

CELEBRATING NATIONAL WOMEN'S MONTH

**11 - 17 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 had a wonderful week!

Happy Women's Day to all the amazing ladies in our village!
We wish you a fabulous day and hope you enjoy the ladies' breakfast.

Next week, we will resume our regular weekly activities, including Book Club on Tuesday and Bingo on Thursday.

Please note that Line Dancing has been moved to 2pm on Fridays.

Wishing you all a delightful weekend ahead!

Regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 11 AUG WINDOWWASH	7.15AM WALKING GRP 9AM ART WITH STEPH	9:30AM BUS TO LONG BEACH MALL	10.30AM AQUA AEROBICS 12PM PILATES	2:30PM POETRY	7PM CANASTA
TUESDAY 12 AUG WINDOWWASH	9.30AM STRETCH FOR SENIORS		2.15PM BOOK CLUB	3PM COLOUR IN MANDALA	
WEDNESDAY 13 AUG WINDOWWASH	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM EVG SALES EVENT	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2:30 PM SCRABBLE 2.30PM DEMENTIA SUPPORT
THURSDAY 14 AUG	9AM ART GROUP	9.30 AM KNITTING	3PM BINGO		7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 15 AUG	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS 2PM LINE DANCING	
SATURDAY 16 AUG	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA		5PM RUGBY SA VS AUS	
SUNDAY 17 AUG	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		5.30PM MUSIC EVENING WITH LAUBI & HUGH

SPECIAL CELEBRATIONS

Happy Birthday!

12 August

Edward Fletcher (H110)

13 August

Glenda Williams (H81)

Margaret simons(H99)

14 August

Lorraine Palmer (A337)

Dave Stephens (H108)

15 August

John Morgan (H2)

16 August

Ray van Eyssen(A231)

Sue Beele (H43)

17 August

Hermine Bowsher (A109)

Happy Anniversary!

No Anniversaries

New Residents

No New Residents

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 2: 11/08/2025 – 17/08/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 11 AUG	Chicken penne pasta Bake topped with cheese & Chunky salad	Pork Schnitzel with Mushroom sauce with Potato Wedges and Butternut	Spinach, Feta and Mozzarella pie with Salad and Sweet carrots
Tuesday, 12 AUG	Thai Fish Cakes with mash potato, tomato smoor and Greek Salad	Curried Chicken with Roti Sambal and Vegetables	Roti filled with curried vegetables, sambal and Vegetables
Wednesday, 13 AUG	Asian Sicky Pork with Steamed rice and Veg	Shepherds Pie with salad and Sweet Carrots	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted vegetables
Thursday, 14 AUG	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese egg noodles	Vegetable Chow Mein with Chickpeas and Egg noodles
Friday, 15 AUG	Fish & Chips with Salad		Butternut, Peppadew and Cheddar Quich with Salad
Saturday, 16 AUG	Double Hotdog rolls with Tomato relish, Chips and Salad		Vegan Hotdog Rolls Tomato relish with chips and Salad
Sunday, 17 AUG R145	Buffet - Creamy Pasta Salad - Roasted leg of pork with apricot glaze - Roasted BBQ Chicken Pieces - Roasted country crop vegetables - Roasted Baby Potatoes		Dessert: R35 Vanilla Sponge with Chantilly cream

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

BINGO

14 August
&
28 August

15H00

BISTRO

R40PP

Book at Reception
on Ext. 9

Pay Carole van Zyl



Evergreen Music *Night*

Sunday

17 August 2025 | 17h15 for 17h30

Venue: Large Television Area

OVERTURE

- *Les Préludes* — Franz Liszt — Berlin Philharmonic — Thielemann

ROMANTIC TREASURES

- *Four Last Songs* — Richard Strauss — Renée Fleming
- *Cello Concerto (Adagio)* — Edward Elgar — Gautier Capuçon

CHORAL SPLENDOUR

- *Ave Verum Corpus* — W.A. Mozart — King's College Choir
- *Make a Joyful Noise* — Andrew Lloyd Webber
- *Only Boys Aloud* — Welsh Boys Choir at Britain's Got Talent 2012
- *The Armed Man: Benedictus* — Karl Jenkins (Live Royal Albert Hall)

INTERMISSION (5 minutes)

UNFORGETTABLE PIECES

- *Oh, What a Beautiful Morning* — Oklahoma! — Gordon MacRae
- *Hymn to Love* — Édith Piaf / Monnot — Gautier Capuçon
- *Singin' in the Rain* — Brown/Freed — Gene Kelly
- *Sing Gently* — Eric Whitacre (Virtual Choir)
- Sing-along Surprise

DISCUSSION

ENCORES

- *Liebesträume No. 3* — Liszt — Evgeny Kissin in Japan
- *Sweet Dreams* — Daniil Trifonov — Verbier Festival 2025

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

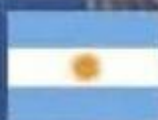


ARGENTINA

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