

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

ENJOY EVERY MOMENT.

WE HAVE LOADS OF FUN SOCIAL EVENTS HAPPENING THIS MONTH!

Dear Residents,

As mentioned in last week's Aloe Aloe, we will soon be commencing with the social activities for February and we are kicking off with a jam packed week!

On Monday the 14th we celebrate Valentine's Day with a delicious lunch menu. It is R200 per couple and it includes a 2 course choice menu and a glass of sparkling wine per person.

On the 16th, we have arranged a Wellness Day where all residents can receive complimentary blood pressure, cholesterol and BMI testing.

Then, following on from the very successful Quiz Night, we will have a go at our very first Bingo Night on the 17th. Norma Roos and Mike Chiles have once again put an amazing evening together for you.

We will be sharing more details on all social events in each week's edition of Aloe Aloe so make sure you're in the know.

This week in addition to our regular pages, we have included a romantic-ish spin on Bottom's Up, What's Cooking and the Musical Corner.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

7 - 13 FEB

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

What's On The Menu

Delicious meals on offer this week!

It's A Celebration

Birthday's, Anniversaries & New Residents

Bottom's Up!

This week we focus on Valentine's Cocktails

What's Cooking?

This week we're making Chocolate Mousse

Musical Corner


Pick your Valentine's playlist from our selection of romantic singers



WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



| | | | | |
|------------------|--|---|---|--|
| MONDAY | 09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277 | 10h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443 | CANASTA / BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089 | REMINDER! REFUSE COLLECTION MON-SAT 07H00-09H00 |
| TUESDAY | 08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith ext. 2063 | 10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 | 14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089 |  REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY |
| WEDNESDAY | 09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277 | 9 & 23 FEB - 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018 | | |
| THURSDAY | 08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith ext. 2063 | 10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026 | 14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 | 16h00 TABLE TENNIS, POOL / SNOOKER 1ST FLOOR |
| FRIDAY | 09h00 SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539 | RESUME 10 JAN 2022 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443 | | |
| SATURDAY | | | | |
| SUNDAY | | | 12h00 SUNDAY LUNCH BISTRO ext. 2404 | |

WHAT'S ON THE MENU?

OPEN 08H00 – 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY | BOOKINGS ESSENTIAL

MONDAY

Grilled Chicken & Crispy
Bacon Cob Salad

TUESDAY

Penne Arabiata with Beef
Mince served with
Bruschetta

WEDNESDAY

Crunchy Chicken
Schnitzel with Mushroom
Sauce, Potato Wedges,
Roast Butternut &
Creamy Spinach

THURSDAY

Sweet & Sour Pork,
Vegetable Stir Fry with
Egg Noodles

FRIDAY

Fried or Grilled Hake with
Tartar Sauce, Chips &
Apple Slaw

SATURDAY

BBQ Mayo Club Sandwich
(lettuce, tomato, egg &
chargrilled chicken) with
Cheesy Fries



WEDNESDAY DINNER MENU

SERVED FROM 18H00 | CHOICE MENU | 2 COURSE – R120

MAIN COURSE

Seafood Risotto & Pan Fried Greens **R85**

Maple-glazed Chicken Breast stuffed with
Feta & Spinach, served with Roast
Potatoes & Vegetable Medley **R85**

Creamy Bacon & Mushroom Carbonara
with Herb Butter Bruschetta **R85**

DESSERT

Almond & Saffron Sago Pudding **R38**

Passion Fruit Cheese Cake **R38**

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Roast Pork & Crackling with Gravy, Berry
Sauce, Cinnamon Roasted Pumpkin & Pan
Fried Green Beans

DESSERT

Fruit Pavlova

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

7 February

MARLEEN PRITCHETT - Noordhoek

8 FEBRUARY

ARNOLD BEHRMAN - Noordhoek

11 FEBRUARY

OSCAR STOPFORTH - Noordhoek

IAN ALEXANDER - Noordhoek

12 FEBRUARY

LYN HARDING - Noordhoek

13 FEBRUARY

MEGAN BAGSHAW - Noordhoek

MIKE CHILES - Noordhoek

ANNIVERSARIES

**No Anniversaries
this week**

NEW RESIDENTS

DUNNY & ELBETH REED

House 125 Noordhoek

IAN & BEVERLY MACHUTCHON

House 30 Noordhoek



BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID



*LET IT BE LOVE AT
FIRST SIP THIS
VALENTINE'S DAY!*

While a glass of sparkling wine has been known to bring on the romance, cocktails are also perfect for setting the mood...

