

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



9 MARCH - 15 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,

Welcome to the 11th week of 2026; indeed, time waits for no one.

Highlights for the Week

- Monday, March 9
Join us for the Poetry Club in the Bistro at 2:00 PM.
- Tuesday, March 10
Participate in the Book Club at 2:15 PM.
- Thursday, March 12
Book your spot to play Bingo at 3pm
- Friday, March 13
Enjoy Tru Bru Biltong in the Bistro at 10:00 AM.
- Saturday, March 14
Don't miss Qadi Bakes at 10:15 AM, followed by the Resident Braai at 6:00 PM.

"Every day can become a fascinating, magical experience when approached with a positive attitude."

Wishing everyone a delightful weekend!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 9 MAR WINDOW WASH	7am EXTERNAL WALKING GROUP	9am BISTRO ART WITH STEPH 9am EXTERNAL SHUTTLE	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	2pm BISTRO POETRY 4PM GYM FUN DANCING	7pm BISTRO CANASTA
TUE 10 MAR WINDOW WASH	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.15pm BISTRO BOOK CLUB	3pm BISTRO COLOUR-IN MANDALA	
WED 11 MAR	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAN'S FRUITVAN	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS	2.30pm BISTRO SCRABBLE
THUR 12 MAR	9.30am BISTRO KNITTING GROUP	9.30am BISTRO ART WITH URSULA	11.30am POOL AQUA AEROBICS	3PM BISTRO BINGO	
FRI 13 MAR	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	10am BISTRO TRU BRU BILTONG	11am GYM TABLE TENNIS
SAT 14 MAR	PARKING JOHN ADAMS FRUIT & VEG	10.15AM BISTRO BAKED BY Q	1.45pm BISTRO CANASTA	6PM BISTRO RESIDENT BRAAI	ON CALL  DUSTIN
SUN 15 MAR	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	5.30pm BISTRO MUSIC EVENING WITH LAUBI & HUGH	ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 9 MAR	Chicken carbonara pasta, served with parmesan cheese	Glazed sticky pork, served over stir fry veg and basmati rice	(v) Broccoli mac n cheese
TUE 10 MAR	Chicken broccoli bake, served with rice, carrots and garden peas	Korean Beef sesame noodles.	(v) Mushroom, lentils and broccoli bake
WED 11 MAR	Mild pork curry, served with rice, butternut and green beans and side sambal	Chicken lasagne, with pan fried vegetables	(v) Eggplant parmesan served with mash, garden peas and butternut
THUR 12 MAR	Chicken breyani, served with a side sambal	Pork schnitzel served with potato wedges and vegetables	(v) Vegetable briyani
FRI 13 MAR	Mongolian Beef, served with basmati rice	Fried or Grilled hake & chips served with a gree salad	(v) Spicy chickpea bowl with couscous and roasted vegetables
SAT 14 MAR	Spring chicken pot served with rice and carrots	Pork Adobo, served with rice, green beans and butternut	(v) Bean stew, served with rice
SUN 15 MAR	Roast beef, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Gammon, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Apple crumble with custard

LET'S CELEBRATE!

Birthdays

11th ELRED LAWRENCE
(H 97)

15th LIZ D'ALTON
(H 3)

RENEE KIESWETTER
(H 52)

LINDA SKILLICORN
(H 66)

GRIZELL LUXTON
(H 84)

Anniversaries

NO ANNIVERSARIES

February Birthdays & Anniversaries





Friday 13th MARCH 2026

&

Saturday 28th MARCH 2026

Time: 10am

In the Bistro

Homemade Bakes

DATE: 14TH MARCH IN THE BISTRO
TIME: 10:15AM

Baked by Q



Evergreen Music Festival Night

**Warm welcome to our Evergreen Music Festival Night,
handcrafted for our cherished audience of
Evergreen music lovers.**

**Each piece has been selected to stir fond memories and uplift
the spirit, promising an evening of joy.**



Programme

01. Seventy-Six Trombones Finale - Meredith Willson. (Harold Hill).
02. Cavatina from Deer Hunter - Stanley Myers. (John Williams).
03. Adagio from Spartacus - Khachaturian. (Bolshoi Ballet).
04. Lippen Schweigen - Franz Lehár. (Diana & Jonas).
05. Nun's Chorus - Johann Strauss jnr. (Joan Sutherland).
06. Kinders van die wind - Koos du Plessis. (Laurika Rauch).
07. Voshaarnooi - Louis van Rensburg. (Jakkie Louw & Kevin Leo).
08. Karoonag - Coenie de Villiers. (Coenie & Lucas).
09. Pirates of Penzance Selection - Gilbert & Sullivan. (1983 Movie).
10. All I Ask of You - Lloyd Webber. (Brightman/Ball).
11. Till I hear you sing again - Lloyd Webber. (Ramin Kamberloo).
12. L'Heure Exquise - Reynaldo Hahn. (Renée Fleming).
13. What is life - Gluck. (Kathleen Ferrier).
14. Adagio - Albinoni. (Il Divo).
15. Les Misérables - One More Day - Schönberg. (25th Anniv.).
16. Evening Prayer - Humperdinck. (David Wigram).



**SUNDAY, 15 MARCH
AT 5.30PM**

**A donation box will be set up on
the night for future snacks**



**PLEASE BOOK WITH RECEPTION FOR
SEATING & CATERING PURPOSES
Wine glasses & ice will be available**



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

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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