

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



16 FEB - 22 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,

Halfway through February, times waits for no one.

Highlights for the Week

- **Monday, February 16**
Join us for a fun dancing session at 4:00 pm in the Gym.
- **Tuesday, February 17**
Raadi's Treats
- **Wednesday, February 18**
Meet and Greet (Chit Chat)
- **Thursday, February 19**
Aqua Aerobics
- **Saturday February 21**
Quiz night

"See the possibility not the problem"

Wishing everyone a wonderful weekend!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 16 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 & DRAMATIC SOCIETY
TUE 17 FEB	GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH EXERCISES	11am BISTRO RAADI'S TREATS	11am BISTRO CANASTA REFRESHER	3pm BISTRO COLOUR-IN MANDALA
WED 18 FEB	7am EXTERNAL WALKING GRP	8.30AM PARKING RIAAN'S FRUITVAN 9.30AM GYM AGELESS GRACE	10AM BOARDROOM BIBLE STUDY 11AM GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS 2.30pm BISTRO SCRABBLE	2.30pm GYM MEET & GREET (CHIT CHAT)
THUR 19 FEB	9.30am BISTRO KNITTING GROUP		11.30am POOL AQUA AEROBICS		7pm BISTRO DRAMATIC SOCIETY
FRI 20 FEB	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	
SAT 21 FEB	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA		BISTRO QUIZ NIGHT	ON CALL  OWEN
SUN 22 FEB	8.45am TV AREA ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 16 FEB	Thai chicken stir fry over spaghetti and stir fry veg	Eggplant parmesan served with mash, carrots and baby marrows	(v) Veg stir fry with meat free chicken over spaghetti pasta
TUE 17 FEB	Tuscan Chicken, served with mash and broccoli	Braised pork in sweet soy, served with rice, broccoli and butternut	(v) Sweet n sour falafels served with rice
WED 18 FEB	Cottage pie served with garden peas	Chicken supreme, served with mash and steamed green veggies	(v) Lentil mushroom shepards pie with side veggies
THUR 19 FEB	Broc bacon mac & cheese	Chicken cacciatore served with rice and butternut	(v) Pesto pasta with side parmesan cheese
FRI 20 FEB	Hungarian goulash, served with rice, peas and carrots	Grilled or Fried hake with chips and salad or veg	(v) Baby marrow lemons with lemon roast potatoes, butternut and broccoli
SAT 21 FEB	Asian beef stir fry, served with rice and sauteed stir fry veg	Thai chicken curry, served with basmati rice and veg medley	(v) Butter bean potjie with rice
SUN 22 FEB	Roast Beef OR Roast Pork with rice, roast potatoes, Yorkshire pudding, gravy and veg	Dessert Malva Pudding	(v) Italian style roasted cabbage

LET'S CELEBRATE!

Birthdays

18th CRAIG BROWN
(H 101)

18th MERCIA SAMUELS
(A 343)

16th SHALANA FLORUS
(FREEDOM FOODS)

17th SHAAKIRA DAVIDS
(EVERGREEN)

18th ALVINA KOCK
(FREEDOM FOODS)

18th KATHLEEN JULIES
(EVERGREEN)

Anniversaries

22nd ABDUL ABOO & PATRICIA LAWRENCE
(H 87)

February Birthdays & Anniversaries



RAADI'S SAVOURY TREATS.

17TH FEBRUARY 2026

11AM



For Sale on the day.

*Samosa's
Pies
Pizza's
Sausage rolls
Bolla's*

TABITA FASHION

POP-UP
— SHOP —

20 February 2026
10.30am - 1pm
Lifestyle centre

FABULOUS FASHION
TRENDY & TIMELESS
COMFY & COSY

Quiz Night

Saturday

FEBRUARY | 21

6:00PM

(Please be seated 5.50pm)

**All welcome - come along even if you
don't have a team**

**Donations for prizes are greatly
appreciated**

**Book with Reception
Come for the fun, stay for the challenge!**

**Freedom Foods have platters available to
order for the Quiz. Enquire at the Bistro**

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

Branches

Constan tia
Rondebosch
Mitchell's Plain
Grassy Park
Lakeside
Netcare Hospital Blaauwberg
Goodwood
Bellville

MEDICAL AID WELCOME

Book an appointment

Call us on 021 795 0012 or
Whatsapp 063 748 3983

Email: admin@feet4life.co.za Visit:
www.feet4life.co.za