

# Evergreen MUIZENBERG



**05 - 11 JAN  
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## WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

## BISTRO

Weekly Lunch Menu

## IT'S A CELEBRATION

Birthdays and Anniversaries

## EVENT DETAILS

Special Events & 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 RIAAN'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		



**MON**  
**05 JAN**

Butter Chicken served with Basmati rice, baby marrow and carrots  
**OR**  
Spaghetti Bolognaise 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

021 612 0227 | 072 207 6281

[plattekloof@k2h.co.za](mailto:plattekloof@k2h.co.za)

Toll Free: 0800 200 100

[www.kind2hearing.co.za](http://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**

