

Evergreen MUIZENBERG



10 NOV- 16 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,

We've experienced a pleasantly breezy week, and
we're excited to see what lies ahead for us next week.

Here's what we have planned for the upcoming week:

- Monday, November 10: The Shoe Lady
- Tuesday, November 11: Book Club
- Wednesday, November 12: Riaan's Fruit Van & Funky Legs Tights
- Saturday, November 8: Raadi's Treats and Quiz Night.

*"Love yourself enough to leave behind anything or
anyone that no longer serves in your best interest."*
— Unknown

Wishing you all a fantastic weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 10 NOV	7AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS BLU ROUTE MALL 10AM THE SHOE LADY	10.30AM AQUA AEROBICS	12PM PILATES	7PM CANASTA 7PM DRAMATIC SOCIETY
TUESDAY 11 NOV	9.30AM STRETCH FOR SENIORS	11AM LINE DANCING	2.15PM BOOK CLUB	3PM COLOUR IN MANDALA	
WEDNESDAY 12 NOV	7AM WALKING GRP 8.30AM RIAAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	10AM FUNKY LEGS TIGHTS 11AM TABLE TENNIS	1.45 PM DEMENTIA SUPPORT 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE
THURSDAY 13 NOV	9AM ART GROUP 9.30 AM KNITTING		11.30AM AQUA AEROBICS	3PM BRIDGE FOR BEGINNERS	7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 14 NOV	7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP		11AM TABLE TENNIS	
SATURDAY 15 NOV	JOHN ADAMS FRUIT & VEG	11AM RAADI'S SAVORY TREATS	1.45PM CANASTA	2.40PM RUGBY SA VS ITALY	6PM QUIZ NIGHT
SUNDAY 16 NOV	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		



THE
FYNBOS
Bistro

WEEKLY MENU

MON
10 NOV

Chicken carbonara with mushroom and parmesan cheese.

OR

Asian pork stir-fry on rice and stir-fry veg.

OR

(V) Plant-based "meatballs" and rice with a homemade tomato's basil sauce

TUES
11 NOV

Sesame meatballs with basmati rice, steamed green beans and braised cabbage.

OR

Creamy chicken salsa with corn, salsa and sour cream and served with savoury rice and garden peas.

OR

(V) Plant-based "chick'n" and vegetable stir-fry.

WED
12 NOV

Tomato bredie with carrots and peas, served with rice.

OR

Thai chicken stir-fry with spaghetti and stir-fry vegetables.

OR

(V) Baked potato topped with baby marrow mushrooms carrots and peppers drizzled with basil oil topped with cheese.

THUR
13 NOV

Chicken biryani with a side sambal.

OR

Texas pulled pork with mashed potatoes, gravy, butternut and baby marrows.

OR

(V) Light lentil and vegetable biryani - layered rice, onions lentils and roast potatoes.

FRI
14 NOV

Steak sandwich on garlic toasted French bread, lettuce, tomato, feta and.

OR

Spaghetti bolognese with a side parmesan cheese.

OR

Hannah Chicken, with green beans, carrots and potatoes.

(V) Plant-based bolognese, with onion's carrots celery and fresh tomato

SAT
15 NOV

Spring chicken pot with rice, green beans and baby marrows.

OR

Pork adobo with rice, green beans and butternut

OR

(V) Ratatouille - aubergine, baby marrows, pepper, cooked in a tomato-based sauce with quinoa

SUN
16 NOV

Roast Lamb or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley.

(V) Stuffed gem squash with plant-based mince

Dessert - Waffles and ice cream

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!

11 November

Kallie Badenhorst (A335)

12 November

Diane Coetzee (H35)

14 November

Elaine Simons (H99)

15 November

Ursula Law (H1)

Maureen Elliott (H8B)

Happy Anniversary!

11 November

Robert & Winona Heydenrych (A316)

Welcome to our New Residents

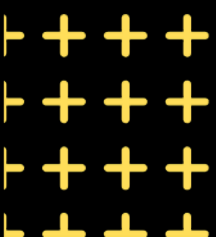
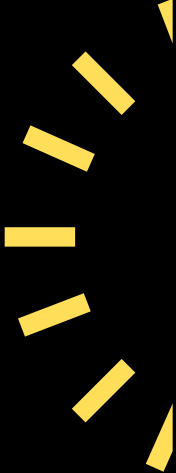
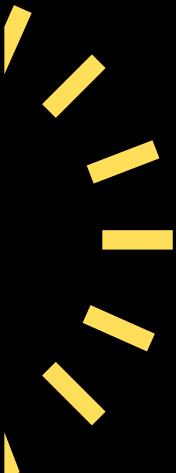
No New Residents





FERGIE'S SHOES

When: 10th November 2025 ✨
Where: In the Bistro
Time: 10am – 2pm



Call or WA Mariam
072 1087389



FUNKY LEGS TIGHTS

12 NOVEMBER 2025 @ 10AM

IN THE BISTRO

RAADI'S SAVOURY TREATS.

15TH NOVEMBER @ 11AM



Available on the day.

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

SOCIAL DINNER

VAMOS PARA FESTA!

SEAFOOD PLATTER FOR ONE | R200

3 prawns, a portion of Lulas (calamari), 6 mussels and a portion of hake. Served with chips, rice or side salad

CHICKEN TRINCHADO | R160

Cubed chicken served in a Portuguese trinchado sauce.
Served with chips, rice or side salad

BEEF ESPETADA | R200

Cubed steak served on a skewer and drizzled with lemon butter sauce. Served with chips, rice or side salad

DESSERT | R35

Kahlua Dom Pedro | Paste de Nata | Ice cream and chocolate sauce

19 NOVEMBER | 18H00
BOOKINGS AT 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



VAL DE VIE CHRISTMAS MARKET

BROUGHT
TO YOU BY

VAL DE VIE EVERGREEN



The Val de Vie Evergreen
LIFESTYLE CENTRE

*OPEN TO
THE PUBLIC*

Invite your friends
and family to join in
the festivities.

**SATURDAY
29 NOVEMBER
2025**

09:00 TO 15:00

Over 50 *VENDORS*
Live *ENTERTAINMENT*
Family-Friendly *ACTIVITIES*
Food and Drinks from the
WIESENHOF Lifestyle
Restaurant
RSG Outside *BROADCAST*

IN SUPPORT OF *ATHIGNE HOUSE OF STRENGTH*, A SAFE HOUSE FOR WOMEN AND CHILDREN.
TEL: 087 808 7000 | info@evergreenlifestyle.co.za | www.evergreenlifestyle.co.za

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!