

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"THROUGH LIFE I HAVE LEARNED THAT THE MOST IMPORTANT CRITIC WHOSE JUDGEMENT OF MY ACTIONS MATTERS IS MY CONCIENCE."

"HOPE IS THAT LITTLE SPARK THAT GIVES YOU FAITH IN THE POSSIBILITY OF A FUTURE THAT SEEMS UNATTAINABLE. "

"THIS MORNING I'M REMINDED THAT IT'S GRACE THAT TOOK ME TO EVERY PLACE I'VE BEEN, LED ME THROUGH CHALLENGES AND GRACE THAT'S BROUGHT ME HERE."

~ THULI MADONSELA~

Dear Residents,

I hope you all had a great week!

Thank you to everyone that joined us for the Quiz night last night. It was another full-house with 120 residents attending! Thank you as always to Mike and Norma for all the hard work that goes into these evenings.

In this weeks newsletter we have a few new and exciting services and activities coming your way. Ielhaam Ramphal's focus is on Spa treatments for senior independent residents at retirement villages. She will be hosting a talk on "Holistic Living" which will include a complimentary hand scrub demonstration. It will be held on the 6th of October and she will also showcase a range of products on the day. More details to follow.

Louise Jackson will also be doing a free trial class of low impact cardio exercises for those of you who want to tone up in time for summer.

Please also take note of the communication that was sent out earlier today relating to the Bistro and social events and which also refer to the menu options shown on page 5.

In addition to our regular pages, this week in What's Cooking we make a truly marvellous mushroom sauce while in "Bottom's Up" we highlight ways in which to use your favourite SA tippie while cooking.

In this week's "Musical Corner" we keep it local with Jeremy Loops and Ladysmith Black Mambazo and don't forget to click on the link on the page to listen to their latest single.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

19 - 25 SEPTEMBER

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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		GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY	09h00 CALLENETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	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	7 & 21 SEPTEMBER 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	09h00 - 16h00 WATERLESS CARWASH BASEMENT Reception ext. 2400	18h00 WEEKLY DINNER BISTRO ext. 2404	
THURSDAY		10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
FRIDAY	09h00 SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	
SATURDAY		11h00 SPRINGBOK BRUNCH BISTRO ext. 2404			
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

20 SEPTEMBER

ROWAN MARY MENTIS - Noordhoek

21 SEPTEMBER

JOAN LEIGHTON - Noordhoek
MILDRID PHILLIPS - Noordhoek

24 SEPTEMBER

JENNY BROOKS - Noordhoek
LYNDON PHILLIPS - Noordhoek

ANNIVERSARIES

NO ANNIVERSARIES
THIS WEEK

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU



DAILY MEALS | LUNCH R65

MONDAY

Thai Fishcakes with Creamy Dill Sauce, Mashed Potato & Roasted Vegetables

TUESDAY

Salsbury Steak served with Potato Wedges, Butter-glazed Carrots & Peas

WEDNESDAY

Creamy Smoked Salmon Pasta & Homemade Garlic Bread

THURSDAY

Sweet & Sour Tempura Pork with Egg-Fried Noodles & Stir-Fried Vegetables

FRIDAY

Fried/Grilled Hake with Chips & Fresh Garden Salad served with Lemon & Tartar Sauce

SATURDAY

Grilled Beef Burger with Red Onion, Gherkins & Peppercorn Sauce served with Chips /Salad

SUNDAY | LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Roasted Red Bell Peppers & Feta-stuffed Pork served with Berry Jus, Roast Potatoes & Seasonal Vegetables

DESSERT

Mixed Berry Pavlova

HEAT & EAT MEALS | DINNER R65

MONDAY

Chicken A La King with Parsley Rice & Greenbeans

TUESDAY

Slow Cooked Pork Casserole with Rice & Seasonal Vegetables

WEDNESDAY

Lemon & Herb Grilled Chicken with a Caprese Pasta Salad

THURSDAY

Beef & Mushroom Pie with Garlic Baby Potatoes & Pan-Fried Vegetables

FRIDAY

See page 5

SATURDAY

Honey & Garlic Chicken Tenders with Cauliflower Rice & Pan-Fried Vegetables

SUNDAY

Sun-dried Tomato & Basil Pesto Pasta Bake with a Greek Salad

DAILY MEAL | BREAKFAST

SERVED FROM 08H00 - 11h00

BACON BENEDICT

English Muffin Topped with Rocket, 2 Poached Eggs, Hollandaise Sauce

ENGLISH BREAKFAST

2 Eggs, Bacon, Beef Sausage, Grilled Tomato, Toast & Preserves

OPEN 08H00 - 16H30 | SIT DOWN | HEAT & EAT / TAKE-AWAY | HOME DELIVERY |
BOOKINGS ESSENTIAL - DAILY MEAL AND HEAT & EAT OPTIONS BOOKED BEFORE 09H00 DAILY

WHAT'S ON THE MENU?

