

EVERGREEN MUIZENBERG

# NEWSLETTER

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## What's Happening?

16 - 22 Sep 2024

Dear Resident,

Summer is certainly on its way! The days are getting a little warmer and a little longer...

We have lots to look forward to this week; Kenny Meiring will be talking about finances and retirement and Sean Summers, Managing Director of Pick n Pay will be having a chat after Breakfast about the future of retail in South Africa and getting the supermarket giant back to No 1.

Coming up is the Heritage Spit Braai at Lunchtime on Tuesday, 24 September -please book early. **Standard lunches will be for Take-Away Only;** an Evergreen Sales Presentation in the TV Lounge on Wednesday, 25th and I am very excited to announce Karaoke at the next Pub Night on Friday, 27th. Then to top it all, we have arranged to offer a "build-a-boerie roll" and a beer for the last test match when Boks play Argentina at 5pm on Saturday, 28th September.

And have you booked for the Mad Hatter Breakfast - just because we can! It promises to be a really fun event.

I will be taking a few days off from Friday, 20th September and will be back on Thursday, 26th September.

Enjoy the Weekend

Warm Regards  
Christine, Kim and the Evergreen Team

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UPCOMING EVENTS

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# WEEKLY ACTIVITIES



MONDAY 16 SEP	7AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	2.30PM HOW TO INCREASE YOUR RETIREMENT INCOME - BY KENNY MEIRING	7PM CANASTA
TUESDAY 17 SEP	9.15AM STRETCH FOR SENIORS	9.30AM MEN'S BREAKFAST	10.15 TALK BY SEAN SUMMERS OF PNP	10.30AM NUTTY NUTS	7PM EVG DRAMATC SOCIETY
WEDNESDAY 18 SEP	7AM WALKING GRP 8.30AM RIAAN'S FRUITVAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM RUMMIKUB	2.30PM DEMENTIA SUPPORT GROUP	2.30PM SCRABBLE
THURSDAY 19 SEP	9AM ART GROUP	9AM LINE DANCING	9.30AM KNITTING		7PM CANASTA
FRIDAY 20 SEP	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE		11AM TABLE TENNIS
SATURDAY 21 SEP	JOHN ADAMS - FRUIT & VEG		1.45PM CANASTA	6PM QUIZ NIGHT	10PM SA VS ARGENTINA
SUNDAY 22 SEP	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

Happy Birthday!

**16 September**

Vincent Higgo A345

**21 September**

Maureen Mason A108

Gertrud Karas A209

**22 September**

Bruce Simpson H82

Happy Anniversary!

**19 September**

Erik & Cheryt Kiderlen H100

**22 September**

Anne & Calie Blignaut H107

Noreen & Raymond Langmann A339

New Residents

No New Residents



EVERGREEN MUIZENBERG

# WHAT'S COOKING

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## WEEK 16 - 22 SEPTEMBER

DATE	OPTION 1 – R72	OPTION 2 – R58	VEGETARIAN – R58
Monday, 16 Sep	Tomato Beef Bredie served with Rice and Seasonal Vegetables	Chicken a la King served with Rice & Seasonal Vegetables	Vegetable Bredie served with Rice and Seasonal Vegetables
Tuesday, 17 Sep	Sausage Roll with Chips, Gravy and Seasonal Vegetables	Tuna Pasta Bake served with Seasonal Vegetables sweet potato wedges	Vegetable Curry Pie served with Chips, Gravy and Seasonal Vegetables
Wednesday, 18 Sep	Butter Chicken with Rice, Roti and Sambal and Seasonal Vegetables	Beef Bangers on Mash with Gravy, Carrot and Peas	Creamy Butternut Curry served with Rice, Roti and Sambal
Thursday, 19 Sep	Beef Casserole on Mash served with Seasonal Vegetables	Ginger & Soy Chicken Stir-fry with Egg Noodles	Vegetable Lasagne served with Greek Salad
Friday, 20 Sep	Fish & Chips with Tartare Sauce and salad		Vegetables Chow Mein served with Egg Noodles
Saturday, 21 Sep	Prego Chicken Fillet served with Chips and Salad	Vegetable Burger served with Chips and salad	
Sunday, 22 Sep	<b>Main: R105</b> Roast Beef served with Roast Potatoes and Seasonal Vegetables *Roast Chicken OR Vegetarian Option		<b>Dessert: R28</b> Sago Pudding & 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

serveest



## **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**  
**Family & Friends Welcome**

*Spot prizes to be won*

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



**FRIDAY, 27 September**

**5pm – 7pm**

**Mini Snack Basket**

**plus Wine/beer and**

**KARAOKE with Jeff McBride**

**R120 p/p**

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



# KARAOKE NIGHT

WITH JEFF MCBRIDE



FRIDAY PUB NIGHT  
27 SEPTEMBER  
AT 5PM



**MBOMBELA STADIUM, NELSPRUIT**

**28 SEPTEMBER '24**



**SOUTH AFRICA**

**VS ARGENTINA**

**JOIN US AT THE  
BIG TV @ 5PM TO  
SUPPORT OUR BOKS**

**Build-a-Boerie Roll, Hot Chips & Cold Beer  
(Windhoek Lager or Draught)**

**R65 PER PERSON**

**Book & Pay at Reception by no later than  
26 Sep 2024**

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 27<sup>th</sup> Sept

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

Dressing up is not obligatory  
but having fun is compulsory!





CONTACT JENNA MONK  
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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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