

WHAT'S HAPPENING



**24 AUG- 30 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 trust your week has been nothing short of extraordinary!

Take a moment to celebrate your strength, resilience, and the unique essence that each of you brings to our community. Your voices, dedicated efforts, and daily contributions weave a tapestry of profound impact in your families, neighborhoods, and beyond. Continue to shine brightly, uplift those around you, and step courageously into your purpose. You possess the power to achieve remarkable feats.

Here's a glimpse of what awaits in the coming week:

- Monday, Aug 24: Book the Evergreen Shuttle service to Route Mall for your weekly essentials. Engage with the poetry club at 2 PM and embrace the Camera club at 6 PM.
- Tuesday, Aug 25: Kom leer lekker om Afrikaans te praat met Gesels Afrikaans, followed by an afternoon of Carpet Bowls.
- Wednesday, Aug 26: Join Dr. Guin Lourens at 11 AM in the TV lounge for an enlightening discussion on understanding Dementia and coping strategies.
- Thursday, Aug 27: Wol an die Rol will also grace the village for all our knitting queens. Join us for bingo at 3 PM or 7 PM—don't forget your wine and snacks!
- Friday, Aug 28: Bring your coins to support fellow residents at the Pop-up Craft Market. Come and Enjoy Sundowners at "On the Rocks" Bar, starting at 5 PM.
- Saturday, Aug 29: Wear your green and gold in support of our Springboks as they go head-to-head with New Zealand at 5 PM.

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on."

Warmest regards,
The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 24 AUG	7am WALKING GROUP 9am BISTRO ART W STEPH	9am EXTERNAL SHUTTLE TO BR	10.30am POOL AQUA AEROBICS 2pm BISTRO Poetry	4pm GYM FUN DANCING	7pm BISTRO CAMERA CLUB
TUE 25 AUG	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.30pm TV LOUNGE GESELS AFRIKAANS	3pm LSC COLOUR IN MANDALA	4.30pm LSC CARPET BOWLS
WED 26 AUG	7am EXTERNAL WALKING GRP 9.00am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	11am TV LOUNGE UNDERSTANDING DEMENTIA WITH GUIN LOURENS	11am GYM TABLE TENNIS	2.30pm BISTRO SCRABBLE / RUMMIKUB/ CHESS
THUR 27 AUG	9am BISTRO EVG POP UP MARKET	9.30am TV LOUNGE KNITTING GROUP	10am BISTRO WOL AN DIE ROL	11.30am GYM AQUA AEROBICS	3pm BISTRO BINGO 7pm BINGO
FRI 28 AUG	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE		5-8pm  BAR
SAT 29 AUG	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA	5PM BISTRO SA VS NZ	ON CALL  AMANDA G
SUN 30 AUG	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  AMANDA G



AMANDA G - 071 868 0597

WEEKLY MENU

MON 24 AUG	Lemon and Herb Chicken Breast with savoury rice and seasonal vegetables	Glazed Sticky Pork over stir-fried vegetables and basmati rice	(V) Broccoli mac and cheese
TUES 25 AUG	Chicken Biryani with sambal	Korean Beef Sesame Noodles with stir-fried vegetables, topped with sesame seeds	(V) Mushroom, lentils and broccoli bake with rice and Carrots
WED 26 AUG	Savoury Pancake Topped with Cheese Sauce and side vegetables	Ribs and chips R90	(V) Eggplant parmesan with Roast Potatoes, and butternut
THUR 27 AUG	Chicken Carbonara pasta with parmesan cheese	Texas Pulled Pork with mashed potatoes and baby marrow	(V) Vegetable biryani with lentils and sambal
FRI 28 AUG	Grilled Chicken Burger with chips	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(V) Chickpea bowl with couscous and roasted vegetables
SAT 29 AUG	BBQ Chicken Breast with pan-fried vegetables and mashed potatoes	Pork Adobo with rice and butternut	(V) A hearty bean and veg stew with rice
SUN 30 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 Apple Crumble with Custard

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!

TO OUR WONDERFUL RESIDENTS

24th
August

Joyce Glew (A 222)



25th
August

Lynne Gainsford (H 58)



29th
August

Freddy Williams (A 346)

Vanessa Davids (A 227)



30th
August

Viv Bezuidenhout (A 7)

Barbara Fairhead (H 91)

Ashton Janari (H 98)

Trunell Morom (H 73)



