

Evergreen MUIZENBERG



**29 SEP - 5 OCT
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,

This week has been quite unpredictable in terms of weather
—confusing, to say the least.

Here are some important reminders for the upcoming week:

- Wednesday 1st October, Waterless car wash please book with reception.
- Thursday 2nd October, Kind to hearing, please book with Reception.
- Saturday 4th October - Tru Bru Biltong sales with a bigger variety to choose from as requested.

"The best classroom in the world is at the feet of an elderly person."

— Unknown —

Wishing you all a wonderful weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



**MONDAY
29 SEPT**

7AM
WALKING GRP
9AM
ART WITH STEPH

9:30AM
BUS TO
BLUE ROUTE
MALL

11AM
CANASTA FOR
BEGINNERS /
REFERESHER

12PM
PILATES

2PM
STITCHCRAFT
6PM
CAMERA CLUB

**TUESDAY
30 SEPT**

9.30AM
STRETCH FOR
SENIORS

2.30PM
GESELS
AFRIKAANS

3.00PM
COLOUR IN
MANDALA

**WEDNESDAY
1 OCT
INTERNATIONAL
ELDERS DAY**

7AM
WALKING GRP
8.30AM
RIAAN'S FRUIT
VAN

9AM
WATERLESS CAR
WASH
9.30AM
AGELESS GRACE

10.00AM
BIBLE STUDY
11AM
TABLE TENNIS

2.30 PM
DEMENTIA
SUPPORT
2PM CHESS /
RUMMIKUB

2.30PM
CHIT CHAT
2.30PM
SCRABBLE

**THURSDAY
2 OCT**

9AM
ART GROUP
9.30 AM
KNITTING

10.00AM
KIND 2 HEARING

3PM
BRIDGE FOR
BEGINNERS

7PM
DRAMATIC
SOCIETY/
CANASTA

**FRIDAY
3 OCT**

7.15AM
WALKING GRP
9.15AM
STRETCH FOR
SENIORS

10AM
RELIGIOUS
FELLOWSHIP

11AM
TABLE TENNIS
2PM
LINE DANCING

**SATURDAY
4 OCT**

JOHN ADAMS
FRUIT & VEG

12PM
TRU BRU
BILTONG SALES

1.45PM
CANASTA

3PM
SA VS
ARGENTINA



**SUNDAY
5 OCT**

8.45AM
ONLINE CHURCH

12.30PM
SUNDAY
LUNCH

SPECIAL CELEBRATIONS

Happy Birthday!

29 September

Francis Stafford (H95)

30 September

Johan Oosterhuis (H9)

Marrisa Horn (H96)

Leonie Bernado (A124)

27 September

Minnie Retief (A102)

Maria Koorevaar (H20)

Adenaan Adams (Evergreen Team)

Happy Anniversary!

No Anniversaries

Welcome to our New Residents

Abdul Aboo & Pat Lawrence H87



EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 4: 29/09/25 – 05/10/25

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 29 SEP	Neapolitan Meatballs with Spaghetti topped with Parmesan	Fish Cakes with tomato smoor, mashed and chunky salad	Plant-based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 30 SEP	Pork Casserole with fluffy rice, baby marrow and carrots	Feta-stuffed chicken fillet with creamy lemon sauce, roasted baby potatoes & vegetables	Chick pea, Mushroom and Spinach Penne Pasta with Greek Salad
Wednesday, 01 OCT	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, 02 OCT	Stuffed Jacket potato with Pulled beef, Mozzarella, Cherry tomatoes and Seasonal salad	Spaghetti Bolognese with Greek salad - pasta	Stuffed Jacket potato with Mozzarella Cheese, Spicy beans and Corn, Pineapple salad
Friday, 03 OCT	Fish & Chips with Salad		Stuffed Brown Mushrooms topped with Mozzarella Cheese & Vegetables
Saturday, 04 OCT	Boerewors Roll with Caramelized Onion and Chips	Vegan Boerewors Roll with Caramelized Onion and Chips	
Sunday, 05 OCT R145	Roasted Lamb, crushed garlic potatoes, and Creamed spinach and Jus OR Garlic Butter Chicken Fillet with Crushed Parmesan potatoes, Creamy spinach OR Vegetarian Option: Black Bean and Tomato Quiche topped with Feta, Mozzarella cheese, and Green Salad		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



WATER OR WATERLESS CAR WASH

Date: 1st October 2025

PLEASE BOOK @ RECEPTION



SATURDAY

4th October 2025

Time: 12 noon

Just in time for the Rugby

In the Bistro





ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN MUIZENBERG
ON WEDNESDAY 8 OCTOBER 2025
LOVELY TOPS, BLOUSES, SLACKS, DENIMS
AND MORE..



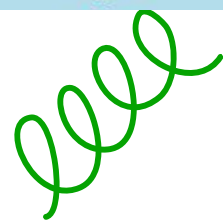
PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888 FOR
ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



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.

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

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

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