

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



30 MAR - 5 APRIL  
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 our Bistro upgrade nears completion, we hope you are enjoying the fantastic new space that has been created for you.

Highlights for the Week

- Monday, March 30  
Aqua Aerobics, Pilates, and Fun Dancing.

- Tuesday, March 31  
Stretch for Seniors and Seated Stretch for Seniors.

- Thursday, April 2  
Don't miss Nutty Nutts at 10am in the Bistro, and remember to schedule your appointment for Kind to Hearing.

- Sunday April 5  
Join in for the music festival night with Laubi Walters and Hug Till

**SAVE THE DATE: WEDNESDAY 22<sup>ND</sup> APRIL FLU VACCINATIONS.  
More details to follow.**

*"Let go of every thought that isn't steering your mind in a positive direction."*

Please note that there will be a Celebration of Life held on Monday at 3pm, therefore we will **be moving the Carpet Bowls and Bar Committee meetings to Tuesday, 3pm and 4pm respectively, in the Lifestyle Centre.**

Wishing everyone a delightful weekend!

Warm regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> 30 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> 31 MAR	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	3pm BISTRO COLOUR-IN MANDALA	<b>3pm</b> LIFESTYLE CENTRE CARPET BOWLS MTNG	<b>4pm</b> BAR LOUNGE BAR COMMITTEE MEETING
<b>WED</b> 1 April	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAAN'S FRUITVAN	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS	2.30pm BISTRO SCRABBLE
<b>THUR</b> 2 April	9.30am BISTRO KNITTING GROUP	10.00am KIND TO HEARING 10AM BISTRO NUTTY NUTS	11.30am POOL AQUA AEROBICS	2.30PM BISTRO BRIDGE FOR BEGINNERS	7pm BISTRO DRAMATIC SOCIETY
<b>FRI</b> 3 April	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE		11am GYM TABLE TENNIS
<b>SAT</b> 4 April	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  DUSTIN
<b>SUN</b> 5 April	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	5pm BISTRO MUSIC NIGHT WITH LAUBIE & HUGH	ON CALL  DUSTIN



DUSTIN - 079 213 5107

# WEEKLY MENU

<b>MON</b> 30 MAR	Spaghetti bolognaise served with a side parmesan cheese	Thai chicken stir fry with veggies over rice	<b>(V)Pesto cherry tomato sauce over penne pasta</b>
<b>TUE</b> 31 MAR	Beef Ragu, served with mash, and seasonal veg.	Sweet and sour pork, served with mash and seasonal vegetables.	<b>(V) Veg Ragu with mash, garden peas and carrots</b>
<b>WED</b> 1 April	Chicken Korma served with rice and a side of sambal	Beef stroganoff, served with mash, baby marrows and butternut	<b>(V) Veg Korma served with rice and side of sambal</b>
<b>THUR</b> 2 April	Traditional bobotie served with yellow rice, pumpkin & a side of sambal	Ham and mushroom Mac n cheese topped tomato.	<b>(V)Lentil bobotie served with rice, green beans and butternut</b>
<b>FRI</b> 3 April	Japanese chicken burger served with a side of chips	Fried fish served with chips, coleslaw and tarter sauce.	Pickled fish served with a Hot Cross Bun and potato salad
<b>SAT</b> 4 April	Beef Schnitzel served with a green salad OR potato wedges	Chicken a la king, served with savoury rice, carrots and green beans.	<b>(V) Veg kebabs with savoury rice and veg of the day</b>
<b>SUN</b> 5 April	See easter menu below in the newsletter.		

# LET'S CELEBRATE!

## Birthdays

31st Alan Roberts  
(A 321)

3rd Rosalie McDermid  
(A 208)

Maureen Segers  
(A 301)

