

EVERGREEN MUIZENBERG

# NEWSLETTER

## What's Happening?

EVERGREEN  
lifestyle  
muizenberg

12 - 18 August 2024

Dear Resident,

Wishing all our Muizenberg ladies a very Happy Women's Day tomorrow.

The 2024 AGM Pack has been sent out. You can get a Nomination form from reception - this is for nominating one or more of your fellow residents for the Resident's Committee.

We have a number of interesting talks coming up this month, for instance, Estate Planning, Footcare & the Conversation Project. Please book with reception for seating purposes.

Have a wonderful long weekend; keep warm.

Warm Regards

Christine, Kim and the Evergreen Team

## IN THIS ISSUE

WEEKLY ACTIVITIES  
KEEPING ACTIVE  
ENTERTAINMENT

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SPECIAL OCCASIONS  
BIRTHDAYS  
ANNIVERSARIES  
NEW RESIDENTS  
ACHIEVEMENTS

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UPCOMING EVENTS

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WEEKLY BISTRO MENU SENT  
IN SEPARATE EMAIL

### YELLOW LEVEL 1 WARNING

@WeatherServic  
@SAWeatherServic



#### WEATHER TYPE



WIND

#### WARNING KEY

Likelihood	High	Medium	Low	Very Low
Impact	1	2	3	4

Valid from 08/08/2024 at 18:00 SAST until 09/08/2024 at 18:00 SAST

#### DISCUSSION

A cold front is expected to make landfall on Thursday afternoon over the south-western parts of the Western Cape. This will result in strong to near-gale force north-westerly winds (50-60 km/h, gusting 60-70 km/h) over the southern interior of Namakwa (N. Cape) and Western Cape excluding the northern parts of the West Coast District from Thursday evening until Friday late afternoon.

#### IMPACTS

- Damage to formal/informal settlements and some structural damage is possible.
- Longer travel times are expected due to localised problems for high-sided vehicles.
- Localised power and communication interruptions may occur.
- Risk of localised runaway fires.



# WEEKLY ACTIVITIES



MONDAY 12 AUG	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA
TUESDAY 13 AUG	9.15AM STRETCH FOR SENIORS	10.30AM PHYSIO TALK - HNS			7PM EVG DRAMATC SOCIETY
WEDNESDAY 14 AUG	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10.30AM ESTATE PLANNING TALK	11AM TABLE TENNIS	2.PM RUMMIKUB 2.30 SCRABBLE
THURSDAY 15 AUG		9AM ART 9AM LINE DANCING	9.30AM KNITTING		7PM CANASTA
FRIDAY 16 AUG	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	2PM EVG SALES EVENT
SATURDAY 17 AUG	JOHN ADAMS - FRUIT & VEG	11.45AM RUGBY SA VS AUS		1.45PM CANASTA	6PM QUIZ EVENING
SUNDAY 18 AUG	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		6PM MOVIE NIGHT: MONA LISA SMILE

# SPECIAL CELEBRATIONS

Happy Birthday!

12 August

Edward Fletcher H110

Celiwe Nkosi Evergreen

13 August

Glenda Williams H81

Margaret Simons H99

15 August

John Morgan H2

16 August

Sue Beele H43

Ray van Eyssen A231

17 August

Hermine Bowsher A109

18 August

Isobel Hales H42

Happy Anniversary!

No Anniversaries

New Residents

No New Residents



## **Deceased Estate Planning & Administration**

**Wednesday, 14 August 2024 - 10h30**

### **Lifestyle Centre - TV Lounge**

We will be joined by Nerissa Jeppe a deceased estate administrator who will touch on key elements when it comes to Deceased Estate Planning and the Winding up of a Deceased Estate of a loved one.

She will advise on how to simplify the process and lower the costs at such a difficult time.

She will be available to address any of your concerns after the talk.

