

Evergreen MUIZENBERG



**3 NOV- 9 NOV
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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,

With just 55 days left until Christmas, are you ready?
This year has truly flown by!

Here's what you can anticipate for the upcoming week:

- Monday, November 3rd: Poetry Club
- Tuesday, November 4th: Nutty Nuts
- Wednesday, November 5th: Riaans fruit van
- Thursday, November 6th: Kind to Hearing and Bingo
- Saturday, November 8th: Resident Braai

**"I alone cannot change the world, but I can cast a stone
across the waters to create many ripples"**
— Unknown

Wishing you all a wonderful weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



**MONDAY
3 NOV**

7AM
WALKING GRP
9AM
ART WITH STEPH

9.30AM
BUS LONGBEACH
MALL

10.30AM
AQUA
AEROBICS

12PM
PILATES

2.30PM
POETRY CLUB
7PM
CANASTA

**TUESDAY
4 NOV**

9.30AM
STRETCH FOR
SENIORS

10AM
NUTTY NUTS

11AM
LINE DANCING

3PM
COLOUR IN
MANDALA

7PM
DRAMATIC
SOCIETY/
CANASTA

**WEDNESDAY
5 NOV**

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
6 NOV**

9AM
ART GROUP
9.30 AM
KNITTING

10AM
KIND 2 HEARING

11.30AM
AQUA
AEROBICS

3PM
BINGO

7PM
DRAMATIC
SOCIETY/
CANASTA

**FRIDAY
7 NOV**

7.15AM
WALKING GRP
9.15AM
STRETCH FOR
SENIORS

10AM
RELIGIOUS
FELLOWSHIP

11AM
TABLE TENNIS

**SATURDAY
8 NOV**

JOHN ADAMS
FRUIT & VEG

1.45PM
CANASTA

6PM
RESIDENT
BRAAI

**SUNDAY
9 NOV**

8.45AM
ONLINE CHURCH

12.30PM
SUNDAY
LUNCH

MON

3 NOV

Chicken Stroganoff with basmatirice,greenbeansandbutternut.

OR

Creamy chicken pasta bake toppedwithcheese

OR

(V) Homemade basil pesto withfreshparmesanoliveoilandsaltandpepperdressed over pasta

TUE

4 NOV

Beef curry with yellow rice, garden peas and carrots with side sambal salad.

OR

Chicken supreme in a creamy sauce with mushrooms and bacon, mashed potato and steamed green veggies.

OR

(V) Chickpeas with a mild teriyaki curry sauce served with couscous

WED

5 NOV

Penne a la vodka with parmesan cheese and BBQ chicken breast

OR .

Glazed sticky pork on stir-fry vegetables and basmati rice.

OR

(V) Penne pasta tossed in creamy tomato and vodka sauce with fresh basil and side with parmesan cheese

THUR

6 NOV

Alfredo pasta with side parmesan cheese.

OR

Coconut beef marsala with basmati rice, peas and carrots.

OR

(V) Baby marrow sautéed with coconut milk, ginger, garlic, coriander and green Thai chili paste with crushed chickpea hummus.

FRI

7 NOV

Pork schnitzel, fried egg, sautéed potatoes and braised cabbage with carrots.

OR

Grilled hake with savoury rice, broccoli and carrots with a lemon wedge.

OR

(V) Lentil Meatloaf with plant-based protein, onions, carrots, celery and lentils, rolled in sesame seeds

SAT

8 NOV

Coronation chicken with rice, carrots and peas.

OR

Gourmet mac n cheese with peppers, corn and onion.

OR

(V) Bean Stew - 3 beans mixed with onions, carrots, celery, potatoes and peas in a brown gravy.

SUN

9 NOV

Roast Beef or Gammon with rice, Yorkshire pudding, roast potatoes, gravy and veggies.

(V) Italian style braised cabbage with fennel, carrots, olive oil and basil

Dessert - Malva pudding with custard

Daily Meals (Ladies Portion - R70) - (Normal Portion - R90)
Fish & Chips (Ladies Portion - R90) - (Normal Portion - R110)
Sunday Roast (2 course - R150)

SPECIAL CELEBRATIONS

Happy Birthday!

1 Nov

Jennie Underwood (H19)

7 Nov

Sharon Paterson (H47)

Peter Heyneke (H76)

Bernard Samuels (A343)

8 Nov

Samuel Geldenhuys (H30)

Happy Anniversary!

1 November

Barrie & Jin Howard (A315)

Welcome to our New Residents

Diane Green (A123)

Carole Ward (A319)

Bernard & Mercia Samuels (A343)

Di Duncan (H36)



NUTTY NUTS



When: 4th & 25th November 2025

Where: In the Bistro





FUNKY LEGS TIGHTS
12TH NOVEMBER 2025

10H00 - 1PM

NEW DESIGNS AVAILABLE

IN THE BISTRO

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





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.