

WHAT'S HAPPENING

EVERGREEN MUIZENBERG



14 - 20 SEPT

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

Dear Residents,

We hope you're enjoying a fantastic week!

Heritage Month is being celebrated under the theme: "Celebrating Our Living Heritage: Strengthening the Ties That Bind Us."

Highlights for the Week

- Monday, 7 Sept: Join the lively dancers in the gym at 4 PM.
- Tuesday, 8 Sept: Participate in Carpet Bowls at 4:30 PM, or simply come to cheer on the players.
- Wednesday, 16 Sept: Attend a discussion on Breathlessness and Asthma with Meg; be sure to reserve your spot at reception.
- Thursday, 17 Sept: Can you knit? Join our knitting group every Thursday at 9:30 AM in the TV Lounge. In the evening, the Dramatic Society will be practicing in the TV Lounge; contact Barrie Howard for more details at A315.
- Friday, 18 Sept: Nutty Nuts will be visiting the village to satisfy all your snack cravings.
- Saturday, 19 Sept: Join us for Quiz Night in the village, whether to participate or support!
- Sunday, 20 Sept: Music festival with Laubi & Hugh.

"In Africa, we have a concept known as Ubuntu, based on the understanding that we are only people because of other people."

Wishing you a delightful weekend!

Warmest regards,

The Evergreen Team 🌿

Live the Evergreen Lifestyle

WEEKLY *Activities*

MON 14 SEPT	7am WALKING GROUP 9am BISTRO ART W STEPH	9am EXTERNAL SHUTTLE TO BLUE ROUTE	10.30am POOL AQUA AEROBICS	4pm GYM FUN DANCING	7pm BISTRO Canasta
TUE 15 SEPT	9.15am GYM STRETCH EXERCISES	10.15am GYM SEATED STRETCH		3pm LSC COLOUR IN MANDALA	4.30pm LSC CARPET BOWLS
WED 16 SEPT	7am EXTERNAL WALKING GRP 8.30am RIAAAN'S FRUIT VAN	9am GYM AGELESS GRACE	10am BISTRO BIBLE STUDY	11:30am TV LOUNGE BREATHLESS- NESS + ASTHMA TALK WITH MEG	2.30pm BISTRO SCRABBLE / RUMMIKUB/ CHESS
THUR 17 SEPT	9.30am TV LOUNGE KNITTING GROUP	11.30am GYM AQUA AEROBICS		2.30pm BISTRO BRIDGE	7pm TV LOUNGE DRAMATIC SOCIETY
FRI 18 SEP	7am EXTERNAL WALKING GROUP 9.15am GYM STRETCH CLASSES	10am TV LOUNGE CHURCH SERVICE	10:00am LSC NUTTY NUTS	5 - 8pm  BAR	
SAT 19 SEP	PARKING JOHN ADAMS FRUIT & VEG	1.45pm BISTRO CANASTA		6PM BISTRO QUIZ NIGHT	 ON CALL AMANDA G
SUN 20 SEP	8.45am TV LOUNGE ONLINE CHURCH SERVICE		12.30pm BISTRO SUNDAY LUNCH	5.30pm BISTRO MUSIC FESTIVAL WITH LAUBI & HUGH	 ON CALL AMANDA G

WEEKLY Menu

MON 14 SEPT	Thai Chicken S/F with rice & Stir Fried Vegetables	Bobotie with yellow rice, Butternut & Chutney	(V) Pesto and cherry tomato sauce over penne pasta
TUES 15 SEPT	Chicken Wrap and Chips	Spaghetti Bolognese with Parmesan Cheese	(V) Veg Ragu with mashed potatoes, Peas and carrots
WED 16 SEPT	Chicken a la King with Rice & Baby Marrow	Braai Mix - Beef Sausage, 2 Drum Sticks with Baby potato & Side salad R90	(V) Vegetable korma with rice and sambal
THUR 17 SEPT	Pork Sausage with Mashed potato, Carrots & Gravy	Monterrey Chicken Bake ,with rice & Carrots	(V) Lentil bobotie with rice and butternut
FRI 18 SEPT	Lentil bobotie with rice and butternut	Fried/Grilled Fish Served with chips, coleslaw and tartar sauce	(V) Tomato and vegetable meatballs with couscous and stirfried vegetables
SAT 19 SEPT	Chicken Skewers with Chips & Side salad	Meatball Curry	(V)Vegetable kebabs with rice and potato wedges
SUN 20 SEPT	Roast Chicken with rice, roast potatoes and gravy and seasonal vegetables	Roast Gammon served with rice, roast potatoes, gravy and seasonal vegetables	Dessert Strawberry Fridge Pudding

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



LIBRARY Raffle

Support
your Library
& win!

