

EVERGREEN MUIZENBERG

NEWSLETTER

EVERGREEN
lifestyle
muizenberg

What's Happening?

09 - 15 Sep 2024

Dear Resident,

What a lovely week it has been with the weather warming up and the sun peeking out from behind the clouds.

The Springboks set their sights firmly on trying to clinch the Freedom Cup for the first time since 2009 when they line up against New Zealand in the Castle Lager Rugby Championship at DHL Stadium in Cape Town on Saturday, and both expected an epic 80-minute battle. Apart from the Freedom Cup, the Springboks can also make a big leap up the Castle Lager Rugby Championship standings.

The Allxs Point of Sales system for Servest has now been resolved and reset. They are sorting this issue out with their service provider. In the meantime, all meal cards are able to scan, all payments will reflect immediately and if you have not yet received a statement, please ask Velencia to assist.

The Men's Breakfast on Tuesday, 17 September will still be for Men only. However, the talk by Sean Summers will be opened up to the village. The talk will start at 10.15 in the Lifestyle Centre. Seating will be on a first come, first served basis.

Please see all the posters included for the fun events scheduled at the Village until the end of September.

Warm Regards
Christine, Kim and the Evergreen Team

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What's been Happening?

Pub night with the UKALadies, Friday 30 August



WEEKLY ACTIVITIES



MONDAY 09 SEP	7AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10AM SALLY- ANN CREED TALK - JOINT HEALTH	10.30AM AQUA AEROBICS	7PM CANASTA
TUESDAY 10 SEP	9.15AM STRETCH FOR SENIORS				7PM EVG DRAMATC SOCIETY
WEDNESDAY 11 SEP	7AM WALKING GRP	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM RUMMIKUB		2.30PM SCRABBLE
THURSDAY 12 SEP	9AM ART GROUP	9AM LINE DANCING	9.30AM KNITTING	3PM BINGO	7PM CANASTA
FRIDAY 13 SEP	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE		11AM TABLE TENNIS
SATURDAY 14 SEP	JOHN ADAMS - FRUIT & VEG			1.45PM CANASTA	6PM RESIDENTS BRAAI
SUNDAY 15 SEP	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		6PM MOVIE NIGHT WITH POPCORN

SPECIAL CELEBRATIONS

Happy Birthday!

10 September

Allan Youens A3

11 September

Sheila Norton H4

12 September

Joy Hobson A238

13 September

Manfred Leitner A306

14 September

Wendy Stroberg H67
Cheryl Kiderlen H100

Happy Anniversary!

9 September

Peter & Grizéll Luxton H84

New Residents

No New Residents

EVERGREEN MUIZENBERG

WHAT'S COOKING

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WEEK 09 - 15 SEPTEMBER

DATE	OPTION 1 - R72	OPTION 2 - R58	VEGETARIAN - R58
Monday, 09 Sep	Spaghetti Bolognese with Parmesan Cheese and Salad	Cape Malay Chicken Curry served with Rice and Seasonal Vegetables	Mac and Cheese with Roasted Vegetables
Tuesday, 10 Sep	Beef and Cabbage Stew served with Rice and Butternut	Chicken & Mushroom Pie served with Seasonal Vegetables	Vegetable Potjie with Rice
Wednesday, 11 Sep	Chicken Schnitzel with Mushroom Sauce, Chips and Seasonal Vegetables	Thai Pork Stir Fry Served on Chinese Noodles	Vegetables Schnitzel with Mushroom Sauce and Sweet Potato Wedges
Thursday, 12 Sep	Beef Bobotie served with Yellow Rice and Peas	Feta & Peppadew Stuffed Chicken Fillet with Mash & Seasonal Veg	Butternut and Feta Quesadilla with Seasonal Vegetables
Friday, 13 Sep	Fish & Chips with Tartare Sauce and salad		Basil Pesto and Mozzarella Quiche with Fries
Saturday, 14 Sep	Cottage Pie served with Gravy, Potato Wedges and Seasonal Vegetables		Spinach and Feta Pie Potato Wedges and Seasonal Vegetables
Sunday, 15 Sep	Main: R105 Cherry and Honey Glazed Gammon served with Gravy, Roast Potato and Seasonal Vegetables *Roast Chicken OR Vegetarian option		Dessert: R28 Malva Pudding with custard

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



Let's talk about aching joints

They say you're only old when you start noticing your body. Don't wait until it's too late—there are ways to look great and keep those aches and pains at bay. Join Tanya and dietitian Carrie from Sally-Ann Creed with any and all questions you may have about how to feel younger.

Join us in the lounge
Monday 9 September at 10:00am

Sally-Ann
CREED®
Wellness through nutrition



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BINGO

Join in every second
Thursday



12 SEPTEMBER

26 SEPTEMBER

at 3pm in the Lifestyle Centre

Book & pay at Reception
R40 per person



3



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MEN'S BREAKFAST

TUESDAY, 17

SEPTEMBER 2024 @

09H30

WITH GUEST SPEAKER

MR SEAN SUMMERS

Sean is the CEO and Group Managing Director of Pick n Pay.

Known as PnP's turnaround guy, he has worked in retail all over the world. With a total of 2,279 outlets, Sean was brought back to rescue PnP which recorded its first loss in history last year. His goal and brief is to get the supermarket giant back to No 1

Talk will start at 10.15am

MEN'S BREAKFAST **MENU**

Creamy Scrambled egg,
Crispy Bacon, Breakfast
Pork Sausage, Sautéed
Mushrooms, Rosa
Tomatoes and Hash-
Browns
Toast and Preserves

Tea or Coffee

R75 PER PERSON

**RSVP for Breakfast at the
Bistro by no later than
Monday,
16 September 2024**

The talk by Sean Summers will be opened to all residents. First come, first served for seating

Heritage Day Spit Braai



Tuesday, 24 September
@ 12h30 – BISTRO

R180
per person
2-course
lunch

Delicious Lamb Spit Braai
Curried Chicken Sosasies,
Potato Bake, Summer Salad, Roasted
Vegetable Cous-cous Salad, Coleslaw,
selection of Fresh Cocktail Rolls
Peppermint Crisp Tart, Koeksisters,
Ystervarkies



 **RSVP BISTRO BY FRIDAY 20 SEPTEMBER**

Spot prizes to be won



***Standard meals will be for take-away
only and can be collected /delivered from
11h30**

LOTS OF PRIZES TO
BE WON!

WEDNESDAY

02 Oct '24

09h00-10h30

R100.00pp

MAD HATTER

BREAKFAST

- ♣ One Fried Egg , Bacon, Pork Sausage, Mushroom, Grilled Tomato & Hash Brown, Toast and Butter and Coffee/Tea + One Flap Jack topped with Chantilly Cream and Syrup



Book & Pay in Bistro by 27th Sept

**BEST HAT/ BEST DRESSED-HAVE LOTS OF
FUN!**

Dressing up is not obligatory
but having fun is compulsory!



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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