

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



18 MAY - 24 MAY  
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,

This past week has been quite a rollercoaster due to the weather. It's been a bit daunting, but I'm grateful that we all managed to stay safe and warm during this time.

Highlights for the Week

- Monday, May 18  
Shuttle service to Blue Route Mall.
- Tuesday, May 19  
Food sock Presentation talk in the TV Lounge
- Wednesday, May 20  
IEC Registration checks and Nutty Nuts for all your nutty needs. SUSHI NIGHT.
- Saturday, May 16  
Join us for the Resident Braai

**"\*TRUST THE TIMING EVEN DELAYS HAVE A PURPOSE.\*"**

Warm regards,  
The Evergreen Team

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> 18 MAY	7am <b>EXTERNAL</b> WALKING GROUP 8am	9am <b>EXTERNAL</b> SHUTTLE 9am <b>BISTRO</b> Art with Steph	10.30am POOL AQUA AEROBICS 12pm <b>GYM</b> PILATES	2pm <b>TV LOUNGE</b> POETRY GRP 4pm <b>GYM</b> FUN DANCING	7pm <b>BISTRO</b> CANASTA
<b>TUE</b> 19 MAY	9.15am <b>GYM</b> STRETCH EXERCISES	10.15am <b>GYM</b> SEATED STRETCH	10.30am <b>TV LOUNGE</b> <b>FOOD SOCK</b>	3pm <b>BISTRO</b> COLOUR-IN MANDALA	5pm <b>BISTRO</b> CARPET BOWLS
<b>WED</b> 20 MAY	7am <b>EXTERNAL</b> WALKING GRP	10am <b>TV LOUNGE</b> BIBLE STUDY 10am <b>BISTRO</b> NUTTY NUTS	10am <b>TV LOUNGE</b> <b>IEC</b> <b>REGISTER</b> <b>FOR WARD</b> <b>45</b>	2pm <b>BISTRO</b> RUMMIKUB & CHESS 2.30pm SCRABBLE	6pm <b>BISTRO</b> <b>SUSHI</b> <b>NIGHT</b>
<b>THUR</b> 21 MAY	9.30am <b>TV LOUNGE</b> KNITTING GROUP		11.30am POOL AQUA AEROBICS	2.30pm <b>BISTRO</b> BRIDGE FOR BEGINNERS	7pm <b>BISTRO</b> DRAMATIC SOCIETY
<b>FRI</b> 22 MAY	7am <b>EXTERNAL</b> WALKING GROUP	9.15am <b>GYM</b> STRETCH EXERCISES		10am <b>TV LOUNGE</b> CHURCH SERVICE	11am <b>GYM</b> TABLE TENNIS
<b>SAT</b> 23 MAY	<b>PARKING</b> JOHN ADAMS FRUIT & VEG		1.45pm <b>BISTRO</b> CANASTA	6pm <b>BISTRO</b> RESIDENT BRAAI	<b>ON CALL</b>  <b>DUSTIN</b>
<b>SUN</b> 24 MAY	8.45am <b>TV LOUNGE</b> ONLINE CHURCH SERVICE		12.30pm <b>BISTRO</b> SUNDAY LUNCH		<b>ON CALL</b>  <b>DUSTIN</b>



**DUSTIN - 079 2135 107**

# WEEKLY MENU

<b>MON</b> <b>18 MAY</b>	Alfredo Pasta dish with Parmesan Cheese	Chicken & Leek Pot Pie	<b>(v) Coconut &amp; Chickpea Curry</b>
<b>TUE</b> <b>19 MAY</b>	Beef Brisket served with Mashed Potatoes, Green beans & Butternut	Chicken Chow Mein served with Steamed Green Beans & Butternut	<b>(v) Mushrooms &amp; Lentil Bake</b>
<b>WED</b> <b>20 MAY</b>	Ribs & Chips	Chicken parmesan, with mashed Potatoes, baby marrow and butternut	<b>(v) Eggplant parmesan</b>
<b>THUR</b> <b>21 MAY</b>	Chicken breyani	Pulled pork Pita served with stir fried Vegetables & Tzatziki	<b>(v)Vegetable Lentil Bryani</b>
<b>FRI</b> <b>22 MAY</b>	Beef Stir Fry served with Stir Fried Vegetables over Noodles	Grilled/Fried Fish served with Green Salad, Tartar sauce & Chips	<b>(v) Vegetarian Burger with Chips</b>
<b>SAT</b> <b>23 MAY</b>	Chicken a la King served with Parsley Rice, Baby marrow & Glazed Carrots	Pork Adobo served with Mashed Potato Baby Marrow & Glazed Carrots	<b>(v) A hearty bean and vegetable stew</b>
<b>SUN</b> <b>24 MAY</b>	Roast Chicken with roast potatoes, gravy and Steamed veg	Roast Beef with roast potatoes, Yorkshire pudding, gravy and Steamed veg	Dessert Self Sauce Chocolate Pudding

