

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



31 AUG - 06 SEPT
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 are enjoying a fantastic week!

Let's come together to support the BOKS for tomorrow's game at Cape Town Stadium! The Bistro will be serving their special 'Green' Milkshakes and Pancakes in celebration, and the Bar will open its doors at 5 PM.

We have our regular activities scheduled for this week, but keep an eye out for some 'extra' events coming your way this month!

Some Highlights for the week

- Monday, 31 Aug - Camera Club at 6 PM
- Tuesday, 1 Sept - Carpet Bowls at 4:30 PM
- Wednesday, 2 Sept - Dementia Support Group at 2 PM
- Thursday, 3 Sept - Kind2Hearing and The Shoe Lady at 10 AM
- Friday, 4 Sept - Nutty Nuts at 10 AM

Reminder that **donations** are still being accepted for the **Library Raffle**, every Monday, Wednesday and Friday between 11.30 AM and 2 PM

- "Heritage is not what we inherit from our ancestors, but what we pass on to future generations." — Unknown

Enjoy your weekend.

Warmest regards,
The Evergreen Team 

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 31 AUG	7am WALKING GROUP 9am BISTRO ART W STEPH	9am EXTERNAL SHUTTLE TO BR	10.30am POOL AQUA AEROBICS	4pm GYM FUN DANCING	6pm TV LOUNGE CAMERA CLUB 7pm BISTRO Canasta
TUE 01 SEP	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	10.30am BOARDROOM RESCOM MEETING (Portfolios)	3pm LSC COLOUR IN MANDALA	4.30pm LSC CARPET BOWLS
WED 02 SEP	7am EXTERNAL WALKING GRP 8.30am RIAAN'S FRUIT VAN	9am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY 11am GYM TABLE TENNIS	2.30pm BOARDROOM DEMENTIA SUPPORT GROUP	2.30pm BISTRO SCRABBLE / RUMMIKUB/ CHESS
THUR 03 SEP	8.30am DRIVE & SHINE CAR WASH	9.30am TV LOUNGE KNITTING GROUP	10am BOARDROOM KIND2 HEARING	10AM LSC THE SHOE LADY AEROBICS	11.30am GYM AQUA AEROBICS 2.30PM BISTRO BRIDGE
FRI 04 SEP	7am EXTERNAL WALKING GROUP	9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	10am LSC NUTTY NUTS 11am GYM TABLE TENNIS	5-8pm  BAR
SAT 05 SEP	PARKING JOHN ADAMS FRUIT & VEG		1.45pm BISTRO CANASTA	5PM BISTRO SA VS NZ 	ON CALL  OWEN
SUN 06 SEP	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  OWEN



OWEN - 083 670 2982

WEEKLY MENU

MON 31 AUG	Savoury Baked Potato cheese, served with seasonal vegetables	Chicken Marsala with rice and broccoli	(V) Stuffed butternut with roast potatoes and seasonal vegetables
TUES 1 SEPT	Tuscan Chicken with mashed baby potatoes and baby marrow	Braised Pork in Sweet Soy Sauce with rice and butternut	(V) Sweet and sour falafels with rice
WED 2 SEPT	Beef Stir-Fry with stir-fried vegetables and rice	Crumbed Chicken Burger and Chips R90	(V) Lentil and mushroom Shepherd's Pie with seasonal vegetables
THUR 3 SEPT	Broccoli and Bacon Mac and Cheese topped with cheddar cheese	Chicken Cacciatore with rice and carrots	(V) Pesto pasta with Parmesan cheese
FRI 4 SEPT	Hearty Beef Casserole with rice and carrots	Grilled or Fried Fish with chips, coleslaw and tartar sauce	(V) Lemon baby marrow with lemon-roasted potatoes, butternut and broccoli
SAT 5 SEPT	Beef Stir-Fry with rice and stir-fried vegetables	Coronation Chicken with rice and butternut	(V) Butter Bean Potjie with rice
SUN 6 SEPT	Roast Pork with rice, roast potatoes, gravy and seasonal vegetables	Roast Chicken with rice, roast potatoes, gravy and seasonal vegetables	Dessert 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
PER SERVING



BOOK AT THE BISTRO

BEFORE 10AM

on the day.



