

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



6 JULY - 12 JULY
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 had a fantastic week! We also trust you're enjoying the excitement of the World Cup football games. Is your team still in the running?

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

- Monday, July 6: A friendly reminder to schedule your car wash with Shinetastic.
- Tuesday, July 7: Join us for an informative session about the Santa Shoe Box reading corner project. Please reserve your spot at reception.
- Wednesday, July 8: Stop by Riaan's fruit van for fresh fruits and vegetables.
- Thursday, July 9: Come play Bingo with us and win fabulous prizes!
- Friday, July 10: Don't miss bar night at 'On the Rocks,' open from 5 PM to 8 PM.
- Saturday, July 11: Meet new friends and socialize at the Resident Braai.

"It's your life: you don't need permission to live the life you desire. Be brave and live from your heart."

Warm regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 6 JULY	7am EXTERNAL WALKING GROUP 8am SHINETASTIC CAR WASH	9am EXTERNAL SHUTTLE 9am BISTRO ART W STEPH	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	4ppm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 7 JULY	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.30pm TV LOUNGE SANTA SHOE BOX INFO TALK	3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 8 JULY	7am EXTERNAL WALKING GRP 9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	11-12pm GYM TABLE TENNIS	1:45pm Boardroom Dementia support	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 9 JULY	9.30am TV LOUNGE KNITTING GROUP	11.30am POOL AQUA AEROBICS		3pm BISTRO BINGO	
FRI 10 JULY BOK FRIDAY	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	11am GYM TABLE TENNIS	5pm - 8pm  BAR
SAT 11 JULY	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA	5.40pm LSC SA vs SCOTLAND	6pm BISTRO RESIDENT BRAAI	ON CALL  DUSTIN
SUN 12 JULY	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	5.30pm BISTRO MUSIC FESTIVAL WITH LAUBI AND HUGH	ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 6 JULY	Chicken Pesto Pasta	Fish cakes served with savoury rice & carrots	(v) Lentil bolognaise over spaghetti pasta
TUES 7 JULY	Traditional Meatloaf with mash, Broccoli	Chicken Stroganoff with rice, green beans & butternut	(v) Mushroom Stroganoff with rice & butternut
WED 8 JULY	Cabbage & potato stew with rice & beetroot salad	Ham & Mushroom & cheese pizza R90	(v) Savoury bake potato filled with meat free mince
THUR 9 JULY	Two oven roasted chicken drumsticks with veggie bake & garlic potatoes	Beef Stroganoff with mashed potato & green beans	(v)Vegetable Lasagne
FRI 10 JULY	Savoury Baked Potato with Cheese, Peas & Butternut	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Veg sausages with gravy, mash and baby marrows
SAT 11 JULY	Tomato Meatballs with mashed potatoes and baby marrow	Chicken Korma in a creamy sauce with rice and side sambal	(v) Thai lentil veg curry with rice
SUN 12 JULY	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Gammon with rice, roast potatoes and gravy and veg medley	Dessert Chocolate Mousse

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

6th LYDIA HIRSCHMANN

(A 17)

SHIRLEY OLIVIER

(H 17)

CECELIA LAMBERT

(A 112)

7th LYNDA TILL

(A 219)

8th JAMES "JIMMY" JEFTHA

(A 217)

9th MARK HARDY

(H 15)

GILL MORGAN

(H 2)

Anniversaries

NO ANNIVERSARIES



Join the Santa Shoebox Project
for a chat and free coffee
Where? Our Bistro
When? Tues 7 July at 14:30

RSVP to Reception by 3 July for
Catering & Seating

www.santashoebox.org.za

SEVENTEENTH EVERGREEN MUSIC FESTIVAL NIGHT

A celebratory musical expression of happiness and joy!

PROGRAMME

1. "Trumpet Concerto" by Johann Hummel : Performer:
Alison Balsom
2. "Happy" by Pharrell Williams : Performer:
Pharrell Williams
3. "Piano Sonata No. 1"
by Wolfgang Amadeus Mozart : Performer:
András Schiff
4. "Oh, Happy Day"
by Edwin Hawkins (arr. Ryan Toby) : Performer:
Choir / Ryan Toby
and Whoopi Goldberg
5. "Elite Syncopations" by Scott Joplin : Performer:
Darcey Bussell
6. "A Whole New World" by Alan Menken : Performers:
Mena & Naomi
7. "You are the Reason" by Calum Scott : Performer:
Calum Scott
8. "Arabesque No. 1" by Claude Debussy : Performer:
Maria João Pires
9. "Pata Pata" by Miriam Makeba : Performer:
Stellenbosch
University Choir
10. "Sometime Will Do" by Secret Garden : Performer:
Celtic Woman –
Susan Mc Fadden
11. "Lux Aeterna" by Giuseppe Verdi : Performer:
Montserrat Caballé
12. "Donna non-Vidi mai" by Giacomo Puccini : Performer:
Luciano Pavarotti
13. "Ah! Mes Amis" by Gaetano Donizetti : Performer:
Luciano Pavarotti
14. "Wiener Blut" by Johann Strauss II : Performer:
Wiener Philharmonic
15. "Morning Has Broken" by Cat Stevens : Performer:
Cat Stevens



SUNDAY
12 JULY 2026



STARTING TIME:
17:30



CONCERT AREA
EVERGREEN
MUIZENBERG

The much-appreciated residents of Evergreen Muizenberg are warmly invited to bring their enthusiastic selves and join a community celebration. Together we will create a new and lasting memory.

