

Evergreen MUIZENBERG



23 JUNE 29 JUNE IN THIS ISSUE

WEEKLY ACTIVITIES

Your weekly guide to
recreational activities
in the Village

BISTRO

Weekly Lunch and
Social event Menus

IT'S A CELEBRATION

Birthday's,
Anniversaries
& New Residents

Dear Resident,

A brief week has passed in the blink of an eye.

We hope you have managed to stay warm during this chilly week.

- Weekend Weather Forecast:
- Saturday: 10°C to 16°C, sunny
- Sunday: 12°C to 16°C, with rain

Activities Scheduled for the Week:

- Stitchcraft (June 23)
- Nutty Nutts (June 24)
- Gesels Afrikaans (June 24)
- Sally Anne Creed Talk (June 26)

Please remember to make your reservations with Reception.

Wishing you a fabulous weekend!

Warm regards,
The Evergreen Team

WEEKLY ACTIVITIES



MONDAY 23 JUNE	7.15AM WALKING GRP	9:30AM BUS TO BLUE ROUTE	12PM PILATES	2PM STITCHCRAFT	7PM CANASTA
TUESDAY 24 JUNE	9.30AM STRETCH FOR SENIORS	10AM NUTTY NUTTS	11AM BIOKINETICISTS TALK	3PM GESELS AFRIKAANS	
WEDNESDAY 25 JUNE	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	2PM CHESS / RUMMIKUB 2.30PM SCRABBLE	
THURSDAY 26 JUNE	9AM ART GROUP 9.30AM KNITTING	10AM SALLY ANNE CREED TALK			7PM DRAMATIC SOCIETY / CANASTA
FRIDAY 27 JUNE	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP 11AM TABLE TENNIS	3PM LINE DANCING	
SATURDAY 28 JUNE	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 29 JUNE	8.45AM ONLINE CHURCH		12.30PM LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 5: 23/06/2025 - 29/06/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 23 JUN	Chicken a la King served with Rice and Seasonal vegetables	Pork Bangers with tomato and onion Smoor, Mash and Carrots & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 24 JUN	Kessler Chop with Mustard sauce and Garlic baby Potatoes	Beef and Ricotta Cannelloni pasta bake with sweet Butternut	Spinach, Feta, Black bean Pasta bake with Salad
Wednesday, 25 JUN	Grilled Chicken Pieces with Mash & seasonal vegetables	Pulled Pork & cheddar Quesadilla with Salad	Roasted Vegetable Quesadilla with Salad
Thursday, 26 JUN	Beef bobotie with yellow rice, sweet butternut and Peas	Chicken Fillet with Creamy sundried tomato sauce, sweet potato and Green Salad	Butter bean Curry with yellow rice and sweet butternut
Friday, 27 JUN	Fish & Chips with Salad		Cauliflower, Chickpea and Capsicum Quiche
Saturday, 28 JUN	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
Sunday, 29 JUN R145	Buffet - Roasted Butternut & beetroot salad - Rosemary and rock salt Beef Brisket & gravy - Roasted harissa Chicken Pieces - Sweet Carrot & Peas - Garlic Potato Wedges		Dessert:R35 MalvaPudding & 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

23 June

Toody Cassidy (H68)

25 June

Wonderful Rashied (Whitecliffs)

26 June

Margaret Leitner (A306)

Charles Laurence (H42)

27 June

Alice Grant (A4)

Sally Gooderham (H104)

Janet Aird (H105)

Happy Anniversary!

No anniversary's

New Residents

No new residents

Happy Beanies

THANK YOU!

WE'VE ALL FELT THAT EXTRA CHILL IN THE AIR THIS PAST WEEK, AND THANKS TO THE INCREDIBLE EFFORTS OF KNITTERS ACROSS OUR EVERGREEN VILLAGES, WE'RE ABLE TO BRING WARMTH AND COMFORT TO THOSE WHO NEED IT MOST. TOGETHER, WE'RE PROVIDING HAPPY BEANIES TO AROUND 900 PEOPLE IN OUR COMMUNITIES WHO ARE LESS FORTUNATE—AND EVERY SINGLE ONE MAKES A DIFFERENCE.

A SPECIAL THANK YOU GOES TO:

- EVERGREEN NOORDHOEK FOR CONTRIBUTING OVER 600 BEANIES
- EVERGREEN MUIZENBERG FOR THEIR GENEROUS DONATION OF OVER 230 BEANIES
- EVERGREEN BERGVLIET, WHO SUPPORTED A SEPARATE PROJECT WITH OVER 300 PAIRS OF MITTENS

THANK YOU TO EACH AND EVERY KNITTER FOR YOUR TIME, CARE, AND COMPASSION. YOUR CONTRIBUTION IS TRULY MAKING A DIFFERENCE.





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:

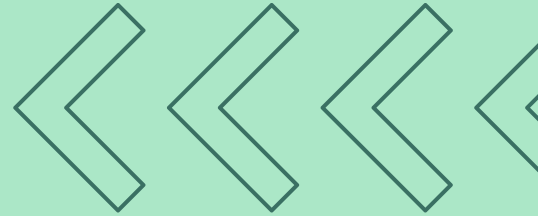
- **Fall Prevention**
- **Pilates**
- **Aqua/Hydro Classes**
- **Strength & Fitness**
- **Injury Rehabilitation**

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



MINUTES

CAN MAKE A DIFFERENCE

CELEBRATE MANDELA DAY

CHOP FOR CHANGE!

Join us this Mandela Day and help make a meaningful difference in just 67 minutes. Form a team of 4 and take on the challenge. Chop as many vegetables as you can — your efforts will be turned into hearty soup mixes and donated to local soup kitchens.

Come together, give back, and have fun doing it!

HOW IT WORKS

- Enter your team at Reception
- Please bring your own cutting boards, peeler and knives.
- Vegetable donations on the day are welcome.
- The team that chops the most by weight wins!
- Entries close - **16 July**
- Entry fee **R30pp** and includes soup, a fresh roll and a glass of sherry. All funds raised goes towards buying vegetables.

Chopping kicks off at 15h00





SPRINGBOK

Fixtures

BARBARIANS



28 JUNE

ITALY



5 JULY

ITALY



12 JULY

GEORGIA



19 JULY

AUSTRALIA



16 AUGUST

AUSTRALIA



23 AUGUST

NEW ZEALAND



6 SEPTEMBER

NEW ZEALAND



13 SEPTEMBER

ARGENTINA



27 SEPTEMBER

ARGENTINA



4 OCTOBER

FRANCE



8 NOVEMBER

ITALY



15 NOVEMBER

IRELAND



22 NOVEMBER

WALES



29 NOVEMBER



Scone Special

Scone with whipped
cream, jam and cheese

R35

Every Wednesday from
9am - 3pm

booking essential to avoid
disappointment

RUSTENBURG PHARMACY

**FOR ALL YOUR
MEDICATION
AND**

PHARMACY NEEDS

WHATSAPP US ON:

079 821 7694

**FREE DELIVERY
TO
EVERGREEN**



Self-Service Laundry




STEP 1 In the Comfort of your 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**



Riaan's Fruit Van



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



Cash or Card payments accepted