter the sixth month of the year, we're sending you love and positivity. Can you believe there are only 25 Fridays left in the year?

Upcoming Activities for the Week:

- Tuesday: 8:00 a.m. – Waterless car wash
- Wednesday:
  - 8:30 a.m Riaan's Fruit Van
  - 2:30 p.m Dementia support
- Thursday: 10:00 a.m. – The Shoe Lady
- Friday: 10:00 a.m. – Nutty Nuts

The library team still have tickets available for purchase until Friday, June 6, Tickets are on sale: Monday to Friday between 12:00 p.m. and 2:30 p.m., located opposite the reception desk.

The draw will occur on Friday, June 13, at 12:00 p.m.

Don't miss your chance to win fantastic prize, feel free to purchase as many tickets as you wish!

Also, please remember to reserve your spot at the bistro for our Bombay Curry night on June 11, 2025.

Rustenburg Pharmacy now has a WhatsApp number for all your medication orders. 079 821 7694

Wishing you a fabulous weekend!

Warm regards,  
The Evergreen Team.

# WEEKLY ACTIVITIES



<b>MONDAY 2 JUNE</b>	7.15AM WALKING GRP	9AM ART WITH STEPH 9.30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES		7PM CANASTA
<b>TUESDAY 3 JUNE</b>	8.00AM WATERLESS CAR WASH 9.30AM STRETCH FOR SENIORS		10.30AM LINE DANCING		3PM COLOUR IN MANDALA
<b>WEDNESDAY 4 JUNE</b>	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 2.30PM DEMENTIA SUPPORT
<b>THURSDAY 5 JUNE</b>	9AM ART GROUP	9.30AM KNITTING	10AM THE SHOE LADY		7PM DRAMATIC SOCIETY / CANASTA
<b>FRIDAY 6 JUNE</b>	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	10AM NUTTY NUTS	11AM TABLE TENNIS
<b>SATURDAY 7 JUNE</b>	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
<b>SUNDAY 8 JUNE</b>	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
<b>Monday,</b> 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
<b>Tuesday,</b> 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
<b>Wednesday,</b> 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
<b>Thursday,</b> 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
<b>Friday,</b> 30 MAY	Fish & Chips & Tartare Sauce Garden Salad		Plant based Schnitzel with Cheese Sauce, Sweet Potato Fries and Salad
<b>Saturday,</b> 31 MAY	Sweet Chilli Chicken Pizza topped with Pineapple, Olives, Three-Cheese with Green Salad	Margarita Pizza with salad	
<b>Sunday,</b> 01 JUNE <b>R140</b>	Roast Lamb, Roasted Potatoes, Creamy spinach, Butternut & gravy <b>OR</b> Grilled Chicken Fillet with, Roasted Potatoes, Creamy spinach, Butternut & gravy <b>OR</b> Veg Option: Black bean and tomato Quiche topped with Feta and Mozzarella Cheese 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!

### **1 June**

Shelly Wolstenholme A16

Doris Solomon A111

### **3 June**

Patrick Marinus A119

June Orsmond A234

Hazel Fick A317

### **4 June**

Reiner Gust A233

### **7 June**

George Rutter A29

## Happy Anniversary!

### **3 June**

Charles & Jean Lindsey Bowman H48

### **4 June**

Ossie & Dawn Gibson H60

## New Residents

**No New Residents**





# BOMBAY CURRY NIGHT

**Wednesday, 11 June  
at 18h00**

## WELCOME DRINK

Complimentary glass of wine

## STARTER

Aloo Potato Samosa  
*with a chilli and fruit dip*

## BUFFET

Butter Chicken Curry

Creamy Dhal Tadka

Mutton Rogan Josh

*with basmati rice, poppadums,  
tomato, onion & cucumber sambal,  
carrot & pineapple sambal*

## DESSERT

Kheer (Rice Pudding)  
*topped with stewed fruit*

Or

Mango Panna Cotta  
*with fresh mango*

**R200pp**  
**Bookings in the  
Event File**



# NUTTY NUTS



When: 6<sup>th</sup> + 24<sup>th</sup> June 2025

Where: In the Bistro



# **WATER OR WATERLESS CAR WASH**

**Date: 3rd June 2025**

**BOOK @ RECEPTION**

# FERGIE'S SHOES

When: 5th June 2025  
Where: In the Bistro  
Time: 10am - 2pm



Get your winter boots from us at  
an affordable price!

Call or WA Mariam  
072 1087389





YOU'RE INVITED for a talk presented  
by the SA GUIDE-DOGS  
ASSOCIATION

THURSDAY **12 JUNE 2025**  
@ 11:00

BIG TV area

RSVP by the **11th June** with  
reception on EXT 9 for  
seating purposes





Discounted services include:

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



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](http://www.falsebayvet.co.za)  
021 788 1172 / WA 064 020 7134





# 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



# *Riaan's Fruit Van*



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



**Cash or Card payments accepted**