

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



23 - 29 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,

As we dive into the last week of the third month of this flying year, we hope you've had a fantastic week!

Highlights for the Week

- Tuesday, March 24
Don't miss Nutty Nutts at 10 AM in the Bistro, followed by Gesels Afrikaans at 2:30 PM.
- Thursday, March 25
Enjoy the Savoury Duo and Wol an die Rol.
- Saturday, March 28
Stop by for Tru Bru biltong sales in the Bistro.

"Every day brings a new opportunity."

Wishing everyone a wonderful weekend!

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 23 MAR	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 24 MAR	9.15am GYM STRETCH EXERCISES	10AM NUTTY NUTS 10.15am GYM SEATED STRETCH	2.30pm BISTRO GESELS AFRIKAANS	3pm BISTRO COLOUR-IN MANDALA	
WED 25 MAR	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAAN'S FRUITVAN	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS	2.30pm BISTRO SCRABBLE
THUR 26 MAR	9.30am BISTRO KNITTING GROUP	9.30am BISTRO ART WITH URSULA	10am BISTRO WOL AN DIE ROL 10.15AM Savoury Duo	11.30am POOL AQUA AEROBICS	3PM BISTRO BINGO
FRI 27 MAR	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE		11am GYM TABLE TENNIS
SAT 28 MAR	PARKING JOHN ADAMS FRUIT & VEG	10.15AM BISTRO Tru Bru Biltong	1.45pm BISTRO CANASTA		ON CALL  OWEN
SUN 29 MAR	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 23 MAR	Monterrey chicken bake served with rice, carrots and baby marrows	Beef tenders served with mushroom sauce, mash and butternut	(v)Vegetarian bolognais
TUE 24 MAR	Frikkadel served with mash,tamato relish annd gem squash	Chicken BBQ breast served with baby potatoes, buternut and green beans	(v) Lentil Meatloaf
WED 25 MAR	Savour baked potato, served with garden peas and butternut	Korean BBQ pork served with egg fried rice and broccoli	(v) Savoury baked potato
THUR 26 MAR	Chicken stroganoff, served with basmati rice, green beans and butternut	Pork schnitzel, served with a fried egg, sauteed potatoes and braised cabbage & carrots	(v) Mushroom stroganoff
FRI 27 MAR	Pork chop, served with braised cabbage and potato salad	Fried or Grilled hake & chips served with a green salad.	(v) Veg sausages
SAT 28 MAR	Monolian beef, served with basmati rice	Chicken pasta bake	(v) Thai lentil veg curry
SUN 29 MAR	Roast beef, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Pork, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Banoffee

LET'S CELEBRATE!

Birthdays

24th CAROLINE DAMSTA
(A 125)

26th JADE MARINUS
(A 119)
CAROL WARD
(A 319)

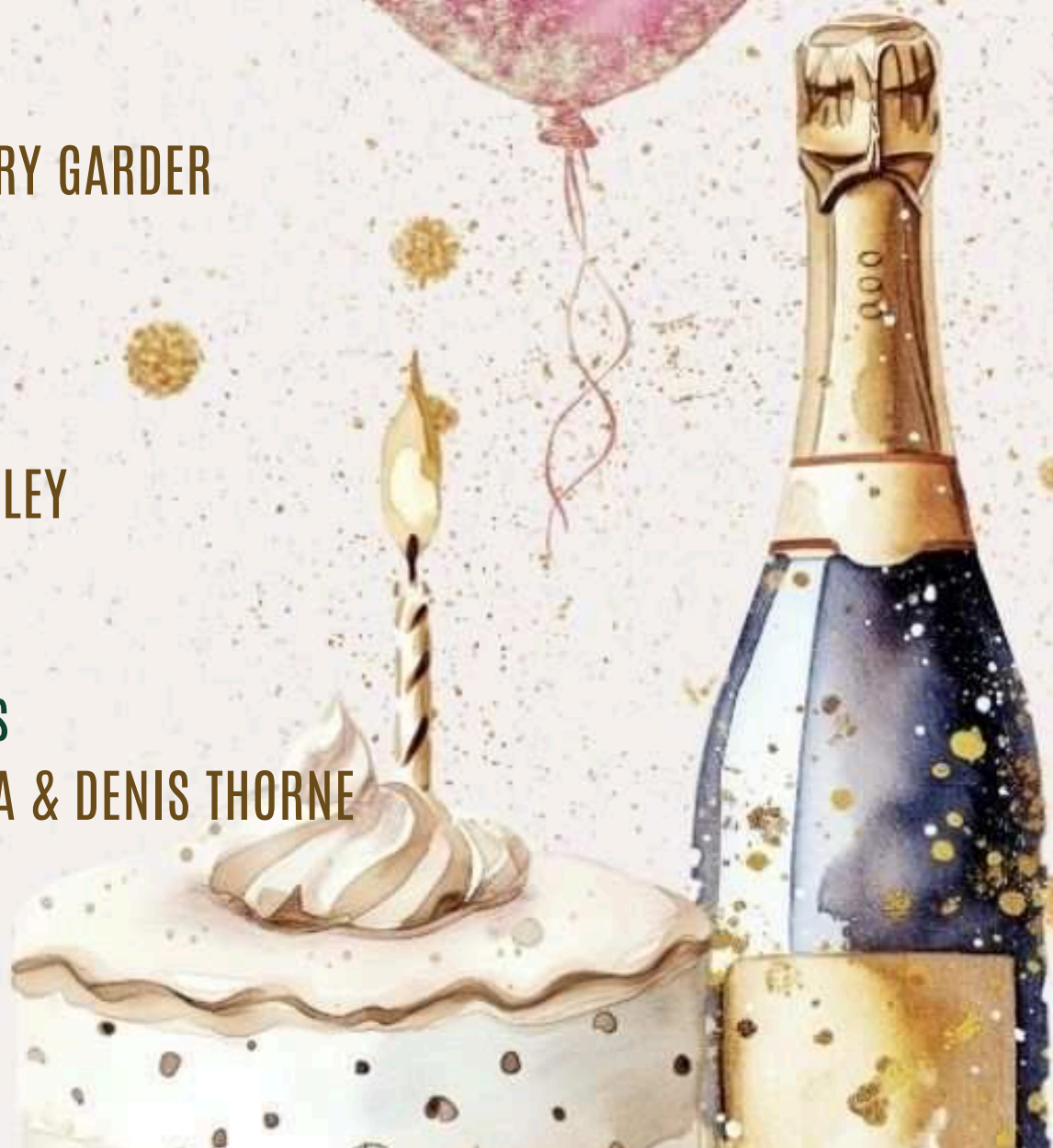
27th ROSEMARY GARDER
(H 51)
DEE LANE
(H 28)

28th IAN FISHLEY
(H 29)

Anniversaries

26TH BARBARA & DENIS THORNE

February Birthdays & Anniversaries





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!



NUTTY NUTS

24TH MARCH 2026
In the Bistro

BINGO

NIGHT

Date:

26 MARCH


Time: 15H00

**LIFESTYLE
CENTER**

R40PP

**Bookwith CaroleVan
ZylExt 04070**



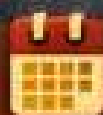


THE SAVOURY DUO

Delicious Savouries Made Fresh Just for You!

Craving something tasty?

We've got the perfect bite waiting for you!



Thursday, 26 March 2026



10:15 AM



In the Bistro

Golden. Flavourful. Irresistible.

Come early – while stocks last!

Bring your friends.

Bring your appetite.

See you there!



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