

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



2ND FEB- 8TH FEB
IN THIS ISSUE

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 Residents,

The month dedicated to celebrating love is here, and we are grateful for all the wonderful things surrounding us.

Here are a few Highlights for the week

- **Monday, February 2**

Join us for FUN Dancing at 4:00 PM in the Gym.

- **Tuesday, February 3**

NEW!! Seated stretch exercises for seniors in the Gym.

- **Thursday, February 5**

The Shoe Lady & Kind to Hearing.

- **Friday, February 6**

Nutty Nutts.

"What we have once enjoyed, we can never lose; all that we love deeply becomes a part of us."

Wishing everyone a fantastic weekend.

Warm regards,

The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 2 FEB	7am EXTERNAL WALKING GROUP	9am BISTRO ART WITH STEPH 9.00am EXTERNAL SHUTTLE	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 3 FEB	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH EXERCISES		3pm BISTRO COLOUR-IN MANDALA	
WED 4 FEB	7am EXTERNAL WALKING GRP 8AM CAR CAR WASH	8.30 PARKING RIAN'S FRUITVAN 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 5 FEB	9.30am BISTRO KNITTING GROUP	10.00am BOARDROOM KIND TO HEARING	10.00am BISTRO THE SHOE LADY	11.30am POOL AQUA AEROBICS	2.30pm BISTRO BRIDGE FOR BEGINNERS
FRI 6 FEB	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV AREA CHURCH SERVICE	10am BISTRO NUTTY NUTS	11am GYM TABLE TENNIS
SAT 7 FEB	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  OWEN
SUN 8 FEB	8.45am TV AREA ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN- 083 670 2982

WEEKLY MENU

<p>MON 2 FEB</p>	<p>Benji Butter chicken served with basmati rice and vegetable</p>	<p>Hawaiian pork stir fry served with stir fry veg over spaghetti pasta</p>	<p>(v) Cauliflower and chickpeas butter chicken, served with rice, butternut and peas</p>
<p>TUE 3 FEB</p>	<p>Coronation chicken, served with rice, carrots and peas</p>	<p>Mushroom stroganoff served with mash, butternut and green beans</p>	<p>(v) Baked feta pasta</p>
<p>WED 4 FEB</p>	<p>Beef curry served with yellow rice, garden peas and carrots with side sambal salad</p>	<p>Chicken schnitzel topped with cheese sauce, served with roast potatoes, peas and butternut</p>	<p>(v) Mild coconut curry with chickpeas, served with rice, butternut and peas</p>
<p>THUR 5 FEB</p>	<p>Chilli con carne served with rice, sour cream and cheddar cheese</p>	<p>Penne a la vodka with parmesan cheese</p>	<p>(v) Lentil chilli con carne with couscous topped with sour cream</p>
<p>FRI 6 FEB</p>	<p>Beef burger, caramelized onions Served with chips</p>	<p>Creamy chicken salsa served with savoury rice, broccoli and garden peas</p>	<p>(v) Vegetarian burger served with chips</p>
<p>SAT 7 FEB</p>	<p>Alfredo pasta served with a side parmesan</p>	<p>Thai chicken curry, served with basmati rice and veg medley</p>	<p>(v) Spinach and mushroom alfredo served with a side parmesan</p>
<p>SUN 8 FEB</p>	<p>Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg</p>	<p>Dessert Trifle pudding</p>	<p>(v) Stuffed roasted butternut with roast potatoes and veg of the day</p>

LET'S CELEBRATE!

Birthdays

1st VALDA CLATWORTHY
(H 12)

4th NOLA PATULLO
(A 207)

5th AUDREY SELBY
(A 308)

ROSEMARY SWAISLAND
(A 318)

Anniversaries

8th John & Gill Morgan
(H 2)

February Birthdays & Anniversaries





SHINETASTIC CAR WASH

Wednesday 4th February 2025
From
8am till 5pm

INCLUDES

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

BOOK WITH RECEPTION



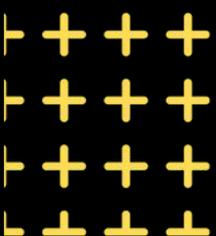
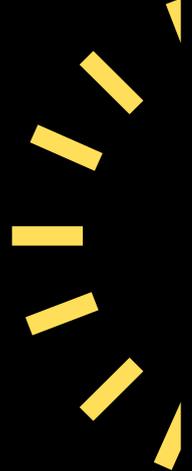
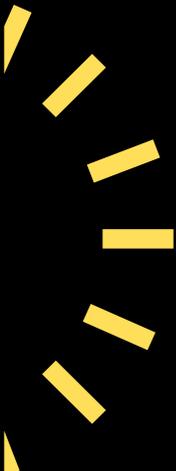