NATIONAL "BRING" & BRAAI DAY

23 SEP 2022 | 17H00 | R100

BRING & BRAAI YOUR OWN MEAT WHILST ENJOYING THE SIDES & DESSERT BUFFET PREPARED BY WESTERN PROVINCE CATERERS

Salad Bar

BUTTERNUT & FETA SALAD WITH TOASTED PUMPKIN SEEDS | COUS COUS & ROASTED VEGETABLE SALAD | BUILD YOUR OWN SALAD – CRISP FANCY LETTUCE, CUCUMBER, MARINATED OLIVES, CHERRY TOMATOES, HERBED FETA CHEESE, GARLIC CROUTONS & RED ONION

Bread Selection

SELECTION OF COCKTAIL ROLLS, FRENCH LOAF, CROSTINI STICKS & MOSBOLLETJIE WITH BUTTER & PRESERVES

Hot Selection

BARBEQUE CORN RIBS, PAPTERT WITH TOMATO RELISH & CHEDDAR CHEESE

DESSERT BUFFET

SELECTION OF MINI DESSERTS

(BOOK AT BISTRO ON EXT. 2404)

FRIDAY NIGHT DINNER MENU

30 SEP 2022 | 18H00 | R95

STEAK (200G SIRLOIN) & CHIPS WITH SIDE VEG (BUTTERNUT & CREAMED SPINACH) OR A SIDE SALAD

CHICKEN SCHNITZEL & CHIPS WITH SIDE VEG (BUTTERNUT & CREAMED SPINACH) OR SIDE SALAD

BARBEQUE PORK RIBS (400G) CHIPS WITH SIDE VEG (BUTTERNUT & CREAMED SPINACH) OR SIDE SALAD

BURGER & CHIPS WITH ONION RINGS (BEEF / CHICKEN / VEGAN)

HAKE & CHIPS / CALAMARI & CHIPS / HAKE & CALAMARI COMBO & CHIPS WITH COLESLAW

PLOUGHMAN'S PLATTER (EXACT ITEMS TBC)

TABLE SALAD (R45)

ADD CHICKEN – R30 | ADD BEEF – R30 |
ADD FALAFEL BALLS (V) – R20

(BOOK AT BISTRO ON EXT. 2404)



RESIDENT ACTIVITY



The Royal International Air Tattoo (RIAT for short) - is arguably the largest military airshow in the world and is held in July in the UK at RAF Fairford which has been around since 1943. Construction started in 1943 and was used during the D-Day landings for the first time. It is mainly currently used by the USAF (United States Air Force) as a base for the U2 and B52 bombers - it is the only European air base for the USAF bombers.

Every Air Force in the free world is invited each year to send participants (including the SAAF who have never sent any aircraft). The Shackleton that crashed in the Sahara desert was in fact on it's way to participate in RIAT in 1994 when it crashed. That was Pelican 16.

The presentation is all about the participating aircraft, personalities and international teams that fly at RIAT.



PRESENTATION DETAILS

Date: Tuesday 20 September | Time: 4pm

Venue: First floor lounge | RSVP: clare@classicmarmalades.co.za

RESIDENT ACTIVITY



Our Knitting Group Family

Again after many years of faithful knitting we would like to thank each and every one of our ladies for their beautifully made contributions. There are over 25 wonderful women in the group and many very special ladies that knit from home to create these wonderful knitted items.

We are knitting currently for “the Sweet Peas “organisation run by Evie, from Victory Church Fish Hoek. She makes sure they are safely taken and given out at the False Bay Hospital to the brand new mummies giving birth. Many of these new mom’s hardly have a newspaper or blanket to take their babies home in, now they are helped.

Here at False Bay Hospital at the birth of their baby they are given a very special first time pack: baby booties, baby jacket or jersey, beanie, nappies, etc. The joy on their faces can hardly be described.

Some of the adult Beanies are given out to the Rotary Club for the aged and needy. We would love to invite on all lady knitters or crochet ladies, or tapestry ladies to come and Knit and Natter every Thursday morning from 9h45 to 12h00. Coffee or tea can be ordered at R10 a cup too.

It’s a family party!

Jenny Campbell-Pitt (ext. 2026) is our key person for any knitting enquiries.

Avril Allen (ext. 2049) distributes the Adult Beanies.

See you There!