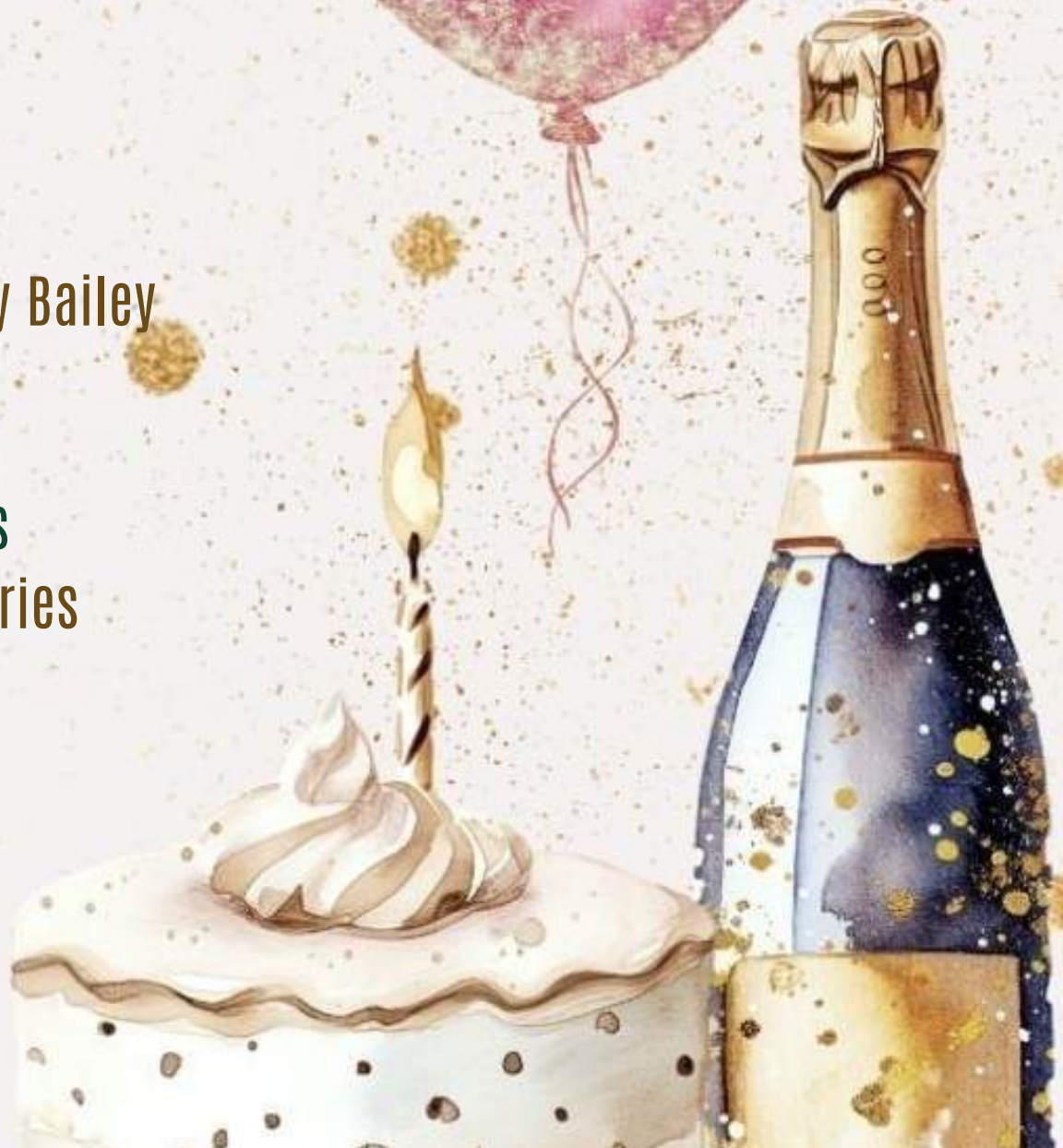
Charles Burt  
(A 240)

5th Rosemary Bailey  
(H 14)

## Anniversaries

No Anniversaries

*March / April Birthdays & Anniversaries*



# *Easter Sunday*

## Menu

### **Starter (plated)**

Pickled fish pate with hot cross melba toast

Or

Roast lamb and pickled onion with horseradish crème  
and mint jelly

Or

Vegetarian / Vegan safe Green salad with broccoli and  
mandarin oranges

### **Main Course (buffet)**

Rosemary and garlic roast beef

Citrus glazed gammon

Spinach and feta chicken roulade

Crispy roast potatoes

Herb rice

Grilled butternut

Beetroot

Grilled cauliflower with toasted almonds and basil pesto

Roasted sweet carrots

### **Dessert (plated)**

Hot cross bread and butter pudding with crème anglaise

Or

Rum and raisin cheesecake with vanilla ice cream

Or

Eton mess with fresh seasonal fruit and crème patisserie

**R 215 per person for a two course**

**R 260 per person for a three course**

(Please book with the Bistro)



THE  
**FYNBOS**  
*Bistro*

*Evergreen Muizenberg Music Festival Night*

# *The Messiah*

*by George Handel & Charles Jennens*

*Performed by VOCES8 & Academy of Ancient Music Orchestra  
Conducted by Barnaby Smith  
at the Chapel of Trinity College Cambridge.*

*Lifestyle Centre | Easter Sunday, 5 April 17:00 for 17:30*

*Please book at Reception for seating & catering purposes.*

*Programme Notes available from Monday, 30 March.*

*Approx. 90 minute performance followed by  
Coffee, Tea, Hot Cross Buns  
& Easter Eggs.*