FERGIE'S SHOES

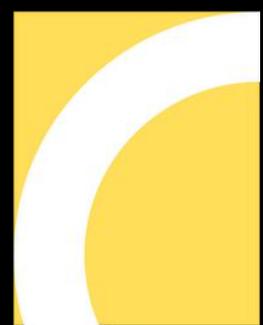


When: 05 February 2026

Where: In the Bistro
Time: 10am - 2pm



Call or WA Mariam
072 1087389



LET'S Eat

Muizenberg Valentine's Day Dinner

12 February 2026

Starter:

Crumbed camembert with a berry compote and malva toast

OR

Pan fried baby prawns with rice and a micro salad

Main:

Marry-me chicken A creamy sun-dried tomato based chicken breast served with a bake potato, spinach and butternut mash

OR

Steak Au Poivre Steak crusted in peppercorns and pan fried with a creamy sauce. Served with hasselback potato's, broccoli and butternut mash

OR

Line fish Tagliatta Grilled linefish, cherry tomatoes, soy sauce, rocket, parmesan and olive oil. Served with savoury rice and broccoli

Dessert:

Cherries jubilee

OR

Chocolate brownie made with love with ice cream

R225 a person
(Book a spot 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!

A Night of Stars and Love

Valentine Themed Evergreen Music Festival

Cherish the Love That Warms Our Hearts

Sunday, 15 February - 17h30

Join us for an evening of timeless melodies that celebrate enduring love.

Introductory Songs

1. Richard Rodgers/Lorenz Hart - My Funny Valentine (Sting)
2. Rodgers & Hammerstein - It's a Grand Night for Singing (State Fair)

Music Composed for Someone They Loved

3. Johannes Brahms - Wiegenlied (Frank Sinatra)
4. George Gershwin - Embraceable You (Joyce DiDonato)
5. Franz Schubert - Ständchen (Nana Mouskouri)
6. Ludwig van Beethoven - An die ferne Geliebte (Julian Prégardien)
7. Gustav Mahler - Adagietto (Alexandre Tharaud, piano)
8. Stephen Foster - Beautiful Dreamer (Marilyn Horne)
9. Ewan MacColl - The First Time Ever I Saw Your Face (Celine Dion)

Magic Music from Movies and Musicals

10. Alan Jay Lerner/Frederick Loewe - If Ever I Would Leave You
(Vanessa Redgrave & Franco Nero)
11. Leonard Bernstein/Stephen Sondheim - Somewhere (Barbra Streisand)
12. Alex North/Hy Zaret - Unchained Melody (Susan Boyle)
13. Henry Mancini/Johnny Mercer - Moon River (Audrey Hepburn)
14. Dolly Parton - I Will Always Love You (Whitney Houston)
15. Fred Wise et al. - Wooden Heart (Elvis Presley)
16. Sammy Fain/Paul Francis Webster - April Love (Pat Boone)
17. Alan Menken/Howard Ashman - Beauty and the Beast (Angela Lansbury)
18. Rodgers & Hammerstein - Some Enchanted Evening (Mary Martin & Ezio Pinza)

Timeless Melodies

19. Charles Dumont/Michel Vaucaire - Non, je ne regrette rien (Edith Piaf)
20. Charles Aznavour - She (Charles Aznavour)
21. Richard Strauss - Du wirst mein Gebieter sein (Mimi Coertse & Werner Nel)
22. Wolfgang Amadeus Mozart - Papageno-Papagena Duet (The Magic Flute)
23. Arthur Schwartz/Howard Dietz - Dancing in the Dark (Fred Astaire & Cyd Charisse)
24. Claude-Michel Schönberg - I Dreamed a Dream (Susan Boyle)

Warm thanks to all you beautiful people.

Let's make memories under the stars.



Feet4Life

Patel Podiatrist Inc | Pr.No: 0964328

WHEN SHOULD YOU CALL A PODIATRIST?

YOU SHOULD CONSIDER CALLING A PODIATRIST IF YOU ARE EXPERIENCING PERSISTENT FOOT PAIN, ANY SIGNS OF INFECTIONS LIKE SWELLING, REDNESS OR HEAT OR IF YOU HAVE DIABETES OR OTHER MEDICAL CONDITIONS THAT AFFECT YOUR FEET.

ADDITIONALLY, SEEK PROFESSIONAL HELP IF YOU HAVE NAIL OR SKIN PROBLEMS, FUNGAL FEET AND NAILS, INGROWN TOENAILS OR IF YOU'VE INJURED YOUR FOOT OR ANKLE.

Book Online



Visit us!

THE LONGER YOU WAIT, THE LONGER YOU HURT

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Book an appointment

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Whatsapp 063 748 3983

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