

Evergreen MUIZENBERG



**6 OCT - 12 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,

We hope you had a fantastic week! The weather looks promising for the weekend ahead.

Here are some important reminders for the upcoming week:

- Monday, October 6th: The Shoe Lady
- Tuesday, October 7th: Nutty Nuts & the Aviation Talk with Pete van der Spek.
- Wednesday, October 8th: Alida's Fashions
- Saturday, October 11th: Spice Route Spices

"Yesterday is the past, tomorrow is the future, but today is a gift; that's why it's called the present."

— Unknown —

Wishing you all a wonderful weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



**MONDAY
6 OCT**

7AM
WALKING GRP
9AM
ART WITH STEPH

9:30AM
BUS TO
BLUE ROUTE MALL
10AM
THE SHOE LADY

10.30AM
AQUA AEROBICS
11AM
CANASTA FOR
BEGINNERS /
REFERESHER

12PM
PILATES

2PM
POETRY
7PM
CANASTA

**TUESDAY
7 OCT**

9.30AM
STRETCH FOR
SENIORS

10AM
NUTTY NUTS

10.30AM
AVIATION TALK
WITH PETE VD
SPEK

3PM
COLOUR IN
MANDALA

**WEDNESDAY
8 OCT**

7AM
WALKING GRP
8.30AM
RIAAAN'S FRUIT
VAN

9.30AM
AGELESS GRACE
10.00AM
ALIDA'S FASHIONS

10.00AM
BIBLE STUDY
11AM
TABLE TENNIS

2PM CHESS /
RUMMIKUB

2.30PM
CHIT CHAT
2.30PM
SCRABBLE

**THURSDAY
9 OCT**

9AM
ART GROUP
9.30 AM
KNITTING

11.30AM
AQUA AEROBICS

3PM
BINGO

7PM
DRAMATIC
SOCIETY/
CANASTA

**FRIDAY
10 OCT**

7.15AM
WALKING GRP
9.15AM
STRETCH FOR
SENIORS

10AM
RELIGIOUS
FELLOWSHIP

11AM
TABLE TENNIS
2PM
LINE DANCING

**SATURDAY
11 OCT**

JOHN ADAMS
FRUIT & VEG

10AM
SPICE ROUTE
SPICES

1.45PM
CANASTA

6PM
RESIDENTS
BRAAI

**SUNDAY
12 OCT**

8.45AM
ONLINE CHURCH

12.30PM
SUNDAY
LUNCH

5.30PM
MUSIC EVENING
WITH LAUBI
WALTERS AND
HUGH TILL

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 5: 06/10/25 – 12/10/25

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 06 OCT	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, 07 OCT	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, 08 OCT	Grilled Chicken Pieces with Mash & seasonal vegetables	Pulled Pork & cheddar Quesadilla with Salad	Roasted Vegetable Quesadilla with Salad
Thursday, 09 OCT	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, 10 OCT	Fish & Chips with Salad		Cauliflower, Chickpea and Capsicum Quiche
Saturday, 11 OCT	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
Sunday, 12 OCT R115	Smoked Gammon with Pineapple sauce, Potato Fondant & Vegetables OR Grilled Chicken Roulade stuffed with feta & Peppadew, potato fondant and Vegetables OR Vegetarian Option: Chickpea & Broccoli stuffed sweet potato topped with Feta and Mozzarella cheese with Vegetables		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

serve

SPECIAL CELEBRATIONS

Happy Birthday!

01 October

Huge Till (A219)

Melanie Stewart (H7A)

04 October

Ingrid Heyneke (H76)

07 October

Sandra Fisher-Jeffes (H11)

08 October

Patricia Leatt (A3)

09 October

Margaret Ferguson (A26)

10 October

Yvonne o'Connor (H6B)

11 October

Margie Fishley (H29)

12 October

Ingrid Habib (H32)

Marietjie Hadley (H55)

Meryl-Sue Oppenheimer (A227)

Happy Anniversary!

03 October

Robert & Christine Johnston

07 October

Vernon & Anne Sutherland (H44)

09 October

Vincent & Petro Thomas

Welcome to our New Residents

No new Residents





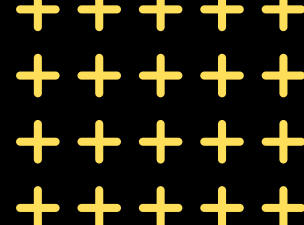
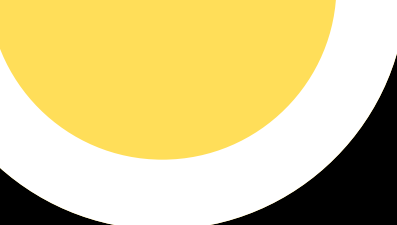
SATURDAY

