

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



1 - 7 JUNE  
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,

We trust you had a good week and enjoyed some of the sunshine ☀️

Here are some of our weekly Activities:

- Monday, June 1: Hop on the **shuttle to Long Beach Mall** for a delightful shopping experience.
- Tuesday, June 2: Don't forget to join us and give **Carpet Bowls** a try from 16h30!
- Wednesday, June 3: Participate in our informative **Digital Safety talk**.
- Thursday, June 4: Schedule your car wash with reception for a **Shinetastic** clean, and don't miss the Shoe Lady visiting the village.
- Friday, June 5: Enjoy **Nutty Nuts and Tabita Fashions**, and later in the evening, let's unwind with some drinks at **On the Rocks**.

*"Life is better when you cry a little, laugh a lot, and are thankful for everything you have."*

Warm regards,  
The Evergreen Team 🌿

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

<b>MON</b> 1 JUNE	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	7pm BISTRO CANASTA
<b>TUE</b> 2 JUNE	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
<b>WED</b> 3 JUNE	7am EXTERNAL WALKING GRP	9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	<b>10.30am</b> TV LOUNGE DIGITAL SAFETY TALK	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
<b>THUR</b> 4 JUNE	<b>8am</b> SHINETASTIC CAR WASH	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO THE SHOE LADY	11.30am POOL AQUA AEROBICS	2.30pm BISTRO BRIDGE FOR BEGINNERS
<b>FRI</b> 5 JUNE	7am EXTERNAL WALKING GROUP 9.15am GYM STRETCH EXERCISES	10am BISTRO NUTTY NUTS 10.30AM LSC TABITA FASHIONS	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	5pm BAR 'on the rocks'
<b>SAT</b> 6 JUNE	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  OWEN
<b>SUN</b> 7 JUNE	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

# WEEKLY MENU

<b>MON</b> 1 JUNE	Monterrey chicken bake with rice & Butternut	Baked penne bake topped with cheese	<b>(v) Lentil bolognese over spaghetti pasta</b>
<b>TUE</b> 2 JUNE	Beef stroganoff with rice and green beans	Chicken BBQ breast with baby roasted garlic potatoes & butternut	<b>(v) Vegetable Lasagne</b>
<b>WED</b> 3 JUNE	Creamed corn Chicken with corn, rice and carrots	<b>R90</b> Regina Pizza	<b>(v) Savoury bake potato filled with meat free mince</b>
<b>THUR</b> 4 JUNE	Chicken stroganoff with rice, broccolli and butternut	Chicken parmesan with roast potatoes, peas and carrots	<b>(v) Mushroom stroganoff with rice and butternut</b>
<b>FRI</b> 5 JUNE	Tomato Meatballs with mashed potatoes and baby marrow	Grilled/Fried Fish with chips, coleslaw and tartar sauce	<b>(v) Veg sausages with gravy, mash, butternut and baby marrows</b>
<b>SAT</b> 6 JUNE	Mongolian beef with Carrots and Rice	Chicken Korma with rice and side sambal	<b>(v) Thai lentil veg curry with rice</b>
<b>SUN</b> 7 JUNE	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley	<b>Dessert Malva &amp; Custard</b>

R70 ladies portion / R90 standard portion

Friday Fish & chips R90

Sunday lunch R120 Beef / Chicken / Pork / Gammon

Sunday lunch R150 Lamb

Sunday Dessert R30

# SOUP OF THE DAY

**MONDAY**

**Vegetable Soup**

**TUESDAY**

**Mushroom Soup**

**WEDNESDAY**

**Tomato Basil Soup**

**THURSDAY**

**Butternut Soup**

**FRIDAY**

**Pea and Ham Soup**

**R45  
BOOK WITH THE BISTRO**

**ORDER BEFORE 10AM ON THE DAY**

# LET'S CELEBRATE!

## *Birthdays*

**1st Shelley Wolstenholme**

(A 16)

**Doris Solomon**

(A 111)

**3rd Patrick Marinus**

(A 119)

**June Orsmond**

(A234)

**Hazel fick**

(A317)

**4th Reiner Gust**

(A 233)

## *Anniversaries*

**4<sup>th</sup> Dawn and Ossie Gibson**

(H60)

# Digital Safety Workshop

Online scams are becoming increasingly convincing and difficult to recognise, especially through platforms such as WhatsApp, SMS, email, and online banking.