# LET'S CELEBRATE!

*May Birthdays & Anniversaries*



## Birthdays

18TH ANNE BLIGNAUT  
(H 107)

19TH JOHN HIGGS  
(A 105)

20TH CYNTHIA WALDEGRAVE  
(A 242)

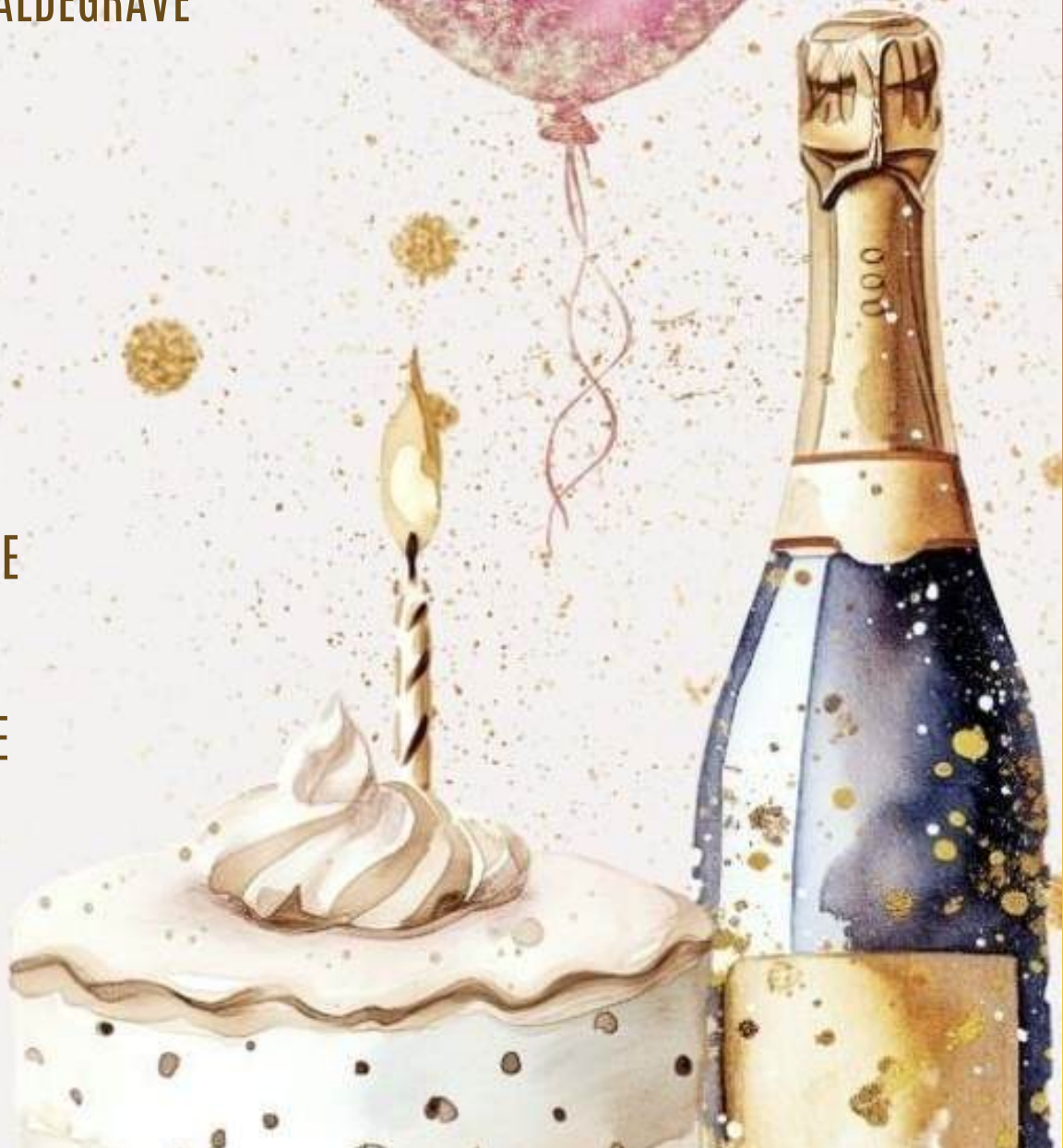
WILLIAM GILD  
(A 304)