4th October 2025

Time: 12noon

In the Bistro



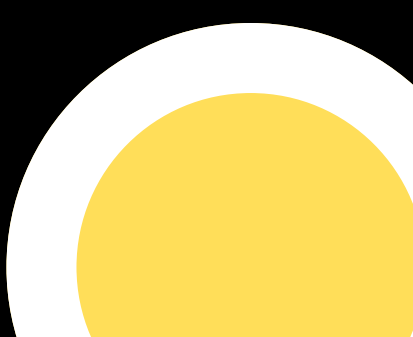
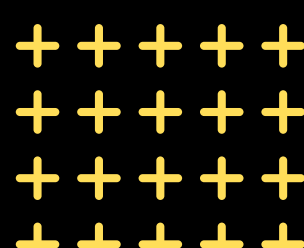


FERGIE'S SHOES

When: 6th October 2025
Where: In the Bistro
Time: 10am – 2pm



Call or WA Mariam
072 1087389



AVIATION AIR SHOW TALK

TUESDAY
07 OCTOBER
AT 10.30AM AT THE BIG TV

PETE VAN DER SPEK -
AVIATION PHOTOGRAPHER



NUTTY NUTS



When: 7th & 24th October 2025

Where: 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



Dear ALL Residents New and not so new!

Please join us for tea/coffee; Get to know each other better; and Welcome the *NEW* residents to our Village.



Wednesday, 8th October
2025 at 14:30



Next to the TV Lounge

RSVP for seating purposes

BINGO NIGHT

**Date:
9 & 23
October**

**Time:
15H00**

**LIFESTYLE
CENTRE**

R40PP

**Book with
Carole Van Zyl
Ext 04070**





SPICE ROUTE SPICES

@

EVERGREEN MUIZENBERG

DATE: SATURDAY 11TH OCTOBER
FROM: 10AM TILL 12PM IN THE
BISTRO





MUSIC NIGHT

WITH LAUBI & HUGH

Welcome to a spectacular variety concert featuring uplifting and timeless music. Join us for an unforgettable evening of video performances, lively commentary, and a musical journey across the world and centuries!

Don't miss this concert - an engaging evening to soothe the soul, evoke fond memories, and celebrate the enduring joy of music. Everyone is warmly invited!

1. Opening Fanfare: Abblasen

Attributed to Gottfried Reiche (1667–1734)

2. Featuring Wynton Marsalis

oFuniculì, Funiculà by Luigi Denza (1880)

oSouth African Jazz at Lincoln Center

oWynton and Nicola in - concert

3. Featuring some of the Greatest Composers

oLudwig van Beethoven, "Ode to Joy" from Symphony No. 9 (1824)

oJohann Sebastian Bach, "Jesu, Joy of Man's Desiring" from Cantata BWV 147 (1723)

4. Instrumental Interlude

oTomaso Albinoni, Oboe Concerto in C major, Op. 9, No. 5 (early 18th century)

5. Song and Dance Spectacular: Musical Theatre & Opera Highlights

oFiddler on the Roof (Musical Premiere 1964)

oThe King and I (Musical Premiere 1951), featuring "Shall We Dance"

oCarmen by Georges Bizet (Opera Premiere 1875), featuring the "Gypsy Song"

oFrasquita by Franz Lehár (Operetta Premiere 1922), featuring the famous serenade "Hab' Ein Blaues Himmel Bett" ("Have a Blue Heaven Bed")

oABBA's "Dancing Queen" (Single Release 1976, from heartfelt traditions to infectious disco energy, this segment is a joyful cavalcade of song and dance!

**PLEASE BOOK WITH
RECEPTION FOR
SEATING PURPOSES**

**SUNDAY, 12 OCTOBER
AT 5.30PM**

A close-up photograph of a glass filled with a clear, bubbly liquid, likely gin and tonic. A sprig of fresh rosemary is placed in the glass, and a slice of citrus fruit is visible. The background is a warm, golden-yellow color.

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

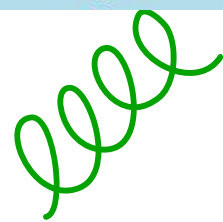
Limited Seats available.

Book & Pay Reception by no later than Mon 20 Oct



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 festive Christmas tree decorated with red and gold ornaments and lights, standing next to several wrapped gifts in red, green, and white paper with gold and red ribbons. The background is a solid red color.

Christmas gift drive

Dive into the Christmas spirit by participating in our annual Christmas Gift Drive for the residents of Douglas Murray Home!

Please drop off your thoughtful gifts at Reception before December 5th, and we'll ensure they reach the Home by December 15th, bringing happiness to each resident during this magical season.

Gift ideas: Personal Hygiene Products / Clothing for Female and Male Residents / Adult Incontinence Products / Sweets and Chocolates

Let's make their Christmas unforgettable together!

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

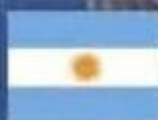


ARGENTINA

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