Evergreen — MUIZENBERG



21 - 27JULY 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,

The weather this past week was quite a change from the recent rainy days, and I'm sure we all appreciate the little moments of sunshine.

Upcoming Activities

- Monday: We have scheduled Mammograms for those who have booked.
- Tuesday: Join us for Nutty Nuts in the bistro and Christmas lights in Winter presented by Hugh Till.
- Friday: Don't miss our Social DInner / BYOB pub night.
- Saturday: Get ready for Quiz Night!

Wishing you a bright and cheerful weekend ahead.

Warm regards, The Evergreen Team

WEEKLY ACTIVITIES





MONDAY 21 JULY	7.15AM WALKING GRP 9AM ART WITH STEPH	9: 30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	2: 30PM POETRY CLUB	7PM CANASTA
TUESDAY 22 JULY	9.30AM STRETCH FOR SENIORS	10AM NUTTY NUTTS		3PM COLOUR IN MANDALA	
WEDNESDAY 23 JULY	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2PM RUMMICUB & CHESS	2.30 PM DEMENTIA SUPPORT GRP
THURSDAY 24 JULY	9AM ART GROUP 9.30AM KNITTING		3PM BINGO		7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 25 JULY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS 3PM LINE DANCING	6PM SOCIAL DINNER / PUB NIGHT
SATURDAY 26 JULY	JOHN ADAMS Fruit & Veg	1.45 PM CANASTA			6PM Quiz Night
SUNDAY 27 JULY	8.45AM ONLINE CHURCH		12.30PM Lunch		



WEEK 4: 21/07/2025 - 27/07/2025

DATE	OPTION 1 – R80	OPTION 2 – R65		VEGETARIAN – R60	
Monday, 21JUL	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
Tuesday, 22 JUL	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
Wednesday, 23 JUL	Fish Curry with rice and sambal	Chicken Schnitzel with Mushroom sauce, Sweet Potato wedges and Vegetables		weet	Black Bean, peppadew and cheddar stuffed Butternut with a side Salad
Thursday, 24 JUL	Stuffed Jacket potato with Pulled beef, Mozzarella, Cherry tomatoes and Seasonal salad	Spaghetti Bolognaise with Greek salad - pasta		e sta	Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, Pineapple salad
Friday, 25 JUL	Fish & Chips with S	Stuffed Brown Mushrooms topped with Mozzarella Cheese & Vegetables			
Saturday, 26 JUL	Boerewors Roll with Caram and Chips	Vegan Boerewors Roll with Caramelized Onion and Chips			
Sunday, 27 JUL R115	Smoked Gammon with Pineapple sauce, Potato Fondant & Vegetables OR Grilled Chicken Roulade stuffed with feta & Peppadew, potato fondant and Vegetables OR Vegetarian Option: Chickpea & Broccoli stuffed sweet potato topped with Feta and Mozzarella cheese with Vegetables				Dessert: R35 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



SPECIAL CELEBRATIONS

Happy Birthday!

22 July

Eddie Norton (H4)

26 July

Stephen Shean (A19)

27 July

Margaret Hill (A344)

Theo Verridjt (H18)

Happy Anniversary!

23 July

Keith & Valerie Mason(A121)

26 July

Ralph & Lynette Burnhams(H37)

27 July

Louis & Steph de Haas(A2)

New Residents

No New Residents

HAPPY BEANIES DRIVE RECIPIENTS JAMESTOWN SOCCER KIDS













Christmas Lights in the Winter PRESENTED BY HUGH TILL



Tyesday, 22 July at 6pm
BIG TV AREA

RSVP FOR SEATING PURPOSES



FRIDAY, 25 JULY AT 6PM

OPTION 1

• 300G PORK RIBS WITH POTATO WEDGES & STICKY SMOKEY BBQ SAUCE

OPTION 2

• SLOW ROASTED PULLED BRISKET ON A BRIOCHE BUN WITH POTATO WEDGES



BRING YOUR OWN DRINKS BOOK AT THE BISTRO BY THURSDAY, 24 JULY







Bok Fridays

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































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

ERREVERSES

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

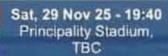
SOUTH AFRICA

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