We will miss you too much if you don't come!



PLEASE BOOK AT RECEPTION

Refreshments will be served



CLASSICAL • OPERA • CHORAL • POPULAR • CONTEMPORARY
SOUTH AFRICAN • INSTRUMENTAL • MUCH LOVED FAVOURITES

*Celebrating the colour,
beauty and joy of music*

EVERGREEN MUIZENBERG PROUDLY PRESENTS

ABBA

CALLING ALL DANCING QUEENS, MAMMA
MIA'S, CHIQUITITA'S & SUPER TROUPERS

Good music is best enjoyed with good
friends. So bring a few of yours along
and make this a night to remember.



ABBA TRIBUTE CONCERT SATURDAY 18TH JULY 2026

VENUE: EVERGREEN
MUIZENBERG
LIFESTYLE CENTRE

ARRIVAL FROM 5PM
SHOW STARTS
6-8PM

GREAT PRIZES TO BE WON!

RSVP AT VILLAGE RECEPTION

BY NO LATER THAN 17 JULY 2026

CHRISTMAS

in *July*

STARTERS

Creamy butternut soup

R45

OR

Yorkshire pudding
with roast beef
and horseradish sauce

R60

OR

Roast vegetable
couscous salad

R60

ALL SERVED WITH

Roast potatoes
Cinnamon pumpkin
Creamed spinach
Savoury rice

MAINS

Honey glazed gammon
with pineapple and cherry
mustard sauce

R120

OR

Rosemary and garlic
roast leg of lamb
with garlic jus

R150

OR

Oven roasted chicken
with a gravy

R120



DESSERTS



Christmas pudding
with brandy infused custard

R55

OR



Blood Orange
Panna Cotta
with Cardamom
served with
citrus salad

R45

OR



Traditional trifle

R45

Friday, 24 July 2026
Seating from 18h00 | Book at Fynbos Bistro

== THE OFFICIAL START OF ==

BOK FRIDAYS

A stylized illustration of a Springbok leaping, rendered in a golden-yellow color, positioned to the right of the word 'BOK'.

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

WEAR YOUR GREEN AND GOLD

== FROM ==
FRIDAY
19
JUNE





SPRINGBOKS 2026 FIXTURES

STRONGER TOGETHER



SAT 20 JUNE @ 15:00

SOUTH AFRICA VS BARBARIANS

NELSON MANDELA BAY STADIUM
GQEBERHA



VS



SAT 29 AUG @ 17:00

SOUTH AFRICA VS NEW ZEALAND

DHL STADIUM
CAPE TOWN



VS



SAT 4 JULY @ 17:40

SOUTH AFRICA VS ENGLAND

EMIRATES AIRLINE PARK/ELLIS PARK
JOHANNESBURG



VS



SAT 5 SEPT @ 17:00

SOUTH AFRICA VS NEW ZEALAND

FNB STADIUM
JOHANNESBURG



VS



SAT 11 JULY @ 17:40

SOUTH AFRICA VS SCOTLAND

LOFTUS VERSFELD STADIUM
PRETORIA



VS



SAT 12 SEPT @ TBC

SOUTH AFRICA VS NEW ZEALAND

M&T BANK STADIUM
BALTIMORE, USA



VS



SAT 18 JULY @ 17:40

SOUTH AFRICA VS WALES

HOLLYWOODBETS KINGS PARK
DURBAN



VS



SUN 27 SEPT @ 11:30

AUSTRALIA VS SOUTH AFRICA

OPTUS STADIUM
PERTH



VS



SAT 8 AUG @ 21:00

ARGENTINA VS SOUTH AFRICA

ESTADIO JOSE AMALFITANI
BUENOS AIRES



VS



SAT 7 NOV @ 13:40

ITALY VS SOUTH AFRICA

ALLIANZ STADIUM
TURIN



VS



SAT 22 AUG @ 17:00

SOUTH AFRICA VS NEW ZEALAND

ELLIS PARK
JOHANNESBURG



VS



FRI 13 NOV @ 22:10

FRANCE VS SOUTH AFRICA

STADE DE FRANCE
SAINT-DENIS



VS



SAT 21 NOV @ 18:40

IRELAND VS SOUTH AFRICA

AVIVA STADIUM

DUBLIN



VS



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