Evergreen — MUIZENBERG



14 - 20 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,

We hope you had a wonderful week, especially with the delightful sunshine that graced us.

The upcoming week is packed with exciting activities:

- On Tuesday, join us for the Men's Breakfast featuring Brian Ingpen. Don't forget to reserve your spot with the Bistro.
- On Wednesday, we will celebrate the joy of Christmas with our Christmas in July event.
- On Friday, participate in the Chop for Change event, where teams will compete to showcase who has the quickest hands in just 67 minutes.
- On Saturday, cheer on the Springboks as they take on Georgia, kicking off at 5 PM.
- On Sunday, enjoy a Music Evening with Laubi Walters, now starting at 5:30 PM.

Wishing you a cozy weekend ahead.

Warm regards, The Evergreen Team

WEEKLY ACTIVITIES



SUNDAY

20 JULY

8.45AM

ONLINE CHURCH



| Co | Cox | | Un | | |
|--------------------------------------|--|--|---|---|--|
| MONDAY 14 JULY WINDOW WASH | 7.15AM WALKING GRP | 9AM ART WITH STEPH | 9: 30AM BUS TO BLUE ROUTE | 10.30AM AQUA AEROBICS 12PM PILATES | 7PM CANASTA |
| TUESDAY 15 JULY WINDOW WASH | | 9.30AM STRETCH FOR SENIORS | 9.30AM MENS BREAKFAST BRIAN INGPEN | 3PM COLOUR IN MANDALA | |
| WEDNESDAY 16JULY | 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 / DEMENTIA SUPPORT GRP | 6PM SOCIAL DINNER CHRISTMAS IN JULY |
| THURSDAY 17 JULY | 9AM ART GROUP 9.30AM KNITTING | | 10AM TURQUOISE FOR THE ELDERLY | | 7PM DRAMATIC SOCIETY/ CANASTA |
| FRIDAY 18 JULY MANDELA DAY | 7.15AM WALKING GRP | 9.15AM STRETCH FOR SENIORS | 10AM RELIGIOUS FELLOWSHIP | 11AM TABLE TENNIS 3PM LINE DANCING | 3PM 67MIN - CHOP FOR CHANGE |
| SATURDAY 19 JULY | JOHN ADAMS Fruit & Veg | 1.45 PM CANASTA | | SPRINGBOKS | 5PM RUGBY SA VS GEORGIA |

A JOURNEY THROUGH TIMELESS CLASSICS MUSIC NIGHT
SUNDAY, 20 JULY AT STARP A CHE BIG TV
PROGRAMME HIGHLIGHTS
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12.30PM

LUNCH

5.30PM MUSIC EVENING WITH LAUBI WALTERS



WEEK 3: 14/07/2025 - 20/07/2025

| DATE | OPTION 1 – R80 | OPTION 2 – R65 | | | VEGETARIAN – R60 | | |
|--|--|--|--|---|---|--|--|
| Monday, 14JUL | Beef stir-fry with Egg Noodles | Chicken and Spinach Lasagne with Greek Salad | | | Spinach, Feta and Mozzarella pie Sweet Carrots | | |
| Tuesday, 15 JUL | Honey and mustard chicken leg quarter with Rice, sweet carrots and peas | | | Rice | Feta & Tomato, Pasta Bake with Greek salad | | |
| Wednesday, 16 JUL | Pork chop, Mash and Apple sauce with Cinnamon Butternut | | | Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted Vegetables | | | |
| Thursday, 17 JUL | Chicken Casserole with Fluffy White Rice and Seasonal Veg | ffy White Rice and Creamy Tuna, | | salad | Vegetable Casserole with Fluffy Rice and Seasonal Veg | | |
| Friday, 18 JUL | Fish & Chips with S | Roasted Vegetables Frittata with Chips and Salad | | | | | |
| Saturday, 19 JUL | Grilled Chicker Cheese Burgers with Sw fries and Colesla | Vegetarian Burgers with sweet potato Fries and coleslaw | | | | | |
| Sunday, 20 JUL R145 | Buffet - Build YourOwn Greek Salad - Yorkshire Pudding - Paprika Crusted Roast Beef & Jus - Roasted Cherry & Pineapple Chicken Pieces - Vegetable Bake - Garlic Baby Potatoes | | | Dessert:R35 Stewed Fruit & Custard | | | |
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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



SPECIAL CELEBRATIONS

Happy Birthday!

14 July

Audrey Marshal (H63)

15 July

Barbara Scott (A20)

17 July

Josie Cairncross (A12)

18 July

Dawn Gibson

19 July

Cora Fourie (H109)

Happy Anniversary!

Ronald & Joan Sinden

New Residents

No new Residents





Board members, Ann Myles and Weedaad Salie together with the Director of Bhabhisana Baby Project receive a generous donation of beanies from Evergreen Lifestyle Villages.

