

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



13 JULY - 19 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 wonderful week!

Here's what we have planned for the upcoming week:

- Monday, July 13: Don't forget to reserve our shuttle for a hassle-free shopping trip at half the cost of driving yourself.
- Tuesday, July 14: Please note that the Book Club is cancelled for the month of July.
- Wednesday, July 15: Check out the flyer below for information on Ageless Grace classes. For a price list, please contact Nicole directly.
- Thursday, July 16: Savoury Duo will be visiting the village with their delicious treats.
- Friday, July 17: Join us for bar night at 'On the Rocks,' open from 5 PM to 8 PM. Don't miss out!
- Saturday, July 18: Get dressed up and come out for our ABBA TRIBUTE. It's going to be a fantastic party!

"Give every day a chance to become the most beautiful day of your life."

Warm regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 13 JULY WINDOW WASH	7am EXTERNAL WALKING GROUP	9am EXTERNAL SHUTTLE 9am BISTRO ART W STEPH	10.30am POOL AQUA AEROBICS 12pm GYM PILATES	2pm Poetry 4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 14 JULY WINDOW WASH	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2pm RESCOM MEETING	3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 15 JULY	7am EXTERNAL WALKING GRP 9.30am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	11-12pm GYM TABLE TENNIS		2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 16 JULY	9.30am TV LOUNGE KNITTING GROUP	10.15am BAR SAVOURY DUO	11.30am POOL AQUA AEROBICS	2.30pm TV LOUNGE BRIDE FOR BEGINNERS	
FRI 17 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 18 JULY MANDELA DAY	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA		6pm BISTRO ABBA TRIBUTE	ON CALL  DUSTIN
SUN 19 JULY	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  DUSTIN



DUSTIN - 079 213 5107

WEEKLY MENU

MON 13 JULY	Alfredo pasta with a side of parmesan	Chicken Wrap & Chips	(V)Caribbean Butternut & Chickpea Roti
TUES 14 JULY	Cape bobotie with yellow rice, butternut and chutney	Thai chicken stir fry with stir fried vegetables and rice	(V)Lentil bobotie with rice and butternut
WED 15 JULY	Chicken a la king with rice and Baby Marrow	Prawn Curry with Poppadoms & Chutney R90	(V)Veg Korma with rice and side sambal
THUR 16 JULY	Monterrey chicken bake with rice & butternut	Beef Ragu on Penne Pasta with peas & carrots	(V)Veg Ragu with mashed potatoes, Peas and carrots
FRI 17 JULY	Pork sausages with mashed Potatoes, Sauteed Green Beans & Gravy	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(V) Tomato vegetable meatballs with couscous with stir fry veg
SAT 18 JULY	Mediterranean Chicken Chicken breast with rice and butternut	Indian meatball curry with Spaghettie and green beans	(V) Veg kebabs with rice and potato wedges
SUN 19 JULY	Roast Chicken with rice, roast potatoes and gravy and vegetable medley	Roast Beef served with rice, roast potatoes, Yorkshire pudding and gravy and vegetable medley	Dessert Sticky Toffee Pudding

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

15th BARBARA SCOTT
(A 20)

17TH JOSIE CAIRNCROSS
(A 12)

18TH DAWN GIBSON
(H 60)

19th CORA FOURIE
(H 109)

Anniversaries

19TH JOAN & RONALD SINDEN
(H 69)

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, 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



Our Greatest Health Concerns as we Age are: Losing Cognitive Function and Mobility

Is there a Solution? YES, *Ageless Grace*®

***Ageless Grace*® is a Cutting-Edge Brain Fitness Programme Based on Neuroplasticity that Activates all 5 Functions of the Brain:**

- Strategic Planning
- Memory & Recall
- Analytical Thinking
- Creativity & Imagination
- Kinesthetic Learning

***Ageless Grace*® simultaneously Addresses all 21 Physical Skills that are Needed for Lifelong Optimal Function:**

- Joint Mobility
- Spinal Flexibility
- Right-Left Brain Coordination
- Bone Density
- Muscle Mass
- Cognitive Function
- Fall Prevention
- Systemic Stimulation
- Balance
- Confidence

The movements in the programme are designed to be performed seated in a chair. This activates and works the core muscles, stimulates the systems of the body (i.e., digestive, endocrine, lymphatic, respiratory, etc.), and helps maintain optimal organ function.

Classes are held every Wednesday in the Gym at 9:30am.

***Ageless Grace*® classes are never the same! In each class the tools, movements and music change. Join us for some fun & laughter.**

For More Information Contact:
 Nicole Burger – *Ageless Grace* Educator
 083 446 8028
 naburger@gmail.com