

# Evergreen MUIZENBERG



## 28 JULY – 3 AUGUST IN THIS ISSUE

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### WEEKLY ACTIVITIES

Your weekly guide to  
recreational activities  
in the Village

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### BISTRO

Weekly Lunch and  
Social event Menus

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### IT'S A CELEBRATION

Birthday's,  
Anniversaries  
& New Residents

Dear Resident,

We hope you've had a good week and  
enjoyed the sunshine.

Here are some of the upcoming Activities for  
next week:

- Monday: Stitchcraft & Camera Club
- Tuesday: Gesels Afrikaans & Colour-in  
Mandala
- Thursday: Wol aan die Rol
- Sunday: Buffet Lunch

Wishing you a lovely and safe weekend  
ahead.

Warm regards,  
The Evergreen Team

# WEEKLY ACTIVITIES



**MONDAY  
28 JULY**

7.15AM  
WALKING GRP  
9AM  
ART WITH STEPH

9:30AM  
BUS TO BLUE  
ROUTE MALL

10.30AM  
AQUA  
AEROBICS  
12PM  
PILATES

2PM  
STITCHCRAFT

7PM  
CAMERA CLUB

**TUESDAY  
29 JULY**

9.30AM  
STRETCH FOR  
SENIORS

3PM  
GESELS  
AFRIKAANS

3PM  
COLOUR IN  
MANDALA

**WEDNESDAY  
30 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  
RUMMIKUB &  
CHESS

**THURSDAY  
31 JULY**

9AM  
ART GROUP  
9.30AM  
KNITTING

10AM  
WOL AN DIE ROL



7PM  
DRAMATIC  
SOCIETY/  
CANASTA

**FRIDAY  
1 AUG**

7.15AM  
WALKING GRP

9.15AM  
STRETCH FOR  
SENIORS

10AM  
RELIGIOUS  
FELLOWSHIP

11AM  
TABLE TENNIS  
3PM  
LINE DANCING



**SATURDAY  
2 AUG**

JOHN ADAMS  
FRUIT & VEG

1.45 PM  
CANASTA

**SUNDAY  
3 AUG**

8.45AM  
ONLINE CHURCH

12.30PM  
BUFFET LUNCH

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 5: 28/07/2025 – 03/08/2025**

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 28 JUL	Chicken a la King served with Rice and Seasonal vegetables	Pork Bangers with tomato and onion Smoor, Mash and Carrots & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
<b>Tuesday,</b> 29 JUL	Kessler Chop with Mustard sauce and Garlic baby Potatoes	Beef and Ricotta Cannelloni pasta bake with sweet Butternut	Spinach, Feta, Black bean Pasta bake with Salad
<b>Wednesday,</b> 30 JUL	Grilled Chicken Pieces with Mash & seasonal vegetables	Pulled Pork & cheddar Quesadilla with Salad	Roasted Vegetable Quesadilla with Salad
<b>Thursday,</b> 31 JUL	Beef bobotie with yellow rice, sweet butternut and Peas	Chicken Fillet with Creamy sundried tomato sauce, sweet potato and Green Salad	Butter bean Curry with yellow rice and sweet butternut
<b>Friday,</b> 01 AUG	Fish & Chips with Salad		Cauliflower, Chickpea and Capsicum Quiche
<b>Saturday,</b> 02 AUG	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
<b>Sunday,</b> 03 AUG <b>R145</b>	<b>Buffet</b> - Roasted Butternut & beetroot salad - Rosemary and rock salt Beef Brisket & gravy - Roasted harissa Chicken Pieces - Sweet Carrot & Peas - Garlic Potato Wedges		<b>Dessert:R35</b> MalvaPudding&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

**serve**st

# SPECIAL CELEBRATIONS

## Happy Birthday!

**28 July**

Meg Wilkinson (A9)

**29 July**

James Stewart (A218)

**30 July**

Wim Meuldijk (A27)

Mike Odd (H106)

## Happy Anniversary!

**1 August**

Henry & Diane Coetzee (H35)

## New Residents

No New Residents



**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



ALIDA'S FASHIONS WILL BE VISITING  
EVERGREEN MUIZENBERG

ON WEDNESDAY 6 AUGUST 2025  
FROM 10am

LOVELY TOPS, JERSEYS, JACKETS, GILETS  
SLACKS, DENIMS and MORE..

**WE ACCEPT CASH AND BANK CARDS**



# 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

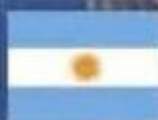


**ARGENTINA**

**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

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Every Wednesday from  
9am - 3pm

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booking essential to avoid  
disappointment

# *Riaan's Fruit Van*



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



**Cash or Card payments accepted**