

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



8 - 14 JUNE
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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,

We hope you had a wonderful week! Exciting times are just around the corner with the FIFA World Cup kicking off soon, running from June 11 to July 19, 2026. and the formula 1 season also calminates with the Formula 1 MSC cruises grand prix de Barcelona on the 14th June.

Here are our weekly activities:

- Monday, June 8: Take a shuttle to the Blue Route Mall for a delightful shopping experience.
- Tuesday, June 9: Join us for the Book Club.
- Thursday, June 11: Come join the fun and play Bingo!
- Friday, June 12: Funky Legs Tights will be visiting the village with new designs.
- **Saturday, June 13: Please note that Qadi Bakes has cancelled for the 13th June, but they will be back in the village on June 20, starting at 11 am.**

"Commit yourself to life long learning. The most valuable asset you will ever have is your mind and what you put into it"

Warm regards,
The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 8 JUNE	7am EXTERNAL WALKING GROUP 8am	9am EXTERNAL SHUTTLE 9am BISTRO Art with Steph	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 9 JUNE	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.15pm BIG TV BOOK CLUB	3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 10 JUNE	7am EXTERNAL WALKING GRP	9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	11-12am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 11 JUNE	9.30am TV LOUNGE KNITTING GROUP	11.30am POOL AQUA AEROBICS		3pm BISTRO BINGO	
FRI 12 JUNE	7am EXTERNAL WALKING GROUP 9.15am GYM STRETCH EXERCISES	10am BISTRO FUNKY LEGS TIGHTS	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	
SAT 13 JUNE	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA	6pm BISTRO QUIZ NIGHT	ON CALL  OWEN
SUN 14 JUNE	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	5.30pm LSC MUSIC NIGHT WITH LAUBI & HUGH	ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 8 JUNE	Spaghetti bolognese with parmesan cheese	Chicken pesto pasta	(v) Pesto cherry tomato sauce over penne pasta
TUE 9 JUNE	Hawaiian pork stir fry Pork fillet stir fried vegetables and rice	Beef Ragù with mashed Potatoes, peas & carrots	(v) Veg Ragù with mashed potatoes, Peas and carrots
WED 10 JUNE	Chicken a la king with rice and baby marrow	R90 Steak Sandwich and Chips	(v) Veg Korma with rice and side sambal
THUR 11 JUNE	Cape bobotie with yellow rice, butternut and chutney	Stir-fry Thai chicken and vegetables with rice	(v) Lentil bobotie with rice and butternut
FRI 12 JUNE	Pork sausages with mash potatoes, carrots and gravy	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Tomato savoury veg meatballs with couscous with stir fry veg
SAT 13 JUNE	Mediterranean Chicken with rice and butternut	Indian meatball curry with rice and green beans	(v) Veg kebabs with rice and potato wedges
SUN 14 JUNE	Roast Chicken with rice, roast potatoes, and gravy and seasonal vegetables	Roast Gammon served with rice, roast potatoes, gravy and seasonal Veg	Dessert Waffle & Ice Cream

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

10TH June Sharp
(A 344)

11TH Joyce Oosthuizen
(A 333)
Sally Rorvik
(H 59)

No Anniversaries



The Book Club at Evergreen Muizenberg
Invites you to their June meeting.

Topic: Discussion between Authors living in
Evergreen Muizenberg and Book Club Members.

Tuesday, 12 May 2026, in the TV Lounge. Time
14.00 for 14.15 start.

