

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



13 APRIL - 19 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,

We hope you had a delightful Easter weekend surrounded by family, friends, pickled fish, hot cross buns and Easter eggs. We also hope that the shortened week has not been as confusing for you as it has been for us.

Highlights for the Week



- Monday, April 13  
Aqua Aerobics, Pilates, and Fun Dancing & Poetry.
- Tuesday, April 14  
Stretch for Seniors and Seated Stretch for Seniors & Book Club.
- Wednesday, April 15  
Alida's fashions featuring new winter stock!
- Thursday, April 16  
The shoe lady & Bridge for beginners.
- Friday, April 17  
A Trip Down Memory Lane - 2 shows. Book early to avoid disappointment. Feel free to invite your friends and family!
- **Reminder: Please make sure to schedule your flu vaccine before April 20, 2026!**

*"Don't waste a second of your time convincing other people that you're worth loving."*

Warm regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> <b>13 APRIL</b> WINDOW WASH	7am <b>EXTERNAL</b> WALKING GROUP	9am <b>BISTRO</b> ART WITH STEPH 9am <b>EXTERNAL</b> SHUTTLE	10.30am <b>POOL</b> AQUA AEROBICS 12pm <b>GYM</b> PILATES	2pm POETRY 4pm <b>GYM</b> FUN DANCING	7pm <b>BISTRO</b> CANASTA
<b>TUE</b> <b>14 APRIL</b> WINDOW WASH	9.15am <b>GYM</b> STRETCH EXERCISES	10.15am <b>GYM</b> SEATED STRETCH	10.15am <b>GYM</b> SEATED STRETCH 2.15 pm BOOK CLUB <b>TV LOUNGE</b>	3pm <b>BISTRO</b> COLOUR-IN MANDALA	
<b>WED</b> <b>15 APRIL</b>	7am <b>EXTERNAL</b> WALKING GRP	8.30am <b>PARKING</b> RIAAN'S FRUITVAN	10am <b>BISTRO</b> ALIDA'S FASIONS	11am <b>GYM</b> TABLE TENNIS	2pm RUMMIKUB & CHESS 2.30pm <b>BISTRO</b> SCRABBLE
<b>THUR</b> <b>16 APRIL</b>	9.30am <b>TV LOUNGE</b> KNITTING GROUP	10am <b>BISTRO</b> THE SHOE LADY	11.30am <b>POOL</b> AQUA AEROBICS	2.30pm <b>TV LOUNGE</b> BRIDGE FOR BEGINNERS	7pm <b>BISTRO</b> DRAMATIC SOCIETY
<b>FRI</b> <b>17 APRIL</b>	7am <b>EXTERNAL</b> WALKING GROUP	9.15am <b>GYM</b> STRETCH EXERCISES	10am <b>TV LOUNGE</b> CHURCH SERVICE	11am <b>GYM</b> TABLE TENNIS	<b>12pm / 5pm</b> <b>LSC</b> <b>A TRIP</b> <b>DOWN</b> <b>MEMORY</b> <b>LANE</b>
<b>SAT</b> <b>18 APRIL</b>	<b>PARKING</b> JOHN ADAMS FRUIT & VEG		1.45pm <b>BISTRO</b> CANASTA	6pm <b>BISTRO</b> QUIZ NIGHT	ON CALL  OWEN
<b>SUN</b> <b>19 APRIL</b>	8.45am <b>TV LOUNGE</b> ONLINE CHURCH SERVICE		12.30pm <b>BISTRO</b> SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

# WEEKLY MENU

<b>MON</b> 13 APRIL	Chicken carbonara pasta, with mushrooms, served with parmesan cheese	Glazed sticky pork, served over stir-fry veg and basmati rice	(v) Broccoli mac n cheese
<b>TUE</b> 14 APRIL	Chicken broccoli bake, served with rice, carrots and garden peas	Korean Beef sesame noodles served	(v) Mushroom, lentils and broccoli bake
<b>WED</b> 15 April	Mild pork curry, served with rice, carrots, green beans and a side of sambal	Chicken parmesan served with mash, garden peas and butternut,	(v) Eggplant parmesan
<b>THUR</b> 16 April	Chicken breyani, served with a side sambal	Texas pulled pork, with mash, gravy, carrots and baby marrows	(v) Vegetable briyani with lentils
<b>FRI</b> 17 April	Peri-peri chicken, served with chips and a side salad	Fried Fish, served with chips, coleslaw and tartar sauce	(v) Spicy chickpea bowl
<b>SAT</b> 18 April	Chicken curry, served with rice, garden peas and butternut	Pork Adobo, served with rice, peas and butternut	(v) Bean stew
<b>SUN</b> 19 April	Roast beef, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Roast chicken, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Appel crumble with custard

# LET'S CELEBRATE!

*April Birthdays & Anniversaries*

## Birthdays

15th Colleen Van Moerkerken

(H 26)

16th Maurice Wyngaard

(A 216)