Darling Cellars's post





#ThrowbackThursday | Cheers to Good Company & Great Wine!

What an absolute treat to host the vibrant residents from Evergreen retirement Village all the way from Muizenberg! This lively bunch brought the sunshine, and Winemaker Anthony Meduna made the day extra special with a behind-the-scenes cellar tour just for them.

Laughter, good wine, and even better company made for a magical visit at Darling Cellars.

Thinking of planning your own group visit? Contact Christine to make it happen, we'd love to welcome you too!

- tasting@darlingcellars.co.za
- WhatsApp: 083 226 8769

#DarlingCellars #CellarTours #GoldenMoments #WineTime #GroupBooking #WestCoastWines #westcoast









INEN'S BREAKFAST

Tuesday, 15 July at 09h30

Guest Speaker: Brian Ingpen

a shipping historian, fundi and newspaper columnist, will speak on "Ship wrecks". He has previously spoken on the history of Duncan Dock

Menu

Creamy scrambled egg, crispy bacon, pork sausage, sauteed mushrooms, rosa tomatoes, hash-brown and toast with preserves. Tea / Filter Coffee

R95pp

Bookings at the Bistro





Turquoise for the elderly =



Thursday, 17 July 2025

10AM Big TV Area

Small changes makes big impact

Health Eating Talk with Kirstin, a registered dietitian

Diabetes Cholesterol Hypertension Heart disease Arthritis

See you there

Evergreen Lifestyle Retirement Village, Muizenberg



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



- ·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



Take Charge of Your Health!

Early detection saves lives

Prioritize Your Health, Today

Schedule your Mammogram appointment and stay ahead of Breast Cancer.



Early Detection

Early detection of breast cancer significantly improves the chance of survival in the first five years if detected early. Our goal is to provide accessible and affordable mammography screenings to help save lives.



Peace of Mind

A mammogram provides reassurance and clarity, helping you take control of your health. Early detection gives you the confidence to face the future with strength and hope.



Requirements

The qualifying age for a mammogram is 40+ and is paid from the preventative screening benefit. Bring your ID, Medical Aid Card, Doctors details and email address on the day.



The Process

Fill in the patient form and produce the above documents, you will be briefed and scanned by a female Mammographer in our unit, scans are sent to reporting stations for a Radiologist to analyze or interpret and your results are sent in a report which is forwarded to your Doctor within 5 to 7 days.

A Mammogram is recommended if you have any of the following symptoms

Nipple Changes

Breast Lumps

Nipple Discharge

Painful Breast

Family History

Breast Swelling

Book your appointment at Reception for Monday, 21 July

Christmas Lights in the Winter PRESENTED BY HUGH TILL



Tuesday, 22 July at 6pm
BIG TV AREA

RSVP FOR SEATING PURPOSES



Bok Fridays

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















FRANCE

















SPRINGBOKFixtures

SOUTH AFRICA

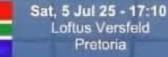


Sat, 28 Jun 25 - 17:10 DHL Stadium Cape Town



BARBARIANS

SOUTH AFRICA





ITALY

SOUTH AFRICA

Sat. 12 Jul 25 - 17:10 Nelson Mandela Bay Stadium, Ggeberha



ITALY

SOUTH AFRICA

Sat, 19 Jul 24 - 17:10 Mbombela Stadium, Nelspruit



GEORGIA

SOUTH AFRICA

Sat, 16 Aug 25 - 17:10 Ellis Park. Johannesburg



AUSTRALIA

SOUTH AFRICA

Sat, 23 Aug 25 - 17:10 DHL Stadium Cape Town



AUSTRALIA

SOUTH AFRICA

Sat, 6 Sep 25 - 09:05 Eden Park, Auckland



NEW ZEALAND

SOUTH AFRICA

Sat, 13 Sep 25 - 09:05 Sky Stadium, Wellington



NEW ZEALAND

SOUTH AFRICA

Sat, 27 Sep 25 - 17:10 Hollywoodbets Kings Park, Durban



ARGENTINA

SOUTH AFRICA

HERPSYSASSIS

Sat, 4 Oct 25 - 15:00 Twickenham, England



ARGENTINA

SOUTH AFRICA

Sun, 8 Nov 25 - 22:10 Stade de France Stadium



FRANCE

SOUTH AFRICA

Sat, 15 Nov 25 - 14:40 Allianz Arena Turin



ITALY

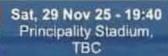
SOUTH AFRICA

Sat, 22 Nov 25 - 19:40 Aviva Stadium,



IRELAND

SOUTH AFRICA





Wales



ScoreSpecial

Scone with whipped cream, jam and cheese R35

Every Wednesday from 9am - 3pm

booking essential to avoid disappointment



Fresh Fruit & Veg every Wednesday from 8.30am



Cash or Card payments accepted