

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



17 AUG- 23 AUG
IN THIS ISSUE

WEEKLY ACTIVITIES

**Your weekly guide to sport
& recreational activities in
the Village**

BISTRO

**Weekly Lunch Menu
Daily Soup Menu**

IT'S A CELEBRATION

Birthdays and Anniversaries

EVENT DETAILS

Special Events & Activities

Dear Residents,

We hope you've had a fantastic week!

The five essential pillars of women's empowerment are **educational access, economic independence, social standing, political participation, and psychological well-being**. Together, these crucial aspects form a framework that enables women to achieve equality, take control of their lives, and make autonomous choices.

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

- Monday, Aug 17: Utilize the Evergreen Shuttle service to Route Mall for your weekly essentials. CMR will be in the village from 9am should you wish to chat to them about their available services
- Tuesday, Aug 18: for **AGM** seating purposes, kindly inform reception of your attendance or apology.
- Wednesday, Aug 19: Participate in a talk on medical matters with Meg at 11 AM in the TV Lounge. Later in the day, ladies are reminded to reserve a spot for the Women's Day High Tea with guest speaker Dr. Shirley Zinn for R60 per person. Please book at the Bistro by Monday, August 17, 2026.
- Thursday, Aug 20: Nutty Nuts will be available in the village for all your snack cravings. Also, feel free to join the Bridge Club at 2:30 PM in the Bistro. For more information, contact Eddie Van der Heiden (H79).
- Friday, Aug 21: Enjoy Sundowners at "On the Rocks" Bar at Evergreen starting at 5 PM.
- Saturday, Aug 22: Its spit braai and Rugby time, join in with the fun and bring the gees for the Bokke.

"Believe in the power of your resilience. You possess the strength to weather any storm."

Warm regards,

The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 17 AUG	7am EXTERNAL WALKING GROUP 9am BISTRO ART W STEPH	9am LSC CAPE MEDICAL RESPONSE 9:30am Shuttle to BR	10.30am POOL AQUA AEROBICS	4pm GYM FUN DANCING	7pm BISTRO CANASTA
TUE 18 AUG	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		2pm LSC EVERGREEN AGM	
WED 19 AUG	7am EXTERNAL WALKING GRP 9.00am GYM AGELESS GRACE	10am TV LOUNGE BIBLE STUDY 11-12pm GYM TABLE TENNIS	11am TV LOUNGE MEDICAL MATTERS WITH MEG	2pm BISTRO WOMENS DAY HIGH TEA w GUEST SPEAKER	2.30pm BISTRO SCRABBLE / RUMMIKUB/ CHESS
THUR 20 AUG	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO NUTTY NUTS	11.30am GYM AQUA AEROBICS	2.30pm BISTRO BRIDGE CLUB	
FRI 21 AUG	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE		5 - 8pm  BAR
SAT 22 AUG	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA	4pm BISTRO NOU GAAN ONS BRAAI - SPIT BRAAI	5pm TV LOUNGE / BAR RUGBY SA VS NZ	ON CALL  TAARIQ
SUN 23 AUG	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  TAARIQ



TAARIQ - 062 717 6543

WEEKLY MENU

MON 17 AUG	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v) Cauliflower and chickpea butter curry with rice and butternut
TUES 18 AUG	Cottage Pie with garden peas & carrots	Chicken Penne a la vodka with parmesan cheese	(v) Baked feta pasta
WED 19 AUG	Savoury Penne Bake topped with cheese	Grilled pork chop with braised vegetables R90	(v) Mild coconut vegetable curry with chickpeas, rice and butternut
THUR 20 AUG	Curry Mince Rotti with Sambal	Sticky Chicken Wings with chips and side salad	(v) Lentil chilli con carne with couscous topped with sour cream
FRI 21 AUG	Alfredo Pasta with Parmesan cheese	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
SAT 22 AUG	Beef Curry with yellow rice, peas and sambal	Creamy Tomato Chicken Pasta with Parmesan cheese	(v) Caribbean butternut and chickpea roti
SUN 23 AUG	Roast Chicken with rice, roast potatoes, gravy and seasonal vegetables	Roast Gammon with rice, roast potatoes, gravy and seasonal vegetables	Dessert Chocolate Mousse

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
PER SERVING



BOOK AT THE BISTRO

BEFORE 10AM

on the day.



Happy Birthday!

WISHING YOU A DAY FILLED WITH

Joy, Love & Happiness!

