

# Evergreen MUIZENBERG

22 - 28 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

Dear Residents,

Can you believe there are only 87 days left until Christmas, (that's 13 more Fridays)? Are you prepared for the joyous festivities and pleasant weather ahead?

Here are some reminders for the upcoming week:

- Please remember to make your reservation for the Heritage Day spit braai happening on September 27, 2025. RSVP date has been extend until Tuesday, 23
- Thursday - Bingo
- Friday- Nutty Nuts

NB! We will be collecting 'Santa Shoebox' again this year for the less fortunate. Please see details below on the flyer, and we also have a Gin tasting lined up for October. Please book and pay at Reception.

*I'm gonna make the rest of my life, the best of my life."*  
-- Unknown--

Have a wonderful weekend  
Regards  
Your Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES



**MONDAY  
22 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**

**2.30PM  
POETRY**

**TUESDAY  
23 SEPT**

**9.30AM  
STRETCH FOR  
SENIORS**

**3PM  
COLOUR IN  
MANDALA**

**WEDNESDAY  
24 SEPT  
PUBLIC  
HOLIDAY**

**7AM  
WALKING GRP  
8.30AM  
RIAAAN'S FRUIT  
VAN**

**9.30AM  
AGELESS GRACE  
10AM  
BIBLE STUDY**

**11AM  
TABLE TENNIS  
2PM  
CHESS /  
RUMMIKUB**

**2.30PM  
SCRABBLE**



**THURSDAY  
25 SEPT**

**9AM  
ART GROUP  
9.30 AM  
KNITTING**

**11.30AM  
AQUA  
AEROBICS**

**3PM  
BINGO**

**7PM  
DRAMATIC  
SOCIETY/  
CANASTA**

**FRIDAY  
26 SEPT**

**7.15AM  
WALKING GRP  
9.15AM  
STRETCH FOR  
SENIORS**

**10AM  
RELIGIOUS  
FELLOWSHIP**

**10AM  
NUTTY NUTS**

**11AM  
TABLE TENNIS  
2PM  
LINE DANCING**

**SATURDAY  
27 SEPT**

**JOHN ADAMS  
FRUIT & VEG**

**1PM  
LIVE MUSIC  
2PM  
SPIT BRAAI**

**1.45PM  
CANASTA**



**5PM  
SA VS  
ARGENTINA**

**SUNDAY  
28 SEPT**

**8.45AM  
ONLINE CHURCH**

**12.30PM  
SUNDAY  
LUNCH**

# SPECIAL CELEBRATIONS

## Happy Birthday!

### **22 September**

Bruce Simpson (H82)

### **25 September**

Gill Blackburn (A1)

Des Leatt (A3)

Peter Fiske (A122)

Pat Quill (H40)

Janice Behr (H90)

### **27 September**

Minnie Retief (A102)

Maria Koorevaar (H20)

## Happy Anniversary!

### **22 September**

Raymond & Noreen Langman (A339)

Calie & Ann Blignaut (H 107)

### **26 September**

Mike & Marisa Horn (H96)

## New Residents

No New Residents



EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 3: 22/09/25 – 28/09/25

| DATE                                    | OPTION 1 – R80                                                                                                                                                                                         | OPTION 2 – R65                                                      | VEGETARIAN – R60                                                        |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Monday,</b><br>22 SEP                | Beef stir-fry with Egg Noodles                                                                                                                                                                         | Chicken and Spinach Lasagne with Greek Salad                        | Spinach, Feta and Mozzarella pie, Sweet Carrots                         |
| <b>Tuesday,</b><br>23 SEP               | 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><br>24 SEP             | 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><br>25 SEP              | 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><br>26 SEP                | Fish & Chips with Salad                                                                                                                                                                                |                                                                     | Roasted Vegetables Frittata with Chips and Salad                        |
| <b>Saturday,</b><br>27 SEP              | <b>HERITAGE DAY SPIT BRAAI</b><br><b>SEE BOOKING SHEET FOR DETAILS</b>                                                                                                                                 |                                                                     |                                                                         |
| <b>Sunday,</b><br>28 SEP<br><b>R115</b> | Paprika Crusted Roast Beef & Jus, Yorkshire pudding, roasted vegetables and Garlic Baby Potatoes<br>Or<br>- Roasted Cherry & Pineapple Chicken Pieces With roasted vegetables and garlic baby potatoes |                                                                     | <b>Dessert: R35</b><br>Stewed Fruit & 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



# 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**

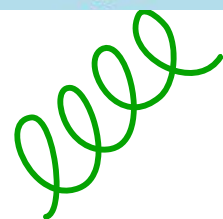
Peppermintcrisp tart | Koeksisters | Ystervarkies

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



# 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.

# BINGO

## 25<sup>TH</sup> SEP

15H00

BISTRO

R40PP

Book at Reception on  
Ext. 9  
Pay Carole van Zyl



A close-up photograph of a glass filled with a clear, bubbly liquid, likely gin and tonic. A fresh rosemary sprig is placed inside the glass, and several ice cubes are visible. The background is a warm, golden-orange color with a subtle lens flare effect.

