

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

26 JULY - 1 AUGUST 2021

WHAT'S ON THIS WEEK

Dear Residents

I would like to congratulate all residents who got their second Covid-19 vaccination this week; let's hope we're one step closer to reaching what can only be considered our 'new normal'.

The Olympic Games begin today, 23rd July, and South Africa has sent its largest contingent of athletes to date - 185 athletes will compete across 17 of the 33 Olympic sports, even in the newly introduced sports of skateboarding and sport climbing.

In the last Olympic Games held in Rio de Janeiro, SA bought back 10 medals compared to the 6 that was won in the London Olympics in 2012, and we are certainly hoping to see those tallies increase.

Wade van Niekerk [athletics], Chad le Clos [swimming], Lawrence Brittain and John Smith [rowing] and the Blitz Bokke (Rugby SA 7s) are but a few of our medal hopefuls, and we certainly expect great things from the rest of the athletes too.

The Opening Ceremony will take place today at 12h50 South African time, on DSTV Channels 201 and 202 with highlights at 19h00 on channel 202.

The first official British and Irish Lions Test Match against the Springboks will also kick off at 17h50 on Saturday on DSTV channel 211, with the match build-up beginning at 16h30. So stock up on your non-alcoholic beer, your biltong and naartjies!

On that positive note, I received the link below from one of our residents, and while we have our fair share of struggles and reasons to leave South Africa, he shows that we have even more reasons to stay.



SEE LINK [HERE](#)

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS

daily meals & promotions

SERVED FROM 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY

26 JULY - 1 AUGUST	DAILY PROMOTION	DAILY MEAL - R52	<i>dinner menu</i> WEDNESDAY 28 JULY 2021 18H00 - 20H00
MONDAY	English muffin topped with a poached egg, bacon bits, rocket and Hollandaise sauce (with tea/coffee) R60	Tikka chicken with basmati rice, flatbread & pan-fried greens	2 COURSE SET MENU - R120 TABLE SALAD - R45 MAIN COURSE Pork fillet stuffed with apricot, thyme & feta with creamy dijon mashed potatoes & grilled vegetables or Grilled salmon with Hollandaise sauce, lemon risotto & grilled vegetables DESSERT Berry pavlova or Homemade waffle with vanilla ice cream, chocolate sauce & hazelnuts
TUESDAY	Caprese croissant (with tea/coffee) R55	Greek-style hake with savoury rice & seasonal vegetables	
WEDNESDAY	Any cake from the deli display (with tea/coffee) R45	Lemon, thyme & garlic grilled chicken with baby potatoes & roasted vegetables	
THURSDAY	Seasonal vegetable soup with sour dough bread R30	Beef & mushroom pie with gravy, potato wedges & garden salad	
FRIDAY	Cinnamon sugar pancakes with vanilla ice cream (with tea/coffee) R30	Rosemary fried hake with tartar sauce, chips & coleslaw	<i>sunday lunch</i> 1 AUGUST 2021 12H00 - 14H00
SATURDAY	Gourmet boerewors roll & chips R38	Italian minced beef plait, mashed potato with grilled zucchini & rosa tomatoes	2 COURSE SET MENU - R95 TABLE SALAD - R45 MAIN COURSE Roast beef & Yorkshire pudding with red wine jus, roast potatoes & seasonal vegetables DESSERT Peach & cinnamon cobbler with homemade vanilla custard
SUNDAY	Scones with strawberry jam & cream (with tea/coffee) R45	IMPORTANT NOTICE We recommend that residents do not dine in groups of more than 4 persons. Dinner service will be restricted due to the lockdown curfew and to allow our staff to travel home safely and within the restrictions.	

NOTE:

PAYMENT BY CARD OR ON-ACCOUNT ONLY. CONTACT THE BISTRO ON EXT.2404

IT'S A CELEBRATION!



BIRTHDAYS

Wishing you many happy moments and the very best memories on your special day!

28TH JULY

PETER PHILLIPS - Noordhoek

ANNIVERSARIES

The best thing in life to hold on to is each other.

21ST JULY

NICHOLAS & CHERRIL CHARMAN - Noordhoek



NEW RESIDENTS

Home is not a place...Its a feeling

WELCOME



**NO NEW RESIDENTS
THIS WEEK**