

Evergreen MUIZENBERG



**17 NOV- 23 NOV
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,

As the temperatures begin to rise, it's time to refresh our summer wardrobe and prepare the fans and air conditioning units for the warm days ahead.

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

- Monday, November 17: Poetry Club
- Tuesday, November 18: Line Dancing
- Wednesday, November 19: Social Dinner
- Thursday, November 20: Bingo
- Sunday, November 23: Music Evening with Laubi and Hugh

"Today is a new day; even if you were wrong yesterday, you can get it right today."

— Unknown

Wishing you all a fantastic weekend!

Warm regards,
Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES



MONDAY 17 NOV	7AM WALKING GRP 9AM ART WITH STEPH	9.30AM BUS BLUE ROUTE MALL	10.30AM AQUA AEROBICS	12PM PILATES 2.30PM POETRY CLUB	7PM CANASTA DRAMATIC SOCIETY
TUESDAY 18 NOV	9.30AM STRETCH FOR SENIORS	11AM LINE DANCING	11AM CANASTA FOR BEGINNERS / REFRESHER	3PM COLOUR IN MANDALA	
WEDNESDAY 19 NOV	7AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY	11AM TABLE TENNIS	1.45 PM DEMENTIA SUPPORT 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE 6PM SOCIAL DINNER
THURSDAY 20 NOV	9AM ART GROUP 9.30 AM KNITTING		11.30AM AQUA AEROBICS	3PM BINGO	7PM CANASTA DRAMATIC SOCIETY
FRIDAY 21 NOV	7AM WALKING GRP 9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP		11AM TABLE TENNIS	
SATURDAY 22 NOV	JOHN ADAMS FRUIT & VEG		1.45PM CANASTA		7.40PM RUGBY IRL VS SA
SUNDAY 23 NOV	8.45AM ONLINE CHURCH		12.30PM SUNDAY LUNCH		5.30PM MUSIC EVENING WITH LAUBI & HUGH

MON
17 NOV

Chicken Marsala with mash, baby marrows, and butternut.
OR
Pork sausages with gravy and mash and carrots and green peas.
OR
(V) Vegetarian sausage on mash with gravy, peas and carrots

TUE
18 NOV

Chicken Parmesan topped with red sauce & cheese, served with mash, garden peas and butternut.
OR
Braised pork in sweet soy with rice, broccoli and butternut.
OR
(V) Eggplant Parmesan with roast potatoes and butternut

WED
19 NOV

Mushroom Stroganoff: Served with mash, butternut and green beans.
OR
Herb roast chicken: Served with gravy, rice and peas and carrots.
OR
(V) Baby marrow Lemone

THUR
20 NOV

Broccoli bacon Mac n Cheese: Creamy mac n cheese with bacon and broccoli.
OR
Chicken Cacciatore with rice and butternut.
OR
(V) Thai lentil and vegetable curry on Basmati rice

FRI
21 NOV

Hungarian goulash: with rice, garden peas and carrots.
OR
Sweet n sour chicken: with stir fry veggies on a bed of rice.
OR
(V) Sweet and Sour falafels

SAT
22 NOV

Asian Beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg.
OR
Thai chicken curry: Served with basmati rice and garden peas and carrots.
OR
(V) Broccoli mac and cheese

SUN
23 NOV

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy with a veg medley.
(V) Meat-free Wellington
Dessert - Cape Brandy pudding with custard or 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!

18 November

Marjorie Wohlmann (A18)

20 November

Musa Dlodla (A237)

21 November

Ronald Sinden (H69)

Erica Shearer (A206)

Happy Anniversary!

No Anniversaries

Welcome to our New Residents

No New Residents



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

RSVP by Monday 17 Nov



BINGO

NIGHT

**Date:
20 November**

**Time:
15H00**

**LIFESTYLE
CENTER**

R40PP

**Book with
Carole van Zyl
Ext 04070**



MUSIC NIGHT

WITH LAUBI & HUGH

"A Journey Through Friendship, Peace, Song and Symphonic Choral Celebration"

Part 1: Friendship and Its Meaning

- Dionne Warwick at the Java Festival (recent video)

Part 2: The Many Facets of Peace

- Classical Opening: Sibelius - Finlandia
- Intimate Peace: Bach Cello Suites
- Peaceful Protest and Hope: Cat Stevens at the Nobel Peace Prize Concert

Part 3: Eclectic Voices and Moving Medley

- A flowing medley featuring:

Jonas Kaufmann singing Lehar (elegant operatic tone)

Gracie Fields from "Sally" (nostalgic warmth)

Jeremy Brett in "My Fair Lady" (characterful, theatrical)

Aled Jones (clarity and innocence) singing "Walking in the Air"