17th
AUGUST

Hermine Bowsher (A 109)



21st
AUGUST

**Jimmy Bedwell (H 85) &
Barbara Thorne (H 6A)**



22nd
AUGUST

Jin Howard (A 315)



23rd
AUGUST

**Kathleen Blumeris (A 118) &
Jennifer McElwee (H 24)**



Anniversaries

No Anniversaries

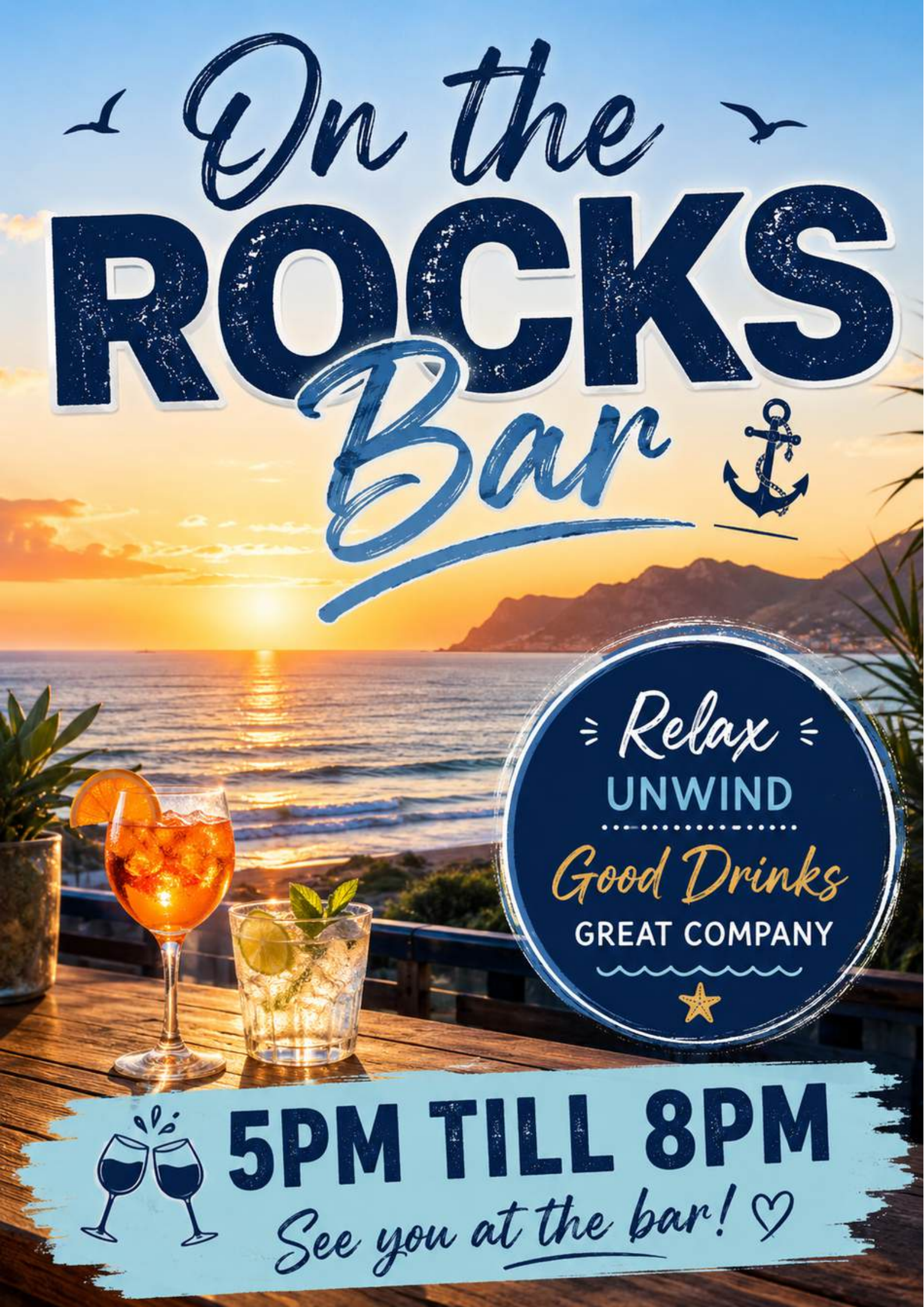


Have a fantastic day! ♥

From Evergreen Muizenberg team ♥



On the ROCKS Bar



5PM TILL 8PM

See you at the bar! ♥



CMR

CAPE MEDICAL RESPONSE

Real People. Real Care. Real Fast.

COME CHAT

ABOUT

AVAILABLE SERVICES ON OFFER



Join us for an informative
and friendly session with
**CMR – Cape Medical
Response.**



DATE

17th August 2026



TIME

9:00 – 12h30



VENUE

THE LIFESTYLE CENTRE



*Caring for our community,
when it matters most.*



Learn more about
EMERGENCY CARE,
response services
and how **CMR** helps
SAVE LIVES
every day.

**ALL RESIDENTS
WELCOME!**
See you there!

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.

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.



R 60 PER PERSON



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

NOU GAAN ONS
BRAAI

22 AUGUST | SA VSNZ

**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**

EVERGREEN
DRAMATIC
SOCIETY
Resumes



★ ON ★
THURSDAY
3RD SEPTEMBER 2026

★ **AT 7PM** ★

*All Newcomers
Are Welcome!*

TO FIND OUT MORE, PLEASE CONTACT:

Barrie Howard (A 315)



082 742 4720

★ *Lights, Laughter, Friendship & Fun!* ★

RUGBY

Saturday

22ND AUGUST 2026



SOUTH AFRICA

VS



NEW ZEALAND

@ 17H00



**LET'S GET BEHIND
THE BOKKE!**





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