VIOLET HARDY  
(H 15)

21ST PAUL SELBY  
(A 308)

VALARIE HOLLIDGE  
(H 5A)

24<sup>TH</sup> CLIVE CLOETE  
(A 211)



# Local elections start with you!

Get elections ready – register or  
update your address details.

**It's quick, safe and easy. Tap to begin.**



**IEC**

**EVERGREEN LIFESTYLE VILLAGE MUIZENBERG.**

**WHEN: 20<sup>TH</sup> MAY 2026**

**WHERE: TV LOUNGE**

**TIME: 10AM**

**REQUIRMENTS: GREEN BAR CODED ID**

**OR ID CARD**

**NB! IT'S A CHECK TO SEE THAT YOU ARE  
REGISTERED IN THE CORRECT WARD.**



# EVERGREEN

## Music Festival Night

FROM CELEBRATION AND DANCING, TO LOVE AND POETRY,  
TO WISTFUL PRAYER, TO INCOMPARABLE SINGING!

*Forever green indeed!*



### Dear Loyal and Fantastic Friends!

Join us please! This sparkling Music Festival Night video-screening is crafted just for you!



We open with the vivacious energy of Dmitri Shostakovich's **Festive Overture**, bursting with rhythmic drive and festive joy.



Then dance into the happy world of Frederick Ashton's **La Fille Mal Gardée** – full of capricious romance and countryside charm.



In fond remembrance of the legendary  
**ANGELA LANSBURY**

Relive some brief historic gems plus the joyous ending of  
**THE PIRATES OF PENZANCE**  
(1983 film)

featuring Angela Lansbury as Ruth, George Rose as the Major-General, Kevin Kline as the Pirate King, Rex Smith as Frederic, and Linda Ronstadt as Mabel – starting with the “triumphant” surrender to Queen Victoria’s statue!



### HEARTFELT LOVE STORIES FOLLOW:

1



The tender love story of **GOODBYE, MR. CHIPS** in songs from the 1969 musical movie, starring Peter O’Toole and Petula Clark.

2



The Oscar winning theme song as well as some poignant scenes from **IL POSTINO (THE POSTMAN)**, inspired by Pablo Neruda’s poetry, where a simple postman learns about love – through verse.



Then the wistful  
**“PRAYER”**  
by **SECRET GARDEN**.



Finally, a spotlight on **JONAS KAUFMANN** bringing you two songs from his current **“MAGICAL SOUNDS 2026 TOUR”**  
*Pure magic!*



**SUNDAY, 17 MAY**  
17h00 for 17h30



Tea, coffee and refreshments will be plentiful afterwards.

*With warm wishes from Evergreen Management, Staff, Hugh and Laubi.*

— PLEASE BOOK AT RECEPTION FOR CATERING PURPOSES. —

# FOOD SOCK

NUTRITIONAL • CONVENIENT • TASTY • AFFORDABLE

## PRESENTATION!

### YOU'RE INVITED!



#### MEET THE FOUNDER

Hear the inspiring journey to where Food Socks is today, see the product and even

