



## 8 - 14 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,

Can you believe we only have three months left to prepare for Christmas? The weather has been quite pleasant lately, especially after Thursday's brief winter chill.

Upcoming reminders for this weekend and week ahead.

- Reminder On Saturday, September 6th, Tru Bru Biltong will be at the Bistro from 10 AM to 1 PM. Stock up on snacks for the rugby!
- Monday and Tuesday: Window washing will take place for the apartments.
- Thursday: Join us at the Bistro for Raadi's Savoury Treats! Enjoy Cape Malay-style samosas, pies, sausage rolls, and bolla's.
- Saturday the 13th Spice Route spices will be available for all your culinary spice needs.

Don't forget to reserve your spot for the Music Evening at reception.

“Life is ours to be spent not saved”

Warm regards,

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES



|   |   |  |  |   |   |
|---|---|--|--|---|---|
| <b>MONDAY</b><br><b>8 SEPT</b><br><b>WINDOW WASH</b>  | 7AM<br>WALKING GRP<br><br>9AM<br>ART WITH STEPH           | 9:30AM<br>BUS TO<br>BLUE ROUTE MALL            | 10.30AM<br>AQUA AEROBICS<br>11AM<br>CANASTA FOR<br>BEGINNERS /<br>REFERESHER | 12PM<br>PILATES                             | 2.30PM<br>POETRY CLUB<br><br>7PM<br>CANASTA     |
| <b>TUESDAY</b><br><b>9 SEPT</b><br><b>WINDOW WASH</b> | 9.30AM<br>STRETCH FOR<br>SENIORS                          |  | 2.15PM<br>BOOK CLUB  | 3PM<br>COLOUR IN<br>MANDALA                 |   |
| <b>WEDNESDAY</b><br><b>10 SEPT</b>                    | 7AM<br>WALKING GRP<br>8.30AM<br>RIAAAN'S FRUIT<br>VAN     | 9.30AM<br>AGELESS GRACE<br>10AM<br>BIBLE STUDY | 11AM<br>TABLE TENNIS<br>2PM<br>CHESS /<br>RUMMIKUB                           | 2.30PM<br>SCRABBLE                          |   |
| <b>THURSDAY</b><br><b>11 SEPT</b>                     | 9AM<br>ART GROUP<br>9.30 AM<br>KNITTING                   | 10AM<br>RAADI'S SAVOURY<br>TREATS              | 11.30AM<br>AQUA AEROBICS   | 3PM<br>BINGO                                | 7PM<br>DRAMATIC<br>SOCIETY/<br>CANASTA          |
| <b>FRIDAY</b><br><b>12 SEPT</b>                       | 7.15AM<br>WALKING GRP<br>9.15AM<br>STRETCH FOR<br>SENIORS | 10AM<br>RELIGIOUS<br>FELLOWSHIP                |  | 11AM<br>TABLE TENNIS<br>2PM<br>LINE DANCING |   |
| <b>SATURDAY</b><br><b>13 SEPT</b>                     | JOHN ADAMS<br>FRUIT & VEG                                 | 9AM<br>RUGBY<br>SA VS NZ                       | 10AM<br>SPICE ROUTE<br>SPICES  | 1.45PM<br>CANASTA                           | 6PM<br>RESIDENT<br>BRAAI                        |
| <b>SUNDAY</b><br><b>14 SEPT</b>                       | 8.45AM<br>ONLINE CHURCH                                   |  | 12.30PM<br>SUNDAY<br>LUNCH   |   | 5.30PM<br>MUSIC EVENING<br>WITH LAUBI &<br>HUGH |

# SPECIAL CELEBRATIONS

## Happy Birthday!

**08 September**

Joyce Turner (H33)

**11 September**

Sheila Norton (H4)

Frederick Fautley (A22)

**12 September**

Joy Hobson (A238)

**14 September**

Wendy Stroberg (H67)

## Happy Anniversary!

**6 September**

Elred & Maureen Lawrence (H97)

**9 September**

Grizéll & Peter Luxton (H84)

**13 September**

Janice and Edward van der Heiden (H79)