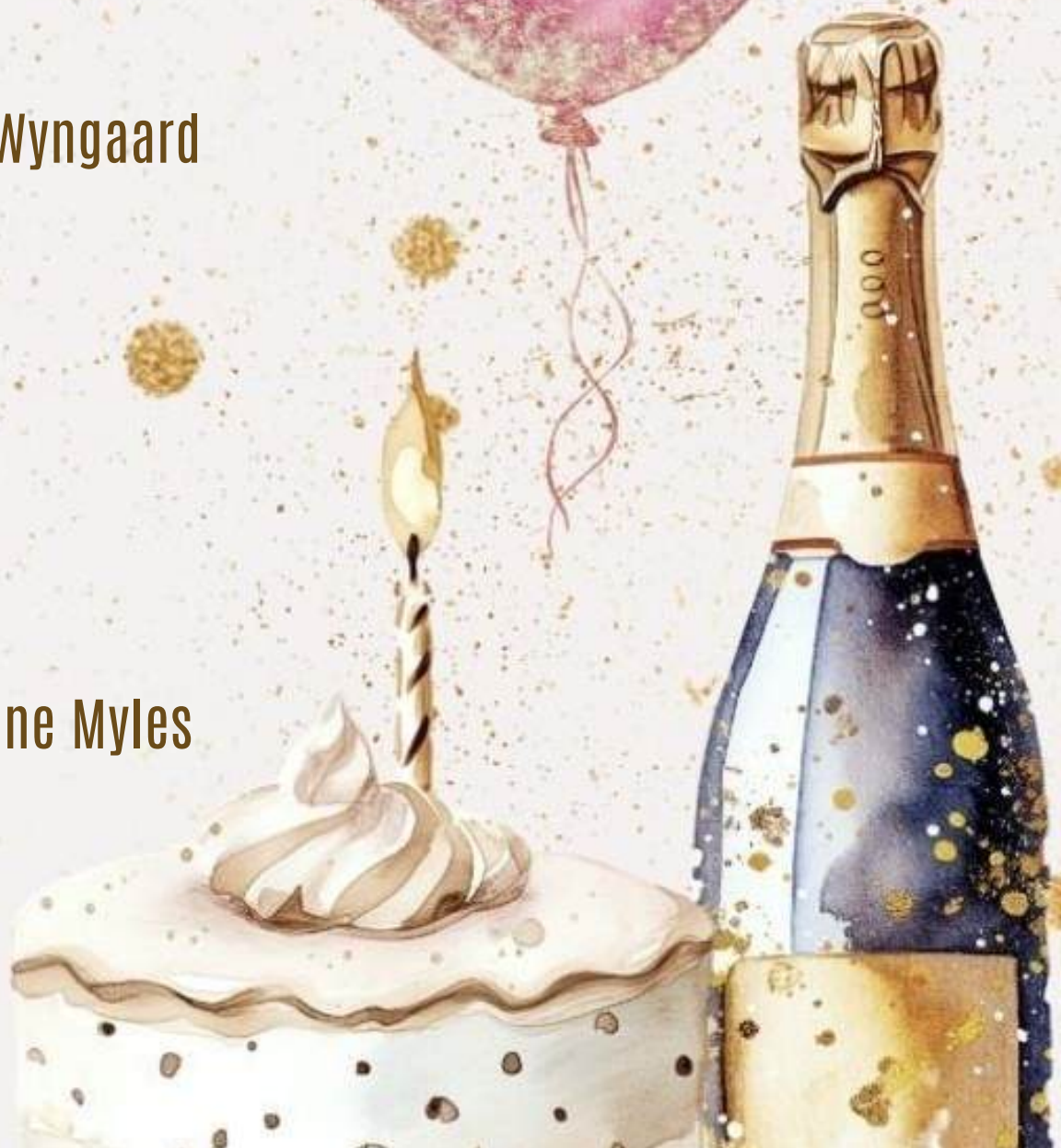
Jenna Monk

(H 78)

## Anniversaries

16<sup>th</sup> Nigel & Anne Myles

(H 27)





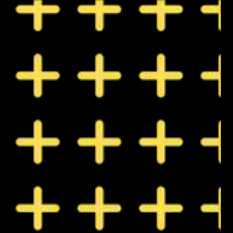
ALIDA'S FASHIONS WILL BE VISITING  
EVERGREEN MUIZENBERG

**WEDNESDAY 15 APRIL 2026**  
**FROM 10H00**  
**LOVELY SUMMER AND WINTER**  
**CLOTHING FOR SALE**



PLEASE CONTACT US ON 082 848 7475 OR 084 596  
4888 FOR ANY ENQUIRIES

**WE ACCEPT CASH AND BANK CARDS**



# FERGIE'S SHOES

When: 16 APRIL 2026

Where: In the Bistro  
Time: 10am - 1pm



Call or WA Mariam  
072 1087389



COMING  
SOON!



COMING  
SOON!

Evergreen Muizenberg Proudly Presents

# A Trip Down Memory Lane



**FRIDAY  
17 APRIL  
2026**

**SHOW - 1**

**Arrival: 12noon  
Starts: 1 till 3pm**

**SHOW - 2**

**Arrival: 5pm  
Starts: 6 till 8pm**

**LIMITED SEATS AVAILABLE**

RSVP at Reception by 15 April

Bring your friends and bring your own drinks

Menu subject to pre-ordering

Hanover and Tyke

# QUIZ Night?

SATURDAY  
18TH APRIL 2026  
6PM

DONATIONS FOR PRIZES WILL BE APPRECIATED

BOOK WITH RECEPTION

COME FOR THE FUN, STAY FOR THE CHALLENGE

# *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





# Happy Beanies

A colorful, striped beanie with orange, blue, and red bands and a pom-pom on top, positioned to the right of the main title.

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

FOR 2026, THE CHALLENGE IS EXTENDED AGAIN TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY BEANIES AS POSSIBLE, WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT VILLAGE MANAGEMENT TEAM

