

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



26 JAN - 1 FEBRUARY
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Your weekly guide to sport & recreational activities in the Village

BISTRO

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Special Events & Activities

Dear Residents,

As we approach a near-normal state in 2026, let's take a look at our plans for the upcoming week.

Weekly Activities

Monday, January 26

Enjoy FUN Dancing at 4:00 PM in the Gym

Tuesday, January 27

Join us for Canasta for beginners, Gesels Afrikaans

Wednesday, January 28

Participate in Ageless Grace in the Gym, along with Dementia support

Thursday, January 29

Join us for Bingo at 3pm

"The best preparation for tomorrow is doing your best today."

Wishing everyone a wonderful weekend.

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 26 JAN	7am EXTERNAL WALKING GROUP	9am BISTRO ART WITH STEPH 9.30am EXTERNAL SHUTTLE	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4pm GYM FUN DANCING	7pm BISTRO Camera Club
TUE 27 JAN	9.15am GYM STRETCH EXERCISES	11am BISTRO CANASTA FOR BEGINNERS	2.30pm BISTRO GESELS AFRIKAANS	3pm BISTRO COLOUR-IN MANDALA	
WED 28 JAN	7am EXTERNAL WALKING GRP 8.30am PARKING RIAAAN'S FRUIT VAN	9.30am GYM AGELESS GRACE	10AM BOARDROOM BIBLE STUDY 11AM GYM TABLE TENNIS	1.45pm BOARDROOM DEMENTIA SUPPORT	2pm BISTRO RUMMIKUB / CHESS 2.30pm BISTRO SCRABBLE
THUR 29 JAN	9am BISTRO ART GROUP	9.30am BISTRO KNITTING GROUP	11.30am POOL AQUA AEROBICS		3pm BISTRO BINGO
FRI 30 JAN	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV AREA CHURCH SERVICE	11am GYM TABLE TENNIS	
SAT 31 JAN	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  DUSTIN
SUN 01 FEB	8.45am TV AREA ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  DUSTIN

WEEKLY MENU

<p>MON 26 JAN</p>	<p>Monterrey chicken bake with rice, carrots and baby marrow</p>	<p>Bolognaise penne bake topped with cheese</p>	<p>(V) Penne a la Vodka served with side parmesan</p>
<p>TUE 27 JAN</p>	<p>Traditional meatloaf with mash, gravy, broccoli and carrots</p>	<p>Chicken a la King with savoury rice, carrots and green beans</p>	<p>(V) Lentil meatloaf with mash, gravy, broccoli and carrots</p>
<p>WED 28 JAN</p>	<p>Savoury mince bake potato served with garden peas and butternut</p>	<p>Korean BBQ pork , with egg fried rice and broccoli</p>	<p>(V) Mixed vegetable bake potato, drizzled with basil oil and topped with cheese</p>
<p>THUR 29 JAN</p>	<p>Chicken stroganoff served with basmati rice, green beans and butternut</p>	<p>Pork schnitzel with a fried egg, sauteéd potatoes, cabbage & carrots</p>	<p>(V) Chicpea a la king with basmati rice, green beans and butternut</p>
<p>FRI 30 JAN</p>	<p>Creamed corn chicken with basmatic rice, butternut and baby marrow</p>	<p>Grilled or fried hake with savoury rice or chips and vegetables</p>	<p>(V) Vegan burger served with chips</p>
<p>SAT 31 JAN</p>	<p>Mongolian beef served with basmati rice.</p>	<p>Creamy tomato chicken pasta bake topped with cheese</p>	<p>(V) Bake potato filled with plant-based mince served with butternut and baby marrow</p>
<p>SUN 01 FEB</p>	<p>Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg</p>	<p>Dessert Peppermint crisp tart</p>	<p>(V) Italian style roasted cabbage with fennel, carrots and basil served with rice</p>

LET'S CELEBRATE!

25TH Suzie Kietzmann
(H 25)

25TH Denis Thorne
(H 6A)

28TH Petro Thomas
(A 248)

29TH Noreen Langmann
(A 339)

31ST Martin Harrison
(A 101)

31ST Brenda Kaye
(H 94)

31ST Hilary Masters
(H 103)

Welcome to our New Residents

Elizabeth Kostler
(A 230)

Hether Wessels
(A 245)

Denise Talbot
(H 7B)

January Birthdays





SHINETASTIC CAR WASH

Wednesday 4th February 2025
From
8am till 5pm

INCLUDES

- ✓ WASH
- ✓ DRY
- ✓ INTERNAL VACUUM
- ✓ TYER SHINE

BOOK WITH RECEPTION





KEEP CALM, WE CARRY YARN

will be visiting us in 2026

on the following dates

Thursday, 12 February

Thursday, 26 March

Thursday, 7 May

Time: 10.00 -12.00

We look forward to seeing you!