Book your seat at Reception before Sunday, 7 June
R10 for tea and Coffee



BINGO

Date:
11th/25th
June

Time: 15H00

LIFESTYLE
CENTRE

R40PP

Book with
Carole van Zyl
House 70



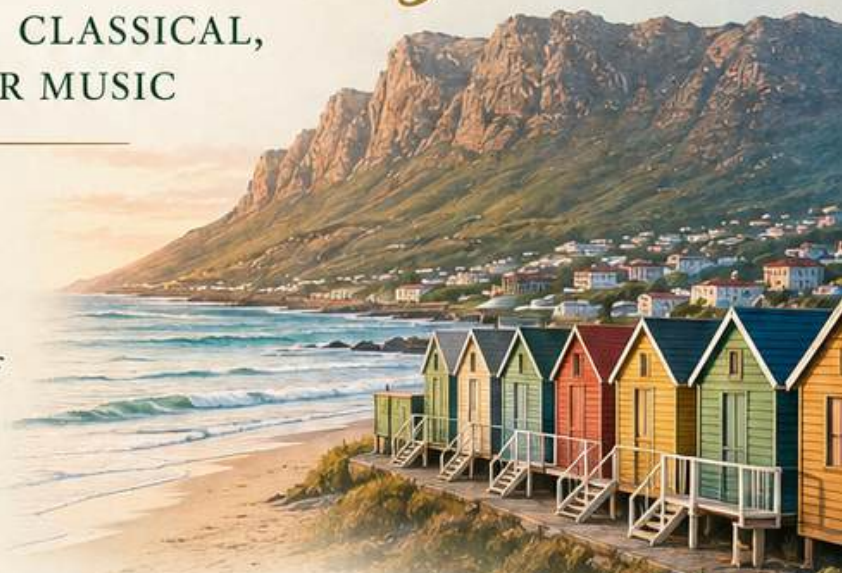
EVERGREEN

Music Festival Nights

A CELEBRATION OF SACRED, CLASSICAL,
THEATRE AND POPULAR MUSIC

Dear Friends at Evergreen Muizenberg,

We warmly invite you to the 16th edition of **Evergreen Music Festival Nights**. Our monthly musical gathering brings together a rich variety of orchestral, chamber and vocal music, together with a selection of much-loved sing-along favourites. Several special requests from you have also been included.



PROGRAMME – SUNDAY, 14 JUNE AT 17H30

- 1 Angels from the Realms of Glory — *Bryan Stokes Adams*
- 2 Prayer — *Secret Garden*
- 3 Lohengrin Bridal Chorus — *Sächsische Staatskapelle Orchestra*
- 4 Love Is a Many-Splendored Thing — *Harry Secombe*
- 5 Song Without Words — *Jacqueline du Pré*
- 6 Hello, Dolly! — *Sing Along*
- 7 Don't Worry, Be Happy — *Sing Along*
- 8 Chopin: Raindrop Prelude — *Seong-Jin Cho*
- 9 Raindrops Keep Fallin' on My Head — *Sing Along*
- 10 Holberg Suite — *Norwegian Chamber Orchestra*
- 11 Enigma Variations: Nimrod — *Queensland Symphony Orchestra*
- 12 Waltzing Matilda — *Sing Along*
- 13 Una furtiva lagrima — *Nicolai Gedda*
- 14 On the Wheels of a Dream — *Bryan Stokes Adams*
- 15 We'll Meet Again — *Sing Along*

Please book
early for
catering
purposes.

Your attendance will, as always, be greatly appreciated. We trust this programme will bring joy, comfort, and a few delightful surprises, and we look forward to sharing this special evening with you.

KIND REGARDS,

Laubi and Hugh



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 / 3 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



Photographic

COMPETITION

2026

Happy Snapping!

**"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."**

- EUDORA WELTY

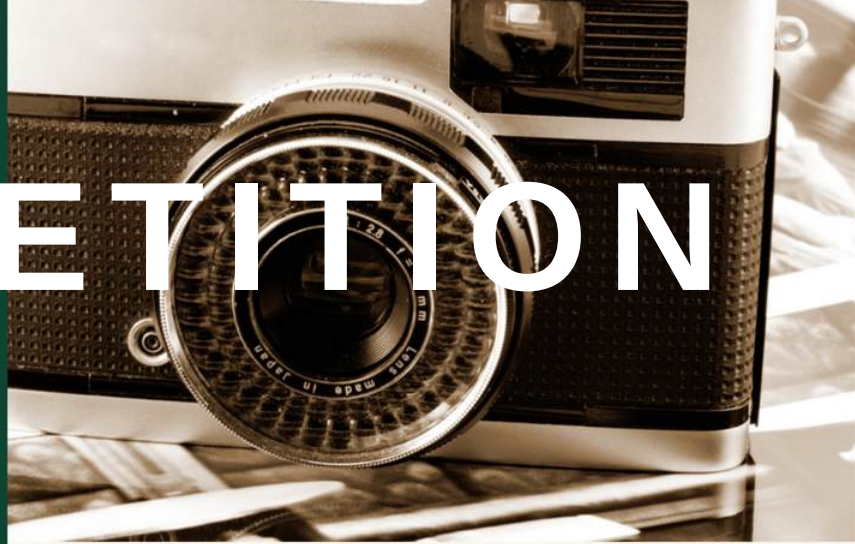
THE RULES ARE:

- 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