

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



Dear Residents,

We hope you had a wonderful week.

In celebration of Women's Month, let's honor our inner strength, embrace our unique voices, and uplift one another. Reflect on the inspiring words of leaders and change-makers to ignite your ambitions, boost your confidence, and remember that your potential knows no bounds.

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

- Monday, Aug 10: No shuttle service to Blue Route (Public Holiday).
- Tuesday, Aug 11: Shuttle service to Blue Route Mall resumes. Join us for the book club at 2:15 PM and Carpet Bowls at 4:30 PM.
- Wednesday, Aug 12: Meet and greet for both old and new residents. Come along to connect with new friends—everyone is welcome!
- Thursday, Aug 13: The shoe lady will be in the Bistro. Later, we'll have Bingo at 3 PM followed by our NEW late Bingo at 7 PM. Please book with Carole Van Zyl at H 70.
- Friday, Aug 14: Join us for Sundowners at "On the Rocks" Bar at Evergreen from 5 PM.
- Saturday, Aug 15: It's Quiz Night at Evergreen! Join in or come along to support.
- Sunday, Aug 16: Enjoy the Music Festival with Laubi and Hugh.

"Dream with ambition, lead with conviction, and we will applaud you every step of the way."

Warm regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

**10 AUG - 16 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

WEEKLY ACTIVITIES

MON 10 AUG PUBLIC HOLIDAY	7am EXTERNAL WALKING GROUP	9am BISTRO ART W STEPH	10.30am POOL AQUA AEROBICS	4pm BIG TV POETRY GYM FUN DANCING	7pm BISTRO CANASTA
TUE 11 AUG WINDOW WASH	9.15am GYM STRETCH EXERCISES	9.30am SHUTTLE TO BLUE ROUTE	10.15am GYM SEATED STRETCH	2pm BOARDROOM RESCOM MEETING 2:15pm BISTRO BOOK CLUB	3am BISTRO COLOUR IN MANDALA 4.30pm BISTRO CARPET BOWLS
WED 12 AUG WINDOW WASH	7am EXTERNAL WALKING GRP 9.00am GYM AGELESS GRACE	10am TV LOUNGE BIBLE STUDY 11-12pm GYM TABLE TENNIS	2pm BISTRO MEET AND GREET	2pm BISTRO RUMMIKUB & CHESS	2.30pm BISTRO SCRABBLE
THUR 13 AUG	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO THE SHOE LADY	11.30AM GYM AQUA AEROBICS	3pm BISTRO BINGO	7pm BISTRO LATE BINGO
FRI 14 AUG	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE		6pm "on the rocks" BAR
SAT 15 AUG	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA		6pm BISTRO QUIZ NIGHT	ON CALL  SHAAKIRAH
SUN 16 AUG	8.45am TV LOUNGE ONLINE CHURCH SERVICE	12.30pm BISTRO SUNDAY LUNCH		5.30pm BISTRO MUSIC FESTIVAL WITH LAUBI & HUGH	ON CALL  SHAAKIRA



SHAAKIRAH - 079 441 7452

WEEKLY MENU

MON 10 AUG	Spaghetti Bolognese with Parmesan cheese	Chicken Wrap with chips	(V)Pesto and cherry tomato sauce over penne pasta
TUES 11 AUG	Thai Chicken Stir-Fry with stir-fried vegetables and rice	Beef Ragu with mashed potatoes, peas and carrots	(V)Vegetable ragu with mashed potatoes, peas and carrots
WED 12 AUG	Chicken à la King with rice and baby marrow	Prawn Curry with Poppadoms & Chutney R90	(V)Vegetable korma with rice and sambal
THUR 13 AUG	Cape Bobotie with yellow rice, butternut and chutney	Monterey Chicken Bake with rice and carrots	(V)Lentil bobotie with rice and butternut
FRI 14 AUG	Pork Sausages with mashed potatoes, carrots and gravy	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(V) Tomato and vegetable meatballs with couscous and stir fried vegetables
SAT 15 AUG	Mediterranean Chicken Breast with rice and butternut	Indian Meatball Curry with rice and green beans	(V) Vegetable kebabs with rice and potato wedges
SUN 16 AUG	Roast Chicken with rice, roast potatoes and gravy and seasonal vegetables	Roast Beef served with rice, roast potatoes, Yorkshire pudding and gravy and seasonal vegetables	Dessert: Eton Mess with berries and cream

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

10TH ROD STEWART
(H 7A)

12TH EDWARD FLETCHER
(H 110)

13TH GLENDA WILLIAMS
(H 81)
MARGARET SIMONS
(H 99)

14TH LORRAINE PALMER
(A 337)
DAVE STEPHENS
(H 108)

15th JOHN MORGAN
(H 2)

16TH RAY VAN EYSEN
(A 231)
SUE BEELE
(H 43)

Anniversaries

NO ANNIVERSARIES

A gift for your family

Your story. Your voice. Your memories... for the people you love.

