

# Evergreen MUIZENBERG



## 16 JUNE-22 JUNE IN THIS ISSUE

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## WEEKLY ACTIVITIES

Your weekly guide to  
recreational activities  
in the Village

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## BISTRO

Weekly Lunch and  
Social event Menus

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## IT'S A CELEBRATION

Birthday's,  
Anniversaries  
& New Residents

Dear Resident,

We wish all fathers a very Happy Father's Day this Sunday! We hope you enjoy a fantastic day.

Can you believe we are already nearing the middle of June? This marks the halfway point of the year! Let's also take a moment to honor and reflect on Youth Day, which falls on Monday, June 16.

Don't miss the Music Evening with Laubi Walters – "Ascoltate con il cuore" (Listen with your heart) this Sunday!

We have some exciting activities planned for this week:

- Holistic Talk and Pamper Session (June 18)
- False Bay Vet Services (June 18)
- Jan Smuts Talk (June 18)
- Alida's Fashions (June 19)
- Quiz Night (June 20)

Please remember to make your bookings with Reception.

Also, join the 'Ward 45 Councillor' WhatsApp group for all relevant information regarding our area, such as scheduled power outages: WhatsApp Group Link below (<https://chat.whatsapp.com/JxvpYO29Uwb8RrzSKJEge9>)

Wishing you a wonderful weekend!

Warm regards,  
The Evergreen Team



# WEEKLY ACTIVITIES



<b>MONDAY</b> <b>16 JUNE</b>  <b>PUBLIC HOLIDAY</b>	<b>7.15AM</b> <b>WALKING GRP</b>	<b>9AM</b> <b>ART WITH STEPH</b>	<b>12PM</b> <b>PILATES</b>		<b>7PM</b> <b>CANASTA</b>
<b>TUESDAY</b> <b>17 JUNE</b>	<b>9.30AM</b> <b>STRETCH FOR SENIORS</b>	<b>9.30AM</b> <b>BUS TO BLUE ROUTE MALL</b>		<b>3PM</b> <b>COLOUR IN MANDALA</b>	
<b>WEDNESDAY</b> <b>18 JUNE</b>	<b>7.15AM</b> <b>WALKING GRP</b> <b>8.30AM</b> <b>RIAAN'S FRUIT VAN</b>	<b>9.30AM</b> <b>AGELESS GRACE</b> <b>10AM</b> <b>BIBLE STUDY</b>	<b>10.30AM</b> <b>NATURALLY PAMPERED</b> <b>11AM</b> <b>FB VET VISIT</b> <b>TABLE TENNIS</b>	<b>2PM</b> <b>CHESS / RUMMIKUB</b> <b>2.30PM</b> <b>SCRABBLE</b> <b>DEMENTIA SUPPORT</b>	<b>3PM</b> <b>ANECDOTES &amp; FAMILY LIFE OF JAN SMUTS TALK</b>
<b>THURSDAY</b> <b>19 JUNE</b>	<b>9AM</b> <b>ART GROUP</b> <b>9.30AM</b> <b>KNITTING</b>	<b>10AM</b> <b>ALIDAS FASHION</b>		<b>3PM</b> <b>LINE DANCING</b>	<b>7PM</b> <b>DRAMATIC SOCIETY / CANASTA</b>
<b>FRIDAY</b> <b>20 JUNE</b>	<b>7.15AM</b> <b>WALKING GRP</b>	<b>9.15AM</b> <b>STRETCH FOR SENIORS</b>	<b>10AM</b> <b>RELIGIOUS FELLOWSHIP</b> <b>11AM</b> <b>TABLE TENNIS</b>		
<b>SATURDAY</b> <b>21 JUNE</b>	<b>JOHN ADAMS FRUIT &amp; VEG</b>		<b>1.45 PM</b> <b>CANASTA</b>		<b>6PM</b> <b>QUIZ NIGHT</b>
<b>SUNDAY</b> <b>22 JUNE</b>	<b>8.45AM</b> <b>ONLINE CHURCH</b>		<b>12.30PM</b> <b>LUNCH</b>		



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 4: 16/06/2025 - 22/06/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 16 JUN	Neapolitan Meatballs with Parmesan	Fish Cakes with tomato smoor, Mash and chunky salad	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
<b>Tuesday,</b> 17 JUN	Pork Casserole with fluffy rice, baby marrow and carrots	Feta stuffed chicken fillet with creamy lemon sauce, baby potato & vegetables	Chick pea, Mushroom and Spinach penne Pasta with Greek Salad
<b>Wednesday,</b> 18 JUN	Fish Curry with rice and sambal	Chicken Schnitzel with Mushroom sauce, Sweet Potato wedges and Vegetables	Black Bean, peppadew and cheddar stuffed Butternut with a side Salad
<b>Thursday,</b> 19 JUN	Stuffed Jacket potato with Pulled beef, Mozzarella, Cherry tomatoes and Seasonal salad	Spaghetti Bolognaise with Greek salad - pasta	Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, Pineapple salad
<b>Friday,</b> 20 JUN	Fish & Chips with Salad		Stuffed Brown Mushrooms topped with Mozzarella Cheese & Vegetables
<b>Saturday,</b> 21 JUN	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
<b>Sunday,</b> 22 JUN <b>R115</b>	Smoked Gammon with Pineapple sauce, Potato Fondant & Vegetables OR Grilled Chicken Roulade stuffed with feta & Peppadew, potato fondant and Vegetables OR <b>Vegetarian Option:</b> Chickpea & Broccoli stuffed sweet potato topped with Feta and Mozzarella cheese with Vegetables		<b>Dessert: R35</b> Chocolate sponge cake with Caramel sauce

