

Evergreen MUIZENBERG



**20 OCT - 26 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 enjoyed a fantastic week!

Here's some information for the upcoming week:

- Tuesday, October 21st: Bali holiday talk with Jenna
- Thursday, October 23rd: Tru Bru Biltong
- Friday, October 24th: Nutty Nuts
- Saturday October 25th: Baked by Q

*"Life is better when you cry a little, laugh a lot, and are
thankful for everything you've got."*

— Unknown —

Wishing you all a wonderful weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 20 OCT	7AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS TO BLUE ROUTE	10.30AM AQUA AEROBICS 11AM CANASTA FOR BEGINNERS / REFERESHER	12PM PILATES	2.30PM POETRY CLUB
TUESDAY 21 OCT	9.30AM STRETCH FOR SENIORS		2PM BALI HOLIDAY WITH JENNA MONK	3PM COLOUR IN MANDALA	
WEDNESDAY 22 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
THURSDAY 23 OCT	9AM ART GROUP 9.30 AM KNITTING	10AM TRU BRU BILTONG	11.30AM AQUA AEROBICS	3PM BINGO	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 24 OCT	7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	10AM NUTTY NUTS	11AM TABLE TENNIS 2PM LINE DANCING	
SATURDAY 25 OCT	JOHN ADAMS FRUIT & VEG	11AM BAKED BY Q	1.45PM CANASTA		
SUNDAY 26 OCT	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 2: 20/10/25 – 26/10/25

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 20 OCT	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, 21 OCT	Fish Cakes with mashed potato, tomato smoor and Greek Salad	Curried Chicken with Roti Sambal and Vegetables	Roti filled with curried vegetables, Sambal and Vegetables
Wednesday, 22 OCT	Asian Sticky 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, 23 OCT	Beef Lasagne with Greek Salad	Chicken Chow Mein with Chinese egg noodles	Vegetable Chow Mein with Chickpeas and Egg noodles
Friday, 24 OCT	Fish & Chips with Salad		Butternut, Peppadew and Cheddar Quiche with Salad
Saturday, 25 OCT	Double Hotdog rolls with Tomato relish, Chips and Salad	Vegan Hotdog Rolls with Tomato relish with chips and Salad	
Sunday, 26 OCT R115	Paprika Crusted Roast Beef & Jus, Yorkshire pudding, roasted vegetables and Garlic Baby Potatoes Or - Roasted Cherry & Pineapple Chicken Pieces With roasted vegetables and garlic baby potatoes		Dessert: R35 Vanilla Sponge with 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

serve

SPECIAL CELEBRATIONS

Happy Birthday!

20 October

Ron Scott (H46)

Olivia Thomas (A115)

21 October

David Fourie (H109)

22 October

Anne Robertson (A241)

23 October

Gillian Blackman (A126)

24 October

Pamela Cloete (A211)

Happy Anniversary!

24 October

Clive and Pamela Cloete (A211)

Welcome to our New Residents

Madeline Esterhuysen (A320)



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



Thursday

23rd October 2025

Time: 10am

In the Bistro

NUTTY NUTS



When: 24th October 2025

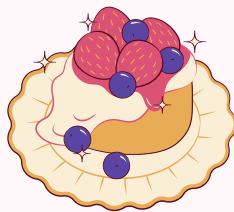
Where: In the Bistro



Homemade Bakes

DATE: 25TH OCTOBER 2025 IN THE BISTRO
TIME: 11AM TILL 2PM

Baked by Q



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 green 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.

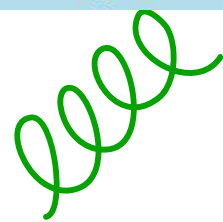
Gift ideas: Personal Hygiene Products / Clothing for Female and Male Residents / Adult Incontinence Products / Sweets and Chocolates

Let's make their Christmas unforgettable together!



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.