

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



6 APRIL - 12 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,

Trust you had a great week. We have an exciting new vendor joining us this month, Cozee Sheepskin Slippers.

Highlights for the Week

- Monday, March 6
Aqua Aerobics, Pilates, and Fun Dancing.
- Tuesday, March 7
Stretch for Seniors and Seated Stretch for Seniors.
- Thursday, April 9
Cozee Sheepskin Slippers will be available for purchase in the Bistro. Don't forget to reserve your spot for BINGO!
- Saturday, April 11
Be sure to indulge in Qadi's baked treats!
- **Reminder: Don't forget to schedule your flu vaccine!**



"Go confidently in the direction of your dreams. Live the life you have imagined."

Wishing everyone a blessed Easter; stay safe.

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 6 APRIL	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 7 APRIL	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	5pm LSC Carpet Bowls "Try-out"
WED 8 APRIL	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAAN'S FRUITVAN	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB / CHESS	2.30pm BISTRO SCRABBLE
THUR 9 APRIL	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO COZEE SHEEPSKIN SLIPPERS	11.30am POOL AQUA AEROBICS	3pm BISTRO BINGO	7pm BISTRO DRAMATIC SOCIETY
FRI 10 APRIL	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE		11am GYM TABLE TENNIS
SAT 11 APRIL	PARKING JOHN ADAMS FRUIT & VEG	10.15am BISTRO QADI BAKES	1.45pm BISTRO CANASTA	6pm BISTRO RESIDENT BRAAI	ON CALL  DUSTIN
SUN 12 APRIL	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 6 APRIL	Benji Butter chicken, served with basmati rice, garden peas and butternut	Mongolian Beef, served with carrots, and rice	(v) Cauliflower and Chickpea Butter Chicken
TUE 7 APRIL	Creamy tomato chicken pasta, served with a side of parmesan	Mushroom stroganoff served with mash, carrots and broccoli	(v) Mushroom, lentils and broccoli bake
WED 8 April	Beef curry served with yellow rice, garden peas and butternut with side sambal salad	Chicken schnitzel with cheese sauce, served with roast potatoes, peas and carrots	(v) Mild coconut Veg curry
THUR 9 April	Chilli con carne, served with rice, side of sour cream and cheddar cheese	Penne a la vodka, topped with BBQ chicken pieces and parmesan cheese	(v) Lentil chilli con carne
FRI 10 April	Creamy chicken salsa, served with savoury rice, broccoli and carrots	Fried fish served with chips, coleslaw and tarter sauce.	(v) Vegetarian burger served with chips
SAT 11 April	Alfredo pasta, served with a side parmesan	Crockpot chicken and rice, served with garden peas, and carrots	(v) Caribbean Butternut & Chickpea Roti
SUN 12 April	Roast Chicken, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast Gammon, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Trifel Pudding

LET'S CELEBRATE!

Birthdays

6th Maureen Lawrence
(H 97)

7th Pam Delpont
(A 221)

