

# MUIZENBERG

## WHAT'S HAPPENING?



Dear Resident,

We have a lot of events in store for you in the coming weeks and would love you to join in.

We hope the Rugby enthusiasts will have fun watching the Boks take on Ireland at 5pm. On Sunday, we're setting up in the TV lounge at 3pm to watch the Men's Final at Wimbledon. Join us for scones & tea or champagne, strawberries and cream for this exciting event.

The maintenance team have been quite amazing in getting all the leaks, fascia boards replaced, gutter and down pipes in the aftermath of the storm and I would like to thank the team for being so diligent. Unfortunately, we have some issues that can't yet be resolved, our front entrance is still leaking, and we kindly ask that you manually open the sliding doors and close them behind you to avoid the freezing gusts of cold wind rushing through the Bistro and Lounge.

We have two more cold fronts due to hit Western Cape on Saturday and Sunday. The South African Weather Service (SAW) confirmed a Level 6 warning for disruptive rain in Drakenstein, Stellenbosch, and Witzenberg for the weekend. So, wrap up as the inclement weather is not yet done!

Warm Regards  
Christine, Kim and the Evergreen Team



15 - 21 JULY '24

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UPCOMING EVENTS

# WEEKLY ACTIVITIES



MONDAY 15 JULY	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 16 JULY	9.15AM STRETCH FOR SENIORS	9.30AM BUS TO CONSTANTIA VILLAGE	10AM APARTMENT WALK THROUGH FIRE TALK		
WEDNESDAY 17 JULY	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30 SCRABBLE	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 18 JULY	9AM ART 9AM LINE DANCING	9.30AM KNITTING			7PM CANASTA
FRIDAY 19 JULY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5PM-7PM PUB NIGHT
SATURDAY 20 JULY	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	5PM RUGBY SA VS PORTUGAL
SUNDAY 21 JULY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		6PM SUNDAY MOVIE NIGHT

# SPECIAL CELEBRATIONS

Happy Birthday!

15 July  
Barbara Scott A20

17 July  
Josie Cairncross A12

18 July  
Dawn Gibson H60

19 July  
Cora Fourie H109

Happy Anniversary!

19 July  
Ron & Joan Sinden

New Residents

No new residents





EVERGREEN MUIZENBERG

# WHAT'S COOKING



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## 15 – 21 JULY 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
<b>Monday, 15 JULY</b>	Beef Lasagne Garden Salad	Supreme Macaroni & Cheese Griller Seasonal Vegetables	Supreme Macaroni & Cheese Seasonal Vegetables
<b>Tuesday, 16 JULY</b>	Beef & Cabbage Stew Fluffy Rice Seasonal Vegetables	Cottage Pie Seasonal Vegetables	Vegetable Potjie Fluffy Rice Seasonal Vegetables
<b>Wednesday, 17 JULY</b>	Chicken Schnitzel Mushroom Sauce Potato Wedges	Sweet & Sour Pork Stir Fry served with Egg Noodles	Vegetarian Schnitzel Mushroom Sauce Potato Wedges
<b>Thursday, 18 JULY</b>	Tomato Bredie served with Fluffy Rice Seasonal Vegetables	Cornish Pastie, Gravy Seasonal Vegetables	Vegetables Lentil Pastie Seasonal Vegetables
<b>Friday, 19 JULY</b> <b>PUB NIGHT</b>	Fried Fish & Chips served with Tartar Sauce and Salad	Butterbean Curry & Rice served with Sambals and Seasonal Vegetables	
<b>Saturday, 20 JULY</b>	Chicken & Mushroom Pie served with Chips and Seasonal Vegetables	Spinach & Feta Pie served with Chips and Seasonal Vegetables	
<b>Sunday, 21 JULY</b>	<b>Main: R105</b> Cherry & Honey Glazed Gammon and Sweet Roast Potatoes and Gravy Seasonal Vegetables *Roast Chicken/Vegetarian Option Available		<b>Dessert: R28</b> Chocolate Brownie served with Ice Cream

Daily Meal orders by 14h00, previous day  
 Sunday orders close Friday at 14h00  
 Same day meal cancellations by 9h00  
 Use the pre-paid account system or pay via Debit or With Credit card.  
 No cash payments accepted



serveest



# MEN'S FINAL

SUNDAY, 14 JULY – 3pm

**BIG TV LOUNGE**

Over the two-week tournament, grass-court glory awaits as the best of the best converge on the All England Lawn Tennis Club, with the winners taking home the Gentlemen's Singles Trophy and the Rosewater Dish for the women.

