

WEEKLY ACTIVITIES

MON 23 FEB	7am EXTERNAL WALKING GROUP	9am BISTRO ART WITH STEPH 9am EXTERNAL SHUTTLE	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4pm GYM FUN DANCING	6pm BISTRO CAMERA CLUB
TUE 24 FEB	9.15am GYM STRETCH EXERCISES	10am BISTRO NUTTY NUTS 10.15am GYM SEATED STRETCH	11am BISTRO CANASTA REFRESHER	2.30pm TV LOUNGE GESELS AFRIKAANS	3pm BISTRO COLOUR-IN MANDALA
WED 25 FEB	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAAN'S FRUITVAN 9.30am GYM AGELESS GRACE	10am BOARDROOM BIBLE STUDY 11am GYM TABLE TENNIS	1.45pm GYM Dementia support	2pm BISTRO RUMMIKUB / CHESS 2.30pm BISTRO SCRABBLE
THUR 26 FEB	9.30am BISTRO KNITTING GROUP		11.30am POOL AQUA AEROBICS	3pm BISTRO BINGO	
FRI 27 FEB	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	
SAT 28 FEB	PARKING JOHN ADAMS FRUIT & VEG	11am BISTRO Tru Bru Biltong	1.45pm BISTRO CANASTA		ON CALL  DUSTIN
SUN 01 MAR	8.45am TV LOUNGE ONLINE CHURCH SERVICE	12.30pm BISTRO SUNDAY LUNCH			ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 23 FEB	Monterrey chicken bake, served with rice, carrots and baby marrows	Baked penne bake, topped with cheese	(v) Lentil bolognaise over spaghetti pasta
TUE 24 FEB	Traditional meatloaf, served with mash, gravy, broccoli and carrots	Chicken BBQ breast, served with garlic potatoes, butternut and baby marrows	(v) Lentil meatloaf with mash, broccoli and carrots
WED 25 FEB	Savoury bake potato served with peas and butternut	Korean BBQ pork: With egg fried rice and broccoli	(v) Savoury bake potato filled with meat free mince
THUR 26 FEB	Chicken stroganof served with basmati rice, green beans and butternutt	Pork schnitzel, served with sautéed potatoes and braised cabbage with carrots	(v) Savoury bake potato filled with meat free mince
FRI 27 FEB	Pork chop served with braised cabbage and potato salad	Grilled or Fried hake with chips and salad or veg	(v) Veg sausages with gravy, mash, butternut and baby marrows
SAT 28 FEB	Mongolian beef, served with basmati rice	Chicken pasta bake, topped with cheese	(v) Thai lentil veg curry with basmati rice
SUN 1 MAR	Roast Beef with roast potatoes, Yorkshire pudding, veg and gravy	Roast Chicken with roast potatoes, veg and gravy	Dessert Peppermint Crisp tart

LET'S CELEBRATE!

Birthdays

24th Peter Bensimon
(H100)

26th HELMIEN LAHOUD
(A 330)

26th LAUNA BARHAM
(A 338)

27th ARLYS VAN WYK
(H 72)

