

CELEBRATING NATIONAL WOMEN'S MONTH

18 - 24 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,

I hope you all enjoyed a fantastic week!

As we embrace Women's Month, let's keep in mind this powerful thought: "Women's History Month honors the trailblazers who came before us, inspires hope within us, and sets an example of pride and excellence for future generations."

Looking forward, we have our Annual General Meeting scheduled for Wednesday, August 20, at 3 PM. Come through to the LSC for Nutty Nuts on Friday, August 22, and don't forget about the rugby match against Australia this Saturday, followed by the Resident Braai. Let's bring the "gees"!

Wishing everyone a wonderful weekend ahead!

Regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES



<b>MONDAY 18 AUG</b>	7.15AM WALKING GRP 9AM ART WITH STEPH	9:30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES		7PM CANASTA
<b>TUESDAY 19 AUG</b>	9.30AM STRETCH FOR SENIORS			3PM COLOUR IN MANDALA	
<b>WEDNESDAY 20 AUG</b>	7.15AM WALKING GRP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	3PM AGM	
<b>THURSDAY 21 AUG</b>	9AM ART GROUP	9.30 AM KNITTING		11:30AM AQUA AEROBICS	7PM DRAMATIC SOCIETY/ CANASTA
<b>FRIDAY 22 AUG</b>	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	10AM NUTTY NUTS	11AM TABLE TENNIS 2PM LINE DANCING
<b>SATURDAY 23 AUG</b>	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA		5PM RUGBY SA VS AUS	6PM RESIDENT BRAAI
<b>SUNDAY 24 AUG</b>	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

# SPECIAL CELEBRATIONS

## Happy Birthday!

### **18 August**

Isobel Hales (H42)

### **21 August**

Jimmy Bedwell (H85)

Barbara Thorne (H6A)

### **22 August**

Jin Howard (A315)

Marie Viljoen (H23)

### **23 August**

Kathleen Blumeris (A118)

Rick Froese (H54)

Jennifer McElwee (H24)

### **24 August**

Joyce Glew (A222)

## Happy Anniversary!

No Anniversaries

## New Residents

No New Residents



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 3: 18/08/2025 – 24/08/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
<b>Monday,</b> 18 AUG	Beef stir-fry with Egg Noodles	Chicken and Spinach Lasagne with Greek Salad	Spinach, Feta and Mozzarella pie Sweet Carrots
<b>Tuesday,</b> 19 AUG	Honey and mustard chicken leg quarter with Rice, sweet carrots and peas	Pork Stew and White Rice with Roasted Veg	Feta & Tomato, Pasta Bake with Greek salad
<b>Wednesday,</b> 20 AUG	Grilled Chicken Fillet with Mash, Harissa sauce and Cinnamon Butternut	Beef Boerewors with Caramelized onion, Gravy, Mash, Carrot and Peas	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted Vegetables
<b>Thursday,</b> 21 AUG	Chicken Casserole with Fluffy White Rice and Seasonal Veg	Creamy Tuna , Pasta bake with Greek salad	Vegetable Casserole with Fluffy Rice and Seasonal Veg
<b>Friday,</b> 22 AUG	Fish & Chips with Salad		Roasted Vegetables Frittata with Chips and Salad
<b>Saturday,</b> 23 AUG	Grilled Chicken Cheese Burgers with Sweet potato fries and Coleslaw	Vegetarian Burgers with sweet potato Fries and coleslaw	
<b>Sunday,</b> 24 AUG <b>R145</b>	<b>Buffet</b> - Build YourOwn Greek Salad - Yorkshire Pudding - Paprika Crusted Roast Beef & Jus - Roasted Cherry & Pineapple Chicken Pieces - Vegetable Bake - Garlic Baby Potatoes		<b>Dessert:R35</b> StewedFruit&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

serveest

# NUTTY NUTS



When: 5th & 22<sup>nd</sup> August 2025

Where: In the Bistro





# 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

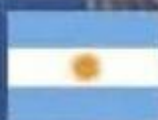


**ARGENTINA**

**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**



# Help us name our floors!

Let's Bring Local Beauty & Identity into Our Home.

We're excited to have some colour and life restored to our apartment passages. A fresh look—something that feels more like us. As part of this project, we're moving away from just referring to our floors by numbers, and instead giving each one a unique name and theme that reflects the rich character of our community and surroundings.

But we don't want to do this without you—this is your home, and your input matters most.

## What Kind of Names Are We Looking For?

We'd love your suggestions for names that are:

- Inspired by local landmarks or places of interest
- Reflective of indigenous plants, trees, or flowers
- Connected to local birdlife or animals
- Or anything else that feels uniquely "here" to you

These names will not only replace the numbers—we'll also use them to guide the new artwork, and hallway décor for each floor. For example, if a floor is named after a local river or a native flower, we'll include related colors, textures, and imagery in the decoration.

## How to Share Your Ideas:

Please write down your suggestions and drop them into the suggestion box at reception.

## Why This Matters

This is more than just decoration—it's about giving our home more personality, warmth, and a deeper sense of belonging. By reflecting the beauty and uniqueness of the area we all love, we hope to make each floor feel more special and meaningful to those who live there.

Let's work together to make this place not just where we live—but where we belong.

Regards,  
Riaan





# Price Increase - 1 September

# VILLAGE

## Salon

with **BELINDA**  
& **MANDY**



### LADIES

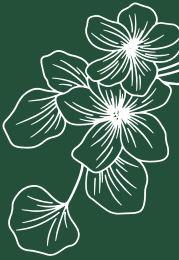
Wash	R70	Treatment - intense	R190
Wash & blow (short)	R170	Perm	R490
Wash & blow (medium)	R180	Extras - mousse /	
Wash & cut	R170	hairspray /	
Dry cut only	R160	straighten	R30
Wash, cut & blow (short)	R220		
Wash, cut & blow (long)	R240		
Wash, treatment & blow	R205		

### COLOUR / HIGHLIGHTS

Colour - Roots	R320
Colour - full head	R435
Colour application (own colour)	R180
Highlights - half head	R410
Highlights - full head	R555
Highlights - two-tone	R670
Highlights - toner	R260

### GENTS

Wash	R50
Wash & cut	R160
Dry cut	R125
Beard trim	R70



**All treatments exclude  
wash, cut & blow dry**



Bookings are to be made with Reception  
Payments made directly to the stylist

Mandy available Monday & Friday, Belinda available Tuesday & Wednesday



# 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**