

Evergreen — MUIZENBERG



**24 NOV- 30 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 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."*

— Unknown

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
RIAAAN'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 marrows and butternut.
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**

SAT
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)

Happy Anniversary!

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





KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visit us on

**Thursday, 27 November
from 10.30am**

See you then!

Homemade Bakes

DATE: 29 DECEMBER 2025

BISTRO

TIME: 11AM TILL 2PM

Baked by Q



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!