

EVERGREEN MUIZENBERG

# NEWSLETTER

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## What's Happening?

30 Sep - 6 Oct 2024

Dear Resident,

I trust you had a good week.

Argentina moved to within five points of leaders South Africa when they beat them 29-28 last Saturday but the Bokke won't give them another opportunity at this weekend's return clash at the Mbombela Stadium. The Pumas would need to score three tries to beat the Springboks by more than seven points to prevent the Springboks from taking the championship in front of their home supporters.

Don't forget to book for the Mad Hatters Breakfast next week - it promises to be a wonderful morning filled with laughs and fun.

A drop in temperatures and the possibility of snow is expected over the high-lying grounds of the Western Cape, Eastern Cape and KwaZulu-Natal - so wrap up and prepare for a little more rain on the weekend.

Have a great weekend.

Warm Regards

Christine, Kim and the Evergreen Team

## IN THIS ISSUE

WEEKLY ACTIVITIES  
KEEPING ACTIVE  
ENTERTAINMENT

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SPECIAL OCCASIONS  
BIRTHDAYS  
ANNIVERSARIES  
NEW RESIDENTS  
ACHIEVEMENTS

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WEEKLY MENU

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UPCOMING EVENTS

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# WHAT'S BEEN HAPPENING?

A fabulous Heritage Day Spit Braai was held on Tuesday, 24 September





# WEEKLY ACTIVITIES



MONDAY 30 SEP	7AM WALKING GRP 9AM ART WITH STEPH	9.30 BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS	6PM CAMERA CLUB	7PM CANASTA
TUESDAY 1 OCT	8AM WATERLESS CARWASH	9.15AM STRETCH FOR SENIORS	3PM COLOUR- IN MANDALA		7PM EVG DRAMATC SOCIETY
WEDNESDAY 2 OCT RIAAN'S FRUIT VAN	7AM WALKING GRP 9.30AM MAD HATTERS BREAKFAST	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM RUMMIKUB	2.30PM SCRABBLE	2.30PM DEMENTIA SUPPORT GRP
THURSDAY 3 OCT	9AM ART GROUP	9AM LINE DANCING 9.30AM KNITING	10AM KIND2HEARING	2PM BOOK CLUB 7PM CANASTA	7PM EVG DRAMATC SOCIETY
FRIDAY 4 OCT	7AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM CHURCH SERVICE	11AM TABLE TENNIS	
SATURDAY 5 OCT	JOHN ADAMS - FRUIT & VEG		1.45PM CANASTA		
SUNDAY 6 OCT	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		6PM MOVIE NIGHT W POPCORN

# SPECIAL CELEBRATIONS

## Happy Birthday!

**29 September**

Frances Stafford H95

**30 September**

Johan Oosterhuis H9

Marisa Horn H96

Erik Kiderlen H100

Magdalena Bernado A124

**3 October**

Maureen Holmes H8A

**4 October**

Ingrid Heyneke H76

**5 October**

Carol Cassuto A14

**1 October**

Hugh Till A 219

**7 October**

Sandra Fisher-Jeffes H11

## Happy Anniversary!

**7 October**

Anne & Vernon Sutherland H44

Toni & Peter Joubert H86

**9 October**

Petronella & Vincent Thomas A248

## New Residents

No New Residents

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# WHAT'S COOKING

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## WEEK 4: 30/9/2024 – 06/09/2024

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 30 Sept	Beef Curry served with Rice, Sambals & Seasonal Vegetables	Chicken Casserole served with Rice and Seasonal Vegetables	Broccoli and Cauliflower Casserole served with Rice
Tuesday, 01 Oct	Grilled Prego Chicken Fillets served with Mash and Seasonal Vegetables	Liver & Onion Smoor with Mash and Seasonal Vegetables	Spinach and Feta Quiche with Salad
Wednesday, 02 Oct	Slow Roasted Pork Belly with Potato Wedges and Seasonal Vegetables	Chicken Stir-Fry with Egg Noodles	Creamy Cabbage, Carrot and Zucchini with Spaghetti
Thursday, 03 Oct	Beef & Cabbage Stew served with Fluffy Rice Seasonal Vegetables	Chicken Burger with Chips and Salad	Vegetables Stir-Fry with Chinese Egg Noodles
Friday, 04 Oct	Fish & Chips with Tartare Sauce		Lentil Burger with Chips and Salad
Saturday, 05 Oct	Cheesy Margarita Pizza served with Salad	Roasted Veg Pizza	
Sunday, 06 Oct  R140	Roast Lamb and Rosemary Roast Potatoes, Gravy & Mint Sauce and Seasonal Vegetables *Roast Chicken OR Vegetarian Roasted Cauliflower Steaks served with Rice and Creamy Garlic		Dessert 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**

**serve**st



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



**Don't be late for your important date**

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

Dressing up is not obligatory  
but having fun is compulsory!



# Boardwalk Bistro Social Dinner

**WEDNESDAY, 16 OCTOBER**  
**18H30 - R180 PER PERSON**

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## MAIN

Slow Roasted Beef Short Rib in Red Wine and  
Rosemary Jus served with Creamy Mash Potatoes  
and Baby Vegetables

OR

Grilled Line Fish served with a Creamy Cumin  
Sauce, Dauphinoise Potato and Baby Vegetables

## DESSERT

Chocolate Tart served with Warm  
Chocolate Ganache and Cream

OR

Cheese Plate with Crackers  
and Dried fruit

Filter Coffee

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**Please book and pay for dinner**  
**at the Bistro before**  
**Monday, 14 October**



ALL MARKET  
TABLES HAVE  
BEEN BOOKED!!



# 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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