**R230 P/P**

# **GIN TASTING**

*OTHER SPIRITS AVAIL FOR  
TASTING*

**Date: Wed, 22 Oct**

**Venue: Deep South Distillery, Imhoff Farm**

**Time: Leave MZB at 10h00**

**Details: Cost incl. Tasting & Transport**

**Limited Seats available.**

**Book & Pay Reception by no later than Mon 20 Oct**

# NUTTY NUTS



When: 26th September 2025

Where: In the Bistro



Theo and Cheryl Verrijdt recently visited the Chelsea Flower Display in Stanford, and here's a glimpse into their experience. Aren't the flowers absolutely stunning?



# LIBRARY BOOK REVIEWS

by Lydia & Dee

## **By Any Other Name by Jodi Picoult**

An inspiring, sentimental women's fiction blended with historical fiction, powerful feminism, and diverse vibes, intercepting the stories of two women who are not connected by DNA but share the same fate. As two storytellers/aspiring writers try to make their voices heard in a man's competitive universe, they are forced to write under male pseudonyms to have their works produced. Overall, this is a fresh, thought-provoking, well-researched, and heartfelt novel. Definitely a must-read for the author's devoted fans like me and any reader who is looking for inspirational women's fiction!

## **Cutting For Stone by Abraham Verghese**

An enthralling family saga of Africa and America, doctors and patients, exile and home. Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon at a mission hospital in Addis Ababa. Orphaned by their mother's death and their father's disappearance, the twins come of age as Ethiopia hovers on the brink of revolution. Their passion for the same woman will tear them apart and force Marion, fresh out of medical school, to flee his homeland. An unforgettable journey into one man's remarkable life, and an epic story about the power, intimacy, and curious beauty of the work of healing others.

## **The Glass Maker by Tracy Chevalier**

Venice, 1486. Across the lagoon lies Murano. Time flows differently here – like the glass the island's maestros spend their lives learning to handle.

Women are not meant to work with glass, but Orsola Rosso flouts convention to save her family from ruin. She works in secret, knowing her creations must be perfect to be accepted by men. But perfection may take a lifetime. Skipping through the centuries, we follow Orsola as she hones her craft through war and plague, tragedy and triumph, love and loss.

Tracy Chevalier is a master of her own craft, and *The Glassmaker* is vivid, inventive and spellbinding.



# LIBRARY BOOK REVIEWS

by Lydia & Dee

## **Mrs Winterbottom Takes a Gap Year by Joanna Nell**

Husband and wife GPs Alan and Heather Winterbottom have worked side by side in their medical practice for over forty years and have now retired. Heather quickly realises that their ideas of how to spend retirement are very different. Heather has long dreamt of exploring the Greek islands and assumed history loving Alan would love it too. However, Alan dreams of stopping in one spot, relaxing in the garden, growing his own vegetables and becoming self-sufficient. Heather decides to follow her dream, leave Alan in his garden, and take a 'gap' year before settling into retirement.

Mrs Winterbottom Takes a Gap Year is heartwarming, funny at times and moving at other times. Lessons learned, friendships forged and a happy ever after.

## **Lethal White by Robert Galbraith**

When Billy, a troubled young man, comes to private eye Cormoran Strike's office to ask for his help investigating a crime he thinks he witnessed as a child, Strike is left deeply unsettled. While Billy is obviously mentally distressed, and cannot remember many concrete details, there is something sincere about him and his story. Trying to get to the bottom of Billy's story, Strike and Robin Ellacott — once his assistant, now a partner in the agency — set off on a twisting trail that leads them through the backstreets of London, into a secretive inner sanctum within Parliament, and to a beautiful but sinister manor house deep in the countryside.

And during this labyrinthine investigation, The most epic Robert Galbraith novel yet, Lethal White is both a gripping mystery and a page-turning next instalment in the ongoing story of Cormoran Strike and Robin Ellacott.



# 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

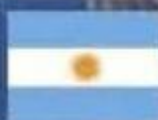


ARGENTINA

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

# *Riaan's Fruit Van*



**Fresh Fruit & Veg  
every Wednesday from 8.30am**



**Cash or Card payments accepted**