Champagne, Strawberries & Cream  
Scones & Cream and Tea/Coffee  
will be available to purchase from Bistro  
Please book for seating & catering purposes

(You are welcome to bring your alcoholic beverages)

**EVERGREEN  
MUIZENBERG  
APARTMENTS ONLY**



**TUESDAY, 16 JULY**

**APARTMENT RESIDENTS ONLY**

**HEALTH & SAFETY: EMERGENCY EVACUATION GATHERING**

We will be holding an evacuation drill/gathering, floor by floor

**Ground Floor Lobby (Units 1 – 29) at 10h00**

**1<sup>st</sup> Floor Lobby (Units 101 – 129) at 10h30**

**2<sup>nd</sup> Floor Lobby (Units 201 – 248) at 11h00**

**3<sup>rd</sup> Floor Lobby (Units 301 – 348) at 11h30**

**CONTACT RECEPTION ON EXT 9 FOR ANY ADDITIONAL INFORMATION**





**FRIDAY, 19 JULY**

**5pm – 7pm**

**Option 1 SNACK PLATTER**

**Option 2 SNACK PLATTER**

**plus Wine/Beer**

**R100**

**Book your spot and buy your tickets at  
RECEPTION on Ext 9**

# MOVIE NIGHT

## BIG TV LOUNGE

### SUNDAY, 21 JULY at 6:00pm



***Nyad*** is a 2023 American biographical sports drama film about swimmer Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida, with flashbacks to her early life. Starring Annette Benning as Nyad, with Jodie Foster and Rhys Ifans in supporting roles.

Please book at Reception Ext 9 to confirm your attendance for seating purposes  
You are welcome to bring your own refreshments and popcorn will be provided.



TUESDAY, 23 JULY 2024

# *Men's Breakfast*

09h30 | R75 per person

**with guest speaker, Dr John Gibbon**

Dr John Gibbon was the headmaster of Westerford High School for 18 years before taking early retirement and engaging in a wide range of involvement in other aspects of education. This included the mentoring of principals and advising various institutions. He also has been the presenter of professional development seminars for educators in South Africa and internationally. Dr Gibbon has been the secretary/organiser of the Abe Bailey Fellowship



## *Delicious menu*

Creamy Scrambled egg, Crispy Bacon, Breakfast Pork Sausage,  
Sautéed Mushrooms, Rosa Tomatoes and Hash-Browns  
Toast and Preserves  
Tea or Coffee

Book at Reception by Friday, 19 July 2024

Pay at the Bistro





# 2024 SPRINGBOKS FIXTURES

A.K.A. "The Important Braai Dates"

**Saturday 22 June: Springboks vs Wales** (Twickenham, London)

**Saturday 6 July: Springboks vs Ireland** (Loftus Versfeld, Pretoria)

**Saturday 13 July: Springboks vs Ireland** (Hollywoodbets Kings Park, Durban)

**Saturday 20 July: Springboks vs Portugal** (Toyota Stadium, Bloemfontein)

**Saturday 10 August: Australia vs Springboks** (Suncorp Stadium, Brisbane)

**Saturday 17 August: Australia vs Springboks** (Optus Stadium, Perth)

**Saturday 31 August: Springboks vs New Zealand** (Emirates Airline Park, Jhb)

**Saturday 7 September: Springboks vs New Zealand** (DHL Stadium, Cape Town)

**Saturday 21 September: Argentina vs Springboks** (venue TBC)

**Saturday 28 September: Springboks vs Argentina** (Mbombela Stadium, Nelspruit)

**Sunday 10 November: Scotland vs Springboks** (Murrayfield, Edinburgh)

**Saturday 16 November: England vs Springboks** (Twickenham, London)

**Saturday 23 November: Wales vs Springboks** (Principality Stadium, Cardiff)

*STRONGER TOGETHER*

  
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