*taste the amazing flavours.*



19 MAY 2026  
10:30 am

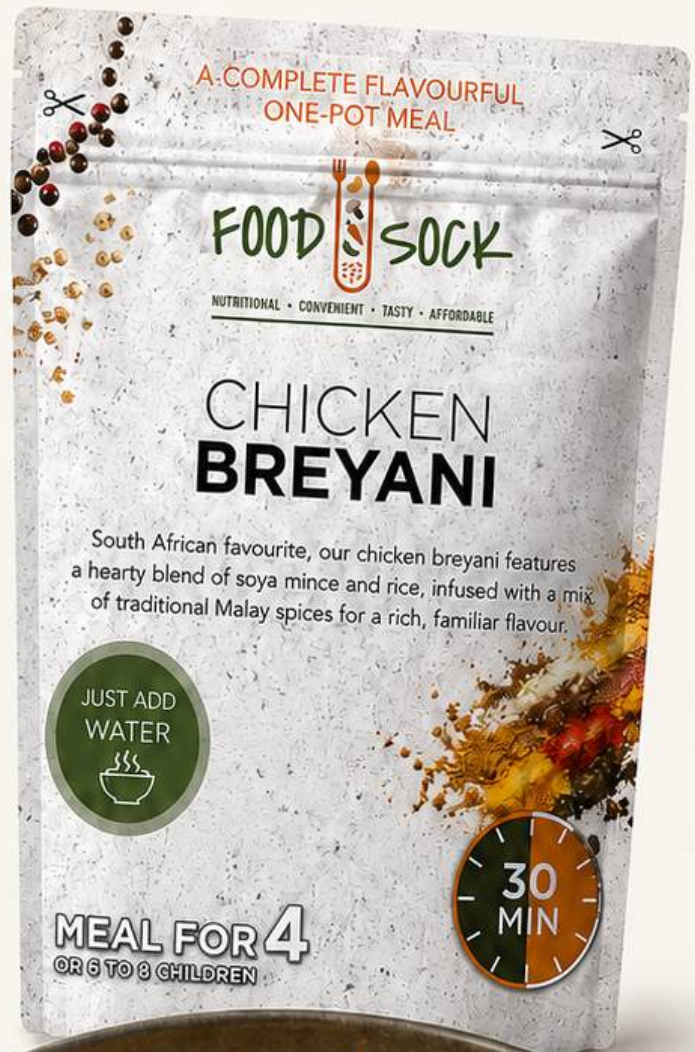


STARTING AT  
10:30 am



THE BISTRO,  
EVERGREEN

  
**EVERGREEN**  
— lifestyle —



  
NUTRITIONAL

  
CONVENIENT

  
TASTY

  
AFFORDABLE



# Happy Beanies

A colorful, striped beanie with orange, blue, and red bands and a pom-pom on top, positioned to the right of the main title.

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

FOR 2026, THE CHALLENGE IS EXTENDED AGAIN TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY BEANIES AS POSSIBLE, WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT VILLAGE MANAGEMENT TEAM



*Photographic*

# COMPETITION

2026

*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.
- Take a moment to ensure that your photo is suited and submitted in to the correct theme.
- All entries to be submitted by latest 31 October 2026 (Judging in November 2026 and the winners to be announced in December 2026)
- Submit all entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

You can submit your photographs for any of the themes throughout the year.



## Themes



### Natural Sculptures

A natural sculpture is a sculpture that is inspired by forms and processes from nature.



### Locomotion

Some organisms move through their own active efforts, while others may be moved by external forces like wind or water.



### Portraits

To show a person's essence, character, or status, going beyond a simple snapshot.



### Night Photography

The practice of taking photographs outdoors between dusk and dawn, when natural light is minimal or nonexistent.



### Travel

It involves going to a new place using various means like walking, driving, flying, or sailing, and can be a way to experience different cultures, discover new places, and challenge oneself.



### Macro

Macro photography is extreme close-up photography that makes tiny subjects, like insects or flowers, appear life-size or larger, revealing incredible detail invisible to the naked eye



### Minimalist

A style characterized by extreme simplicity, using minimal elements to create a clean and impactful image



### Wildlife

Wildlife photography is a genre capturing animals in their natural habitats



### Landscapes

Landscape photography is the art of capturing the beauty of outdoor scenes, from natural landscapes to man-made features within them



### Colours

Colour photography is the art and process of capturing and reproducing images with a full spectrum of colors, mimicking how the human eye sees the world



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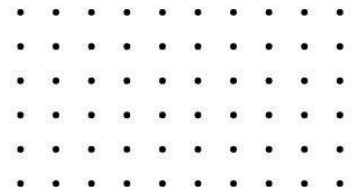
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CompuLearn



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