

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



2 MARCH - 8 MARCH  
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,

With the February temperatures soaring, we wonder what March has in store for us.

Highlights for the Week

- Monday, March 2  
Fun Dancing 4pm in the gym
- Wednesday, March 4  
Make your booking at Reception for Shinetastic car wash 8am
- Thursday, March 4  
Book your free hearing test with reception for Kind to Hearing @ 10am & The shoe lady will be in the Bistro @ 10am.
- Friday, March 6  
Nutty Nuts 10am in the Bistro
- Saturday, February 27  
Don't miss John Adams fruit and veg.

*"Laughter is like a windshield wiper; it doesn't stop the rain but allows us to keep going."*

Wishing everyone a wonderful weekend!

Warm regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

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



OWEN - 083 670 2982

# WEEKLY MENU

<b>MON</b> 2 MAR	Benji Butter chicken, served with basmati rice, garden peas and butternut	Hawaiian pork stir fry, served with tangy pineapple sauce with stir fry veg	(v) Cauliflower and chickpeas butter chicken
<b>TUE</b> 3 MAR	Coronation chicken, served with rice, carrots and peas.	Mushroom stroganoff, served with mash, butternut and green beans	(v) Baked feta pasta
<b>WED</b> 4 MAR	Beef curry, served with yellow rice, garden peas and carrots	Chicken schnitzel, served with roast potatoes, peas and butternut	(v) Mild coconut Veg curry
<b>THUR</b> 5 MAR	Chilli con carne, served with rice, side of sour cream and cheddar cheese	Penne a la vodka	(v) Lentil chilli con carne with couscous topped with sour cream
<b>FRI</b> 6 MAR	Creamy chicken salsa, served with savoury rice, broccoli and garden peas	Fried or Grilled Fish served with chips and coleslaw	(v) Vegetarian burger served with chips
<b>SAT</b> 7 MAR	Alfredo pasta, served with a side parmesan	Thai chicken curry, served with basmati rice and veg medley	(v) Spinach and mushroom alfredo pasta, served with a side parmesan
<b>SUN</b> 8 MAR	Roast beef rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Trifle Pudding

# LET'S CELEBRATE!

## Birthdays

1<sup>ST</sup> LAUBI WALTERS  
(A 235)

2<sup>ND</sup> VIOLET BUTLER  
(A 302)

JEAN KING LINDSAY-BOWMAN  
(H 48)

5<sup>th</sup> DENISE EDWARDS  
(H 101)

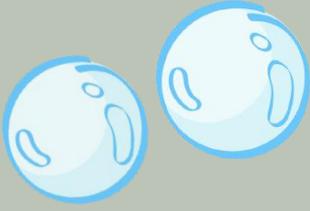
7<sup>th</sup> LYDIA SMITH  
(A 305)  
JOHN WIGHAM  
(A 124)

## Anniversaries

3<sup>RD</sup> INGRID & PETE HEYNEKE  
(H 76)

*February Birthdays & Anniversaries*





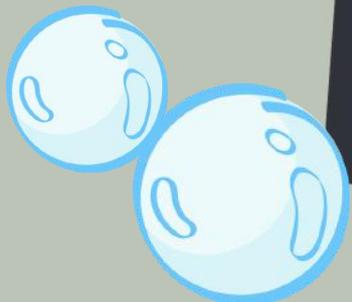
# SHINETASTIC CAR WASH

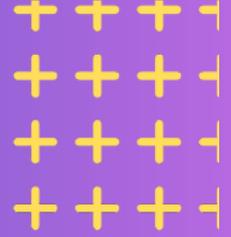
Wednesday 4th March  
From 8am till 5pm

## INCLUDES

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

BOOK WITH RECEPTION



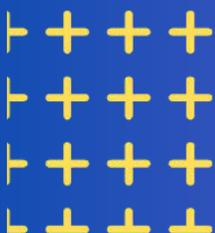
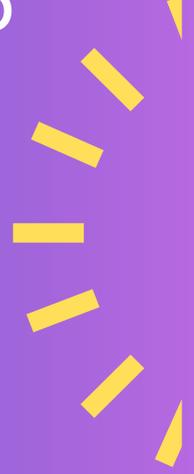
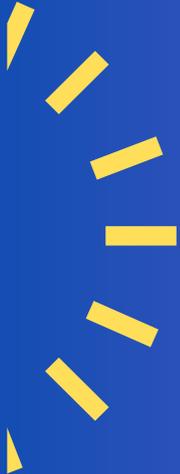


# FERGIE'S SHOES



When: 05 March 2026

Where: In the Bistro  
Time: 10am - 1pm



Call or WA Mariam  
072 1087389





# **NUTTY NUTS**

**6TH & 24TH MARCH 2026**

**In the Bistro**

# 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**



KEEP CALM, WE CARRY YARN

will be visiting us in 2026

on the following dates

Thursday, 26 March

Thursday, 7 May

Time: 10.00 -12.00

We look forward to seeing you!



# 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](mailto:admin@feet4life.co.za) Visit:  
[www.feet4life.co.za](http://www.feet4life.co.za)