

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



16 MARCH - 22 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,

What a record-breaking week we've had in terms of weather! It was incredibly hot, and I hope you all managed to stay cool and hydrated.

Highlights for the Week

- Monday, March 16
Join us for an enjoyable dance session in the Gym at 4:00 PM.
- Tuesday, March 17
Celebrate St. Patrick's Day.
- Thursday, March 19
Participate in Bridge for Beginners at 2:30 PM in the Bistro.
- Friday, March 20
Discover the latest offerings from Tabita Fashions in the Bistro at 10:00 AM.
- Saturday, March 21
Put on your thinking cap and join us for Quiz Night in the Bistro at 6:00 PM.

"We embody our true selves and worth; we shift our vibration and attract everything we need to continue our journey."

Wishing everyone a fantastic weekend!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 16 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
TUE 17 MAR St Patrick's day	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	
WED 18 MAR	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAN'S FRUITVAN	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS	2.30pm BISTRO SCRABBLE
THUR 19 MAR	9.30am BISTRO KNITTING GROUP	9.30am BISTRO ART WITH URSULA	11.30am POOL AQUA AEROBICS	2.30pm BISTRO Bridge for beginners	
FRI 20 MAR	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	10am BISTRO TABITA FASHIONS	11am GYM TABLE TENNIS
SAT 21 MAR PUBLIC HOLIDAY	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA	6PM BISTRO QUIZ NIGHT	ON CALL  OWEN
SUN 22 MAR	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

LET'S CELEBRATE!

Birthdays

16th Beryl Thorpe

(H 41)

17th Anna Devlin

(H 93)

18th Jenny Bedwell

(H 85)

Joan Harvey

(A 220)

Dustin Delport

(Staff)

20th Marlene Burt

(A 240)

Colleen Ricketts

(A 341)

21st Kate Maver

(H 34)

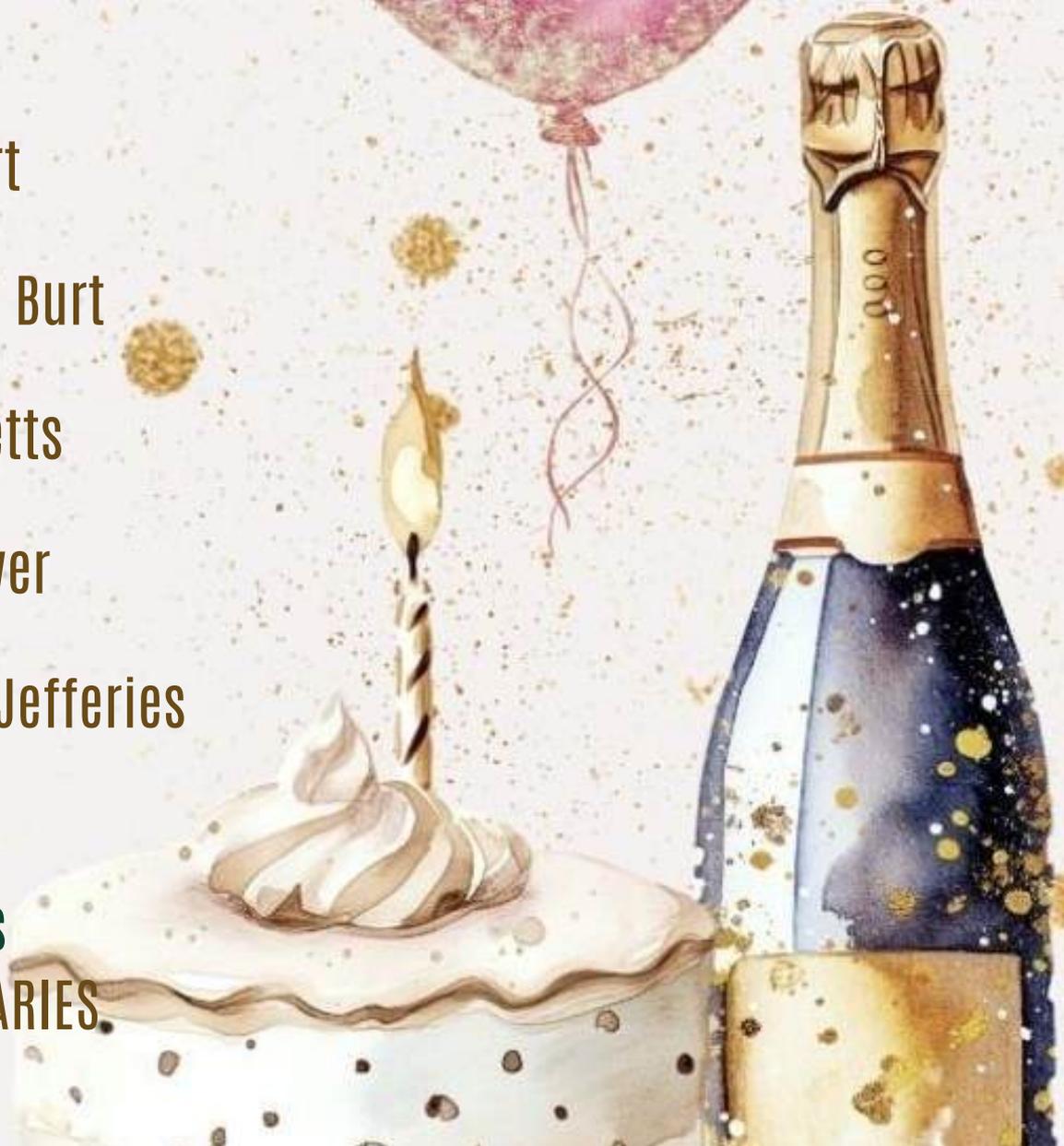
22nd Jocelyn Jefferies

(H 83)

Anniversaries

NO ANNIVERSARIES

February Birthdays & Anniversaries



TABITA FASHION

Pop-Up
SHOP

20 March 2026
10.30am - 1pm
Lifestyle centre

FABULOUS FASHION
TIMELESS & TRENDY
COMFY & COSY



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

Constantia
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**