Young Luke Brady performing "Going the Distance" (fresh youthful optimism)

Part 4: Symphonic Choral Celebration and Finale

- Majestic Climax: Mahler's Symphony No. 2 (The Resurrection)
- Soulful Closing: Andrea Bocelli singing "Amazing Grace"

**PLEASE BOOK WITH
RECEPTION FOR
SEATING & CATERING
PURPOSES**

**SUNDAY, 23 November
AT 5.30PM**



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 CAROLS THE CAPE WELSH CHOIR

Join us for an afternoon of beautiful harmonies and festivities in the Lifestyle Centre

**SATURDAY
29 NOVEMBER 3PM**

R80 PER PERSON
(includes choir performance and light snacks)

**RSVP AT RECEPTION BY
THURSDAY 27 NOVEMBER**

The cost will be added to your levy account

VAL DE VIE CHRISTMAS MARKET

BROUGHT
TO YOU BY
VAL DE VIE EVERGREEN



*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



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.

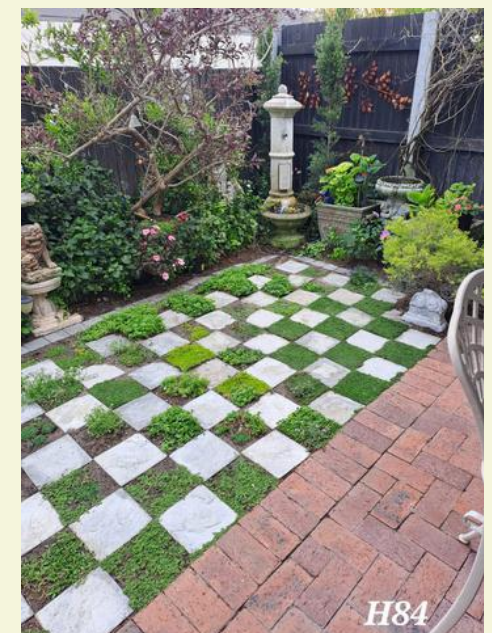
Gift ideas: Personal Hygiene Products / Clothing for Female and Male Residents / Adult Incontinence Products / Sweets and Chocolates

Let's make their Christmas unforgettable together!



OPEN GARDENS

Saturday 1 November



Another Successful OPEN GARDENS Event This Year!!

A sincere thank you to Toni and the entire team for organising this fantastic event. To all the incredible, dedicated 'Garden Specialists'—WOW! Your gardens are stunning.

Above and on the following page, you'll discover some photos highlighting the beautiful gardens crafted by our fellow residents.

We look forward to seeing even more of you showcasing your masterpieces next year!



H86



H90



H93



H95



H96



H101



H105



H106



H107



SPRINGBOK *Fixtures*

SOUTH AFRICA



Sat, 28 Jun 25 - 17:10
DHL Stadium
Cape Town



BARBARIANS

SOUTH AFRICA



Sat, 5 Jul 25 - 17:10
Loftus Versfeld
Pretoria



ITALY

SOUTH AFRICA



Sat, 12 Jul 25 - 17:10
Nelson Mandela Bay
Stadium, Gqeberha



ITALY

SOUTH AFRICA



Sat, 19 Jul 24 - 17:10
Mbombela Stadium,
Nelspruit



GEORGIA

SOUTH AFRICA



Sat, 16 Aug 25 - 17:10
Ellis Park,
Johannesburg



AUSTRALIA

SOUTH AFRICA



Sat, 23 Aug 25 - 17:10
DHL Stadium
Cape Town



AUSTRALIA

SOUTH AFRICA



Sat, 6 Sep 25 - 09:05
Eden Park,
Auckland



NEW ZEALAND

SOUTH AFRICA



Sat, 13 Sep 25 - 09:05
Sky Stadium,
Wellington

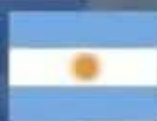


NEW ZEALAND

SOUTH AFRICA



Sat, 27 Sep 25 - 17:10
Hollywoodbets Kings
Park, Durban

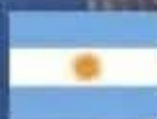


ARGENTINA

SOUTH AFRICA



Sat, 4 Oct 25 - 15:00
Twickenham,
England



ARGENTINA

SOUTH AFRICA



Sun, 8 Nov 25 - 22:10
Stade de France
Stadium



FRANCE

SOUTH AFRICA



Sat, 15 Nov 25 - 14:40
Allianz Arena
Turin



ITALY

SOUTH AFRICA



Sat, 22 Nov 25 - 19:40
Aviva Stadium,
TBC



IRELAND

SOUTH AFRICA



Sat, 29 Nov 25 - 19:40
Principality Stadium,
TBC



Wales