

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



15 - 21 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,

BRRRRRR! I hope you're all feeling warm and cozy.

Here's a look at our weekly activities:

- Monday, June 15: Enjoy a shuttle ride to the Blue Route Mall for a delightful shopping experience. Join the poetry group at 2 PM.
- Tuesday, June 16: Participate in Carpet Bowls at 4:30 PM.
- Wednesday, June 17: Alida's Fashions will be visiting the village.
- Thursday, June 18: Wol an die Roll and Savory Duo will entertain us in the village.
- Friday, June 19: Join us for a fun bar night at On the Rocks.

"Once you replace negative thoughts with positive ones, you'll start having positive results."

Warm regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 15 JUNE	7am EXTERNAL WALKING GROUP 8am	9am EXTERNAL SHUTTLE 9am BISTRO Art with Steph	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	2pm POETRY 4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 16 JUNE public hol	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 17 JUNE	7am EXTERNAL WALKING GRP	9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY 10AM BISTRO ALIDA'S FASHIONS	11-12am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 18 JUNE	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO SAVOURY DUO 10AM LIBRARY WOL AN DIE ROL	11.30am POOL AQUA AEROBICS	2.30pm TV LOUNGE BRIDGE FOR BEGINNERS	
FRI 19 JUNE	7am EXTERNAL WALKING GROUP 9.15am GYM STRETCH EXERCISES	10am BISTRO NUTTY NUTS	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	5 - 8PM BAR ON THE ROCKS BAR NIGHT
SAT 20 JUNE	PARKING JOHN ADAMS FRUIT & VEG	11am BISTRO QADI BAKES	1.45pm BISTRO CANASTA		ON CALL  DUSTIN
SUN 21 JUNE	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO FATHERS DAY LUNCH		ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 15 JUNE	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v) Cauliflower and chickpeas Butter chicken with rice and butternut
TUES 16 JUNE	Creamy tomato chicken pasta with side parmesan cheese	Mushroom stroganoff, with mashed potatoes and carrots	(v) Baked feta pasta
WED 17 JUNE	Chicken schnitzel with roast potatoes and carrots, topped with cheese sauce	Grilled pork chop with braised vegetables R90	(v) Mild coconut Veg curry with chickpeas, rice and Butternut
THUR 18 JUNE	Mince Rotti with sambal	Penne a la vodka with parmesan cheese	(v) Lentil chilli con carne
FRI 19 JUNE	Beef curry with yellow rice, peas and side sambal	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
SAT 20 JUNE	Alfredo pasta with side parmesan	Chicken wrap and chips	(v) Caribbean Butternut & Chickpea Roti
SUN 21 JUNE	Father's Day set Menu		

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

15TH Hildegard Oosterhuis

(H 9)

Joan Sinden

(H 69)

18TH Chris Moon

(H 65)

19TH Richard Bailey

(H 14)

20TH Jenny Angehrn

(A 340)

Tony Law

(H 1)

Winona Hydenrych

(A 316)

21st Stephanie de Haas

(A 2)

Evergreen Team

16TH Kim Whitworth

20TH Laeeqah Bantam

No Anniversaries

BINGO

Date:
11th/25th
June

Time: 15H00

LIFESTYLE
CENTRE

R40PP

Book with
Carole van Zyl
House 70





ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN MUIZENBERG

ON WEDNESDAY 17 JUNE 2026
FROM 10am

LOVELY TOPS, JERSEYS, JACKETS, GILETS
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON
082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

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WE ACCEPT CASH AND BANK CARDS

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!



THE SAVOURY DUO

Delicious Savouries Made Fresh Just for You!

Craving something tasty?

We've got the perfect bite waiting for you!



Thursday, 18 June 2026



10:15 AM



In the Bistro

Golden. Flavourful. Irresistible.

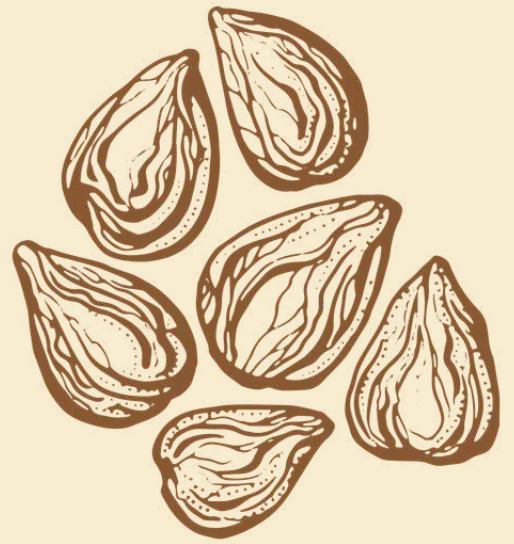
Come early – while stocks last!

Bring your friends.

Bring your appetite.

See you there!

NUTTY NUTS



When: 19th June 2025

Where: In the Bistro



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