

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



03 AUG - 09 AUG
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 fabulous week.

In celebration of Women's Month, we honor the historical contributions of women, celebrate their achievements in society, and address the ongoing issues of gender inequality. Happy Women's Month to all the incredible women @ Evergreen Muizenberg!

Here's what we have lined up for the upcoming week:

- Monday, Aug 3: Remember to reserve our shuttle service for a stress-free shopping experience, available at half the cost of driving yourself.
- Tuesday, Aug 4: Join in with Carpet Bowls @ 4.30pm, even if you're unfamiliar with the game. Come show your support!
- Wednesday, Aug 5: Nutty Nuts & Alida's fashions will be in the village, and Riaan's Fruit Van will be stationed between H4 and H10 to meet your fruit and vegetable needs.
- Thursday, Aug 6: Savoury Duo will be offering their delicious treats in the village, including samoosas, pies, pizza, spring rolls, and sausage rolls. Stop by the Bistro by 10:30 AM!
- Friday, Aug 7: For the first time, JANE LEKKER will be in the village with biscuits, rusks, and snacks. Reminder to reserve your table for the Friday night restaurant evening dinner @ the Bistro by no later than Thursday 6 Aug.
- Saturday, Aug 8: Join us for the resident braai just before the Rugby match – a great way to get the spirit going before the game.

"Life is not about having everything. It's about finding meaning in everything."

Warm regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 3 AUG	7am EXTERNAL WALKING GROUP	9:30am EXTERNAL SHUTTLE 9am BISTRO ART W STEPH	10.30am POOL AQUA AEROBICS	GYM FUN DANCING	7pm BISTRO CANASTA
TUE 4 AUG	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm BISTRO COLOUR-IN MANDALA	4.30pm BISTRO CARPET BOWLS
WED 5 AUG	7am EXTERNAL WALKING GRP 9.00am GYM AGELESS GRACE	10am TV LOUNGE BIBLE STUDY 10am BISTRO NUTTY NUTS	10am BISTRO ALIDA'S FASHIONS 11-12pm GYM TABLE TENNIS	2pm BOARDROOM DEMENCIA SUPPORT	2pm BISTRO RUMMIKUB & CHESS 2.30pm SCRABBLE
THUR 6 AUG	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO KIND TO HEARING	10.15AM BAR AREA SAVOURY DUO	11.30AM GYM AQUA AEROBICS	3pm TV LOUNGE BRIDGE FOR BEGINNERS
FRI 7 AUG	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	10.30am BISTRO JANEE LEKKER BISCUITS & SNACKS	6pm "FRIDAY NIGHT DINNER"
SAT 8 AUG	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA	6pm BISTRO RESIDENT BRAAI	9PM BIG TV SA VS ARGENTINA	ON CALL  AMANDA G
SUN 9 AUG WOMEN'S DAY	8.45am TV LOUNGE ONLINE CHURCH SERVICE	12.30pm BISTRO SUNDAY LUNCH			ON CALL  AMANDA G



AMANDA G - 071 868 0597

WEEKLY MENU

MON 3 AUG	Chicken Stroganoff with rice, green beans and butternut	Traditional Meat Loaf with mashed potatoes and peas	(V)Lentil bolognaise over spaghetti
TUES 4 AUG	Chicken Pesto Pasta	Fish Cakes with savoury rice and carrots	(V)Vegetable lasagne
WED 5 AUG	Roasted Chicken Drumsticks with vegetable bake and garlic potatoes	Regina Pizza (ham, mushroom and cheese) R90	(V)Savoury baked potato filled with meat-free mince
THUR 6 AUG	Cabbage Stew with rice and beetroot salad	Chicken Parmesan with roast potatoes, peas and carrots	(V)Mushroom stroganoff with rice and butternut
FRI 7 AUG	Savoury Baked Potato topped with cheese, peas and butternut	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(V) Vegetarian sausages with gravy, mashed potatoes and baby marrow
SAT 8 AUG	Mongolian Beef with carrots and rice	Chicken Korma in a creamy sauce with rice and sambal	(V) Thai lentil and vegetable curry with rice
SUN 9 AUG	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Gammon with rice, roast potatoes and gravy and veg medle	Dessert: Self-Saucing Chocolate 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

3RD PAUL PALMER
(A 337)

6TH JOYCE HOOEY
(A 204)

7TH PHIL FRANKEL
(A 114)

8TH FELICITY WILLIAMS
(A 346)

9TH VINCENT THOMAS
(A 248)

Anniversaries

NO ANNIVERSARIES

Nutty Nuts

A little nutty,
a lot of goodness!



DATE:
5 AUGUST 2026



TIME:
10AM



WHERE:
IN THE BISTRO

Good
snacks,
**GREAT
TIMES!** ♥



Alida's

FASHIONS



Style 
FOR EVERY
YOU!

*Tops, jerseys, jackets,
Denims and much
more available! *



DATE:
5th August 2026



TIME:
10am



WHERE:
In the Bistro

*Come shop, enjoy
and treat yourself! *



*Fashion
THAT MAKES
YOU FEEL
GOOD!*

GREAT STYLE
GREAT PRICES
JUST FOR YOU!





THE SAVOURY DUO

Delicious Savouries Made Fresh Just for You!

Craving something tasty?

We've got the perfect bite waiting for you!



Thursday, 6 August 2026



10:15 AM



In the Bistro

Golden. Flavourful. Irresistible.

Come early – while stocks last!

Bring your friends.

Bring your appetite.

See you there!

Janee lekker

BISCUITS

— AND SNACKS —

*Made with love,
made to enjoy!*

*Something
delicious for
everyone! :*



DATE:
7TH AUGUST 2026



TIME:
10H30AM



WHERE:
IN THE BISTRO

7 August 2026
Friday Dinner Menu

Starters

Bacon & Broccoli Soup R45

Mains

Savoury Baked Potato with Roasted Vegetables
Ladies R70 // Normal R90

Bbq Chicken wings with chips and side salad
Ladies 70 // Normal R90

Off the Hook

Fried Hake

With savoury rice or chips and Vegetables & Lemon Wedge
Ladies R90 // Normal R120

Grilled Line Fish

With savoury rice or Chips, Vegetables & lemon Wedge
Ladies R90 // Normal R120

Grilled Prawns

With savoury rice and Vegetables, tartar sauce & lemon Wedge
R45 per prawn

Off the Grill

Fillet Steak with chips & Vegetables
150g R180 // 200g R250

Pork Ribs and Chips **R160**

Desserts

Bakes on Display
Coffee or Whisky Dom Pedro R45
Irish Coffee R45

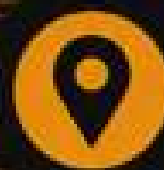
RESIDENT BRAAI

• GOOD FOOD • GOOD COMPANY • GREAT TIMES •

BRING YOUR
APPETITE
& ENJOY!



WHEN
8TH AUGUST
2026



WHERE
BISTRO



TIME
6PM

GOOD FOOD. GOOD PEOPLE.
GREAT EVENING!



== 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