## New Residents

No New Residents



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

**WEEK 1: 08/09/2025 – 14/09/2025**

| DATE                                    | OPTION 1 – R80   | OPTION 2 – R65  | VEGETARIAN – R60  |
|---|--|---|---|
| <b>Monday,</b><br>08 SEP                | Mince Curry with fluffy Rice, Roti and Sambal  | Pork Stew and White Rice with Roasted Seasonal Veg                          | Aubergine Lasagne with Roasted Seasonal veg                               |
| <b>Tuesday,</b><br>09 SEP               | Beef Bangers with Onion smoor, Roasted sweet potato and Vegetables   | Grilled Chermoula Chicken with Roasted vegetable Cous-cous and Carrots      | Plant based Sausage with Onion smoor, Roasted sweet potato and Vegetables |
| <b>Wednesday,</b><br>10 SEP             | 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><br>11 SEP              | 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><br>12 SEP                | Fish & Chips with Salad  |   | Plant based Schnitzel with cheese sauce, Sweet potato fries and Salad     |
| <b>Saturday,</b><br>13 SEP              | Sweet Chilli Chicken Pizza topped with pineapple, olives, three cheese with Green Salad  |   | Margherita Pizza with salad   |
| <b>Sunday,</b><br>14 SEP<br><b>R145</b> | Roasted Lamb, crushed garlic potatoes, Creamed spinach and Jus<br>OR<br>Garlic Butter Chicken Fillet with, Crushed Parmesan potatoes, Creamy spinach<br>OR<br><b>Vegetarian Option:</b> Black bean and Tomato Quich topped with Feta, Mozzarella cheese with Green Salad |   | <b>Dessert: R35</b><br>Sago 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

**serve**st

**RAADI'S SAVOURY TREATS.**

**11 SEPTEMBER @ 10AM**



*For Sale on the day.*

*Samosa's  
Pies  
Pizza's  
Sausage rolls  
Bolla's*





# SPICE ROUTE SPICES



EVERGREEN MUIZENBERG

DATE: SATURDAY 13<sup>TH</sup> SEPTEMBER  
FROM: 10AM TILL 12PM IN THE BISTRO





# music

# NIGHT

WITH LAUBI & HUGH

**Experience a “Spring Variety Concert” like no other, where notes and lyrics from diverse pieces will lift you to soaring heights of joy and renewal.**

**Let yourself be carried away with well-loved melodies that will awaken cherished memories and stir emotions of love and laughter.**

**Please celebrate this vibrant season of new beginnings and happiness with the collective of us. Join in by the “hundreds” as we come together to embrace the musical magic.**

**Part 1: Parisian Jazz and Song**

**Part 2: Romantic Music from Norway (Edvard Grieg)**

**Part 3: Popular Music from South Africa**

**Part 4: Iconic “Musical” and Ballet Highlights**

**Always: Fun Surprises**



**SUNDAY, 14  
SEPTEMBER AT  
5.30PM**

**PLEASE BOOK WITH RECEPTION FOR  
SEATING PURPOSES**

# Men's *Breakfast*

Tuesday, 16 September at 09h30

**Guest Speaker - Trevor Quirk**  
is a veteran sports broadcaster who  
will reflect on his career and comment  
on the state of sport today



## **MENU - R95 p/p**

Creamy scrambled egg, crispy  
bacon, pork sausage, sauteed  
mushrooms, rosa tomatoes,  
hash-brown and toast with  
preserves.

Tea / Filter coffee

**Book at the Bistro**





# HERITAGE DAY

EVERGREEN MUIZENBERG

## *Spit Braai*

This Heritage Month, let's unite around what we do best — a proper braai, good music, and a nail-biting rugby showdown!

Join us as we fire up the spit and cheer on the Bokke vs Los Pumas in our final home game of the Rugby Championship!

**SATURDAY, 27  
SEPTEMBER**

**LIVE MUSIC FROM  
13H00 TO 16H30**

**MEAL SERVED AT 14H00**

**MATCH BUILD-UP: 16H30  
KICK-OFF: 17H00**

### **MAIN COURSE**

Lamb on the spit | Curried chicken sosaties | Garlic baby potatoes | Summer salad | Traditional curry noodle salad | Selection of fresh cocktail rolls

### **DESSERT**

Peppermintcrisp tart | Koeksisters | Ystervarkies

**R195PP | BYOB – NO DRINKS INCLUDED  
BOOK AT THE BISTRO BY 20 SEPT**



# 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

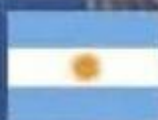


ARGENTINA

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](mailto: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.



# 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**