

Evergreen MUIZENBERG



30 JUNE – 6 JULY
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,

I hope everyone has had a pleasant week,
despite the heavy rain and chilly
temperatures.

With more rain expected throughout the
weekend and a high of just 16 degrees, it's
safe to say that staying indoors is the best
option. Sports fans can look forward to some
exciting tennis at Wimbledon, the
Springboks facing off against the Barbarians
in a historic first meeting on South African
soil, and wrapping up the weekend with the
Austrian Formula 1 Grand Prix on Sunday.

Reminder: We are pleased to inform you
that the appointed contractor has
confirmed that repair work on the pool will
commence on Monday, June 30 and the
entire gym will be out of service until 7 July.

Wishing you a warm and restful weekend.

Warm regards,
The Evergreen Team

WEEKLY ACTIVITIES



**MONDAY
30 JUNE**

7.15AM
WALKING GRP
9AM
ART WITH STEPH

9:30AM
BUS TO BLUE
ROUTE

12PM
PILATES

6PM
CAMERA CLUB
7PM
CANASTA

**TUESDAY
1 JULY**

8AM
WATERLESS CAR
WASH

9.30AM
STRETCH FOR
SENIORS

3PM
COLOUR IN
MANDALA

**WEDNESDAY
2 JULY**

7.15AM
WALKING GRP
8.30AM
RIAAAN'S FRUIT
VAN

9.30AM
AGELESS GRACE
10AM
BIBLE STUDY

10.30AM
TABITA
FASHIONS
11AM
TABLE TENNIS

2PM
CHESS /
RUMMIKUB
2.30PM
SCRABBLE

2.30PM
DEMENTIA
SUPPORT

**THURSDAY
3 JULY**

9AM
ART GROUP
9.30AM
KNITTING

10AM
KIND TO HEARING

10AM
THE SHOE LADY

7PM
DRAMATIC
SOCIETY/
CANASTA

**FRIDAY
4 JULY**

7.15AM
WALKING GRP

9.15AM
STRETCH FOR
SENIORS

10AM
RELIGIOUS
FELLOWSHIP
10AM
NUTTY NUTS

11AM
TABLE TENNIS

3PM
LINE DANCING

**SATURDAY
5 JULY**

JOHN ADAMS
FRUIT & VEG

1.45 PM
CANASTA



5PM
RUGBY
SA VS ITA

**SUNDAY
6 JULY**

8.45AM
ONLINE CHURCH

12.30PM
LUNCH

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 30/06/2025 - 06/07/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 30 JUN	Irish Cottage pie served with Roasted beetroot & feta	Pork Stew and White Rice with Roasted Seasonal Veg	Aubergine Lasagne with Roasted Seasonal veg
Tuesday, 01 JUL	Beef Bangers with Onion smoor, Roasted sweet potato and Vegetables	Grilled Chermoula Chicken with Roasted vegetable Cous-cous	Plant based Sausage with Onion smoor, Roasted sweet potato and Vegetables
Wednesday, 02 JUL	Oven Roasted Chicken Leg Quarter with Roasted baby potatoes & Vegetables	Pork Loin Chop, Gravy with mash Potato and sweet Butternut	Lentil, Butterbean and Capsicum smoor with sweet potato mash and Salad
Thursday, 03 JUL	Roti filled with Pulled Beef and Greek Salad	Tuscan Grilled Chicken with Roasted tomato, green beans and Garlic Potatoes	Creamy Chickpea, Butternut and Spinach with Spaghetti and Green salad
Friday, 04 JUL	Fish & Chips with Salad		Plant based Schnitzel with cheese sauce, Sweet potato fries and Salad
Saturday, 05 JUL	Sweet Chilli Chicken Pizza topped with pineapple, olives, three cheese with Green Salad		Margherita Pizza with salad
Sunday, 06 JUL R145	Roasted Lamb, crushed garlic potatoes, Creamed spinach and Jus OR Garlic Butter Chicken Fillet with, Crushed Parmesan potatoes, Creamy spinach OR Vegetarian Option: Black bean and Tomato Quich topped with Feta, Mozzarella cheese with Green Salad		Dessert: R35 Poached Pears 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

01 July

Raymond Langmann (A339)

Chris Turner(H22)

Magdalena de Wet(H38)

2 July

Terry Dancer (A244)

6 July

Lydia Hirschmann(A17)

Shirley Olivier (H17)

Cecilia Lambert(A112)

Happy Anniversary!

1 July

Chris & Cystal Turner (H22)

New Residents

Joan Harvey (A220)



WATER OR WATERLESS CAR WASH

Date: 1st July 2025

PLEASE BOOK @ RECEPTION



TABITA FASHION


Pop-up — Shop —

Date: 2 July 2025
Time: 10.30am - 1pm
Venue: Lifestyle
centre



FERGIE'S SHOES

When: 3rd July 2025
Where: In the Bistro
Time: 10am – 2pm



Call or WA Mariam
072 1087389

NUTTY NUTS



When: 4th & 22nd July 2025

Where: In the Bistro

BINGO **NIGHT**

Date:
10 & 24 July

Time:
15H00

**LIFESTYLE
CENTER**

R40PP

Book with
Carole Van Zyl
Ext 04070





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



A JOURNEY THROUGH TIMELESS CLASSICS

MUSIC NIGHT

SUNDAY, 20 JULY AT 5.30PM @ THE BIG TV



PROGRAMME HIGHLIGHTS

- The rousing finale from a Verdi overture
- Britten's Guide to the Orchestra (abridged, for all ages!)
- Gershwin's An American in Paris – Second & Final Themes
- Musical gems from Man of La Mancha, Gigi, Showboat, My Fair Lady, West Side Story
- Beethoven's Waldstein Sonata, 3rd Movement
- Plus some delightful surprises for "pudding"!

ALL WELCOME

BRING YOUR LOVE OF MUSIC AND LET'S CELEBRATE TOGETHER

GEAR UP FOR Bok Fridays

WEAR YOUR GREEN AND GOLD PROUDLY
ON BOK FRIDAYS AND MATCH DAYS





Scone Special

Scone with whipped
cream, jam and cheese

R35

Every Wednesday from
9am - 3pm

booking essential to avoid
disappointment

Riaan's Fruit Van



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



Cash or Card payments accepted