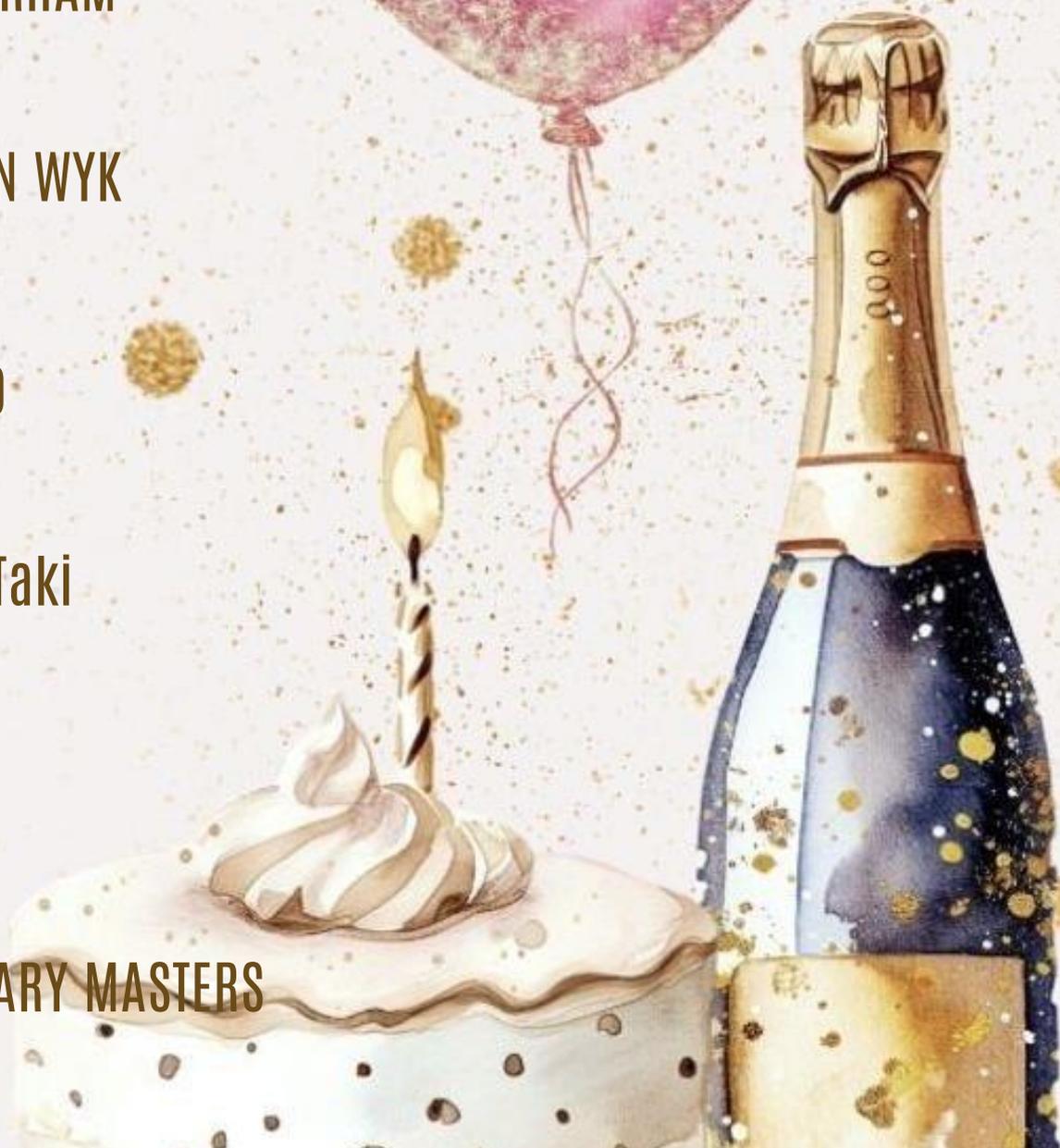
28th SUE WOOD
(A 232)

19th Johnson Taki
(Evergreen)

Anniversaries

25th PAT & HILARY MASTERS
(H 103)

February Birthdays & Anniversaries



BINGO **NIGHT**

Date:
12th & 26th
February

Time: 15H00

LIFESTYLE
CENTRe

R40PP

Book with
Carole Van Zyl
Ext 04070





THE SAVOURY DUO

Delicious Savouries Made Fresh Just for You!

Craving something tasty?

We've got the perfect bite waiting for you!



Thursday, 26 February 2026



10:15 AM



In the Bistro

Golden. Flavourful. Irresistible.

Come early – while stocks last!

Bring your friends.

Bring your appetite.

See you there!

Wellness Assessment at Evergreen MZB

09 - 13 MARCH 2026
from 8am to 5pm



AND



Discovery members are required to complete the Discovery lifestyle questionnaires in advance, via the Discovery app, before your scheduled assessment.

IMPORTANT

- These assessments will not be deducted from members' Medical Savings Accounts.
- They are fully covered under Screening and Preventative Benefits.

DISCOVERY HEALTH

- Blood Pressure
- Total Cholesterol
- Blood Glucose
- HIV Screening
- BMI
- Body Fat Percentage

GEMS

- Blood Pressure
- Total Cholesterol
- Blood Glucose
- HIV Screening
- BMI
- Body Fat Percentage

**Bookings to be made with reception
by no later than Monday 2 March 2026**



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