

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



7 SEPT - 13 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 having a wonderful week!

September marks Heritage Month in South Africa, a time to recognize and celebrate our nation's rich culture and traditions. This year, Heritage Month is observed under the theme "Reimagine our heritage institutions for a new era." This theme highlights the significance of using our heritage as a foundation to create a dynamic, socially responsive, technologically innovative, and economically inclusive future.

We have our regular activities lined up for this week, but be on the lookout for some exciting additional events coming your way this month!

Highlights for the Week

- Monday, 7 Sept: Join the fun dancers in the gym at 4 PM
- Tuesday, 8 Sept: Let's talk books at 2.15 PM & Carpet Bowls at 4:30 PM
- Wednesday, 9 Sept: Tabita Fashions will showcase the latest trends in fashion in the village.
- Thursday, 10 Sept: Wol aan die Rol and Savoury duo will be in the village. Bingo will be played at 3 PM and 7 PM—don't forget your snacks and wine! The Dramatic Society will meet at 7 PM in the TV Lounge.
- Friday, 11 Sept: Enjoy Janee Lekker biscuits and snacks at 10:30 AM, followed by our social Spring À la Carte Dinner at 6 PM.
- Saturday, 12 Sept: SA vs NZ @ 5pm and Residents braai at 6pm

"Culture is the arts elevated to a set of beliefs."

Wishing you a delightful weekend.

Warmest regards,
The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 7 SEPT	7am WALKING GROUP 9am BISTRO ART W STEPH	9am EXTERNAL SHUTTLE TO BR	10.30am POOL AQUA AEROBICS	4pm GYM FUN DANCING	7pm BISTRO Canasta
TUE 8 SEPT	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH	2.15pm BIG TV AREA LET'S TALK BOOKS	3pm LSC COLOUR IN MANDALA	4.30pm LSC CARPET BOWLS
WED 9 SEPT	7am EXTERNAL WALKING GRP 8.30am RIAAN'S FRUIT VAN	9am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	10:30am BISTRO TABITA FASHIONS	2.30pm BISTRO SCRABBLE / RUMMIKUB/ CHESS
THUR 10 SEPT	9.30am TV LOUNGE KNITTING GROUP	10am LIFESTYLE CENTRE WOL AAN DIE ROL	10am BAR SAVOURY DUO 10am GYM AEROBICS	3pm BISTRO BINGO 7PM LATE BINGO	7pm TV LOUNGE DRAMATIC SOCIETY
FRI 11 SEP	7am EXTERNAL WALKING GROUP 9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	10:30am LSC JANEE LEKKER BISCUITS 11am GYM TABLE TENNIS	5 - 8pm  BAR	6pm BISTRO A LA CARTE DINNER
SAT 12 SEP	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA	5PM BISTRO SA VS NZ 	6pm BISTRO RESIDENT BRAAI	ON CALL  SHAAKIRAH
SUN 13 SEP	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH		ON CALL  SHAAKIRAH



SHAAKIRAH - 079 441 7452

WEEKLY MENU

MON 7 SEPT	Traditional Meatloaf with Mashed Potatoes & Peas	Chicken Pesto Pasta	(v) Lentil bolognaise over spaghetti pasta
TUES 8 SEPT	Roast Chicken Drum Sticks with Veggie bake & garlic potatoes	Fish Cakes with Savoury Rice & Carrots	(v) Vegetable Lasagne
WED 9 SEPT	Savoury Baked Potato with Cheese, Peas & Butternut	Hawaiian Pizza R90	(v) Savoury bake potato filled with meat free mince
THUR 10 SEPT	Chicken Parmesan with Roast Potatoes, Peas & Carrots	Cabbage Stew with rice & Beetroot salad	(v) Mushroom stroganoff with rice and butternut
FRI 11 SEPT	Chicken Schnitzel with wedges & glazed carrots	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Veg sausages with gravy, mash and baby marrows
SAT 12 SEPT	Chicken Broc Pasta Bake	Beef Pita with Side salad	(v) Thai lentil veg curry with rice
SUN 13 SEPT	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Lamb with rice, roast potatoes and gravy and veg medley R150	Dessert Ice Cream with Berry Compote

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

Vegatable 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



TABITA FASHION

pop-up
SHOP

**9 September 2026
10.30am - 1.30pm
Lifestyle centre**

FABULOUS FASHION
TRENDY & TIMELESS
COSY & COMFY

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.

