

EVERGREEN MUIZENBERG

NEWSLETTER

What's Happening?

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22 - 18 July 2024

Dear Resident,

This weekend we will enjoy, The Open Championship, which is underway at Royal Troon and the Boks who will be facing Portugal at the Toyota Stadium in Bloemfontein. The Sunday night movie is about swimmer, Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida. If you haven't yet, please remember to book for the Men's Breakfast with guest speaker, John Gibbon to be held on Tuesday.

We look forward to the Opening ceremony for the 2024 Olympics on Friday night next week and we invite you to join us for a plate of snacks at 6pm before the ceremony starts. It promises to be very exciting. Submit your teams for the Quiz night and join the quizmaster for a festive evening to test your general knowledge.

Don't forget to book for the Christmas in July dinner on Wednesday, 31 July to be held at 6pm

Our systems were playing up today as we learned of incidents of crashes on Microsoft's Windows operating system globally. This involved a cybersecurity company, CrowdStrike, that has spread to South Africa. A fix has been deployed for a bug that caused a global IT outage affecting airports, banks and media across the world. As we face another rainy Friday we have some Sunshine over the weekend before another spate of rain next week.

Take Care and wrap up warmly.

Warm Regards
Christine, Kim and the Evergreen Team

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What's been Happening?

We recently held an informative Emergency Evacuation talk for the Apartment residents. This was done by Anton from our H&S Consultants, Ecosafety.



Our knitting wizards are at it again.. Supporting Mandela Day - Donated some beautiful Beanies to Douglas Murray Home for the elderly. Thank you to Gill Blackburn and her team.



WEEKLY ACTIVITIES



MONDAY 22 JULY	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	12PM PILATES 3PM POETRY CLUB	7PM CANASTA
TUESDAY 23 JULY	9.15AM STRETCH FOR SENIORS	9.15AM BUS TO BLUE ROUTE MALL	9.30AM MEN'S BREAKFAST - DR JOHN GIBBONS	10AM NUTTY NUTS	3PM COLOUR-IN
WEDNESDAY 24 JULY	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM EVG SALES MORNING	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30 SCRABBLE
THURSDAY 25 JULY	9AM ART 9AM LINE DANCING	9.30AM KNITTING		3PM BINGO	7PM CANASTA
FRIDAY 26 JULY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	7.30PM OLYMPICS OPENING CEREMONY
SATURDAY 27 JULY	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	6PM QUIZ
SUNDAY 28 JULY	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

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WHAT'S COOKING

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22 - 28 JULY 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
Monday, 22 JULY	Green Been Bredie Sweet Potato Mash Seasonal Vegetables	Chicken a la King Fluffy Rice Seasonal Vegetables	Vegetable Bredie Sweet Potato Mash Seasonal Vegetables
Tuesday, 23 JULY	Sausage Rolls, Chips and Onion Gravy Seasonal Vegetables	Tuna Bake Seasonal Vegetables	Creamy Mushroom Pasta Seasonal Vegetables
Wednesday 24 JULY	Sticky Chicken Pieces served with Potato Wedges Seasonal Vegetables	Pork Bangers, Mash & Gravy Sweet Carrot & Peas	Roasted Butternut with Chickpea, Mint served on Couscous
Thursday, 25 JULY	Beef Stroganoff on Mash Seasonal Vegetables	Chicken Meatballs and Napoletano Tomato Sauce on Mash Seasonal Vegetables	Lentil Meatballs and Napoletana Tomato Sauce on Mash Seasonal Vegetables
Friday, 26 JULY	Fried Fish & Chips served with Tartar Sauce and Salad		Roasted Vegetable Frittata served with Salad
Saturday, 27 JULY	Boerewors with Caramelized Onion and Tomato Relish Crispy Potato Wedges and Seasonal Vegetables		Roasted Vegetable Frittata served with Salad
Sunday, 28 JULY	Main: R132 Roast Lamb and Rosemary Roast Potatoes Gravy & Mint Sauce Seasonal Vegetables *Roast Chicken/Vegetarian Option Available		Dessert: R28 Sticky Toffee Pudding and Custard

