

15 - 21 SEPTEMBER
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Your weekly guide to sport
& recreational activities in
the Village

BISTRO

Weekly Lunch Menu

IT'S A CELEBRATION

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Activities



“Spring is nature’s way of saying, ‘Let’s party!’” –
Robin Williams

Dear Residents,

With temperatures reaching the twenties this past week,
it's time to stow away our winter garments... spring is
indeed springing.

Here are some important reminders for the upcoming
weekend and the week ahead:

- Saturday, September: Spice Route Spices will be available in the bistro for all your culinary needs.
- Sunday: Music Evening with Laubi & Hugh.
- Monday: Join us for Canasta for Beginners.
- Tuesday: Don't miss the Men's Breakfast with Trevor Quirk.
- Saturday: Get your thinking caps on for Quiz Night! Be sure to reserve your spot for the quiz with reception.

“It’s important to have a TWINKLE in your WRINKLE.”

Warm regards,

WEEKLY ACTIVITIES



MONDAY 15 SEPT	7AM WALKING GRP 9AM ART WITH STEPH	9:30AM BUS TO BLUE ROUTE MALL	10.30AM AQUA AEROBICS 11AM CANASTA FOR BEGINNERS / REFERESHER	12PM PILATES	7PM CANASTA
TUESDAY 16 SEPT	9.30AM STRETCH FOR SENIORS	9.30AM MEN'S BREAKFAST		3PM COLOUR IN MANDALA	
WEDNESDAY 17 SEPT	7AM WALKING GRP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	11:30 DEMENCIA SUPPORT 2.30PM SCRABBLE	
THURSDAY 18 SEPT	9AM ART GROUP 9.30 AM KNITTING		11.30AM AQUA AEROBICS	3PM BRIDGE FOR BEGINNERS	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 12 SEPT	7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP		11AM TABLE TENNIS 2PM LINE DANCING	
SATURDAY 20 SEPT	JOHN ADAMS FRUIT & VEG			1.45PM CANASTA	6PM QUIZ NIGHT
SUNDAY 21 SEPT	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

SPECIAL CELEBRATIONS

Happy Birthday!

18 September

Llewellyn Abrahams (Evergreen)

21 September

Gertrud Karas (A209)

Happy Anniversary!

No Anniversaries

New Residents

No New Residents



EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 2: 15/09/2025 – 21/09/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 15 SEP	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, 16 SEP	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, 17 SEP	Asian Sicky Pork with Steamed rice and Veg	Shepherd's Pie with salad and Sweet Carrots	Plant Based Schnitzel with Mushroom sauce, Pasta and Roasted vegetables
Thursday, 18 SEP	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese egg noodles	Vegetable Chow Mein with Chickpeas and Egg noodles
Friday, 19 SEP	Fish & Chips with Salad		Butternut, Peppadew and Cheddar Quich with Salad
Saturday, 20 SEP	Double Hotdog rolls with Tomato relish, Chips and Salad		Vegan Hotdog Rolls Tomato relish with chips and Salad
Sunday, 21 SEP 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 VanillaSpongewith 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

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

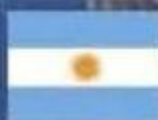


ARGENTINA

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

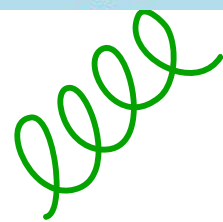


Wales



SANTA SHOEBOX PROJECT

2025



**PLEASE JOIN US IN OUR QUEST TO MAKE A DIFFERENCE
IN A CHILD'S LIFE.**

This year we are again calling upon our residents to be involved
in this wonderful charity event.

How it works:

Fill a shoebox for a chosen child (list of names and ages will be provided), and
fill it with a selection of 8 required items – all new, unused and age-appropriate.

Items needed in each box:

Toiletries

Facecloth, toothbrush, toothbrush, soap.

Sweets (preferably not chocolate or chewing gums)

Optional extras – toiletry bag, deodorant, sanitary pads

School supplies

Pens, pencils, crayons, colouring-in books (not too big), ruler, sharpener, pritt,
etc

Optional extras – stationery bag

Toys

Age appropriate, no toys of violent nature.

Eg cars, yoyo, uno card games, lego, dolls, etc

Clothing (full outfit)

Top and bottom / Top and skirt / Top and leggings / Dress

Optional extras – shoes, hats, socks, underwear, hair accessories, hair
brushes, swimwear



Collection deadline: 22 October 2025

Individual or bulk pack items can be delivered to reception
Cash donations also welcome

A date will be advised when we will be able to decorate and fill the boxes –
look out for updates.

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.



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