

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



22 - 28 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 hope you are having a wonderful week, enjoying the crisp mornings, sunny afternoons, and refreshing cool evenings.

As the Rugby Championship kicks off this weekend, we invite you to join us in the Lifestyle Centre at 3 PM on Saturday to cheer on our fantastic team as they face the Barbarians.

Here's what we have lined up for next week:

- Monday, June 22: Join us for a shuttle ride to Blue Route Mall for an exciting shopping adventure.
- Tuesday, June 23: Participate in Carpet Bowls at 4:30 PM.
- Wednesday, June 24: Test your skills with the group at table tennis in the gym at 11 AM.
- Thursday, June 25: Let's come together for a fun game of Bingo!
- Friday, June 26: 'On the Rocks' will be open from 5 PM to 8 PM. We look forward to seeing you there!

Please be aware that the **City of Cape Town** will be **conducting essential electrical maintenance** from 7 PM on **Saturday, June 27**, until 10 AM on **Sunday, June 28**. During this period, our village may experience **partial or complete electricity outages**. Make sure your backup batteries are charged and ready for use.

"Do more of what makes you happy."

Warm regards,
The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 22 JUNE	7am EXTERNAL WALKING GROUP 8am	9am EXTERNAL SHUTTLE 9am BISTRO ART W STEPH	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 23 JUNE	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 24 JUNE	7am EXTERNAL WALKING GRP	9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY 10AM	11-12am GYM TABLE TENNIS	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 25 JUNE	9.30am TV LOUNGE KNITTING GROUP		11.30am POOL AQUA AEROBICS	2.30pm BISTRO BINGO	
FRI 26 JUNE	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	5pm - 8pm  BAR
SAT 27 JUNE	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA		ON CALL  SHAAKIRAH
SUN 28 JUNE	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  SHAAKIRAH



SHAAKIRAH - 079 441 7452

WEEKLY MENU

MON 22 JUNE	Chicken Carbonara pasta with parmesan cheese	Glazed sticky pork over stir fried vegetables and basmati rice	(V) Broccoli mac n cheese
TUES 23 JUNE	Chicken broccoli bake with rice and garden peas	Korean Beef noodles with stir fried vegetables, topped with sesame seeds	(V) Vegetarian Mushroom, lentils and broccoli bake
WED 24 JUNE	Mild pork curry with rice, carrots and and side sambal	Ribs and chips R90	(V) Eggplant parmesan with Roast Potatoes, and butternut
THUR 25 JUNE	Chicken breyani with side sambal	Texas pulled pork with mashed potatoes, carrots and baby marrows	(V) Vegetable briyani with lentils, with a side sambal salad
FRI 26 JUNE	BBQ Chicken breast with pan fried vegetables & mashed potatoes	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(V) Chickpea bowl with couscous and roasted vegetables
SAT 27 JUNE	Thai chicken curry with basmati rice	Pork Adobo with rice and butternut	(V) Bean stew with rice
SUN 28 JUNE	Roast Beef with Savoury Rice, Yorkshire pudding, roast potatoes, gravy and vegetables	Roast Chicken with Savoury Rice, roast potatoes, gravy and vegetables	Dessert Apple crumble with custard

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

23rd Toody Cassidy
(H 68)

27th Alice Grant
(A 4)

Sally Gooderham
(H 104)

Janet Aird
(H 105)

Evergreen Team

25th Wonderful Rashied (Whitecliffs)

Anniversaries

20th Samuel & Jane Geldenhuys
(H30)

22nd Roy & Vivien Hawkins
(H 77)

BINGO

Date:
11th/25th
June

Time: 15H00

**LIFESTYLE
CENTRE**

R40PP

Book with
Carole van Zyl
House 70



== THE OFFICIAL START OF ==

BOK FRIDAYS



GOOD FRIENDS. GREAT VIBES.
ONE NATION. BEHIND THE BOKS.

WEAR YOUR GREEN AND GOLD

== FROM ==
FRIDAY
19
JUNE



RUGBY FIXTURE LIST

SPRINGBOKS

2026

SATURDAY
20 June



South Africa vs Barbarians

Nelson Mandela Bay Stadium, Gqeberha



SATURDAY
4 July



South Africa vs England

Ellis Park, Johannesburg



SATURDAY
11 July



South Africa vs Scotland

Loftus Versfeld, Pretoria



SATURDAY
18 July



South Africa vs Wales

Hollywoodbets Kings Park, Durban



SATURDAY
8 August



Argentina vs South Africa

Estadio José Amalfitani, Buenos Aires



SATURDAY
22 August



South Africa vs New Zealand

Ellis Park, Johannesburg



SATURDAY
29 August



South Africa vs New Zealand

DHL Stadium, Cape Town



SATURDAY
5 September



South Africa vs New Zealand

FNB Stadium, Johannesburg



SATURDAY
12 September



New Zealand vs South Africa

M&T Bank Stadium, Baltimore



SUNDAY
27 September



Australia vs South Africa

Optus Stadium, Perth



SATURDAY
7 November



Italy vs South Africa

Allianz Stadium, Turin



FRIDAY
13 November



France vs South Africa

Stade de France, Saint-Denis



SATURDAY
21 November



Ireland vs South Africa

Aviva Stadium, Dublin



2026 WORLD CUP

MATCHDAY 2

🕒 WEST AFRICA TIME (GMT +1)

CZECH REPUBLIC



JUN 18
17:00



SOUTH AFRICA

SWITZERLAND



JUN 18
20:00



BOSNIA AND HERZEG.

CANADA



JUN 18
23:00



QATAR

MEXICO



JUN 19
02:00



SOUTH KOREA

UNITED STATES



JUN 19
20:00



AUSTRALIA

SCOTLAND



JUN 19
23:00



MOROCCO

BRAZIL



JUN 20
01:30



HAITI

TURKEY



JUN 20
04:00



PARAGUAY

NETHERLANDS



JUN 20
18:00



SWEDEN

GERMANY



JUN 20
21:00



IVORY COAST

ECUADOR



JUN 21
01:00



CURAÇAO

TUNISIA



JUN 21
05:00



JAPAN

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