RESIDENT ACTIVITY



LOW IMPACT CARDIO

Low Impact Cardio is a form of exercise that increases your heart rate while minimising the amount of stress or impact you put on your joints while also improving blood circulation.

Ladies and Gents welcome.

Remember to bring a bottle of water.

**Complimentary trial class on
Thursday 29 September at 08h45
Venue: Activity Room 1**



Contact Louise on ext. 2143

RELAXATION CORNER

Clean Beauty Spa AT YOUR CONVIENCE

FACIALS

Mini Facial 30mins R180

MAKEUP & STYLING

Everyday Glow: basic application for everyday (bring along your own makeup) 30mins R200

Occasional Makeup: R280
(eye makeup, brows, mascara with desired lip colour, no contouring only blush/bronzer, bring your own foundation, lipstick) 45mins

Wardrobe Cleanse: R425p/hr
(declutter, organise, and styling of items- minimum 2hrs)

Personal Shopping: R -
(finding an outfit for you) contact for quote

CALL OUT FEE:(Calculated via AA Rate)

We are a floating beauty spa offering small group treatments at your venue.

Book your Pamper Session

**Call or Whatsapp
ielhaam:082 396 7573
Nurina:073 142 2043**

Host a party of 5 or more and receive your treatment FREE
excludes makeup & styling

MANI & PEDI

Hands Feet

Express - file, buff, treatment polish R130 R150

Relax - Scrub & Massage R130 R150

Mini - soak, file, buff, treatment clear polish R210 R220

Refresh Power - soak, file, buff, exfoliate, massage, moisturize, treatment clear polish R250 R280

MASSAGES _AROMATHERAPY

Back massage 30mins R280

Head & Neck 30mins R280

Relaxing Hand or Foot 30mins R200

Back Scrub (only) 20mins R90

WAXING

Brows R80

Lip R80

Chin R80

Underarm R90

Halfleg R130



WHAT'S COOKING?

THE 3 SECRETS TO A KILLER MUSHROOM SAUCE

Every good cut of steak deserves the best mushroom sauce. We share our top 3 secrets to achieve just that – life's too short for bad mushroom sauce, anyway!

COOK THE MUSHROOMS DRY FRY

It's important to start off by frying the mushrooms in a dry, hot pan. This prevents them from becoming oily sponges. Make sure to let the mushrooms brown well – more caramelisation means more flavour!

COOK IN A SINGLE LAYER

A single layer means the mushrooms will cook evenly. There's a fine line between steaming and sautéing mushrooms – avoid steaming, as this also results in soggy mushrooms with no texture. Do not add salt right away, as this draws out moisture and results in steaming.

CARAMELISATION

Make sure to let the mushrooms brown well – more caramelisation means more flavour! When the boerewors is ready, take it off the fire, pull out the skewers and place a piece of braided sherry-infused boerewors on each prepared slice of baguette.

ONE CAN NEVER HAVE ENOUGH GARLIC

There's no greater combination than fresh garlic and mushrooms. Garlic adds a boost of flavour to any dish. Use either fresh or already crushed and only add after mushrooms have caramelised. If you add garlic too soon while you're still caramelising the mushrooms, it will burn and add bitter notes to the sauce.

THE SECRET INGREDIENT

We all know that caramelisation adds flavour to a dish; each step in cooking builds onto the previous flavour. By adding a secret ingredient, the already built-in flavour becomes more complex. Our secret weapon to adding more complex flavours is Bovril – yes, you read that right. Only 2 Tbsp (30ml) of this thick and salty meat extract adds depth of flavour to this sumptuous sauce.



BOTTOM'S UP!



WHAT LOCAL DOP IS BEST ON YOUR "CHOP"

Heritage Day is all about celebrating sunny South Africa, and what better way than with a #localislekker braai, complete with your favourite tippie!

SAUCES & MARINADES

Sexy Cider and Rum Braai Sauce

Heat 1 cup Savanna Dark cider, zest and juice of one lemon, 2 cups All Gold Tomato Sauce, 3/4 cup Zulu Rum, 1/2 cup brown sugar, 2 teaspoons Dijon mustard, 1 tablespoon Worcestershire sauce and a dash of garlic or onion powder. Simmer for 15 minutes and serve.

Seriously Cool Marinade

Mix 100ml Waterkloof Seriously Cool Chenin Blanc, 30ml soy sauce, 30ml honey, 5ml Worcestershire sauce and 5ml tomato paste for a killer meat marinade.

BREADS

Try this APPLE CIDER CHEDDAR BREAD recipe using Cluver & Jack Cider and a local cheddar cheese. Give it a whirl.

