

EVERGREEN MUIZENBERG

# NEWSLETTER

## What's Happening?

EVERGREEN  
lifestyle  
muizenberg

19 - 25 August 2024

Dear Resident,

I hope you all had a good week and that you've been enjoying the slightly warmer days as much as we have. We can certainly do with a few more of them!

The 2024 Paris Olympics is over - what a wonderful fest of sport! We are now looking at the cricket. The Proteas are on tour in the West Indies and sadly the batting form of other sides has left much to be desired - the bowlers seem to think it is duck hunting season. Despite our terrible first innings believe it or not, the Windies are in a worse position.

On a more positive note, we see a repeat of the last week's matches in the Rugby championship this weekend. The All Blacks will look to bounce back as they are really suffering due to their loss, the most points scored against them in history, last week. The Bokke, made up of young and a mostly untested team, will take on the Aussies this weekend too.

On Monday, we'll have the Foot Care Family presentation on keeping healthy feet and services they will be offering to the residents in the LSC from next month and please RSVP for the AGM to be held on Tuesday, 20 August in the Lifestyle Centre at 2pm. **Lunches will only be available as Takeaways on Tuesday** as we will be setting up for the AGM early in the day.

Save the Date: We have some live music being presented at the Pub Night on Friday, 30 August - the **Fabulous UkaLadies** will be entertaining us - Don't miss out. Buy your tickets for R120 which includes snacks, drinks and music!

Warm Regards  
Christine, Kim and the Evergreen Team

## IN THIS ISSUE

WEEKLY ACTIVITIES  
KEEPING ACTIVE  
ENTERTAINMENT

\*\*\*

SPECIAL OCCASIONS  
BIRTHDAYS  
ANNIVERSARIES  
NEW RESIDENTS  
ACHIEVEMENTS

\*\*\*

UPCOMING EVENTS

\*\*\*

WEEKLY MENU

# WEEKLY ACTIVITIES



MONDAY 19 AUG	7.15AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	12PM PILATES 2.30PM FOOTCARE	7PM CANASTA
TUESDAY 20 AUG	9.15AM STRETCH FOR SENIORS			2PM ANNUAL GENERAL MEETING	7PM EVG DRAMATC SOCIETY
WEDNESDAY 21 AUG	7.15AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM NUTTY NUTS POP-UP SHOP	11AM TABLE TENNIS 2PM RUMMIKUB	2.30 SCRABBLE 2.30PM DEMENTIA SUPPORT GRP
THURSDAY 22 AUG	9AM ART GROUP	9AM LINE DANCING	9.30AM KNITTING	3PM BINGO	7PM CANASTA
FRIDAY 23 AUG	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 24 AUG	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	
SUNDAY 25 AUG	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

## Happy Birthday!

21 August  
Jimmy Bedwell H85

22 August  
Marie Vijoën H30  
Jin Howard H47

23 August  
Rick Froese H54  
Kathleen Blumeris A118  
Pat van Eyssen A231

24 August  
Joyce Glew A222

25 August  
Lynne Gainsford H58

## Happy Anniversary!

No Anniversaries

## New Residents

No New Residents

# **2024/2025 Rescom Nominations**



**John Higgs A105**  
Retired Industrial  
Engineer  
Chairman of his  
previous Retirement  
village



**Sandra Fisher-Jeffes H11**  
Primary school  
Principal for 17 years  
in JHB, retired in  
2009, enjoys reading



**Erica Shearer A206**  
Retired Ordained  
Minister, avid knitter,  
lives in peace &  
harmony



**Jenna Monk H78**  
previously a primary  
school teacher and the  
followed the  
promotional gifts  
company. loves sewing  
& art



**Hugh Till A219**  
  
Hobbies include  
photography, chess  
& playing pool



**Toni Joubert H86**  
Retired Occupational  
Therapist & Life Line  
councillor.  
Interest in the long-  
term approach to  
landscaping in large  
developments



**Paul Selby A308**  
A resident of  
Muizenberg for 7  
years. Currently  
serving as Vice  
Chairperson on the  
current committee



**Mike Odd H106**  
Involved in with the  
local Kirstenhof  
community in crime  
watch, community  
police forum





# 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*





## Health Talk:

# “Falls Prevention – Knowing Your Risk”

Date – 27th of August 2024 Time – 10:30 to 11:30

Place – Evergreen Muizenberg Lifestyle Centre

All are welcome

Presented by Hector, Naidoo & Associates

Registered Physiotherapists • PR No: 0470861

087 236 6518



# the conversation project

## “LET’S TALK”

MONDAY, 26 AUGUST 2024

2.00 pm – ALL WELCOME



**FRIDAY, 30 August**

**5pm – 7pm**

**R120 per person**

including Mini Snack Basket  
plus Wine/Beer and

**The Fabulous UKALadies**

(see poster)

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



**FRIDAY**  
**30**  
**AUGUST**

**17h00**  
**onwards**

**EVERGREEN**  
**MUIZENBERG**

**SAVE THE DATE!**  
**MAD HATTER**  
**SPRING**  
**BREAKFAST**

PRIZES FOR BEST HAT, BEST  
DRESSED AND MOST FUN!  
Dressing up is not obligatory  
but having fun is compulsory!

**WEDNESDAY, 2 OCTOBER AT 09H00**  
**IN THE BISTRO**





CONTACT JENNA MONK  
JENNAMONK57@GMAIL.COM  
IF YOU WISH TO SELL YOUR  
GIFTS, CRAFTS OR BAKING  
GOODIES AT THIS VILLAGE  
MARKET



# Christmas

# ARTS & CRAFT MARKET



**MUSIC, FOOD & GIFTS GALORE**

GET YOUR GIFTS, STOCKING FILLERS AND  
DECORATIONS WHILE SUPPORTING  
LOCAL ARTISTS & CRAFTERS



**SAVE THE DATE**



**SATURDAY, NOVEMBER 2**

**FROM 11 AM TO 4 PM**



 EVERGREEN MUIZENBERG LSC  
ALL WELCOME - BRING THE FAMILY





# 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

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 19 – 25 AUGUST

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
Monday, 19 August	Beef Curry served with Rice, Sambals & Seasonal Vegetables	Creamy Chicken Casserole served with Rice and Seasonal Vegetables	Broccoli and Cauliflower Casserole served with Rice
Tuesday, 20 August	Grilled Prego Chicken Fillets served with Savoury Rice and Seasonal Vegetables	Liver & Onion Smoor with Mash and Seasonal Vegetables	Spinach and Feta Quiche with Salad
Wednesday, 21 August	Slow Roasted Pork with Parsely Rice and Seasonal Vegetables	Chicken Stir-Fry with Egg Noodles	Creamy Cabbage, Carrot and Zucchini with Spaghetti
Thursday, 22 August	Beef & Cabbage Stew served with Fluffy Rice Seasonal Vegetables	Oven Roasted Chicken Breast, Gravy with Rice and Seasonal Vegetables	Vegetables Stir-Fry with Chinese Noodles
Friday, 23 August	Fish & Chips with Tartare Sauce		Lentil Burger with Chips and Salad
Saturday, 24 August	Cheesy Margarita Pizza served with Salad		
Sunday, 25 August	Main: R132 Roast Lamb and Rosemary Roast Potatoes, Gravy & Mint Sauce and Seasonal Vegetables *Roast Chicken OR Vegetarian Option Available		Dessert: R28 Apple Crumble & 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

servest