

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

23-29 AUGUST 2021

WHAT'S ON THIS WEEK

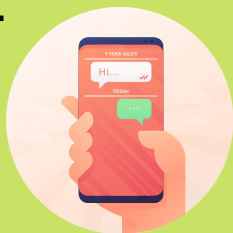
Dear Residents

Happy Friday and Happy Senior Citizens Day in advance to everyone - who considers themselves "senior". I would like to again invite you all to join us for our first expanded market that we hope to develop even more once we are less restricted by Covid-19 regulations.

Below in celebration of all senior citizens some humour I hope you appreciate.

THE SENIOR CITIZENS TEXTING CODE...

ADT - at the doctor
BFF - best friend fell
BTW - bring your wheelchair
BYOT - bring your own teeth
FWIW - forgot where I was
GGPBL - gotta go pacemaker battery low
GHA - got heartburn again
IMHO - is my hearing aid on?
LMDO - laughing my dentures out
OMMR - on my massage recliner
OMSG - oh my! sorry, gas
ROFLACGU - rolling on floor laughing and cant get up
TTYL - talk to you louder



Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

VILLAGE MARKET
21 AUGUST 2021



NATIONAL SENIOR CITIZENS DAY

EVENT NOTICE

While we are all looking forward to a great day tomorrow we need to keep in mind that we residents safety remains a priority.

A few important things to keep in mind:

- The wearing of masks is compulsory
- Visitors are welcome but must be accompanied by residents
- Numbers will be managed in accordance with National Covid-19 regulations
- Only the main entrance will be used for screening purposes and managing numbers
- The Lifestyle Centre and surrounds are all considered non-smoking areas
- The Bistro team will have 2 stalls and will therefore not serve the full menu for the duration of the market.

WEEKLY ACTIVITIES

23-29 AUGUST

LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | PLEASE ENSURE THAT COVID PROTOCOLS ARE ADHERED TO AT ALL TIMES.



MONDAY	09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277	10h15 - 11h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443	14h00 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089		
TUESDAY	09h00 - 10h00 EXTEND SENIOR FIT Crafts Room Judith ext. 2063	10h00 BRIDGE Bistro Cecile ext. 2011		14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY	09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277	10h30 - 11h15 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443	4 & 18 AUGUST 10h00 - 12h00 CHRISTIAN FELLOWSHIP Games Room John ext. 2018		18h00 - 20h30 DINNER Village Bistro ext. 2404
THURSDAY	09h00 - 10h00 EXTEND SENIOR FIT Crafts Room Judith ext. 2063	10h00 KNITTING GROUP Lounge Jenny ext. 2026	16h00 TABLE TENNIS, POOL / SNOOKER 1st Floor	14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	
FRIDAY	09h00 - 10h00 SPINE SHINE BACK CARE YOGA Crafts Room Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443			17h00 SUNDOWNER SOCIAL 1st Floor Norma ext. 2089
SATURDAY					
SUNDAY			12h00 - 14h00 SUNDAY LUNCH Village Bistro Melanie ext. 2404		

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS

daily meals & promotions

SERVED FROM 08H00 - 16H30 | TAKE-AWAY AND HOME DELIVERY ONLY

23-29 AUGUST	DAILY PROMOTION R35	DAILY MEAL R52	dinner menu 18H00 - 20H00
MONDAY	Selection of Sweet Treats from our display with Coffee/Tea	Bacon & Three Cheese Homemade Quiche with Garden Salad and Chips	2 COURSE SET MENU - R120 TABLE SALAD - R45 MAIN COURSE Sticky Blueberry & Soya Pork Ribs with Handcut Chips & Garden & Citrus Salad or Lamb Bourguignon with Creamy Leek Mash Potato with Pan Fried Greens DESSERT Chocolate & berry Cigars with Vanilla Ice Cream or Citrus & Coconut Baked Dessert served with Lemon Infused Custard
TUESDAY	Breakfast Croissant - Scrambled Egg with Bacon & Caramelized Onion	Beef & Vegetable Curry with White Rice, Sambals & Roti	
WEDNESDAY	Savoury Scone - with Cheese R20 - with Coffee/tea R35	Mediterranean Hake with Polenta and Grilled Vegetables	
THURSDAY	Slice of Cake with Coffee/Tea	Sweet & Sour Pork Tempura with Rice & Stir Fried Vegetables	
FRIDAY	Sundowner Platter	Crunchy Fried Chicken Fillet served with Mushroom sauce, Oven Roast Potatoes and Garden Salad	sunday lunch 12H00 - 14H00 2 COURSE SET MENU - R95 TABLE SALAD - R45 MAIN COURSE Soya & Apple Infused Pork Roast, ith Crackling, Apple Sauce, Broccoli & Cauliflower Au Gratin and Roasted Butternut DESSERT Apricot Homemade Sago Pudding with Rooibos Infused Custard
SATURDAY	Homemade Waffle with Vanilla Ice Cream & Maple Syrup	Cottage Pie & Gravy with Pan Fried Vegetables	
SUNDAY	Scones - with Strawberry Jam & Cream R20 - with Coffee/tea R35	Note: Maximum 50 guests per seating. Preference will be given to residents	

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!

23RD AUGUST

ANN JUDGE - Noordhoek

25TH AUGUST

LORNA KIRSTEN - Noordhoek

ROB VERLAAN - Noordhoek

NICHOLAS CHARMAN - Noordhoek

29TH AUGUST

PETA SARKIS - Noordhoek

ANNIVERSARIES

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

**NO ANNIVERSARIES
THIS WEEK**



NEW RESIDENTS

Home is not a place...Its a feeling

**NO NEW RESIDENTS
THIS WEEK**

WELCOME

