

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



**MONDAY  
4 AUG**

7.15AM  
WALKING GRP  
9AM  
ART WITH STEPH

9:30AM  
BUS TO  
LONG BEACH  
MALL

10.30AM  
AQUA  
AEROBICS  
12PM  
PILATES

7PM  
CANASTA

**TUESDAY  
5 AUG**

9.30AM  
STRETCH FOR  
SENIORS

10.AM  
NUTTY NUTS

3PM  
COLOUR IN  
MANDALA

**WEDNESDAY  
6 AUG**

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

**THURSDAY  
7 AUG**

9AM  
ART GROUP  
9.30AM  
KNITTING

10AM  
THE SHOE LADY

10AM  
KIND2HEARING

7PM  
DRAMATIC  
SOCIETY/  
CANASTA

**FRIDAY  
8 AUG**

7.15AM  
WALKING GRP

9.15AM  
STRETCH FOR  
SENIORS

10AM  
RELIGIOUS  
FELLOWSHIP

11AM  
TABLE TENNIS  
3PM  
LINE DANCING

**SATURDAY  
9 AUG**

JOHN ADAMS  
FRUIT & VEG

1.45 PM  
CANASTA

**SUNDAY  
10 AUG**

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

**serve**st

# 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







# 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

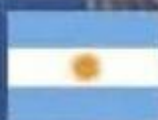


ARGENTINA

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**