TICKET SALES

Starting Monday 14 September
until Wednesday 23 September



Monday to Friday
from 12pm to 2pm



R50

SINGLE TICKET

R80

FOR 2 TICKETS

R100

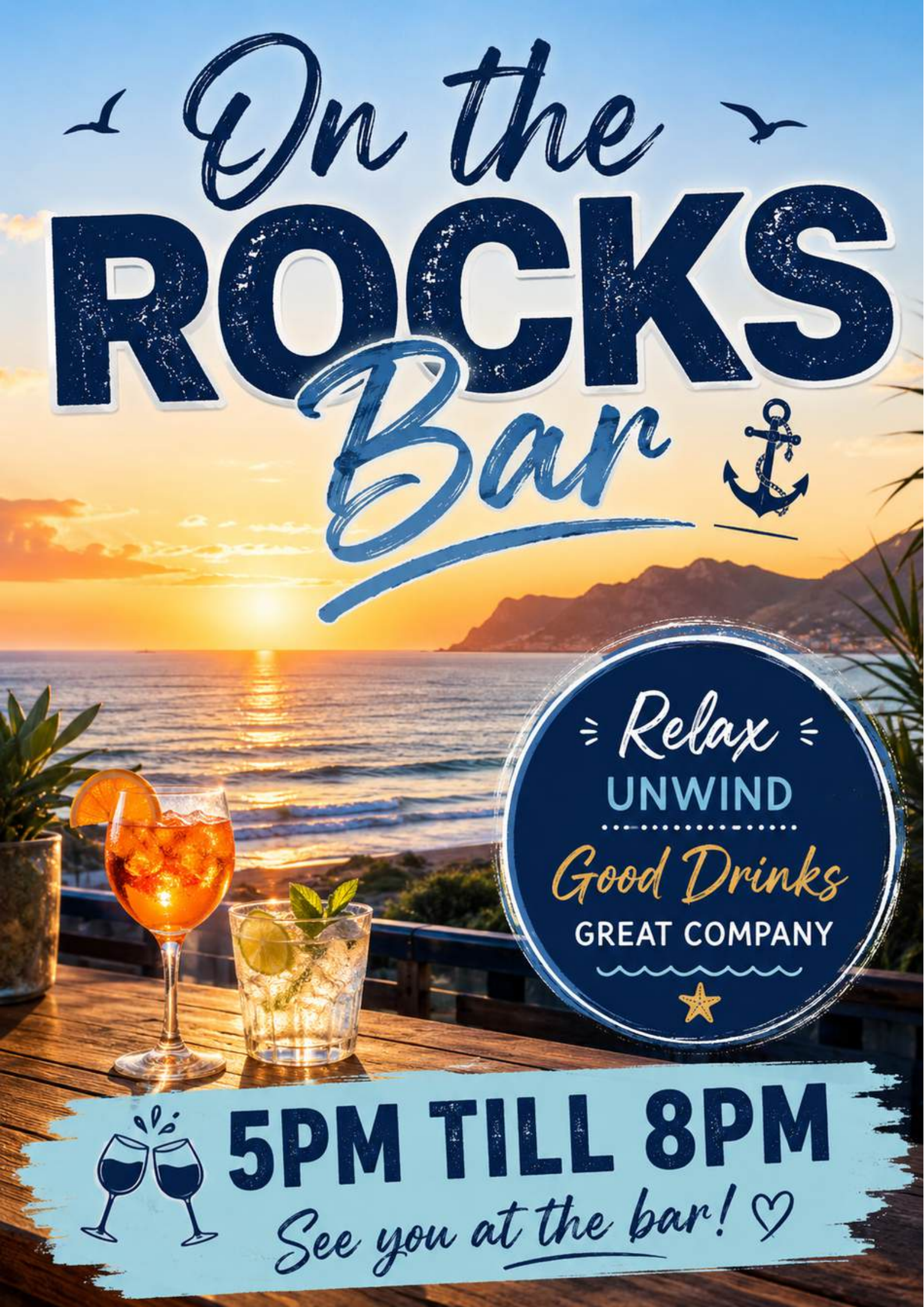
FOR 3 TICKETS



Draw will take place on
FRIDAY 25 SEPTEMBER
at 5pm

Thank you for supporting our Library!

On the ROCKS Bar



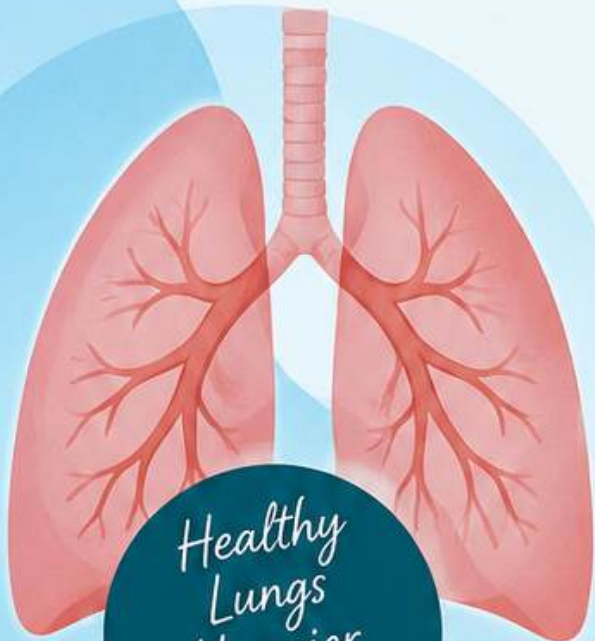
5PM TILL 8PM

See you at the bar! ♥

Let's talk about

Breathlessness & Asthma

BREATHE BETTER • LIVE WELL



Healthy
Lungs
Happier
Days



What causes
breathlessness?



Understanding
asthma



Tips for better
breathing



Ask questions
and share experiences

Small
Steps
Big
Breathing
Changes



Wednesday
16th September



In the
TV Lounge

Join us for an informative talk and discussion
on breathlessness and asthma, with helpful advice,
support and practical tips.

— ALL WELCOME —



Breathe
Feel Better
Live Brighter



QUIZ Night



 Saturday
19 September
 6pm



Think
You
Know It?



Book your teams
with Reception



Join us for the 19th

EVERGREEN *Music Festival*

*A beautiful evening
celebrating what feelings sound like.*

We will meet in the Bistro from 17:00.

Starting with 'Hugh's Choice' and the formal programme
beginning at 17:30.