Listen to the
CapeTalk interview
On Family Matters
at 14h10 on 1 Sept 2026



Every family treasures photographs, but photographs can never tell your story. They can't capture your laughter, your personality, your memories or the life lessons you've gathered over the years.



YOUR

WORDS™

YOUR VOICE. YOUR PRESENCE. FOREVER

To find out more, or to arrange an informal conversation with no obligation, please contact:

Roger Ingarfield Tel 082 413 8332

email: ringar@iafrica.com

Your Words gives you the opportunity to leave your family something far more personal—a professionally filmed record of your life, told in your own words and in your own voice.

In a relaxed interview, conducted in the comfort of your own home, we help you share the moments that matter most: your childhood, your family, the experiences that shaped your life, the lessons you've learned, and the messages you'd like to leave for the people you love.

The result is a beautifully edited keepsake that your children, grandchildren and future generations will be able to watch for many years to come. Long after memories begin to fade, they will still be able to hear your voice, see your smile and understand the person behind the photographs.

Your gift doesn't end there.

As part of the service, we also create a short, professionally edited video that can be shown during your future Celebration of Life. Rather than hearing only others speak about you, your family and friends will have the opportunity to see you, hear your voice and experience your own reflections on a life well lived. For many families, this becomes one of the most meaningful moments of the service.

To make things even easier for those you leave behind, **Your Words** also includes a Life Celebration Planning Guide, allowing you to record your personal wishes, helping your family make important decisions with confidence and giving them the reassurance that they are honouring your choices.

It's a gift that preserves your story, celebrates your life and brings comfort to the people who matter most.

What's Included

Investment: R8,500

Includes all filming, professional editing, memory stick and secure online storage.

5 0% deposit to commence • Balance on completion

Reminder



PUBLIC HOLIDAY

MONDAY 10TH AUGUST 2026



NO
DOMESTIC
SERVICES



NO
REFUSE
REMOVAL



Please call
RECEPTION
to reschedule your
domestic service.

EVERGREEN

MUIZENBERG

Residents MEET & GREET

“Chit Chat”

*Good
conversations
make great
communities*



DATE:
12th August
2026



TIME:
2pm



WHERE:
In the Bistro

Old and new residents welcome.



The Shoe Lady

Stylish Shoes for
Every Step You Take! ♥

Comfort
Style
Quality
You'll Love!



DATE: **Thursday**
13th August 2026



TIME: **10am**



WHERE: *In the*
Bistro



Great
Variety!
Great
Prices!

Come and find your perfect pair! ♥

B
12

N
41

BINGO!

THURSDAY
13TH
AUGUST
— 2026 —

AND

New
LATE BINGO

 **3PM**

 **7PM**

G
56



*Fun,
Prizes
& Great
Company!*

PLEASE BOOK WITH
CAROLE VAN ZYL H70

PRICE
R40 PP

MEDICAL

Matter



WITH
MEG WILKINSON



Topic -

Understanding a stroke



**WEDNESDAY
19TH AUGUST 2026**



**LOCATION
IN THE
TV LOUNGE**



**TIME
11AM**



Knowledge. Awareness. Care.
TOGETHER, WE CAN MAKE A DIFFERENCE.

— ON THE — **ROCKS** *Bar*

@ EVERGREEN MUIZENBERG



FRIDAYS



5 PM
— *till* —
9 PM



— *Good Drinks. Good Views. Good Company.*  —

— RELAX • UNWIND • ENJOY —

QUIZ Night



DATE
SATURDAY
15TH AUGUST 2026



BOOK YOUR TEAMS
@ RECEPTION



TIME
6PM

Think...
Laugh...
Win!

Good Questions. Great Company.
Awesome Night!

WOMEN'S *Day* ♥ HIGH TEA



DATE:
19TH AUGUST 2026



TIME:
2PM



TALK @ 3PM
with Guest Speaker



Guest Speaker

Dr Shirley Zinn

Celebrate the
*strength, grace
and inspiration*
of every woman.



PLEASE BOOK AT THE BISTRO
♥ BY MONDAY 17TH AUGUST 2026 ♥

18th MUSIC Festival Night

Evergreen Muizenberg - Sunday 16 August, 17:30

Harmonizing

Please join us for a colourful evening of musical variety. From approachable classical favorites to jazz-influenced gems, musical theatre, cinema and popular songs, this concert celebrates how different voices and instruments blend into rich, layered soundscapes.

You will find some of the best ear-friendly classical pieces and enjoy a popular programme chosen for beauty, drama, and pure entertainment.

List of programme items: Sequence will be changed.