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

# SPECIAL CELEBRATIONS

*Happy Birthday!*

## **16 June**

Kim Whitworth (Evergreen)

## **17 June**

Audrey Forbes (A120)

## **18 June**

Chris Moon (H65)

## **19 June**

Richard Bailey (H14)

## **20 June**

Jenny Angehrn (A340)

Tony Law (H 1)

Winona Heydenrych ( A316)

Laeeqah Bantam (Evergreen)

## **21 June**

Stephanie De Haas (A2)

*Happy Anniversary!*

## **22 June**

Roy & Vivien Hawkins (H77)

*New Residents*

Timothy Keegan (H89)



**AVARI.**  
home living



## HOLISTIC TALK & PAMPER

DATE: 18 June (Wednesday)

Venue: Big TV Area Time:

10h30 Pamper: 11h00 - 14h00

Please BOOK with Reception

THEREAFTER >>>

Come and enjoy a FREE revitalizing hand scrub

Products on sale on the day!  
by ielhaam (AVARI)



### Discounted services include:

- Basic Consultations
- Vaccinations
- Minor Grooming
- Deworming/Tick&Flea treatments
- Delivery of your pet's chronic medication and food



False Bay Veterinary Clinic  
will be bringing  
compassionate veterinary  
care directly to Evergreen  
Muizenberg Village

**When: 18 June 2025 at 11am**  
**Where: Basement Parking**

For bookings and more  
information please contact  
False Bay Vet on **021 788 1172**

*Your pet is our priority!*



[www.falsebayvet.co.za](http://www.falsebayvet.co.za)  
021 788 1172 / WA 064 020 7134



## **ANECDOTES & FAMILY LIFE OF JAN SMUTS**

Join us for a special session with his  
granddaughter, Mary Tait

**Date: Wednesday, 18 June**

**Time: 3 PM**

**Location: TV Lounge**

Please RSVP for seating arrangements.





ALIDA'S FASHIONS WILL BE VISITING  
EVERGREEN MUIZENBERG ON  
THURSDAY 19 JUNE 2025  
FROM 10am

LOVELY TOPS, JERSEYS, JACKETS,  
GILETS SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888  
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS





Join Bio Mechanix for an informative talk on how we can assist you in improving your **health, well-being** and **community!**

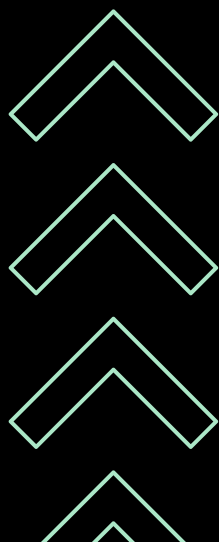
Our **Biokineticists** will be on site to answer any questions you have about our programs, including:

- **Fall Prevention**
- **Pilates**
- **Aqua/Hydro Classes**
- **Strength & Fitness**
- **Injury Rehabilitation**

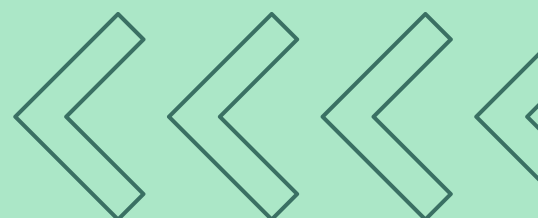
**When: Tues 24th June '25 @ 11:00**

**Where: Big TV Area**

**What: Presentation + Q&A**



# Stay Active, Stay Safe, Stay Strong





# Full body assessments

Carrie-Ann from Sally-Ann Creed is offering free assessments using her InBody scale. This incredible machine offers insights into your body make-up, including body composition, muscle mass and body fat.

**Join us in the lounge**  
**Thursday 26 June at 11:00am**  
**No pacemakers unfortunately.**  
**Bookings at reception**





# Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

IN 2024 A CHALLENGE WAS EXTENDED TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY "HAPPY BEANIES" AS POSSIBLE. WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 20 JUNE.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT ME DIRECTLY:  
RIAAN GOUWS - 072 600 2499.





# Self-Service Laundry




## **STEP 1 In the Comfort of your OWN home**

- **DOWNLOAD THE SNAPSCAN APP ONTO YOUR PHONE from your APP store**
- **Set up your banking details on the App**

## **STEP 2**

- **Place items into washing or drying machine**
- **Close the lid of the machine**

## **STEP 3 You will need data for this part**

- **Open the SnapScan App**
- **Scan the QR code  provided on the machine**
- **Fill in your payment reference, ie Laundry**
- **Check the correct amount is displayed (R30)**
- **When the bank has approved the transaction, the light of the machine will turn on and your washing cycle will commence**



# **RUSTENBURG PHARMACY**

**FOR ALL YOUR  
MEDICATION  
AND**

**PHARMACY NEEDS**

**WHATSAPP US ON:**

**079 821 7694**

**FREE DELIVERY  
TO  
EVERGREEN**





# Scone Special

Scone with whipped  
cream, jam and cheese

R35

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Every Wednesday from  
9am - 3pm

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booking essential to avoid  
disappointment



# Riaan's Fruit Van



**Fresh Fruit & Veg  
every Wednesday from 8.30am**



**Cash or Card payments accepted**