**Please book your seat with reception for seating purposes on Ext 9**

- Administration of Deceased Estate
- Estate planning

Nerissa Jeppe

Cell: 084 477 2646

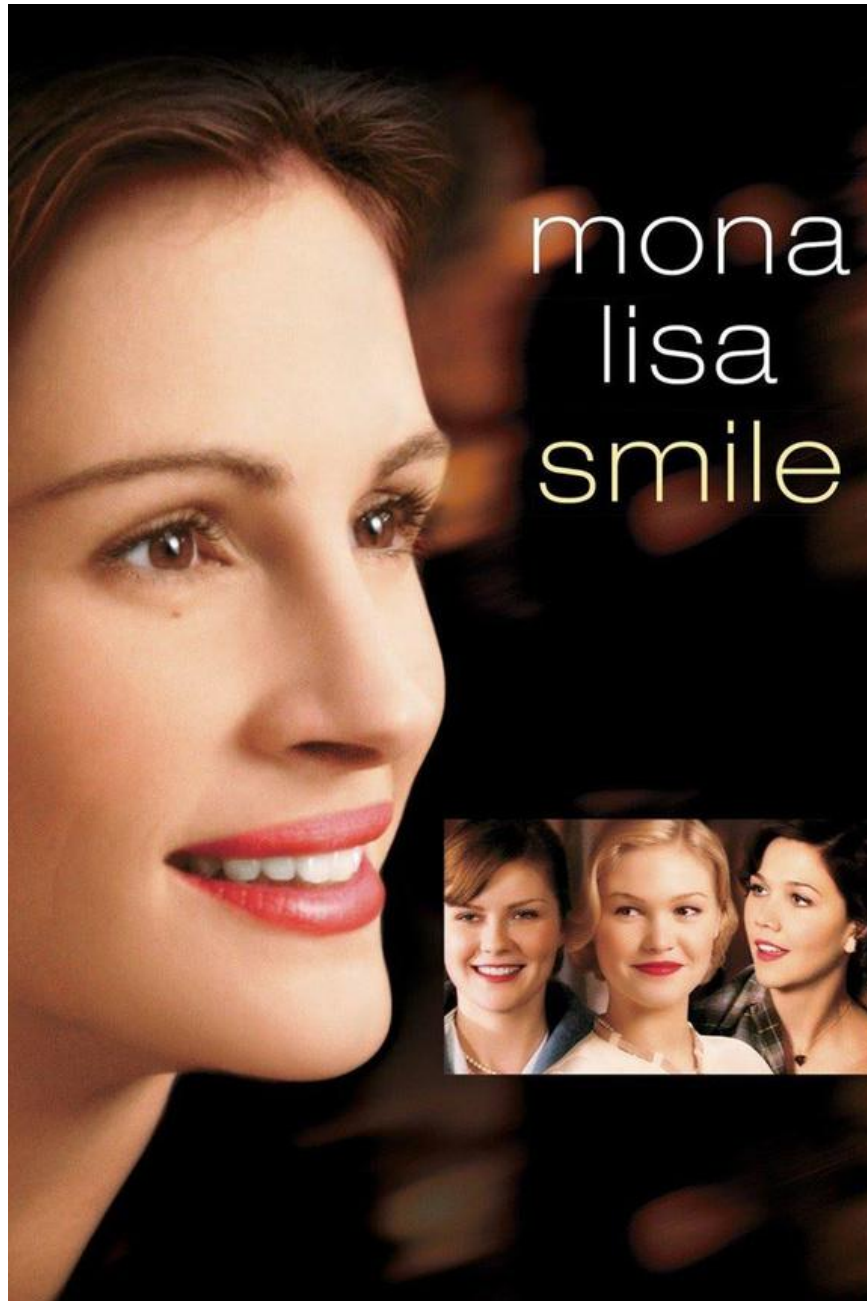
E-mail: [nj@deceasedestateadmin.co.za](mailto:nj@deceasedestateadmin.co.za)



# MOVIE NIGHT

BIG TV LOUNGE

**SUNDAY, 18 AUGUST at 6:00pm**



Katherine Watson (Julia Roberts) is a recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them, Katherine inspires her traditional students including Betty (Kirsten Dunst) and Joan (Julia Stiles) to challenge the lives they are expected to lead.

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.



# TALK ABOUT THE IMPORTANCE OF FOOT CARE

**MONDAY AUGUST 19TH**  
**14H30**

**LIFESTYLE CENTRE**  
**at the big TV AREA**

**PRESENTED BY CERTIFIED FOOT CARE SPECIALIST**

*Arinda Botha*







# 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**

  
EVERGREEN  
lifestyle  
muizenberg