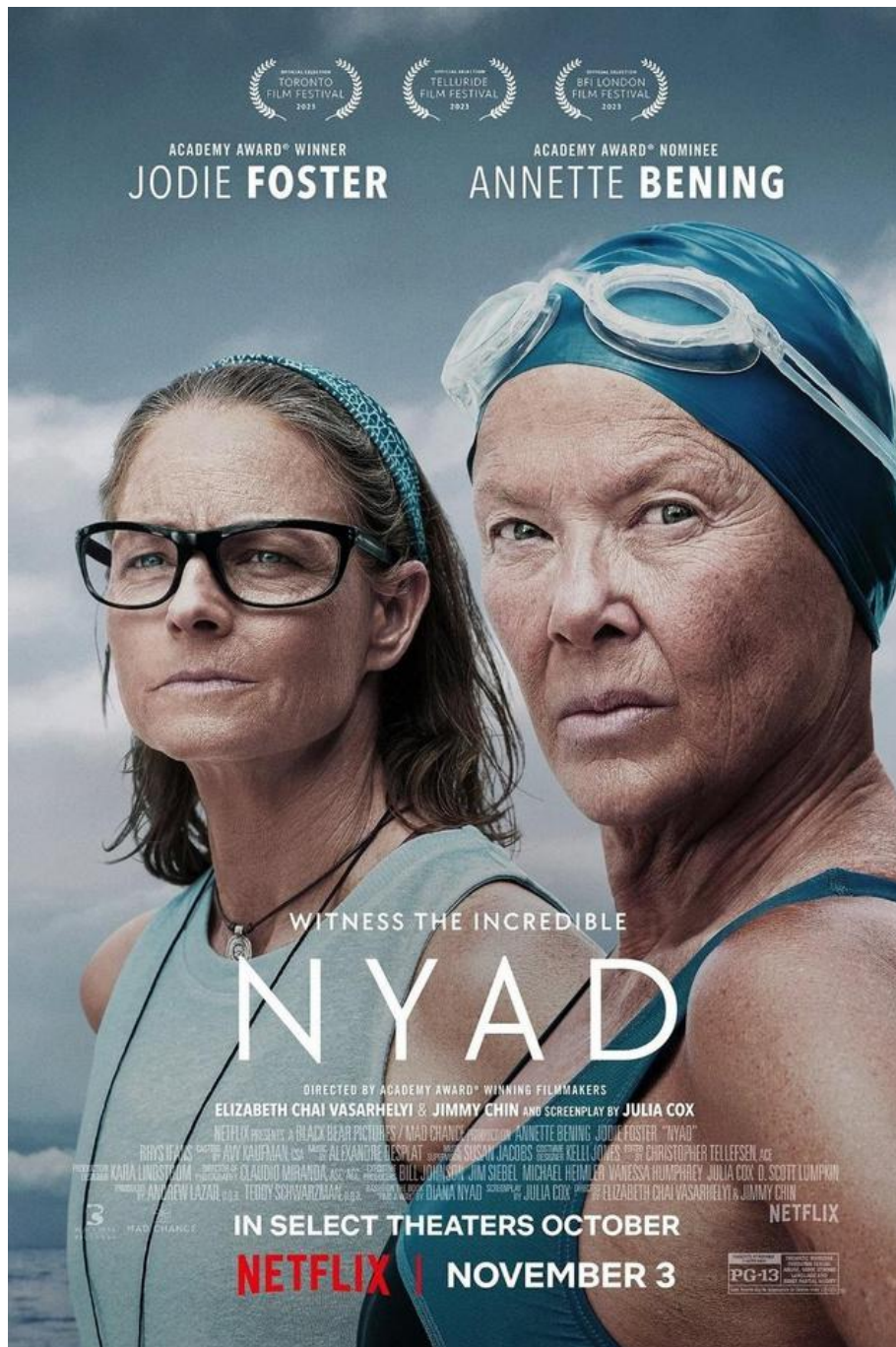
Daily Meal orders by 14h00, previous day
 Sunday orders close Friday at 14h00
 Same day meal cancellations by 9h00
 Use the pre-paid account system or pay via Debit or With Credit card.
 No cash payments accepted

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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 Bening 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



Thurs, 25 July at 3pm

Book & pay at Reception R40p/p

A vibrant graphic for a quiz event. The word 'QUIZ' is prominently featured in large, white, 3D letters with a yellow outline, set against a purple background with horizontal stripes. The entire graphic is decorated with pink stars and a blue starburst.

QUIZ

Sat, 28 July at 6pm

Book at Reception

SPECIAL CELEBRATIONS

Happy Birthday!

22 July
H4 Eddie Norton
A Saloma O'Connor

26 July
A19 Stephen Shean

27 July
A344 Margaret Hill

28 July
Meg Wilkinson

Happy Anniversary!

25 July
Michael & Cynthia Dean

26 July
Ralph & Lynette Burnhams

27 July
Louis & Steph de Haas
John & Janet Kruger

New Residents

No new residents



CHRISTMAS

in July Menu

31 JULY 2024 - 6PM

STARTER

Cream of Mushroom Soup & Cocktail Roll

MAIN COURSE

Slow Braised Lamb Shank in Red Wine Jus served
with Creamy Mash and Root Vegetables

OR

Feta and Spinach Stuffed Chicken Fillet served
with Creamy Garlic Sauce,
Creamy Mash and Root Vegetables

*Vegetarian Option available on Request

DESSERT

Mud Brownie, Burnt Meringue with Cherries,
Mint & Chantilly cream

OR

Mini Cheese Plate

R195 per person
BOOK AND PAY AT 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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