Ingredients (serves 10)

- 2½ cups all-purpose flour
- ½ cup whole wheat flour
- 1 tablespoon white sugar
- 1 tablespoon baking powder
- 1 teaspoon coarse salt
- 1 large Granny Smith apple, peeled and grated
- ¾ cup sharp cheddar cheese, cubed or grated
- 12 oz (1 and ½ cups) hard cider, such as Strongbow
- 4 tablespoons (¼ cup) unsalted butter, melted

Method:

Preheat oven to 350 degrees F/180C and butter and flour a 9-inch x 5-inch loaf pan.

In a large bowl, whisk together the all-purpose flour, whole wheat flour, sugar, baking powder and salt. Add grated apple and cheddar and toss to combine. Carefully add cider and mix together gently, just until all the dry ingredients are moistened. Pour batter into prepared loaf pan and spread into an even layer. Drizzle the melted butter evenly on top. Bake in preheated oven for about 60 minutes, until the top is golden brown and a tester inserted in the centre of the loaf comes out clean. Serve immediately.

PAIRINGS

South African Master Whisky Distiller Andy Watts came up with these choice local whisky pairings:

Bain's Cape Mountain Whisky with:

- Braai'd Camembert with preserved figs (cheese slowly cooked over an open grid)
- Braai'd banana with ice cream (bananas cooked in their skins over the coals) or
- Braai'd banana and Nutella wraps (The ultimate sweet treat!)

Three Ships Bourbon Cask with:

- Braai'd marshmallows
- Braai'd caramelised pineapple skewers (sprinkle pineapple skewers with sugar and cinnamon then braai)


Prefer wine?

Pair Allesverloren Cabernet Sauvignon with a braai'd Greek neck of lamb.

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

[CLICK HERE TO LISTEN TO "THIS TOWN"](#)



JEREMY LOOPS & LADYSMITH BLACK MAMBAZO – THIS TOWN

“WE WOULD LIKE PEOPLE TO GET A SENSE OF SELF-WORTH FROM THE SONG AND TO BE ENCOURAGED TO WORK TOWARDS WHAT THEY WANT IN LIFE AND BE PATIENT, AND KNOW THAT IT WILL ALL WORK OUT IN THE END – AND DON'T BE SHY TO ASK FOR HELP IF THINGS ARE TOUGH.”

South Africa's Jeremy Loops incorporates Afropop, soul, funk, and folk into his wide-ranging upbeat music. For his hook-laden latest single, “This Town”, Loops collaborated with African legends Ladysmith Black Mambazo. The ensemble's gorgeous harmonies kick off the tune as Loops enters with an irresistible melody backed by funky, syncopated beats. It's an instantly memorable pop tune with a sunny vibe underpinning lyrics addressing difficult struggles. The narrator hasn't had it easy lately and wants someone to save him as the “city is [his] heart and [he's] been waiting.” In the end, it's all about having hope and persevering through dark times but knowing there must be a better future ahead.

Loops tells PopMatters that “it's such an honor to work with Ladysmith Black Mambazo on ‘This Town’. It's a song about hope in what feels like a hopeless situation, and it really uses what makes LSBM so special. Rousing harmonies and piercing powerful lyrics, disguised in what on the surface is a joyous song.”

“We would like people to get a sense of self-worth from the song and to be encouraged to work towards what they want in life and be patient and know that it will all work out in the end and don't be shy to ask for help if things are tough,” adds Ladysmith Black Mambazo.

More info about Ladysmith Black Mambazo

As one of the most iconic vocal groups in the world, Ladysmith Black Mambazo formed in the 60's to create traditional world music with energetic, uniquely spirited harmonies. Throughout their celebrated career, the group have won five Grammy awards and seventeen nominations for music that honors their proud heritage. Jeremy Loops' special bond with the group formed from an upbringing that brimmed with musical curiosity and included *Graceland*, the Paul Simon album that was inspired by and widely features them. His first experience of the astounding vocal power in Ladysmith Black Mambazo ended in tears for the young creative who was left in complete awe.

More info about Jeremy Loops

As a self-taught musician, Jeremy's South African background was filled with sunshine-soaked melodies, a love for surfing and constant Bob Dylan-esque experimentation. When he's not writing or singing, Jeremy finds inspiration in environmentally leaning work such as his co-founded eco-initiative, Greenpop. A much-loved household name in his home country, Jeremy's mountain of successes include collaborations with world-renowned acts like Ed Sheeran, Simone Felice (The Lumineers), Jake Gosling (Shawn Mendes), Tobias Kuhn (Milky Chance), and Carey Willets (Dermot Kennedy).