Expect videos of world-class interpreters.

The evening opens in dignified splendour with Elgar's *Nimrod*, then drifts into a heart-felt sense of home under the Southern Cross, sung by the University of Stellenbosch Choir.

Kiri Te Kanawa offers a tender Paul McCartney blessing for an unborn child, followed by the rich voices of the US Navy Choir paying tribute to Dolly Parton with a choir rendering of her song "In the Light of a Clear Blue Morning."

We will travel to Italy - Verdi's slave chorus from *Nabucco*, sublime tenor and soprano treasures, and the radiant Peasant's Dance.

Revel in jazz wonders - Hoagy Carmichael's timeless "Stardust" (as sung by Michael Bublé) and the shimmering "La Mer" from the Paolo Tomelleri Big Band featuring Nicki Parrott.

For lightness and laughter, enjoy numbers from *My Fair Lady* and Elvis's *Blue Hawaii*, before a rollicking finale of exuberant light classical piano.

Don't miss this vibrant, heart-warming programme - a feast for the ears and the spirit. Bring your friends, family, neighbours - but most of all, your lovely selves.



Date:
Sunday 20 September.



Gathering: 17:00 (Hugh's Choice).
Programme starts: 17:30.



Venue:
Bistro area.



Please book at reception
for catering purposes.

