

CELEBRATING NATIONAL WOMEN'S MONTH

**04 - 10 AUG  
IN THIS ISSUE**

## WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

## BISTRO

Weekly Lunch Menu

## IT'S A CELEBRATION

Birthdays and anniversaries

## EVENT DETAILS

Special Events & Activities

Dear Residents,

We hope you are having a fantastic week!

To our swimming enthusiasts, we're excited to announce that the pool steps have been refurbished, making them significantly less slippery. However, we kindly ask you to remain cautious when entering the pool.

In August, we celebrate the incredible women of South Africa, with a special acknowledgment on the 9th. Wishing all the women a joyful and Happy Women's Day!

Next week, we will continue with our regular weekly activities, along with Alida's Fashions on Tuesday and Kind2Hearing and The Shoe Lady on Thursday.

Wishing you all a wonderful weekend ahead!

Regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES



<b>MONDAY 4 AUG</b>	7.15AM WALKING GRP 9AM ART WITH STEPH	9:30AM BUS TO LONG BEACH MALL	10.30AM AQUA AEROBICS 12PM PILATES		7PM CANASTA
<b>TUESDAY 5 AUG</b>	9.30AM STRETCH FOR SENIORS	10.AM NUTTY NUTS		3PM COLOUR IN MANDALA	
<b>WEDNESDAY 6 AUG</b>	7.15AM WALKING GRP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM ALIDA'S FASHIONS	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2:30 PM SCRABBLE
<b>THURSDAY 7 AUG</b>	9AM ART GROUP 9.30AM KNITTING	10AM THE SHOE LADY	10AM KIND2HEARING		7PM DRAMATIC SOCIETY/ CANASTA
<b>FRIDAY 8 AUG</b>	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS 3PM LINE DANCING	
<b>SATURDAY 9 AUG</b>	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA			
<b>SUNDAY 10 AUG</b>	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 1: 04/08/2025 – 10/08/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 04AUG	Irish Cottage pie served with Roasted beetroot & feta	Pork Stew and White Rice with Roasted Seasonal Veg	Aubergine Lasagne with Roasted Seasonal veg
<b>Tuesday,</b> 05 AUG	Beef Bangers with Onion smoor, Roasted sweet potato and Vegetables	Grilled Chermoula Chicken with Roasted vegetable Cous-cous	Plant based Sausage with Onion smoor, Roasted sweet potato and Vegetables
<b>Wednesday,</b> 06 AUG	Oven Roasted Chicken Leg Quarter with Roasted baby potatoes & Vegetables	Pork Loin Chop, Gravy with mash Potato and sweet Butternut	Lentil, Butterbean and Capsicum smoor with sweet potato mash and Salad
<b>Thursday,</b> 07 AUG	Roti filled with Pulled Beef and Greek Salad	Tuscan Grilled Chicken with Roasted tomato, green beans and Garlic Potatoes	Creamy Chickpea, Butternut and Spinach with Spaghetti and Green salad
<b>Friday,</b> 08 AUG	Fish & Chips with Salad	Plant based Schnitzel with cheese sauce, Sweet potato fries and Salad	
<b>Saturday,</b> 09 AUG	Sweet Chilli Chicken Pizza topped with pineapple, olives, three cheese with Green Salad	Margherita Pizza with salad	
<b>Sunday,</b> 10 AUG <b>R145</b>	Roasted Lamb, crushed garlic potatoes, Creamed spinach and Jus OR Garlic Butter Chicken Fillet with, Crushed Parmesan potatoes, Creamy spinach OR <b>Vegetarian Option:</b> Black bean and Tomato Quiche topped with Feta, Mozzarella cheese with Green Salad	<b>Dessert: R35</b> Poached Pears with 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

**servest**

# SPECIAL CELEBRATIONS

*Happy Birthday!*

**6 August**

Joyce Hooey (A204)

**7 August**

Sozon Christie (A232)

Phil Frankel (A114)

**8 August**

Felicity Williams (A346)

**9 August**

Vincent Thomas (A248)

**10 August**

Roderick Stewart (H7A)

*Happy Anniversary!*

No Anniversaries

*New Residents*

Fred & Linda Fautley (A22)

Ian & Fishley (H29)



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**



# FERGIE'S SHOES

When: 7th August 2025  
Where: In the Bistro  
Time: 10am - 2pm



Get your winter boots from us at  
an affordable price!

Call or WA Mariam  
072 1087389

# BINGO

14 August  
&  
28 August

15H00

BISTRO

R40PP

Book at Reception  
on Ext. 9

Pay Carole van Zyl



# GEAR UP FOR Bok Fridays

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

BARBARIANS



28 JUNE

ITALY



5 JULY

ITALY



12 JULY

GEORGIA



19 JULY

AUSTRALIA



Wallabies

16 AUGUST

AUSTRALIA



Wallabies

23 AUGUST

NEW ZEALAND



ALL BLACKS®

6 SEPTEMBER

NEW ZEALAND



ALL BLACKS®

13 SEPTEMBER

ARGENTINA



LOS PUMAS

27 SEPTEMBER

ARGENTINA



LOS PUMAS

4 OCTOBER

FRANCE



FRANCE RUGBY

8 NOVEMBER

ITALY



ITALY

15 NOVEMBER

IRELAND



IRFU

22 NOVEMBER

WALES



WRU

29 NOVEMBER



# 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**