Evergreen — MUIZENBERG



24 NOV- 30 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,

With so many activities taking place this time of year, let's ensure our busy schedules are kept up to date.

Here's what we have lined up for the upcoming week:

- Monday, November 24: Camera Club
- Tuesday, November 25: Nutty Nuts
- Wednesday, November 26: Riaan's Fruit Van
- Thursday, November 27: Wol aan die rol
- Friday, November 28: Wine Tasting at Bon Courage (Fully Booked)
- Saturday, November 29: Baked by Q

"Make happiness your priority and be gentle with yourself in the process."

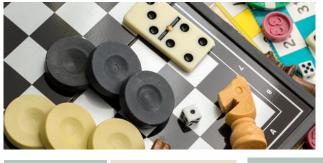
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Wishing you all a wonderful weekend!

Warm regards, Your Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES





MONDAY 24 NOV

7AM WALKING GRP 9AM ART WITH STEPH

9.30AM BUS BLUE ROUTE MALL 10.30AM AQUA AEROBICS

12PM PILATES 7PM CAMERA CLUB

TUESDAY 25 NOV

9.30AM STRETCH FOR SENIORS 10AM NUTTY NUTS 11AM LINE DANCING

11AM CANASTA FOR BEGINNERS

2.30PM GESELS AFRIKAANS 3PM COLOUR IN MANDALA

WEDNESDAY 26 NOV 7AM WALKING GRP **8.30AM** RIAAN'S FRUIT VAN

9.30AM AGELESS GRACE 10AM BIBLE STUDY

11AM TABLE TENNIS 2PM CHESS / RUMMIKUB

2.30PM SCRABBLE

THURSDAY 27 NOV 9AM ART GROUP 9.30 AM KNITTING

9.30 WOL AAN DIE ROL 11.30AM AQUA AEROBICS 3PM BRIDGE FOR BEGINNERS 7PM DRAMATIC SOCIETY/ CANASTA

FRIDAY 28 NOV 7.15AM WALKING GRP 9.15AM STRETCH FOR SENIORS

10AM RELIGIOUS FELLOWSHIP

11AM TABLE TENNIS 5PM WINE TASTING BON COURAGE

SATURDAY 29 NOV

JOHN ADAMS FRUIT & VEG 11AM BAKED BY Q

1.45PM CANASTA 2.40PM RUGBY SA VS WALES

3PM WELSH CHOIR

SUNDAY 30 NOV

8.45AM ONLINE CHURCH 12.30PM SUNDAY LUNCH



WEEKLY MENU

MON 24 NOV Pork potjie with rice, baby marrowsandbutternut.

OR

Creamy chicken pasta bake with cheese.

OR

(V) Butterbean potjie with, onion, carrot and potato on rice.

TUE 25 NOV

Traditional meatloaf with mash, gravy, broccoli & carrots.

OR

Chicken a la king with savoury rice, carrots and green beans.

OR

(V) Chickpea al la King on rice

WED 26 NOV

Bake potato with savoury mince and cheese, garden peas and butternut

OR

Arrabiatta pasta with a side of parmesan.

OR

(V) Savoury bake potato filled with meat-free mince.

THUR 27 NOV

Butter chicken: with basmati rice, garden peas and carrots.

OR

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal.

OR

(V) Lentil Bobotie on yellow rice with green beans and side sambal salad

FRI 28 NOV Hawaiian pork chop topped with pineapple salsa, and served with braised cabbage and potato salad.

OR

Beef Ragu with rice, broccoli and butternut.

OR

(V) Mushroom and chickpea ragu with mashed potato and butternut

3A I 29 NOV Beef casserole with rice, green beans and butternut.

OR

Rosemary infused chicken breast with a baked potato, broccoli and cauliflower.

OR

(V) Sesame tofu with couscous and broccoli

SUN 30 NOV

Roast Beef with rice, roast potatoes, Yorkshire pudding, gravy and vegetable medley.

(V) Danish feta with mixed nuts oven baked nestled on a bed of spinach

Dessert - Trifle bowls

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!

22 November

Susan Everett (Staff)

26 November

Geoffrey Brownrigg (A312)

27 November

Bridget Stoddart (A212)

Billy Segers (A301)

30 November

Wilma Lamberti (A225)

Denis Cassidy (H68)

Garth Daniels (Staff)

No Anniversaries

Welcome to our New Residents No New Residents



THANK YOU

A HUGE THANK YOU TO ALL WHO HAVE JOINED IN WITH EACH AND EVERY QUIZ EVENING, AND A SPECIAL THANKS TO OUR 3 QUIZ-MASTERS.

THE QUIZ WILL TAKE A 2-MONTH BREAK AND WE WILL BE BACK IN FEBRUARY 2026









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



OPEN TO

Invite your friends and family to join in the festivities.

SATURDAY 29 NOVEMBER 2025

09:00 70 15:00

Over 50 VENDORS

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



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!