

Evergreen — MUIZENBERG



**13 OCT - 19 OCT
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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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Anniversaries

EVENT DETAILS

Special Events &
Activities

Dear Residents,

We hope you enjoyed a fantastic week!

Here's some vendor information for the upcoming
days:

- Thursday, October 16th: Wol an die rol
- Saturday, October 18th: Raadi's Treats, just in
time for your snacks for quiz night.

*"Give every day the chance to become the most
beautiful day of your life ."*

— Unknown —

Wishing you all a wonderful weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 13 OCT WIND-O-WASH	7AM WALKING GRP 9AM ART WITH STEPH		10.30AM AQUA AEROBICS 11AM CANASTA FOR BEGINNERS / REFERESHER	12PM PILATES	7PM CANASTA
TUESDAY 14 OCT WIND-O-WASH	9.30AM STRETCH FOR SENIORS	9:30AM BUS TO BLUE ROUTE MALL	2.15PM BOOK CLUB	3PM COLOUR IN MANDALA	
WEDNESDAY 15 OCT	7AM WALKING GRP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE	10.00AM BIBLE STUDY 11AM TABLE TENNIS	2PM CHESS / RUMMIKUB	2.30PM SCRABBLE 2.30PM DEMENTIA SUPP
THURSDAY 16 OCT	9AM ART GROUP 9.30 AM KNITTING	10.00 AM WOL AN DIE ROL	11.30AM AQUA AEROBICS	3PM BRIDGE FOR BEGINNERS	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 17 OCT	7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP		11AM TABLE TENNIS 2PM LINE DANCING	
SATURDAY 18 OCT	JOHN ADAMS FRUIT & VEG	11AM RAADI'S TREATS	1.45PM CANASTA	6PM QUIZ NIGHT	
SUNDAY 19 OCT	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 1: 13/10/25 – 19/10/25

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 13 OCT	Mince Curry with fluffy Rice, Roti and Sambal	Pork Stew and White Rice with Roasted Seasonal Veg	Aubergine Lasagne with Roasted Seasonal Veg
Tuesday, 14 OCT	Beef Bangers with Onion smoor, Roasted sweet potato and Vegetables	Grilled Chermoula Chicken with Roasted Vegetable Couscous and Carrots	Plant-based Sausage with Onion smoor, Roasted sweet potato and Vegetables
Wednesday, 15 OCT	Oven Roasted Chicken Leg Quarter with Roasted Baby Potatoes & Vegetables	Pork Loin Chop, Gravy with Mashed Potato and sweet Butternut	Lentil, Butterbean and Capsicum smoor with sweet potato mash and Salad
Thursday, 16 OCT	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
Friday, 17 OCT	Fish & Chips with Salad		Plant-based Schnitzel with cheese sauce, Sweet potato fries and Salad
Saturday, 18 OCT	Sweet Chilli Chicken Pizza topped with pineapple, olives, three cheeses with Green Salad	Margherita Pizza with salad	
Sunday, 19 OCT 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 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

servest

SPECIAL CELEBRATIONS

Happy Birthday!

13 October

Ingrid Lategan (H45)

Pat Swilling (H64)

14 October

Cheryl Verridjt (H18)

16 October

Jean Philips (A107)

Peter Attenborough (A243)

19 October

Veronica Van Wyk (A313)

Happy Anniversary!

No Anniversaries

Welcome to our New Residents

Wilma Lamberti (A225)

Peter Bensimon (H100)



RAADI'S SAVOURY TREATS.

18TH OCTOBER @ 11AM



For Sale on the day.

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

A close-up photograph of a tall, clear glass filled with a golden-colored liquid, likely gin and tonic. The glass contains several ice cubes and a fresh sprig of rosemary. Bubbles are visible rising from the bottom of the glass. The background is a warm, solid orange 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



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting your lovely facility
on the following dates:

Thursday, 16 October
Thursday, 27 November

from 10am

We look forward to seeing you there!



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.

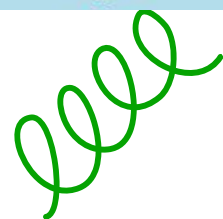
Gift ideas: Personal Hygiene Products / Clothing for Female and Male Residents / Adult Incontinence Products / Sweets and Chocolates

Let's make their Christmas unforgettable together!



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.