Rosé Aperol Spritz



Method

Fill a wine glass with ice, then add 1 ounce Aperol, 2 ounces simple syrup, 2 ounces sparkling rosé, and then 1 ounce grapefruit juice. Feel free to garnish with a grapefruit peel "rose."

Cupid's Cocktail



Method

Pour 3 ounces Elderflower Tonic, ½ ounce gin, and 2 ounces dry champagne in a flute. Garnish with mint sprig.

Goodnight Kiss



Method

Add 1 dash angostura bitters onto 1 sugar cube and drop it into a champagne flute. Add 4 ounces champagne and top with 1 ounce Campari.

WHAT'S COOKING?

COOKING MADE EASY



ALL YOU NEED IS LOVE... AND A LITTLE CHOCOLATE

6-INGREDIENT CHOCOLATE MOUSSE

Recipe by Abigail Donnelly and Woolworths | SERVES 4 | DIFFICULTY Easy | PREP TIME 20 minutes, plus 1–2 hours' chilling time | COOKING TIME 15 minutes | WINE / SPIRIT PAIRING Woolworths Spumante Doux NV

INGREDIENTS

1 cup cream | 4 free-range egg yolks | 1/4 cup strong espresso | 3 T sugar | 120 g Lindt Touch of Sea Salt dark chocolate, chopped and melted | 2 free-range egg whites | Crème fraîche, for serving (optional)

METHOD

1. Beat the cream until stiff peaks form, then chill until required.
2. Place the egg yolks, coffee and 2 T sugar into a glass bowl. Place the bowl over a pot of simmering water and cook, whisking continually, until doubled in volume, about 3 minutes.
3. Remove from the heat, add the chocolate and stir to combine. Beat the egg whites with the remaining sugar. Fold the egg whites into the whipped cream, then gently fold into the chocolate mixture.
4. Place in a serving bowl and chill for 1–2 hours, or until set.

Chef's note: This is a great mousse that will save you from dinnerparty stress time and time again.



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

LOVE IS IN THE AIR [waves] TONIGHT

Let love surround you with our selection of romantic singers

Frank Sinatra

(1915-1998) He was a master at reinterpreting standards with his rich baritone and impeccable phrasing. Many of his romantic ballads, including "Strangers in the Night," "The Very Thought of You," "Fly Me to the Moon" and "The Way You Look Tonight," remain timeless classics.



Marvin Gaye

(1939-1984) Marvin should be on this list just for "Let's Get It On," his classic 1973 ballad of seduction. But Gaye's soulful voice also gave us the tortured-love classic "I Heard it Through the Grapevine" and the erotic "Sexual Healing."



Barbara Streisand

The multitalented Barbra Streisand has had huge success as a singer, an actress and a filmmaker. In the 1970s she had a string of big, unabashedly sappy hits (many from her movies), including "The Way We Were," "Evergreen (Love Theme From 'A Star is Born')" and "You Don't Bring Me Flowers," her duet with Neil Diamond.



Elvis Presley

(1935-1977) made audiences swoon with his deep voice, soulful eyes and sensuous swagger. "Love Me Tender," "Can't Help Falling In Love" and "Are You Lonesome Tonight?" are among the most romantic songs ever recorded.



Barry White

The deep seductive purr of Barry White (1944-2003) powered such '70s love songs as "Can't Get Enough of Your Love," "Never, Never Gonna Give Ya Up" and "You're The First, The Last, My Everything."



Tony Bennett

Known for his smooth voice and interpretive abilities with songs in a variety of genres Tony Bennett gave us the timeless "I Left My Heart in San Francisco" and at 89 is still going strong.



Céline Dion

Back in the '90s, when songstress Céline Dion wasn't making us cry our eyes out to the soundtrack from Titanic, she was making our hearts hurt with the lyrics to "Because You Loved Me." (But in the best way.)



Billie Holiday

The one and only Billie Holiday performed the jazz standard "Crazy he Calls Me" in 1940, setting the stage for storied performers to cover this romantic hit in years to come. But Holiday did it first (and arguably the best).

