

# WHAT'S HAPPENING

## EVERGREEN MUIZENBERG



27 JULY - 02 AUGUST  
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're having a wonderful week, and trust you have been keeping warm.

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

- Monday, July 27: Don't forget to book our shuttle for a hassle-free shopping experience at half the cost of driving yourself. Later, join us for the poetry group at 2 PM and the Camera Club at 6 PM.
- Tuesday, July 28: Join us for a Hearing Wellness Day talk and testing at the big TV, followed by Gesels Afrikaans at 2:30 PM and Carpet Bowls at 4:30 PM.
- Wednesday, July 29: Riaan's Fruit Van will be parked between H4 and H10, ready to fulfill all your fruit and vegetable needs.
- Thursday, July 30: If knitting is your passion, come along and join the ladies at 9:30 AM. Additionally, Wol an die rol will be in the village for all your wool necessities.
- Friday, July 31: ON THE ROCKS will be open from 5 PM to 8 PM, so stop by for some sundowners.
- Saturday, August 1: John Adams will be in the village for you weekend fruit and veg needs.

*"Little by little, day by day, what's meant for you, will come your way."*

Warm regards,  
The Evergreen Team 

*Live the Evergreen Lifestyle*

# WEEKLY ACTIVITIES

|                                            |                                                                                |                                                                                 |                                                                                  |                                                                                          |                                                                                                                     |
|--------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>MON</b><br><b>27 JULY</b>               | 7am<br><b>EXTERNAL</b><br>WALKING GROUP                                        | 9:30am<br><b>EXTERNAL</b><br>SHUTTLE<br><br>9am<br><b>BISTRO</b><br>ART W STEPH | 10.30am<br><b>POOL</b><br>AQUA AEROBICS                                          | 2pm Poetry<br>4pm<br><b>GYM</b><br>FUN DANCING                                           | 7pm<br><b>BISTRO</b><br>CAMERA CLUB                                                                                 |
| <b>TUE</b><br><b>28 JULY</b>               | 9.15am<br><b>GYM</b><br>STRETCH EXERCISES                                      | 10.15am<br><b>GYM</b><br>SEATED STRETCH                                         | 11AM<br><b>BIG TV</b><br><b>HEARING WELLNESS DAY</b>                             | 2.30PM<br><b>BIG TV</b><br>GESELS AFRIKAANS<br>3pm<br><b>BISTRO</b><br>COLOUR-IN MANDALA | 4.30pm<br><b>BISTRO</b><br>CARPET BOWLS                                                                             |
| <b>WED</b><br><b>29 JULY</b>               | 7am<br><b>EXTERNAL</b><br>WALKING GRP<br>9.30am<br><b>GYM</b><br>AGELESS GRACE | 10am<br><b>TV LOUNGE</b><br>BIBLE STUDY                                         | 11-12pm<br><b>GYM</b><br>TABLE TENNIS                                            |                                                                                          | 2pm<br><b>BISTRO</b><br>RUMMIKUB & CHESS<br>2.30pm SCRABBLE                                                         |
| <b>THUR</b><br><b>30 JULY</b>              | 9.30am<br><b>TV LOUNGE</b><br>KNITTING GROUP                                   | 10am<br><b>BISTRO</b><br><b>WOL AN DIE ROL</b>                                  | 11.30am<br><b>POOL</b><br>AQUA AEROBICS                                          | 3pm<br><b>TV LOUNGE</b><br>BRIDGE FOR BEGINNERS                                          |                                                                                                                     |
| <b>FRI</b><br><b>31 JULY</b><br>BOK FRIDAY | 7am<br><b>EXTERNAL</b><br>WALKING GROUP                                        | 9.15am<br><b>GYM</b><br>STRETCH CLASSES                                         | 10am<br><b>TV LOUNGE</b><br>CHURCH SERVICE<br>11am<br><b>GYM</b><br>TABLE TENNIS |                                                                                          | 6pm<br><b>"ON THE ROCKS"</b>                                                                                        |
| <b>SAT</b><br><b>1 AUG</b>                 | <b>PARKING</b><br>JOHN ADAMS<br>FRUIT & VEG                                    |                                                                                 | 1.45pm<br><b>BISTRO</b><br>CANASTA                                               |                                                                                          | ON CALL<br><br><b>AMANDA G</b> |
| <b>SUN</b><br><b>2 AUG</b>                 | 8.45am<br><b>TV LOUNGE</b><br>ONLINE CHURCH SERVICE                            |                                                                                 | 12.30pm<br><b>BISTRO</b><br>SUNDAY LUNCH                                         |                                                                                          | ON CALL<br><br><b>AMANDA G</b> |



AMANDA G - 071 868 0597

# WEEKLY MENU

|                        |                                                                                       |                                                                          |                                                               |
|------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------|
| <b>MON</b><br>27 JULY  | Chicken breyani with side sambal                                                      | Texas pulled pork with mashed potatoes and baby marrows                  | (V)Vegetable briyani with lentils, with a side sambal salad   |
| <b>TUES</b><br>28 JULY | Lemon & Herb Chicken Breast with savoury rice & seasonal vegetables                   | Korean Beef sesame noodles with Stir Fried Vegetables                    | (V)Mushroom, lentils and broccoli bake: with rice and Carrots |
| <b>WED</b><br>29 JULY  | Savoury Pancake Topped with Cheese Sauce and side vegetables                          | Ribs and chips<br><b>R90</b>                                             | (V)Eggplant parmesan with Roast Potatoes, and butternut       |
| <b>THUR</b><br>30 JULY | Chicken Carbonara pasta with parmesan cheese                                          | Glazed sticky pork over stir fried vegetables and basmati rice           | (V)Broccoli mac n cheese                                      |
| <b>FRI</b><br>31 JULY  | BBQ Chicken Breast with pan fried Vegetables & Mashed Potatoes                        | Grilled/Fried Fish served with chips, coleslaw and tartar sauce          | (V) Chickpea bowl with couscous and roasted vegetables        |
| <b>SAT</b><br>1 AUG    | Mild pork curry with rice, carrots and and side sambal                                | Grilled Chicken Burger & Chips                                           | (V) A hearty bean and veg stew with rice                      |
| <b>SUN</b><br>2 AUG    | Roast Beef with Savoury Rice, Yorkshire pudding, roast potatoes, gravy and vegetables | Roast Chicken with rice, roast potatoes and gravy and roasted Vegetables | Dessert<br>Baked Citrus 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*

**1st JOHN KRUGER**  
(A 334)

**2nd MIKE ROPER**  
(H21)

## *Anniversaries*

**HENRY & DIANE COETZEE**  
(H 35)



## Missing out on Life???

### **FREE HEARING SCREENING DAY**

**When:** Tuesday, 28 July 2026

**Venue:** Evergreen Muizenberg

**Time:** 11:00 - 12:00 Hearingloss talk

**Time:** 13H30 -17:00 Hearing Screenings

There will also be times Should any of the residents wish to have  
the full diagnostic test done on that day.

**We are looking forward to HELP You HEAR LIFE BETTER!!**

**We offer our services in the comfort of your own home!**

**Book your appointment today:**

**072 720 6094 or Whatsapp 0731754639**

#### **Our Services include:**

- Complete Diagnostic Hearing test (R1550 Payable via cash OR EFT)
- Wide range of Hearing devices (Medical aid claimable)
- Hearing aid Batteries and accessories
- Hearing aid after care / follow up service.



Wol aan die Rol will be visiting on:

**THURSDAY 30 JULY 2026 @ 10AM**

We look forward to seeing you!

== 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](mailto: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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 naburger@gmail.com