

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



9 FEB - 15 FEB
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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 Residents,

As we welcome a new week, let's take a moment to appreciate all the blessings in our lives.

Highlights for the Week

- **Monday, February 9**
Join us for a fun dancing session at 4:00 pm in the Gym.
- **Tuesday, February 10**
Funky leg tights... dare to wear yours!
- **Wednesday, February 11**
Discover Alida's Fashions
- **Thursday, February 12**
Wol an die Rol & Bingo, followed by our **Valentine's Dinner** starting at 6 pm
- **Friday, February 13**
Savor some Tru Bru Biltong
- **Saturday, February 14**
Indulge in Qaadi Bakes
- **Sunday, February 15**
Enjoy a Music Festival with Laubi & Hugh. Bring your snacks and drinks for a delightful evening of **Stars & Love**

"Where we love is home, home that our feet may leave, but not our hearts."

Wishing everyone a wonderful weekend!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 9 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 10 FEB	WIND-O-WASH 9.15am GYM STRETCH EXERCISES	10am BISTRO FUNKY LEGS TIGHTS	10.15am GYM SEATED STRETCH EXERCISES	2.15pm BISTRO BOOK CLUB	3pm BISTRO COLOUR-IN MANDALA
WED 11 FEB	WIND-O-WASH 7am EXTERNAL WALKING GRP	8.30AM PARKING RIAAAN'S FRUITVAN 9.30AM GYM AGELESS GRACE	10AM BOARDROOM BIBLE STUDY 10AM BISTRO ALIDA'S FAHSION	11AM GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS 2.30pm BISTRO SCRABBLE
THUR 12 FEB	9.30am BISTRO KNITTING GROUP	10am BISTRO WOL AAN DIE ROL	11.30am POOL AQUA AEROBICS	3pm BISTRO BINGO	6pm BISTRO VALENTINES DINNER
FRI 13 FEB	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	11am BISTRO TRU BRU BILTONG	11am GYM TABLE TENNIS
SAT 14 FEB	PARKING JOHN ADAMS FRUIT & VEG	10am BISTRO QUAADI BAKES	1.45pm BISTRO CANASTA		ON CALL  OWEN
SUN 15 FEB	8.45am TV AREA ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	ON CALL  OWEN	



OWEN- 083 670 2982

WEEKLY MENU

MON 9 FEB	Chicken carbonara with parmesan cheese	Lazed sticky pork with stir-fry vegetables and basmati rice	(v) Broccoli mac n cheese
TUE 10 FEB	Korean beef sesame noodles with peppers, baby marrows, shredded carrots,	Chicken broccoli bake with rice, carrots and garden peas	(v) Mushroom, lentils and broccoli bake with rice, carrots and garden peas
WED 11 FEB	Mild pork curry with rice, butternut and green beans and side sambal	Chicken parmesan with mashed potatoes, garden peas and butternut	(v) Eggplant parmesan with mashed potatoes, garden peas and butternut
THUR 12 FEB	Texas pulled pork with mashed potatoes, gravy, butternut and baby marrows	Chicken breyani with a side sambal	(v) Vegetable briyani with lentils, and a side sambal salad
FRI 13 FEB	Grilled or fried hake with chips	Peri-peri chicken, with chips and a side salad	(v) Spicy chickpea bowl with couscous and roasted vegetables
SAT 14 FEB	Spring chicken pot with green veggies and potatoes, with rice and carrots	Pork Adobo with rice, green beans and butternut	(v) Bean and vegetable stew with rice
SUN 15 FEB	Roast beef OR Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Trifle Pudding	(v) Stuffed gem squash with plant-based mince

LET'S CELEBRATE!

Birthdays

11th JANN VAN DER HEIDEN
(H 79)

12th HELEN PATERSON
(A 239)

13th BRENDA WADSWORTH
(A 214)

NORMAN REYNOLDS
(A 348)

14th BEATRIX DRIVER
(A 10)

15th MICHELLE JONES-PHILLIPSON
(A 6)

LINDA FAUTLEY
(A 22)

Anniversaries

14th PAT & NEVILLE BALING
(H 13)

February Birthdays & Anniversaries



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)

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.



FUNKY LEGS TIGHTS

10TH FEBRUARY 2026

10H00 - 1PM

NEW DESIGNS AVAILABLE

IN THE BISTRO



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN MUIZENBERG ON
WEDNESDAY 11 FEBRUARY 2026
FROM 10h00
LOVELY SUMMER TOPS, BLOUSES,
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR
084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



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!

BINGO **NIGHT**

Date:
12th & 26th
February

Time: 15H00

LIFESTYLE
CENTRe

R40PP

Book with
Carole Van Zyl
Ext 04070





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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