

EVERGREEN MUIZENBERG

NEWSLETTER

What's Happening?

28 July - 04 Aug 2024

EVERGREEN
lifestyle
muizenberg

Dear Resident,

Hope you've had a good week. The rain may have stopped for a while, but the icy cold weather is still with us. I've experienced some really cold mornings this week when leaving home to come through to work, 1 degrees celcius... brrrr

I'm sure most of you have been following the Olympics, SA has now got four medals, 1 gold, 1 silver & 2 bronze.. I am positive we will win a few more coming our way.

We've got another week full of events happening. House Residents please attend our Emergency Evacuation Talk that will be held on Tuesday, 6 August at the BIG TV. Please book with reception for seating purposes.

Movie lovers don't forget Movie night this Sunday at 6pm, a Man called Otto, starring Tom Hanks.

Watch the board for breakfast specials this Women's Day!

Warm Regards
Christine, Kim and the Evergreen Team

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WEEKLY BISTRO MENU SENT
IN SEPARATE EMAIL



What's been Happening?



A fabulous Christmas in July event was held on Wed, 31 July. From the superbly served meal, the great company to the Amazing dancing, it was a great evening all round.



WEEKLY ACTIVITIES



MONDAY 5 AUG	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 6 AUG	9.15AM STRETCH FOR SENIORS	9.15 BUS TO CONSTANTIA VILLAGE	10AM HOUSES EMERGENCY EVAC TALK	3PM COLOUR- IN MANDALA	7PM EVG DRAMATIC SOCIETY
WEDNESDAY 7 AUG	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 8 AUG		9AM ART 9AM LINE DANCING	9.30AM KNITTING	3PM BINGO	7PM CANASTA
FRIDAY 9 AUG WOMEN'S DAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE		11AM TABLE TENNIS
SATURDAY 10 AUG	6.30AM RUGBY SA VS AUS	JOHN ADAMS - FRUIT & VEG		1.45PM CANASTA	
SUNDAY 11 AUG	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

6 August
Joyce Hooey A204

7 August
Fred Frankel A114
Sozon Christie A122
Beattie Pretorius A310

8 August
Elizabeth Fletcher H110

9 August
Vincent Thomas A248

Happy Anniversary!

No Anniversaries

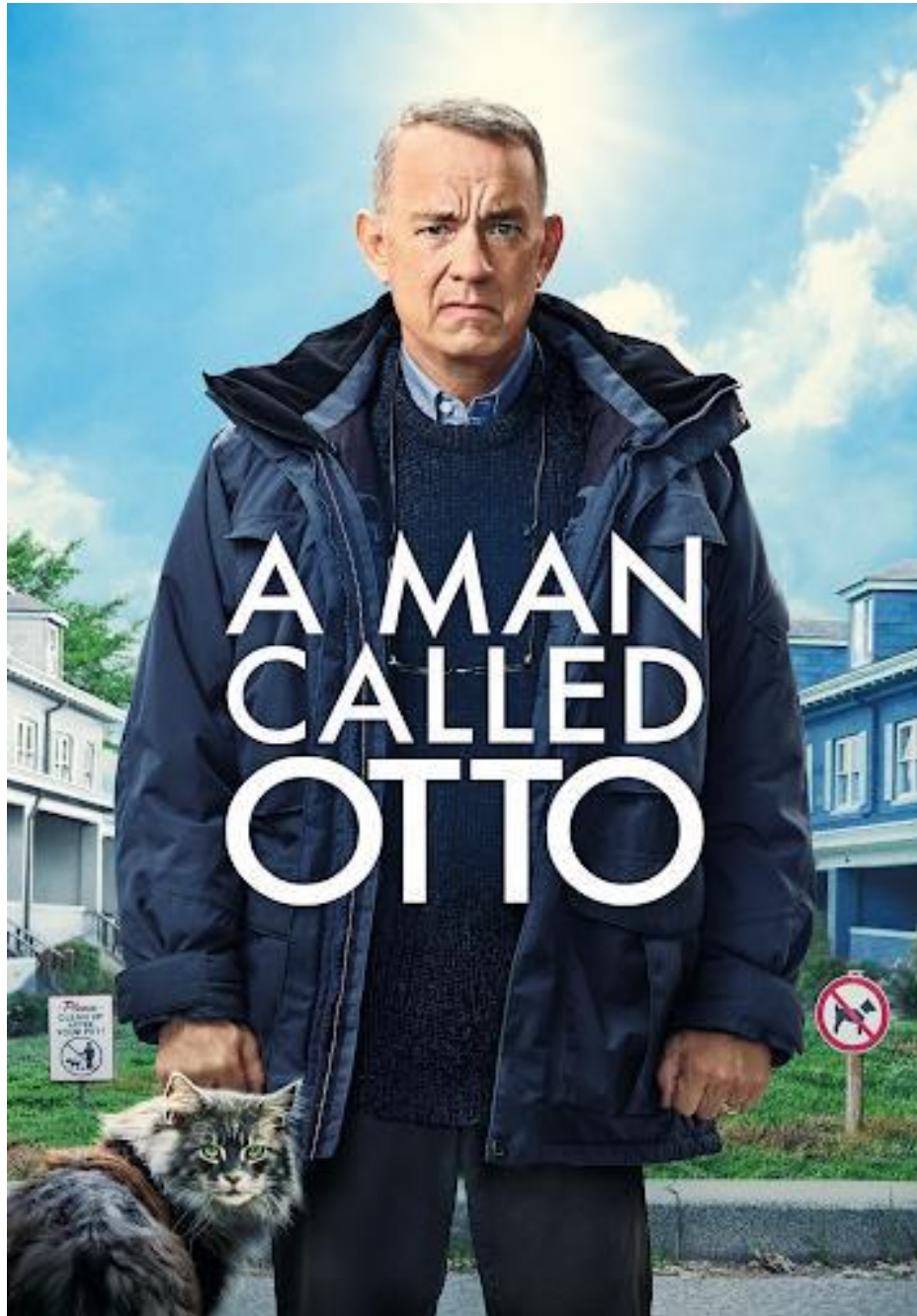
New Residents

No New Residents

MOVIE NIGHT

BIG TV LOUNGE

SUNDAY, 4 AUGUST at 6:00pm



Devastated and lonely, a widower decides to take a drastic step. However, his plans are disrupted by a lively family that moves in next door. *Starring Tom Hanks, Mariana Trevino and Truman Hanks*

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.

**EVERGREEN
MUIZENBERG
HOUSES ONLY**



TUESDAY, 6 August

HOUSES RESIDENTS ONLY

IN TV LOUNGE at 10am

HEALTH & SAFETY: EMERGENCY EVACUATION GATHERING

It is vitally important that you attend this meeting for your own good so that you are aware of what to do should there be a fire in a house. It is equally important that if you

have a companion, carer or private domestic, that they attend the briefing with you.

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



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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