Savoury Duo

Deliciously
Made for
You!



DATE:
10th
September



TIME:
10am

Come and get
**ALL YOUR
SNACK NEEDS!**



SAMOOSAS



PIES



PIZZA'S



SAUSAGE ROLLS

Venue:
**IN THE
BISTRO**

Fresh, Tasty
& Always
Delicious!

Wol aan die Rol

FOR ALL YOUR
knitting needs!

LOVE
TO KNIT
LOVE TO
CREATE



DATE:
**THURSDAY
10TH SEPTEMBER
2026**



VENUE:
**LIFESTYLE
CENTRE**



TIME:
10AM



CASH & CARD
payments
welcome!



Great
YARNS!
Lovely
COLOURS!
Endless
POSSIBILITIES!



Knit. Relax. Create. Enjoy!

WE LOOK FORWARD TO SEEING YOU!

BINGO

Fun, Friends & Fantastic Prizes!



10TH SEPTEMBER

3PM BINGO

7PM LATE BINGO

24TH SEPTEMBER

3PM BINGO

7PM LATE BINGO



REMINDER: BRING YOUR SNACKS AND WINE ALONG!



Please book with
CAROLE VAN ZYL H 70

See you there for lots of fun and prizes! ♥

Janee Lekker

BISCUITS *and* SNACKS

Come and get all your
tv snacks
with us!

DATES:

FRIDAY

11TH

SEPTEMBER 2026

&

FRIDAY

25TH

SEPTEMBER 2026



TIME:
10.30AM



VENUE:
IN THE
BISTRO



Diabetic rusks
also available!



We look forward to seeing you there!



Muizenberg SPRING DINNER



Friday 11 September 2026 • 6pm

Starter

Tomato Basil Soup R45

Garlic Roll R20

Peri-Peri Chicken Livers with Toast R60

Mains

Sticky Chicken Wings served with chips R90

Chicken Francese: Chicken breast thin chicken with a light, golden egg batter crust, served warm in a silky lemon, butter, and white wine sauce.

Served with roasted potato, butternut & broccoli

Ladies R75 // Normal R95

Seafood Platter (4 Mussels, Calamari Strips, Linefish, Prawns)

Served with savoury rice & side salad R250

Grilled/Fried Hake served with savoury rice & veg of the day

Ladies R90 // Normal R120

Line Fish: Served with Lemon Butter sauce, Savoury Rice

OR Chips and Veg of the day

Ladies R90 // Normal R120

Speciality Grill

Fillet Steak served with Chips & Veg of the day

150g R180 // 200g R250

Ribs & Chips R160

Desserts

Dome Pedros // Irish Coffee R45

Cakes on Display

Sides:

