

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



20 JULY - 26 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 your week has been delightful!

Here's what we have in store for the upcoming week:

- Monday, July 20: Remember to reserve our shuttle for a stress-free shopping trip at half the cost of driving yourself.
- Tuesday, July 21: Nutty Nuts will be in the village to satisfy all your snack cravings.
- Wednesday, July 22: Riaan's Fruit Van will be located between H4 and H10, ready to meet all your fruit and vegetable needs.
- Thursday, July 23: Join us for a fun game of Bingo!
- Friday, July 24: A friendly reminder to book your spot for the Christmas in July dinner.
- Saturday, July 25: Qadi bakes will be in the village with those lovely home bakes, remember to pop down to the bistro after 10h15am, then participate in Quiz Night, whether you want to compete or simply cheer on your friends. Everyone is welcome!

"You can't make a cloudy day a sunny day, but you can embrace it and decide it's going to be a good day after all"

Warm regards,

The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 20 JULY	7am EXTERNAL WALKING GROUP	9:30am 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 21 JULY	9.15am GYM STRETCH EXERCISES	10am BISTRO NUTTY NUTS	10.15am GYM SEATED STRETCH	3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 22 JULY	7am EXTERNAL WALKING GRP 9.30am GYM AGELESS GRACE	10am TV LOUNGE BIBLE STUDY	11-12pm GYM TABLE TENNIS		2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 23 JULY	9.30am TV LOUNGE KNITTING GROUP		11.30am POOL AQUA AEROBICS	3pm BISTRO BINGO	
FRI 24 JULY BOK FRIDAY	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE 11am GYM TABLE TENNIS		6pm CHRISTMAS IN JULY DINNER
SAT 25 JULY	PARKING JOHN ADAMS FRUIT & VEG	10:15AM BISTRO QADI BAKES	1.45pm BISTRO CANASTA	6PM BISTRO QUIZ NIGHT	ON CALL  AMANDA G
SUN 26 JULY	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  AMANDA G



AMANDA G - 071 868 0597

WEEKLY MENU

MON 20 JULY	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v)Vegetarian Cauliflower and chickpeas Butter chicken with rice and butternut
TUES 21 JULY	Cottage Pie with garden peas & carrots	Chicken Penne a la vodka with parmesan cheese	(v)Baked feta pasta
WED 22 JULY	Savoury Penne Bake topped with Cheese	Grilled pork chop with braised vegetables R90	(v)Mild coconut Veg curry with chickpeas, rice and Butternut
THUR 23 JULY	Curry Mince Rotti with Sambal	Creamy tomato chicken pasta with side parmesan cheese	(v)Lentil chilli con carne with couscous topped with sour cream
FRI 24 JULY	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 25 JULY	Spaghetti bolognaise with parmesan cheese	Sticky Wings with Chips & Greek Salad	(v) Pesto cherry tomato sauce over penne pasta
SUN 26 JULY	Roast Chicken with rice, roast potatoes, and gravy and Seasonal Vegetables	Roast Pork with rice, roast potatoes, and gravy and Seasonal Vegetables	Dessert Sago 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

**26th STEPHEN SHEAN
(A 19)**

Anniversaries

**23RD KEITH & VALARIE MASON
(A 121)**

**26TH RALPH & LYNETTE BURNHAMS
(H 37)**

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



BINGO

NIGHT

Date:
23rd
July

Time:

15H00

LIFESTYLE
CENTER
R40PP

Book with Carole Van
Zyl Ext 04070

QUIZ
Night?

The poster features a vibrant blue background with various yellow and white decorative elements. At the top left, there is a yellow semi-circle and a white dotted pattern. On the right side, there are several horizontal white lines. A large yellow exclamation mark is positioned on the left side, and three yellow dots are on the right side. The main title 'QUIZ Night?' is written in a large, bold, yellow font with a slight shadow effect. Below the title, a yellow rounded rectangle contains the event details. At the bottom, a yellow banner with rounded ends contains the slogan. The overall design is playful and eye-catching.

SATURDAY
25TH July 2026
6PM
BOOK WITH RECEPTION

COME FOR THE FUN, STAY FOR THE CHALLENGE

Evergreen MID-WINTER MARKET

*What's better on a Winter's day
than indoor shopping at our Artisanal market.*



WHERE:

Evergreen Lifestyle
Retirement Village
Noordhoek,
Glencairn Expressway



WHEN:

Friday,
24 July



TIME:

10h30 – 16h00



Quality food products, cheese, jams, breads,
nuts, confectionery, samosas



Innovative Crafts, clothing, candles, art glasses,
jewellery, soap, pottery and so much more...



The QR Code will allow you access
into the village/to the market.

**SIMPLY SAVE THE QR CODE
INTO YOUR PHONE TO SHOW
SECURITY UPON YOUR ARRIVAL.**



== 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



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:
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