HAPPY Birthday

SEPTEMBER

2nd
SEPTEMBER
Lizette Nash (A28)
Mavis Milne (A108)

3rd
SEPTEMBER
Maarten Heering (H31)
Leslie de Wet (H38)

4th
SEPTEMBER
Toni Joubert (H86)
Christina Walters (A345)

5th
SEPTEMBER
Judith Marais (A210)

6th
SEPTEMBER
Rosemary Frith (H8A)

7th
SEPTEMBER
Liz Blair (A342)

8th
SEPTEMBER
Joyce Turner (H33)

11th
SEPTEMBER
Sheila Norton (H4)
Fred Fautley (A22)

12th
SEPTEMBER
Joy Hobson (A238)

15th
SEPTEMBER
Brian Carr (H71)

21st
SEPTEMBER
Gertrud Karas (A209)

22nd
SEPTEMBER
Bruce Simpson (H82)

25th
SEPTEMBER
Gill Blackburn (A1)
Pat Quill (H40)
Janice Behr (H90)
Des Leatt (A3)
Peter Fiske (A122)

27th
SEPTEMBER
Minnie Retief (A102)
Maria Koorevaar (H20)

28th
SEPTEMBER
Di Duncan (H36)

29th
SEPTEMBER
Frankie Stafford (H95)

30th
SEPTEMBER
Johan Oosterhuis (H9)
Marisa Horn (H96)
Leonie Bernado (A124)

STAFF

DATE	STAFF MEMBER
11th SEPTEMBER	Vanessa Ruiters – Laundry
27th SEPTEMBER	Adenaan Adams – Evergreen

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



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.



The Shoe Lady

Thursday
3rd
SEPTEMBER
2026

♡ Step into Style!



10AM

Comfort,
Quality & Style
for every
step you take!

IN THE
Lifestyle Centre

SNEAKERS

BOOTS

SANDALS

HEELS

Great Styles ♡ Great Prices ♡ Just for 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!* ★



Nutty NUTTS

— Your favourite nuts vendor! —



DATE:

4th September 2026



TIME:

10am



VENUE:

Lifestyle Centre

Fresh,
Tasty &
Always
NUTTY!

Come
GRAB
a little
GOODNESS!

— See you there! —

On the ROCKS Bar



≡ Relax ≡
UNWIND
.....
Good Drinks
GREAT COMPANY
~~~~~  
★



5PM TILL 8PM

See you at the bar! ♥

*Price Increase - 1 September*

# VILLAGE *Salon*

with **BELINDA**  
& **MANDY**

## LADIES

|                          |      |
|--------------------------|------|
| Wash                     | R80  |
| Wash & blow (short)      | R180 |
| Wash & blow (medium)     | R190 |
| Wash & cut               | R180 |
| Dry cut only             | R170 |
| Wash, cut & blow (short) | R230 |
| Wash, cut & blow (long)  | R250 |
| Wash, treatment & blow   | R220 |

|                                            |      |
|--------------------------------------------|------|
| Treatment - intense                        | R200 |
| Perm                                       | R505 |
| Extras - mousse /<br>hairspray /straighten | R30  |

## COLOUR / HIGHLIGHTS

|                                 |      |
|---------------------------------|------|
| Colour - Roots                  | R335 |
| Colour - full head              | R450 |
| Colour application (own colour) | R190 |
| Highlights - half head          | R425 |
| Highlights - full head          | R570 |
| Highlights - two-tone           | R685 |
| Highlights - toner              | R275 |

## GENTS

|            |      |
|------------|------|
| Wash       | R60  |
| Wash & cut | R170 |
| Dry cut    | R130 |
| Beard trim | R80  |



All treatments exclude  
wash, cut & blow dry



Bookings are to be made with Reception



Payments made directly to the stylist

**Mandy** available Monday & Friday,  
**Belinda** available Tuesday & Wednesday





# 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