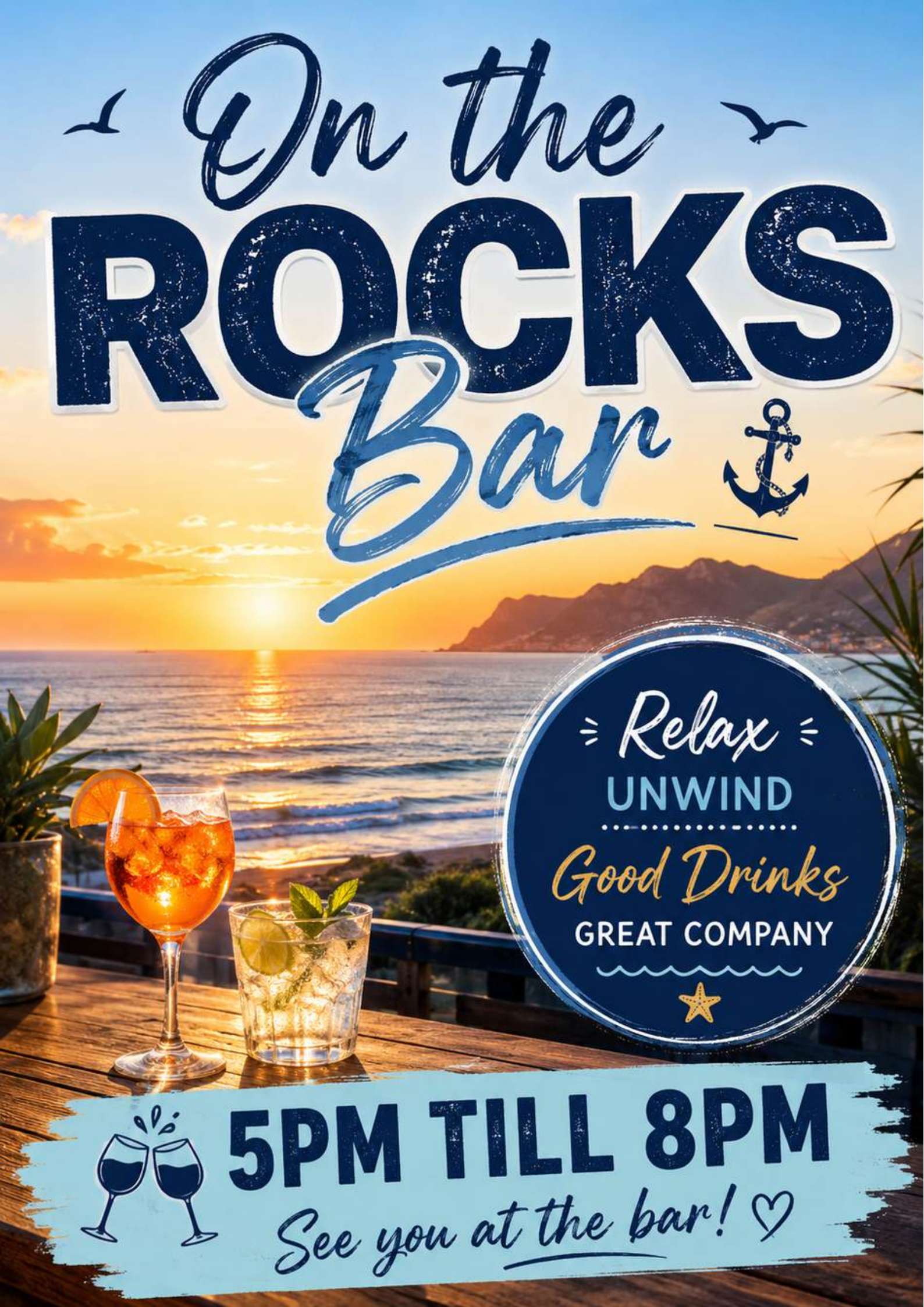
Mushroom Sauce R20

Pepper Sauce R20

Good Food • Good Company • Great Memories



On the ROCKS Bar



5PM TILL 8PM

See you at the bar! ♥

RUGBY

Showdown!



SA



SOUTH AFRICA

VS

NZ

NEW ZEALAND



SATURDAY
12TH SEPTEMBER
2026



TIME:
5PM



@ THE
TV LOUNGE

BRING YOUR SNACKS / MEAT AND WINE



FOLLOWED BY

Residents BRAAI!!



Bring the **GEES** for the GAME!



GOOD COMPANY • GREAT RUGBY • AWESOME GEES!



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

