

Evergreen MUIZENBERG



21 – 27 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,

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 | | |

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 4: 21/07/2025 – 27/07/2025

| DATE | OPTION 1 – R80 | OPTION 2 – R65 | VEGETARIAN – R60 |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Monday, 21 JUL | 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 | 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 | Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, Pineapple salad |
| Friday, 25 JUL | Fish & Chips with Salad | | Stuffed Brown Mushrooms topped with Mozzarella Cheese & Vegetables |
| Saturday, 26 JUL | Boerewors Roll with Caramelized Onion 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

servest

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



Tuesday, 22 July
at 6pm
BIG TV AREA

RSVP FOR SEATING PURPOSES



PUB NIGHT & SOCIAL DINNER

R95 PER PERSON

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**





KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting

Thursday, 31 July

Thursday, 4 September

Thursday, 16 October

Thursday, 27 November

Time: 10.30–12.30

We look forward to seeing you

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