

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

What's Happening?

01 - 08 Sep 2024

Dear Resident,

Another week has come and gone AND did you know that there just four months left of the year! WOW!

Keeping that mind, that means some fun and exciting events are coming up. Keep a look out for all the posters, for instance our Craft Market in November, Resident Year End Function and lots more in between.

This week coming, as usual, we always have something for everyone. As National Arbor Week is from the 1st to 7th September, we'll be honouring it on Wednesday, 4 September at 2pm; more details will follow.

Enjoy the sunshine that that is forecast for the next few days and enjoy your weekend.

Keep safe.

Warm Regards
Christine, Kim and the Evergreen Team

IN THIS ISSUE

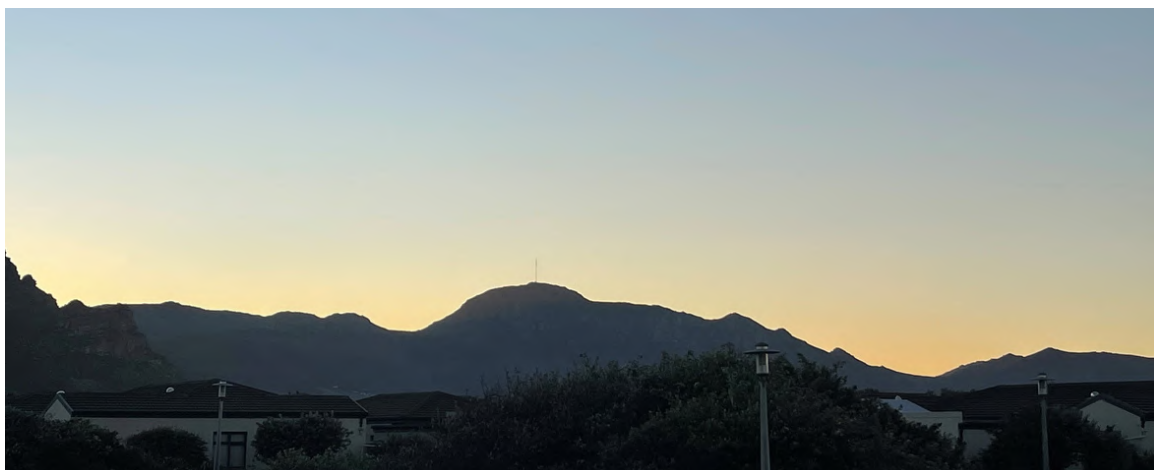
WEEKLY ACTIVITIES
KEEPING ACTIVE
ENTERTAINMENT

SPECIAL OCCASIONS
BIRTHDAYS

ANNIVERSARIES
NEW RESIDENTS
ACHIEVEMENTS

WEEKLY MENU

UPCOMING EVENTS



WEEKLY ACTIVITIES



MONDAY 02 SEP	7AM WALKING GRP 8AM WATERLESS CARWASH	9AM ART WITH STEPH 9.30 BUS TO LONGBEACH MALL	10.30AM AQUA AEROBICS	10.30AM NUTTY NUTS 12PM PILATES	7PM CANASTA
TUESDAY 03 SEP	9.15AM STRETCH FOR SENIORS	9.15AM BUS TO CONSTANTIA VILLAGE	2.30PM CHIT CHAT	3PM COLOUR- IN MANDALA	7PM EVG DRAMATC SOCIETY
WEDNESDAY 04 SEP	7AM WALKING GRP 8AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM RUMMIKUB	2PM ARBOR DAY AFTERNOON	2.30PM SCRABBLE 2.30PM DEMENTIA SUPPORT
THURSDAY 05 SEP	9AM ART GROUP	9AM LINE DANCING	9.30AM KNITTING	3PM BINGO	7PM CANASTA
FRIDAY 06 SEP	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	10AM THE SHOE LADY	11AM TABLE TENNIS
SATURDAY 07 SEP	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	5PM RUGBY SA VS NZ
SUNDAY 08 SEP	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

3 September

Maarten Heering H31
Leslie de Wet H38

4 September

Toni Joubert H86

7 September

Liz Blair A342

8 September

Joyce Turner H33

Happy Anniversary!

Maureen & Elred Lawrence H97

New Residents

Sheelagh Groenewald A24

Lorraine & Paul Palmer A337

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 02 – 08 SEPTEMBER

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
Monday, 02 Sep	Green Bean Bredie served on Sweet Potato Mash Seasonal Vegetables	Chicken a la King Fluffy Rice Seasonal Vegetables	Vegetable Bredie Sweet Potato Mash Seasonal Vegetables
Tuesday, 03 Sep	Sausage Roll served with Onion Gravy and Chips Seasonal Vegetables	Bacon & Tomato Macaroni & Cheese with Seasonal Vegetables	Creamy Mushroom Pasta served with Salad
Wednesday, 04 Sep	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, 05 Sep	Beef Stroganoff served with Rice and Seasonal Vegetables	Chicken Meatballs Napoletana Tomato Sauce on Mash Seasonal Vegetables	Lentil Meatballs and Napoletana Tomato Sauce on Mash Seasonal Vegetables
Friday, 06 Sep	Fish & Chips with Tartare Sauce		Roasted Vegetable Frittata served with Salad
Saturday, 07 Sep	Curried Mince & Vetkoek		
Sunday, 08 Sep	Main: R105 Roast Beef, Yorkshire Pudding, and Mustard Sauce served with Roast Potato and Gravy Seasonal Vegetables *Roast Chicken/Vegetarian Option Available		Dessert: R28

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

serveest

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


EVERGREEN
lifestyle
muizenberg