

1 - 7 SEPTEMBER 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



"Spring is nature's way of saying, 'Let's party!'"
— Robin Williams

Dear Residents,

I hope you all enjoyed a wonderful week!

The sun has been making its presence felt, bringing warmer temperatures our way over the past few days.

Here's a list of outside vendors to look out for this coming week:

- Tuesday, September 2 – Funky Legs Tights
- Wednesday, September 3– Riaan's Fruit Van
- Thursday, September 4 – Wol an die Rol
- Friday, September 5 – Nutty Nuts
- Saturday, September 6 – Tru Bru Biltong, just in time for the rugby.

"When life brings strong winds of change that nearly knock you over, close your eyes, hold on tight, and believe."

Wishing you all a blessed and warm weekend ahead.

Warm regards,
The Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



**MONDAY
1 SEPT**

7AM
WALKING GRP
9AM
ART WITH STEPH

9:30AM
BUS TO
BLUE ROUTE
MALL

10.30AM
AQUA AEROBICS

11AM
CANASTA WITH
LYDIA

12PM
PILATES

7PM
CANASTA

**TUESDAY
2 SEPT**

10AM
FUNKY LEGS
TIGHTS

3PM
COLOUR IN
MANDALA

**WEDNESDAY
3 SEPT**

7AM
WALKING GRP
8.30AM
RIAAAN'S FRUIT
VAN

9.30AM
AGELESS GRACE
10AM
BIBLE STUDY

11AM
TABLE TENNIS
2PM
CHESS /
RUMMIKUB

2.30PM
SCABBLE

2.30PM
DEMENTIA
SUPPORT

**THURSDAY
4 SEPT**

9AM
ART GROUP
9.30 AM
KNITTING

10AM
WOL AN DIE ROL
10AM
KIND TO HEARIING

10AM
THE SHOE LADY
11.30AM
AQUA AEROBICS

3PM
BRIDGE FOR
BEGINNERS

7PM
DRAMATIC
SOCIETY/
CANASTA

**FRIDAY
5 SEPT**

7.15AM
WALKING GRP

10AM
RELIGIOUS
FELLOWSHIP

10AM
NUTTY NUTS

11AM
TABLE TENNIS
2PM
LINE DANCING

**SATURDAY
6 SEPT**

JOHN ADAMS
FRUIT & VEG

1.45 PM
CANASTA

10AM
TRU BRU
BILTONG SALES

5PM
RUGBY SA VS
NZ

**SUNDAY
7 SEPT**

8.45AM
ONLINE CHURCH

12.30PM
SUNDAY
LUNCH

SPECIAL CELEBRATIONS

Happy Birthday!

02 September

Lyzette Nash (A28)

03 September

Maarten Heering (H31)

Leslie de Wet (H38)

04 September

Toni Joubert (H86)

Christina Walters (A345)

05 September

Judith Marais (A210)

06 September

Rosemary Frith (H8A)

07 September

Liz Blair (A342)

Happy Anniversary!

No Anniversaries

New Residents

Des & Pat Leatt (A3)

Peter Fiske (A122)

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 5: 01/09/2025 – 07/09/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 01 SEP	Chicken a la King served with Rice and Seasonal vegetables	Pork Bangers with tomato and onion Smoor, Mash and Carrots & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 02 SEP	Kessler Chop with Mustard sauce and Garlic baby Potatoes	Beef and Ricotta Cannelloni pasta bake with sweet Butternut	Spinach, Feta, Black bean Pasta bake with Salad
Wednesday, 03 SEP	Grilled Chicken Pieces with Mash & seasonal vegetables	Pulled Pork & cheddar Quesadilla with Salad	Roasted Vegetable Quesadilla with Salad
Thursday, 04 SEP	Beef bobotie with yellow rice, sweet butternut and Peas	Chicken Fillet with Creamy sundried tomato sauce, sweet potato and Green Salad	Butter bean Curry with yellow rice and sweet butternut
Friday, 05 SEP	Fish & Chips with Salad		Cauliflower, Chickpea and Capsicum Quiche
Saturday, 06 SEP	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
Sunday, 07 SEP R115	Rosemary and rock salt Beef Brisket & gravy With seasonal Veg and Garlic Mash OR -Roasted harissa Chicken Pieces & gravy With seasonal Veg and Garlic Mash OR Vegetarian Option: Spinach & Feta Stuffed Butternut with Seasonal veg and chickpea Salad		Dessert: R35 Malva Pudding & Ice 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



WATER OR WATERLESS CAR WASH

Date: 1st September 2025

PLEASE BOOK @ RECEPTION



FUNKY LEGS TIGHTS -2ND SEPTEMBER 25

10AM - 1PM

NEW DESIGNS AVAILABLE

IN THE LIFESTYLE
CENTRE



FERGIE'S SHOES

When: 4th September 2025 ✨
Where: In the Bistro
Time: 10am – 2pm



Call or WA Mariam
072 1087389



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting your lovely facility
on the following dates:

Thursday, 12 June

Thursday, 24 July

Thursday, 4 September

Thursday, 16 October

Thursday, 27 November

Time: 10.30–12.30

We look forward to seeing you there!

NUTTY NUTS



When: 5th & 26th September 2025
Where: In the Lifestyle Centre





SATURDAY

6th September 2025

Time: 10am - 13h00

In the Lifestyle Centre

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

Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

~ EUDORA WELTY

THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

HOW TO SUBMIT:

- Please include the following per submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.

Price Increase - 1 September

VILLAGE

Salon

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



LADIES

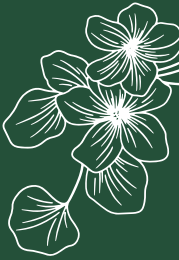
Wash	R70	Treatment - intense	R190
Wash & blow (short)	R170	Perm	R490
Wash & blow (medium)	R180	Extras - mousse /	
Wash & cut	R170	hairspray /	
Dry cut only	R160	straighten	R30
Wash, cut & blow (short)	R220		
Wash, cut & blow (long)	R240		
Wash, treatment & blow	R205		

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