31st
August

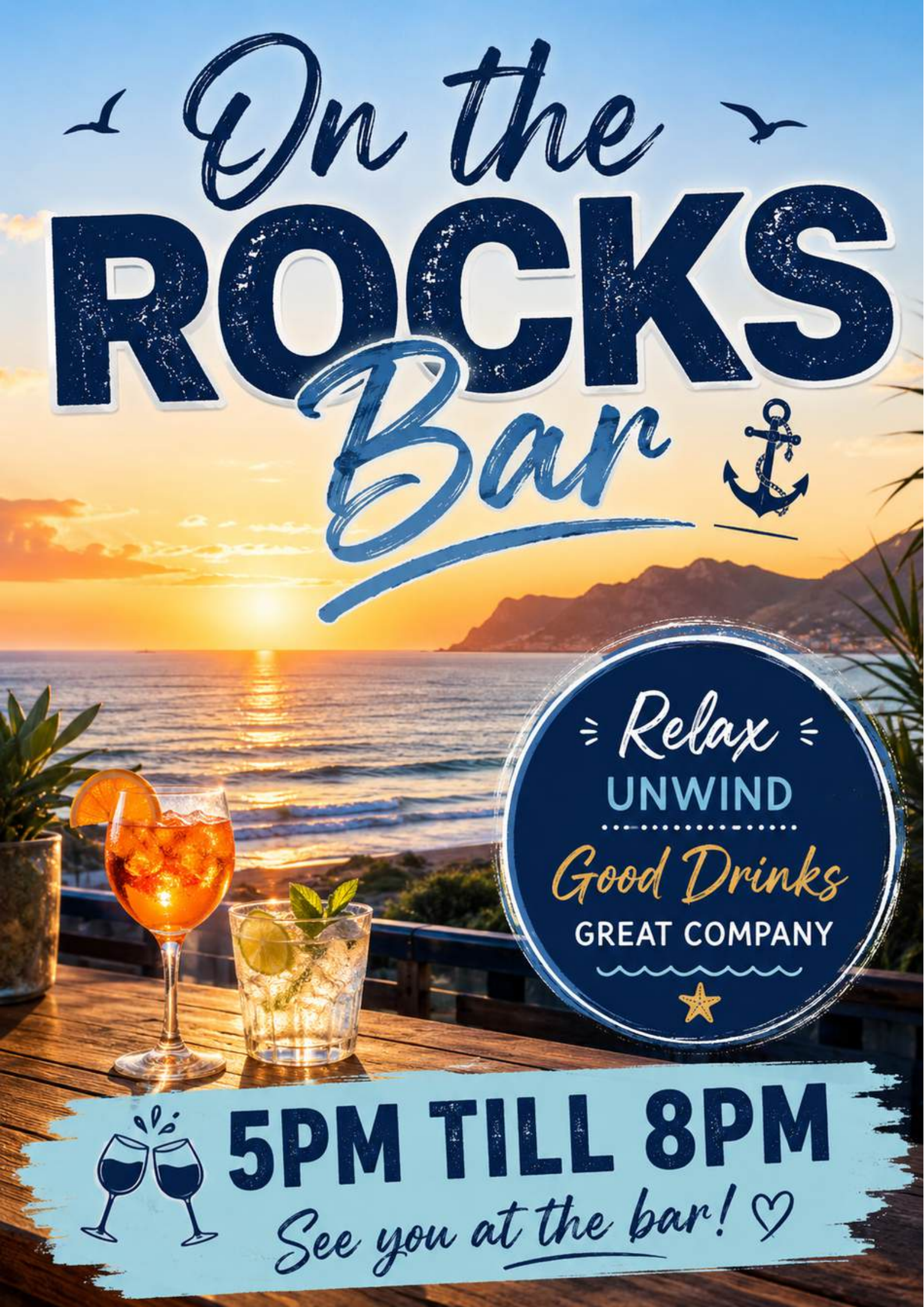
Colleen Gouws (A 202)



Wishing
you a day
filled with
love, laughter
and happiness!

From the
**EVERGREEN
TEAM**

On the ROCKS Bar



5PM TILL 8PM

See you at the bar! ♥

LIBRARY Raffle

HELP US FILL THE BASKET
WITH GOODIES & JOY!

We are putting together wonderful raffle
hamper to raise funds for our

Library!



EVERY
DONATION
*makes a
difference!*

WE WELCOME:

- ♥ Liqueurs
 - ♥ Spirits
 - ♥ Cordials
 - ♥ Non-alcoholic wine
 - ♥ Chocolates & sweets
 - ♥ Honey
 - ♥ Balsamic vinegar and olive oil
 - ♥ Biscuits
 - ♥ Savoury snacks
- ...and more goodies!*

DONATIONS CAN BE
DROPPED OFF AT THE LIBRARY

MONDAY

WEDNESDAY

FRIDAY

11.30AM – 2.00PM

TICKET

1 FREE RAFFLE TICKET
PER PERSON DONATING

★ Starting ★
MONDAY 24 AUGUST

Thank you for your generosity!
Together we keep our Library a vibrant place
to learn, connect and enjoy.



Join us for an
informative !

TALK

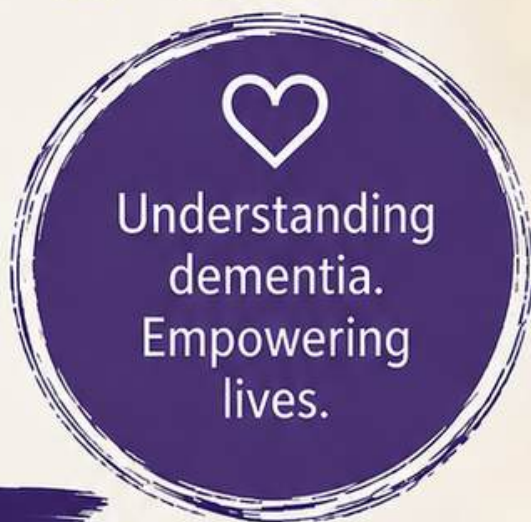


DEALING WITH DEMENTIA



PREVENTION AND COPING STRATEGIES

*Knowledge. Compassion.
Better Together.*



by **Dr Guin Lourens**
(University of Stellenbosch)



DATE
26th August
2026



TIME
11am



VENUE
TV Lounge

★ *Book at Reception* ★

*Let's learn together.
Let's support each other.*



Evergreen

POP UP CRAFT MARKET



TIME

9AM



VENUE

LIFESTYLE
CENTRE

LINE DANCING
DEMONSTRATION



@ 11H30

• 27TH AUGUST 2026 •

*Come and support
your fellow residents!*



ART'S & CRAFTS



RECYCLED PAPER CRAFT



CROCHET GOODIES



BEAD WORK



EMBROIDERY DISPLAYS



DISPLAYS OF
FABRIC PAINTINGS



JEWELRY



GIFT ITEMS



PLANTS



Come and support your fellow residents!





Wol aan die Rol will be visiting on:

THURSDAY
27TH AUGUST 2026
10AM
IN THE BISTRO

We look forward to seeing you!

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!* ★



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