

Evergreen MUIZENBERG



**27 OCT - 2 NOV
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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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Activities

Dear Residents,

As the weather warms up, we can't help but reminisce about the calming and refreshing days of winter, which now feel like a distant memory. Welcome, summer!

Here's what to look forward to in the upcoming week:

- Monday October 27th: Camera Club
- Tuesday October 28th: Gesels Afrikaans
- Wednesday October 29th: Dementia Support.

"Optimism is a happiness magnet; if you stay positive, good people will be drawn to you."

— Unknown

Wishing you all a fantastic weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 27 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 CAMERA CLUB
TUESDAY 28 OCT	9.30AM STRETCH FOR SENIORS	11AM LINE DANCING	2.30PM GESELS AFRIKAANS	3PM COLOUR IN MANDALA	
WEDNESDAY 29 OCT	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE	10.00AM BIBLE STUDY 11AM TABLE TENNIS	1.30PM DEMENTIA SUPPORT 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE
THURSDAY 30 OCT	9AM ART GROUP 9.30 AM KNITTING		11.30AM AQUA AEROBICS	3PM BRIDGE FOR BEGINNERS	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 1 NOV	7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP		11AM TABLE TENNIS	
SATURDAY 2 NOV	JOHN ADAMS FRUIT & VEG		1.45PM CANASTA		
SUNDAY 3 NOV	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		



27/10/2025 – 31/10/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 27 OCT	Pork Stew with White Rice & Veg	Chicken and Spinach Lasagne with Greek Salad	Spinach, Feta and Mozzarella pie, with Salad
Tuesday, 28 OCT	Roasted Gammon with crispy Potato,veg & honey Sauce	Beef Stroganoff with Rice & Veg	Feta & Tomato, Pasta Bake with Greek salad
Wednesday, 29 OCT	Roast Beef with Savoury rice & Veg	Smokey Pork sausage Mac & Cheese with Salad	Mushroom Mac & Cheese with Salad
Thursday, 30 OCT	Honey & Soy Pork Stir-fry with Chinese Egg noodles	Grilled chicken fillet with Mash & Salad	Plant based Schnitzel with Mash & Salad
Friday, 31 OCT	Fish & Chips with Salad	Bockwurst with Mash, Onion gravy & Veg	Roasted Vegetables Frittata with Chips and Salad

SPECIAL CELEBRATIONS

Happy Birthday!

27 October

Iona Harris (A205)

28 October

Mervyn Eagles(H57)

29 October

Michael Horn (H96)

30 October

Amanda Metcalfe (H5B)

Happy Anniversary!

27 October

Jennie & Peter Underwood (H19)

Welcome to our New Residents

No New Residents



EVERGREEN

Open Gardens

**Saturday, 1 November
10:00 – 13:00**

**Stroll through our village and
enjoy a selection
of residents' gardens.**

**Look out for the balloons
that mark the gardens
on show**



EVERGREEN MUIZENBERG PRESENTS

Wine Tasting with



BON COURAGE ESTATE

Located in the heart of the beautiful Robertson valley – a valley of wines and roses – lies Bon Courage Estate, home to some of South Africa's finest wines and recognized both locally and internationally for their exceptional quality. The stately Cape Dutch homestead dates back to 1818 and the estate has enjoyed the attention and dedication of three generations of the Bruwer family since 1927.

FRIDAY | 28 NOV | 17H00
BOOK AT RECEPTION



A festive Christmas scene featuring a decorated tree with red and gold ornaments and a star on top, surrounded by several wrapped gifts in red, green, and white paper with gold and red ribbons.

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!

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.