

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



25 MAY - 31 MAY
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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


Hello, Fabulous Residents!

Can you believe that June is almost here? Time is racing by like a squirrel with a nut!

Weekly Activities:

- Monday, May 25: Jump on the shuttle to Blue Route Mall for a delightful shopping spree.
- Tuesday, May 26: Participate in Gelsels Afrikaans and try your hand at carpet bowls.
- Wednesday, May 27: We're excited to welcome back the Ageless Grace class.
- Thursday, May 28: Join us for a fun-filled Bingo afternoon.

Remember, "WHEN NOTHING GOES RIGHT, GO LEFT."

Warm regards,
The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 25 MAY	7am EXTERNAL WALKING GROUP 8am	9am EXTERNAL SHUTTLE 9am BISTRO Art with Steph	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	2pm TV LOUNGE POETRY GRP 4pm GYM FUN DANCING	6pm BISTRO CAMERA CLUB
TUE 26 MAY	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.30pm TV LOUNGE GESELS AFRIKAANS	3pm BISTRO COLOUR-IN MANDALA	5pm BISTRO CARPET BOWLS
WED 27 MAY	7am EXTERNAL WALKING GRP	9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE	
THUR 28 MAY	9.30am TV LOUNGE KNITTING GROUP		11.30am POOL AQUA AEROBICS	2.30pm BISTRO BINGO	7pm BISTRO DRAMATIC SOCIETY
FRI 29 MAY	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH EXERCISES	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	5pm BAR 'on the rocks'
SAT 30 MAY	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  OWEN
SUN 31 MAY	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 25 MAY	Butter Chicken served with Rice, Carrots & Green Beans	Savoury Baked Potato topped with Cheese	(V) Baked Potato served with Creamed Spinach & Cinnamon Butternut
TUE 26 MAY	Beef & Green Bean Stew	Braised pork in sweet soy	(V) Sweet n sour falafels
WED 27 MAY	Panko Crumbed Chicken Burger with Basil Mayo & Chips	Savoury Mince Pancakes Topped with Bechamel, with Sauce & Cheddar Cheese	(V) Vegetarian Sausage: with Mash & Seasonal Vegetables
THUR 28 MAY	Chicken Pasta Bake	Texas Pulled Pork	(V) Spicy Chickpea Bowl
FRI 29 MAY	Chicken Lemone	Grilled/Fried Fish Served with chips, coleslaw and tartar sauce	(V) Baby marrow Lemone
SAT 30 MAY	Spaghetti Bolognese served with Parmesan Cheese	Coronation chicken served with rice, butternut and green beans	(V) Butter bean potjie
SUN 31 MAY	Roast Beef with Savoury Rice, Yorkshire pudding, roast potatoes, gravy and Vegetables	Roast Pork with Savoury Rice, roast potatoes, gravy and Vegetables	Dessert: Sago Pudding

LET'S CELEBRATE!

Birthdays

25TH Leslie Carter
(A 11)

27TH Peter Luxton
(H 84)
Timothy Keegan
(H 89)

28TH Vernon Sutherland
(H 44)
Tess Cartmill
(A 215)
Lindy Esterhysen
(A 320)

29TH MAY
Shirley Thorpe (LAUNDRY)

30th Roy Hawkins
(H 77)
31st Diane Green
(A 123)

Anniversaries

28TH LORRAINE & PAUL PALMER (A337)
Congratulations on your 60th Wedding Anniversary !

May Birthdays & Anniversaries



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

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



Happy Beanies

A colorful illustration of a beanie with orange, blue, and red stripes and a pom-pom on top. The background of the header features a light beige pattern with small white snowflakes and gold stars.

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





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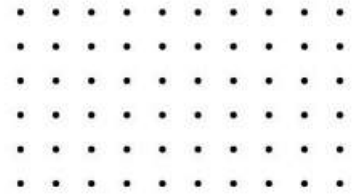
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info@physiotherapyathome.co.za
www.physiotherapyathome.co.za

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