

Evergreen MUIZENBERG



**05 - 11 JAN
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Your weekly guide to sport
& recreational activities in
the Village

BISTRO

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IT'S A CELEBRATION

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Activities

Dear Resident,

We hope your week has been pleasant as you gradually transition into the new year.

Most activities will kick off again next week, so be sure to check the activity calendar:

- The EM Dramatic Society will commence rehearsals on Monday, January 5, in preparation for their upcoming production later this month.
- Kind2Hearing will be visiting on Thursday, January 8, at 10 a.m. in the Boardroom.
- Join us for the Residents' Braai on Saturday, January 10, beginning at 6 p.m.

Wishing you a fantastic weekend!

Warm regards,

The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MON 05 JAN	7AM WALKING GROUP 9AM ART WITH STEPH	9.30AM BUS TO LONGBEACH MALL	12PM PILATES	7PM CANASTA	7PM DRAMATIC SOCIETY
TUES 06 JAN	9.15AM STRETCH FOR SENIORS	11AM LINE DANCING	3PM COLOUR IN MANDALA		
WED 07 JAN	7AM WALKING GROUP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE	10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE
THURS 08 JAN	9AM ART GROUP 9.30AM KNITTING	10AM KIND2HEARING	11.30AM AQUA AEROBICS	3PM BRIDGE FOR BEGINNERS	7PM CANASTA 7PM DRAMATIC SOCIETY
FRI 09 JAN	7AM WALKING GROUP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS	
SAT 10 JAN	JOHN ADAMS FRUIT & VEG		1.45PM CANASTA		6PM RESIDENT'S BRAAI
SUN 11 JAN	8.45AM ONLINE CHURCH SERVICE		12.30PM SUNDAY LUNCH		



THE
FYNBOS
Bistro

WEEKLY MENU

MON
05 JAN

Butter Chicken served with Basmati rice, baby marrow and carrots

OR

Spaghetti Bolognese with a side of Parmesan cheese

OR

(V) Mild Coconut Curry served with Basmati rice, baby marrow and carrots

TUES
06 JAN

Asian Beef stir-fry served with Basmati rice or noodles and vegetables

OR

Chicken Penne a la Vodka seasoned with fresh Basil and a side of Parmesan cheese

OR

(V) Penne a la Vodka

WED
07 JAN

Herb Roast Chicken served with roast potatoes, creamed spinach and butternut

OR

Pork sausages served with mash, peas, butternut and gravy

OR

(V) Vegetable sausages served with mash, peas, butternut and gravy

THURS
08 JAN

Chilli con carne served with garlic herb rice with a side of sour cream and cheddar cheese

OR

Hannah Chicken served with garlic herb rice, baby marrow and carrots

OR

(V) Lentil dahl with rice, baby marrow and carrots

FRI
09 JAN

Grilled or deep-fried Hake served with chips or savoury rice and coleslaw

OR

Sweet and sour chicken served with sauteed potatoes, butternut and broccoli

OR

(V) Sweet and sour Falafel with savoury rice and stir-fry vegetables

SAT
10 JAN

Creamy Chicken Salsa served with savoury rice and garden peas

OR

Arrabiatta pasta

OR

(V) Veggie burger served with chips

SUN
11 JAN

Roast Beef or Roast Pork with rice, roast potatoes, Yorkshire pudding and vegetables of the day

Dessert: Trifle

OR

(V) Egg-plant Parmesan with mash, butternut and baby marrow

Daily Meals (Ladies Portion - R70) - (Normal Portion - R90)
Fish & Chips (Ladies Portion - R90) - (Normal Portion - R110)
Sunday Roast (2 course - R150)

SPECIAL CELEBRATIONS

Happy Birthday!

05 January

Maria Vieira (A129)

07 January

Jeremy Castle (A228)

08 January

Ossie Gibson (H60)

09 January

Terry Trinder-Smith (A8)

Nigel Myles (H27)

10 January

Josepha Eagles (H57)

Happy Anniversary!

11 January

Rod & Mel Stewart (H7A)

Ian & Sandra Fishley (H29)

Welcome to our New Residents

No New Residents

A NICK WarBURTON PRODUCTION

— directed by Barrie Howard —

PERFORMED BY EVERGREEN MUIZENBERG DRAMATIC SOCIETY

EASYSTAGES

2.30pm
on
Saturday,
24 January
and
Sunday,
25 January



R20 per
person per
show

Tickets on
Sale from
Mon, 5 Jan
12pm - 2pm
daily

This is an amusing, subtle parody of the backstage goings-on of an amateur dramatic society. While N.J. Warburton's play Don't Blame It On the Boots centred on the onstage difficulties of the amateur dramatic society's production of Hamlet, here we see the stage crew struggling to play their part against all the odds.

Kind2Hearing Visits

Kind2Hearing will be doing our monthly visits at Evergreen Lifestyle Village Muizenberg during the year on the following dates:

When: 1st Thursday of every month

Time: 10:00 - 15:00 (per booking)

Where: The Boardroom

8 January 2026	2 July 2026
5 February 2026	6 August 2026
5 March 2026	3 September 2026
2 April 2026	1 October 2026
7 May 2026	5 November 2026
4 June 2026	3 December 2026

Please make a booking at: Reception



Moolman & Associates: 1099043

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✉ platteklloof@k2h.co.za

Toll Free: 0800 200 100

www.kind2hearing.co.za

EXCITING NEWS SHUTTLE SERVICE UPDATE



**Every First Monday of the Month -
Our shuttle will continue to run as normal from Evergreen MZB to Long Beach Mall.**

**New From 12 January 2026!
We will now have two shuttles every Monday going to:**

- Blue Route Mall**

Please book at Reception - Ext. 9