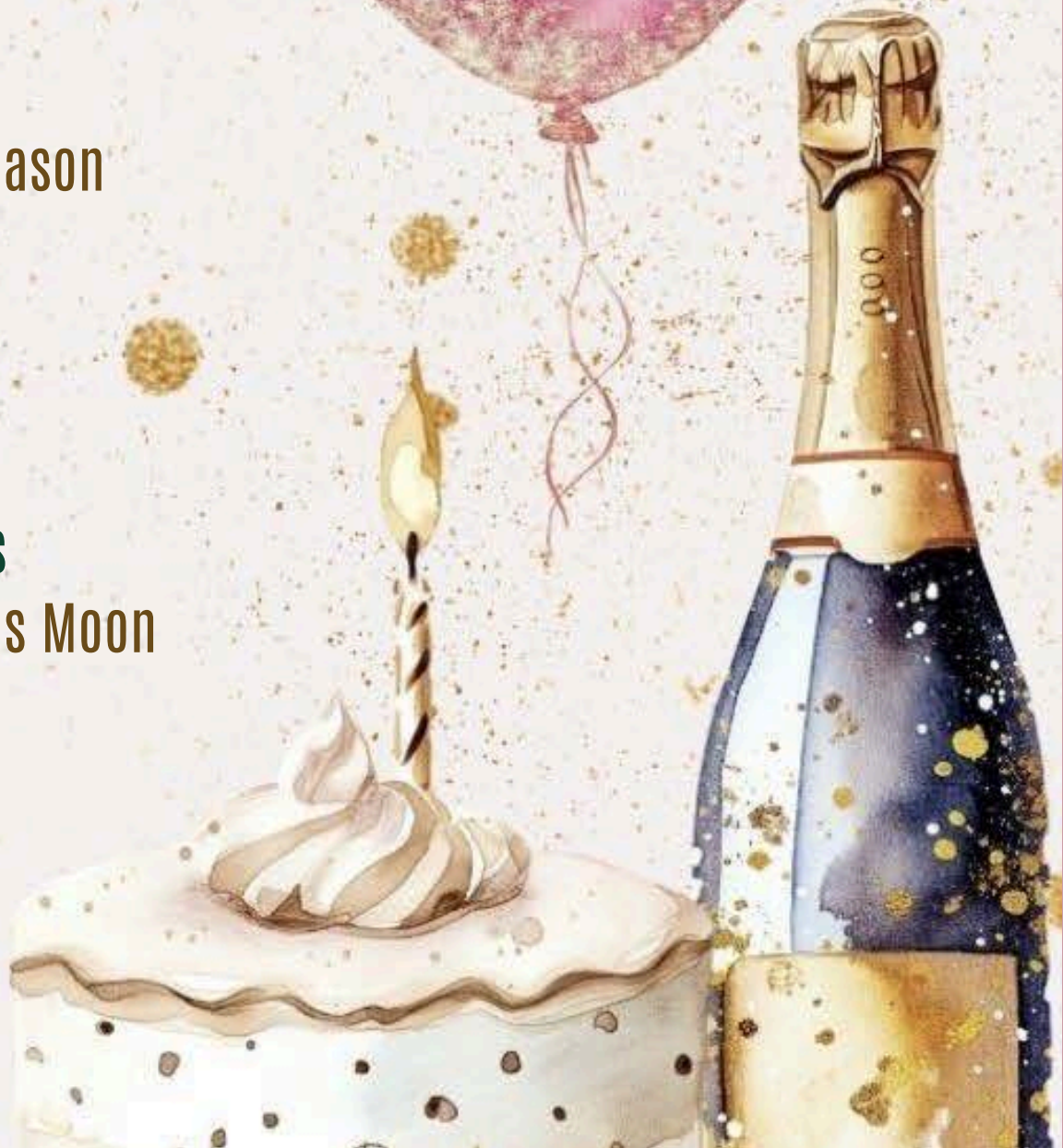
Sheelagh Groenevald
(A 24)

9th Valarie Mason
(A 121)

Anniversaries

7th Dee & Chris Moon
(H 65)

April Birthdays & Anniversaries



CARPET BOWLS

“TRY-OUT SESSION”

Date: Tuesday, 7 April

Time: 5pm - 7pm

Venue: Lifestyle Centre

**No previous experience
needed**

See you there!



BINGO

Date:

9TH APRIL

Time: 15H00

LIFESTYLE
CENTRE

R40P/P

Book with
Carole Van Zyl
Ext 04070



Homemade Bakes

DATE: 11TH APRIL 2026 IN THE BISTRO

Baked by Q



Cozee Sheepskin Slippers

Wrap your feet in pure comfort.



- ✂ Ultra-soft inner wool
- ✂ Natural sheepskin outer
- ✂ Breathable, warm, and durable
- ✂ Locally handcrafted
- ✂ Available in all sizes

Comfort you can feel.

☎ 082 563 4317

✉ cozeesheepskinslippers@gmail.com

*Step into comfort. Step into
Cozee. ✂*



Slideshow

Presented by Hugh Till

*Kruger Park, Doornkop
Graskop & Pilgrim's rest*



Monday, 20 April 2026

at 6pm

TV Lounge

RSVP at Reception for seating purposes

EVERGREEN MUIZENBERG

SIP & PAINT

29 APRIL 2026

16H00 - 18H00

R160PP

BRING YOUR OWN SIP

INCLUDES

- Easels (one per person)
- Canvas (30x20 cm) on wooden frame
- Acrylic paints
- Paint palette trays
- Paintbrushes (variety of sizes, kept in holders or jars)
- Reference picture ideas (printed or displayed for guests to follow)
- Cups/jars for water (rinsing brushes)
- Paper towels/cloths (for cleaning brushes)
- Tablecloths as well as plastic table coverings
- Pencils for sketching outlines before painting

