

EVERGREEN MUIZENBERG

# NEWSLETTER

## *What's Happening?*

EVERGREEN  
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muizenberg

26 Aug - 01 Sep 2024

Dear Resident,

The Evergreen Muizenberg Annual General Meeting took place on Tuesday, 26 August and was well attended by over 220 residents. It was an enjoyable afternoon with good information being shared with residents about the village. See Page 5 for the list of Rescom member.

There are two presentations next week - the first, "Let's Talk" - is a discussion on transforming the culture about dying and sharing the way you want to live your life until the end. Having a conversation about your care plans and sharing this with loved ones before it's too late. The second presentation is by HNA Physiotherapists - they will talk to us about how you can prevent falls by knowing what your risks are.

Our popular monthly Pub Night will feature live music - The Fabulous UKALadies - will entertain us in the evening. Tickets are R120 which includes music, wine/beer and snacks - book now to reserve your place.

Don't forget to start stocking up on your crafts or homemade goodies to sell at the Christmas Craft Market that is being planned for early November. It's promising to be a lovely afternoon. For more information, please contact Jenna Monk on Ext 04078

We will be celebrating Arbor Week traditionally held from 01st - 7th September with a small tree planting ceremony - Details to follow. We have some rainy weather forecast for this weekend until Wednesday next week. So, the weather is not over yet. Wrap up and keep warm!

Warm Regards  
Christine, Kim and the Evergreen Team

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WEEKLY MENU

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# WEEKLY ACTIVITIES



MONDAY 26 AUG	7AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	12PM PILATES 2.30PM THE CONVERSATION PROJECT	6PM CAMERA CLUB 7PM CANASTA
TUESDAY 27 AUG	9.15AM STRETCH FOR SENIORS	10.30AM HEALTH TALK - HNS FALL PREVENTATION			7PM EVG DRAMATC SOCIETY
WEDNESDAY 28 AUG	7AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2PM RUMMIKUB	2.30PM SCRABBLE
THURSDAY 29 AUG	9AM ART GROUP	9AM LINE DANCING	9.30AM KNITTING		7PM CANASTA
FRIDAY 30 AUG	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	5-7PM PUB NIGHT W UKALADIES
SATURDAY 31 AUG	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	5PM RUGBY SA VS NZ
SUNDAY 01 SEP	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

Happy Birthday!

26 August  
Elizabeth Levey A230

30 August  
Vivian Bezuidenhout A7  
Michael Turner A332  
Ashton Janari H98  
Trunell Morom LRH

31 August  
Colleen Gouws A202

Happy Anniversary!

No Anniversaries

New Residents

No New Residents





EVERGREEN MUIZENBERG

# WHAT'S COOKING

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## WEEK 26 AUGUST – 01 SEPTEMBER

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
Monday, 26 August	Chicken Lasagne Seasonal Vegetables & Salad	Pork Potjie with Rice and Seasonal Vegetables	Supreme Macaroni & Cheese Seasonal Vegetables
Tuesday, 27 August	Sweet & Sour Pork Stir Fry served with Egg Noodles	Cottage Pie served with Seasonal Vegetables	Three Bean Potjie served with Fluffy Rice and Seasonal Vegetables
Wednesday, 28 August	Chicken Schnitzel Mushroom Sauce Potato Wedges & Seasonal Vegetables	Beef Stir-Fry with Chinese Noodles	Vegetarian Schnitzel Mushroom Sauce Potato Wedges
Thursday, 29 August	Tomato Bredie Fluffy Rice and Seasonal Vegetables	Oven Roasted Chicken Breast, Potato Bake and Seasonal Vegetables	Lentil and Chickpea Pastie served with Seasonal Vegetables
Friday, 30 August	Fish & Chips with Tartare Sauce		Butterbean Curry & Rice served with Sambals and Seasonal Vegetables
Saturday, 31 August	Chicken & Mushroom Pie served with Chips and Seasonal Vegetables		Spinach & Feta Pie served with Chips
Sunday, 1 September	Tuscan Roast Chicken Roast Potatoes, Gravy & Seasonal Vegetables Vegetarian Option Available Dessert: R28.00		

**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**

**serve**st

## EVERGREEN MUIZENBERG RESCOM PORTFOLIOS 2024.2025



### **CHAIRMAN - HUGH TILL (A219)**

Hugh and his wife, Lyn, moved to Evergreen Muizenberg after he retired from his business, which he founded in 1983. He obtained a BSc with a major in Chemistry from UCT in 1969, which led him to found his own companies in the polymer industry. Hugh was Society Steward and local Preacher at the Fish Hoek Methodist Church. His hobbies include photography, chess and playing pool in the LSC.



### **VICE CHAIRMAN - JOHN HIGGS (A105)**

John is a retired Industrial Engineer (Building Factories, Schools and Hospitals etc). He held the position of Chairman, Infrastructure Committee - maintenance of buildings and services at his previous retirement village before moving to Evergreen Muizenberg.



### **GARDENS - TONI JOUBERT (H86)**

Toni is a retired Occupational Therapist and Lifeline counsellor. She moved to Evergreen Muizenberg in 2021 with her husband, Peter. Toni is an enthusiastic gardener and has been involved in the running of several garden clubs in the Peninsula and has held the Gardening portfolio on RESCOM at Muizenberg for the last year.



### **CATERING - PAUL SELBY (A308)**

Paul worked at the Medical Research Council for 19 years as a Chief Technical Officer in the Medical Biophysics Unit and later in IT management for 35 years. He has been a resident at Evergreen Muizenberg for the last seven years and has a good grasp of the issues that arise from living in a communal environment.



### **EVENTS & ENTERTAINMENT - JENNA MONK (H78)**

Jenna moved to Evergreen Muizenberg in February 2019. She was a Junior Primary School teacher before getting involved in real estate, the printing and magazine industry and running her own promotional gift companies. She is passionate about networking and developing her interpersonal skills. Jenna's hobbies include arts and crafts, cooking and entertaining friends.



### **HEALTH - ERICA SHEARER (A206)**

Erica is an ordained Minister and spent her earlier life living in America and doing full time ministry work, based in North Carolina. She travelled to various churches in the USA. Erica is a committed Christian, totally believing in a life of integrity and retired in 2000. Since coming to Evergreen Muizenberg she has become an enthusiastic knitter.





# the conversation project

**“LET’S TALK”**

**MONDAY, 26 AUGUST 2024**

**2.00 pm – ALL WELCOME**

## **How to Start a Conversation**

It’s time to transform the culture about dying and to share the way you want to live at the end of your lives.

It’s time to communicate about the kind of care you want for yourselves and how to start the discussion with your loved ones.

Everyone is welcome to join us for this presentation

Please book at reception or call Ext 9, if you wish to attend the presentation for seating purposes.



## **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



**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

# JOIN US! Arbor Day

LET'S PLANT A TREE

**save the date**  
**4th Sept - 2pm**

DETAILS TO FOLLOW

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**

  
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