Key: Composer - Item - Performer



CLASSICAL

1. Richard Strauss - Also Sprach Zarathustra - Herbert von Karajan (Berlin PO)
2. Gustav Mahler - Adagietto - Edward Gardner (London PO)
3. Edward Elgar - Nimrod - Paul Fey (Organ)
4. Paul McCartney - The World You're Coming Into - Kiri Te Kanawa
5. Carl Maria von Weber - Clarinet Concerto No. 1 - Rondo - Andreas Ottensamer (Mariss Jansons - Berlin PO)
6. Sergei Rachmaninov - Piano Concerto No. 2 - Adagio - Khatia Buniatishvili (Neemi Jarvi - Verbier FO)
7. Wolfgang Mozart - Laudate Dominum - Aksel Rykkvin
8. Franz Schubert - An die Musik - Aksel Rykkvin



JAZZ-INFLUENCED BLEND OF TRADITIONAL STYLES

9. George Gershwin - Summertime - Kiri Te Kanawa



GENRE-BENDING HYMN

10. Jacob Collier - World O World - Aeolians Choir



MUSICAL THEATRE AND CINEMA

11. Sigmund Romberg - Stout-Hearted Men - The Vocal Majority
12. Frederick Loewe - I Talk to the Trees - Jan Peerce and Jane Powell
13. Andrew Lloyd Webber - All I Ask of You - Laura Osnes
14. Enya - May It Be - Kiri Te Kanawa



POPULAR

15. Jacques de Villiers - Suiderkruis - Stellenbosch University Choir
16. Walter Earl Brown - If I Can Dream - Celine Dion and Elvis Presley
17. Billy Joel - For the Longest Time - Barbershop Quartet
18. Cat Stevens - Father and Son - John Miles and Ronan Keating



DATE:
Sunday
16 August



TIME:
17:30



VENUE:
Evergreen
Muizenberg

Please book at reception. All are most welcome.

Come for the harmony, stay for the happy ending.

NOU GAAN ONS
BRAAI
22 AUGUST | SA VS NZ
LAMB SPIT BRAAI

SERVED FROM 4PM

Main Course

Slow-Roasted Karoo Lamb with Mint Chimichurri
Polenta Cakes with Tomato Relish
Baby Roasted Potatoes with Rosemary
Honey and Thyme Roasted Root Vegetables
Garden Salad

Dessert

Sticky Date Pudding
with Salted Caramel Sauce

R195pp | Book at Fynbos Bistro

Based on a Minimum 50 bookings

DON'T FORGET TO WEAR YOUR GREEN AND GOLD ON BOK
FRIDAYS AND ON MATCH DAYS TO SHOW YOUR SUPPORT



Come and talk to Cape Medical Response here on Thursday 17th August between 9am and 12.30pm about CMR special memberships for Evergreen Muizenberg residents.



CMR is a private emergency medical response service dedicated to the "Deep South", that provides 24-hour rapid medical response services to subscribers throughout this area.

Why become a Member?

In any emergency medical situation, the speed of initial assessment and treatment is often the most important factor in the potential survival and ongoing rehabilitation of the person/s concerned. For medical assistance to be truly consistent and efficient, it must be based close at hand, and on call 24-hours a day. CMR is unique in that they are geared completely to the needs of their members, who can rest assured that when they call, CMR always react. And fast!

CMR MEMBERSHIPS

Since April 2001, the core of CMR's service has been 24/7 rapid and professional emergency medical response. Membership is available at reasonable rates to households, businesses and groups in the Deep South.

Membership Sign-on

After the initial membership sign-on, all members are provided with a membership card; automatic membership in CMR MyCard; and handy vehicle and telephone decals displaying CMR's emergency medical number. Sign-on can be done online, on a paper form, or via a CMR representative.

Household Memberships

These "family" memberships provide 24/7 rapid emergency medical response anywhere in CMR's operational area, and there's no additional cost for any medical treatment or medical equipment and consumables used. Visitors on the property are covered for emergency medical assistance, but not for hospital transport cover.

Optional Hospital Transport Cover

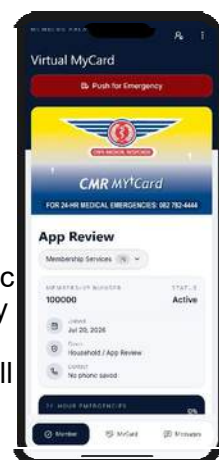
Available only as an add-on to household membership, members

listed are covered for any emergency transport from anywhere within CMR's operational area at no additional cost. **We recommend this option for households where not all members of the household are on a medical aid or hospital plan.**

Also, find out more about the CMR MyCard phone-app (shown right), which is available free to all members and the optional CMR Emergency Panic Button (shown below).



The CMR Emergency Panic Button: A small, waterproof, wearable panic button that can be used by CMR members to contact and speak to the CMR Call Centre in the event of a medical emergency.



For 24-Hour medical emergencies call 082 782 4444 or 021 782 4444

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