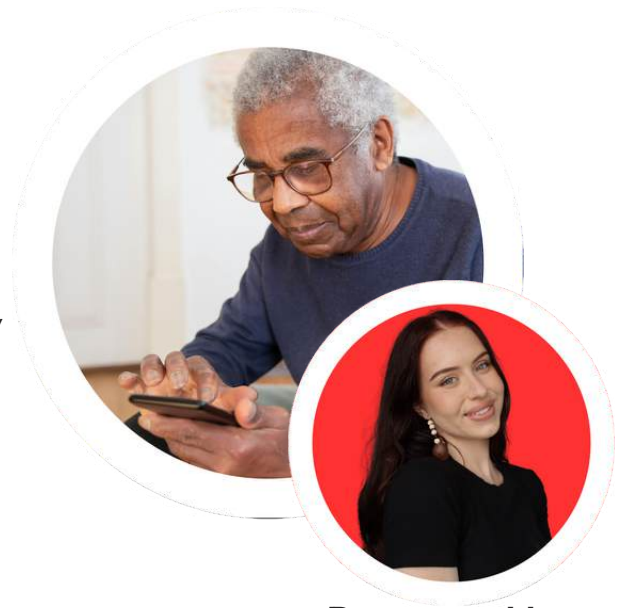
This session is designed to help residents better recognise common warning signs online, understand how scammers create urgency and pressure, and feel more confident responding safely in the digital world.

## What will be covered:

- common warning signs to look out for
- practical digital safety habits
- how to pause, verify, and respond safely when something feels suspicious online


Questions and open discussion are encouraged throughout the session.

 Calm, practical, and beginner-friendly.



**Presented by**  
**Tehillah Brandon**  
Founder of StayAware

 Muizenberg Village

 Wednesday 3 June

 10h30

# FERGIE'S SHOES

When: 4 JUNE 2026

Were: In the Bistro

Time: 10am - 1pm



Call or WA Mariam  
072 1087389



# **TABITA FASHION**

**5 June 2026  
10.30am - 1pm  
Lifestyle Centre**

**FABULOUS FASHION  
CASUAL & COMFY  
TRENDY & TIMELESS**

# NUTTY NUTS



When: 5th & 24<sup>th</sup> June 2025

Where: In the Bistro



# BINGO

**Date:**  
**11th/25th**  
**June**

**Time: 15H00**

**LIFESTYLE**  
**CENTRE**

**R40PP**

**Book with**  
**Carole van Zyl**  
**House 70**



Wol aan die rol



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting on:

**Thursday, 18 June**

**Thursday, 30 July**

**Thursday, 30 September**

**Time: 10am - 12pm**

We look forward to seeing you!

21 JUNE

# FATHER'S DAY

## Buffet

WEST COAST FEAST



2 Course R235 / 2 Course R285

Homemade roosterkoek, farm butter, and homemade jams

### Starter

Braaied snoek pâté, mosbolletjie melba toast, rocket and sweet pickled onion

or

Lamb & lentil bobotie parcel with homemade apricot chutney

or

Braaied mushroom and smoked aubergine pâté, mosbolletjie melba toast, rocket & sweet pickled onion (V)

### Main Course

West coast Mussel pot | Traditional chicken curry pot | Beef shin and bean pot |  
Whole braaied line fish in lemon butter

Savoury rice | Garlic baby potatoes | Rosemary-roasted  
sweet potatoes | Creamed spinach | Honey-glazed carrots |  
Tomato and onion salad

### Dessert

Traditional Malva pudding with Amarula custard

or

Citrus mousse with meringue

or

Milk tart



# CARPET BOWLS

Dear Residents,

Due to winter clearly on its way and the days are getting shorter, it has been requested that this activity start earlier in the afternoon. Please take note of the time change

Day of the week: Every Tuesday

New Time: 16h30 (4.30pm)

Venue: Lifestyle Centre  
(window side)

For more information, contact  
John Morgan, H2



*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



# Happy Beanies



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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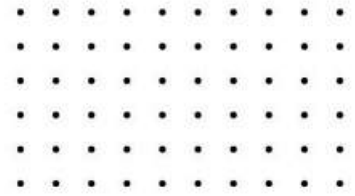
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