

CELEBRATING NATIONAL WOMEN'S MONTH

**25 - 31 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 had a fantastic week!

As the mornings brighten earlier and the evenings stretch with sunlight, it's evident that spring is just around the corner, despite the lingering chill in the air and occasional rain.

Please be advised that our hair salon prices will increase starting on September 1, 2025. Refer to the poster below for details.

- Activities for the Week:
- Tuesday - Gesels Afrikaans
- Thursday - Bingo
- Saturday - Quiz Night (Don't forget to book!)
-

"To achieve great things, we must not only act but also dream; not only plan but also believe."

Wishing you a warm and dry weekend!

Regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 25 AUG	7.15AM WALKING GRP 9AM ART WITH STEPH	9:30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 12PM PILATES	2PM STITCHCRAFT 2.30PM POETRY CLUB	6PM CAMERA CLUB 7PM CANASTA
TUESDAY 26 AUG	9.30AM STRETCH FOR SENIORS		3PM GESELS AFRIKAANS	3PM COLOUR IN MANDALA	
WEDNESDAY 27 AUG	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2.30PM SCABBLE	
THURSDAY 28 AUG	9AM ART GROUP	9.30 AM KNITTING	11:30AM AQUA AEROBICS	3PM BINGO	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 29 AUG	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS 2PM LINE DANCING	6PM BYOB PUB NIGHT
SATURDAY 30 AUG	JOHN ADAMS FRUIT & VEG	1.45 PM CANASTA		6PM QUIZ NIGHT	
SUNDAY 31 AUG	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

25 August

Lynne Gainsford (H58)

29 August

Freddy Williams (A346)

30 August

Viv Bezuidenhout (A7)

Barbara Fairhead (H91)

Ashton Janari (H98)

31 August

Colleen Gouws (A202)

Happy Anniversary!

No Anniversaries

New Residents

Rosemary Frith (H8A)

Sharon Paterson (H47)

Veronica Van Wyk (A313)

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 4: 25/08/2025 – 31/08/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 25 AUG	Neapolitan Meatballs with Spaghetti topped with Parmesan	Fish Cakes with tomato smoor, Mash and chunky salad	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 26 AUG	Pork Casserole with fluffy rice, baby marrow and carrots	Feta stuffed chicken fillet with creamy lemon sauce, roasted baby potato & vegetables	Chick pea, Mushroom and Spinach penne Pasta with Greek Salad
Wednesday, 27 AUG	Fish Curry with rice and sambal	Chicken Schnitzel with Mushroom sauce, Sweet Potato wedges and Vegetables	Black Bean, peppadew and cheddar stuffed Butternut with a side Salad
Thursday, 28 AUG	Stuffed Jacket potato with Pulled beef, Mozzarella, Cherry tomatoes and Seasonal salad	Spaghetti Bolognaise with Greek salad - pasta	Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, Pineapple salad
Friday, 29 AUG	Fish & Chips with Salad		Stuffed Brown Mushrooms topped with Mozzarella Cheese & Vegetables
Saturday, 30 AUG	Boerewors Roll with Caramelized Onion and Chips		Vegan Boerewors Roll with Caramelized Onion and Chips
Sunday, 31 AUG R115	Smoked Gammon with Pineapple sauce, Potato Fondant & Vegetables OR Grilled Chicken Roulade stuffed with feta & Peppadew, potato fondant and Vegetables OR Vegetarian Option: Chickpea & Broccoli stuffed sweet potato topped with Feta and Mozzarella cheese with Vegetables		Dessert: R35 Bread and Butter Pudding 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

serveest



**Bring
Your
Own**

**From
6pm**

PUB NIGHT

Friday, 29 August 2025

Glasses, side plates & ice will be provided

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

Price Increase - 1 September

VILLAGE

Salon

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



LADIES

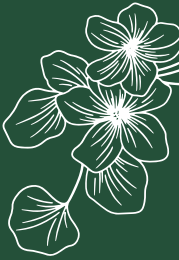
Wash	R70	Treatment - intense	R190
Wash & blow (short)	R170	Perm	R490
Wash & blow (medium)	R180	Extras - mousse /	
Wash & cut	R170	hairspray /	
Dry cut only	R160	straighten	R30
Wash, cut & blow (short)	R220		
Wash, cut & blow (long)	R240		
Wash, treatment & blow	R205		

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