

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



20 APRIL - 26 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've enjoyed a fantastic week! Have you started to feel the crispness in the morning air? It looks like we're in for a chilly and rainy weekend. If you're traveling, please stay safe on the roads.

Highlights for the Week



- Monday, April 20
Savoury Duo will be in the village—don't forget to grab your snacks! There will be a slideshow with a huge screen at 6 PM @ the Big TV.
- Tuesday, April 21
A reminder to pick up your treats from Nutty Nuts. We'll also have Stretch for Seniors and Seated Stretch for Seniors.
- Wednesday, April 22
Booked Flu vaccinations will be in the boardroom (Schedule to follow by Tuesday 21st April)
- Thursday, April 23
Join us for Bingo!
- Friday, April 17
Tabita Fashions will be featured.

"Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life."

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 20 APRIL	7am EXTERNAL WALKING GROUP 9am BISTRO ART WITH STEPH	9am EXTERNAL SHUTTLE 10H15 BISTRO SAVOURY DUO	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	2pm TV Lounge POETRY 4pm GYM FUN DANCING	6pm TV Lounge Slide show with Hugh Till 7pm BISTRO CANASTA
TUE 21 APRIL	9.15am GYM STRETCH EXERCISES	10am Bistro Nutty Nuts	10.15am GYM SEATED STRETCH	3pm BISTRO COLOUR-IN MANDALA	
WED 22 APRIL	7am EXTERNAL WALKING GRP	8.30am PARKING RIAAN'S FRUITVAN	10am BOARDROOM Flu Vaccines	11am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 23 APRIL	9.30am TV LOUNGE KNITTING GROUP		11.30am POOL AQUA AEROBICS	2.30pm BISTRO BINGO	7pm BISTRO DRAMATIC SOCIETY
FRI 24 APRIL	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10AM BISTRO TABITA FASHIONS	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS
SAT 25 APRIL	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  OWEN
SUN 26 April	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 20 APRIL	Thai chicken stir fry	Stuffed pita with pulled beef	(V) Eggplant parmesan
TUE 21 APRIL	Tuscan Chicken, Served on mashed baby potatoes and broccoli,	Braised pork in sweet soy, served with rice, green beans and butternut	(V) Sweet n sour falafels
WED 22 April	Cottage pie, served with garden peas	Chicken supreme, served with mashed potato and baby marrow	(V) Lentil mushroom shepards pie
THUR 23 April	Broccoli bacon mac n cheese	Chicken cacciatore, Served with rice, carrots and garden peas	(V) Pesto pasta
FRI 24 April	Hearty beef casserole, served with rice, garden peas and carrots	Fried Fish, served with chips, coleslaw and tartar sauce	(V) Baby marrow limone
SAT 25 April	Beef stir fry, served over rice and sautéed stir fry veg	Coronation chicken served with rice, butternut and green beans,	(V) Butter bean potjie
SUN 26 April	Roast chicken, rice, roast potatoes, Yorkshire pudding, gravy & vegetables	Roast Pork, rice, roast potatoes, Yorkshire pudding, gravy and vegetables	Dessert Malva pudding with custard

LET'S CELEBRATE!

Birthdays

20th Neville Baling
(H 13)

22nd Yvonne Le Roux
(A 309)

23rd Chris Roberts
(A 311)

Ann Myles
(H 27)

25th Janine Murgatroyd
(A 116)

Anne McLaren
(A 307)

Anniversaries

24th Toody & Denis Cassidy
(H 68)

April Birthdays & Anniversaries



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



THE SAVOURY DUO

Delicious Savouries Made Fresh Just for You!

Craving something tasty?

We've got the perfect bite waiting for you!



Monday, 20 April 2026



10:15 AM



In the Bistro

Golden. Flavourful. Irresistible.

Come early – while stocks last!

Bring your friends.

Bring your appetite.

See you there!

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



EVERGREEN MUIZENBERG RESIDENTSPOPOPUPMARKET!



30 APRIL 2026
9am - 12pm

Jewellery
Art
Handmade Cards
Beading
and more!



Happy Beanies

A colorful illustration of a beanie with orange, blue, and red stripes and a pom-pom on top. The background of the header features a light beige pattern with small white snowflakes and gold stars.

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

