

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



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 16 JULY	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			5PM RUGBY SA VS GEORGIA
SUNDAY 20 JULY	8.45AM ONLINE CHURCH		12.30PM LUNCH		5.30PM MUSIC EVENING WITH LAUBI WALTERS

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

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	Pork Stew and White Rice with Roasted Veg	Feta & Tomato, Pasta Bake with Greek salad
Wednesday, 16 JUL	Pork chop, Mash and Apple sauce with Cinnamon Butternut	Beef Boerewors with Caramelized onion, Gravy, Mash, Carrot and Peas	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted Vegetables
Thursday, 17 JUL	Chicken Casserole with Fluffy White Rice and Seasonal Veg	Creamy Tuna , Pasta bake with Greek salad	Vegetable Casserole with Fluffy Rice and Seasonal Veg
Friday, 18 JUL	Fish & Chips with Salad		Roasted Vegetables Frittata with Chips and Salad
Saturday, 19 JUL	Grilled Chicken Cheese Burgers with Sweet potato fries and Coleslaw		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

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!

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!

19 July

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

1h · 🌐



#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



MEN'S *BREAKFAST*

A close-up photograph of a white ceramic cup filled with a latte. The coffee has a thick layer of white foam on top, decorated with a delicate latte art design that resembles a heart or a stylized 'V' shape. The background is slightly blurred, showing a dark surface.

**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



CHRISTMAS

in July

Wednesday, 16 July

at 6pm

SLOWROASTED OXTAIL WITH PARSLEYMASH

BABY VEG AND RED WINEGRAVY

OR

MAPLE, HONEY MUSTARD KINGKLIP WITH

PARSLEY MASH CHARGED GREENS AND

MUSTARD DRIZZLE

FRUIT CAKE WITH CUSTARD

OR

CHEESE PLATE WITH FRESHFRUIT

R195 p/p

★ **RSVP by 15 July**



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, Mulzenberg**



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



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

GEAR UP FOR Bok Fridays

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





SPRINGBOK *Fixtures*

SOUTH AFRICA



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



BARBARIANS

SOUTH AFRICA



Sat, 5 Jul 25 - 17:10
Loftus Versfeld
Pretoria



ITALY

SOUTH AFRICA



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



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



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,
TBC



IRELAND

SOUTH AFRICA



Sat, 29 Nov 25 - 19:40
Principality Stadium,
TBC



Wales



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