

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"I've never been particularly aware of my age; it's like being on a bicycle - I just put my foot down and keep going."

~ Angela Lansbury ~

Dear Residents,

I hope you all had a great week! Spring is starting to show it's full face and the year seems to be racing to an end. Can you believe that Christmas is only 10 Sundays away!

I'd like to extend a big thank you to everyone who frequents the Bistro at Noordhoek. Your continued and increasing support is helping us achieve the numbers we require to ensure a buzzing Bistro and a great dining experience. We have a fully booked out Friday night dinner for a second week in a row!

This coming week, on Thursday, 20th Oct, you can all look forward to another fun Bingo night. Please don't forget to book your seat. We will then finish off the month's social events on a high with our long awaited annual Oktoberfest.

Like last year this will be an event open to all family and friends and all your support will be greatly appreciated. See more details on page 6.

In this week's newsletter, besides all our regular pages we take a look at all things spring in What's Cooking and Bottom's Up followed by a Tribute page dedicated to the late Dame Angela Lansbury.

With that, we wish you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen
Team

17 - 23 OCTOBER

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Weekly Activities
Your weekly guide to sport & recreational activities in the Village

It's A Celebration
Birthday's, Anniversaries & New Residents

What's On The Menu
Delicious meals on offer this week!

Resident Activities
Oktoberfest '22
Bingo Night

What's Cooking?
A healthier alternative to a full-on pie, filled with nutritious greens.

Bottom's Up!
Spring cocktails

TRIBUTE
Dame Angela Lansbury,



WEEKLY ACTIVITIES

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



MONDAY 17 OCT	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 443	GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089		
TUESDAY 18 OCT	09h00 CALLANETICS 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 19 OCT	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	5 & 19 OCT 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			
THURSDAY 20 OCT	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2043	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	18h00 BINGO BISTRO ext. 2404
FRIDAY 21 OCT	09h00 BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 AQUA AEROBICS POOL Renate 082 519 1873	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	18h00 WEEKLY DINNER BISTRO ext. 2404
SATURDAY 22 OCT					
SUNDAY 23 OCT			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

17 OCTOBER

BILL HARDING - Noordhoek

18 OCTOBER

MANFRED HOLLERMAN - Noordhoek

19 OCTOBER

STUART LEACH - Lake Michelle

20 OCTOBER

LOUINA BONDI - Noordhoek

22 OCTOBER

DUNNY REED - Noordhoek

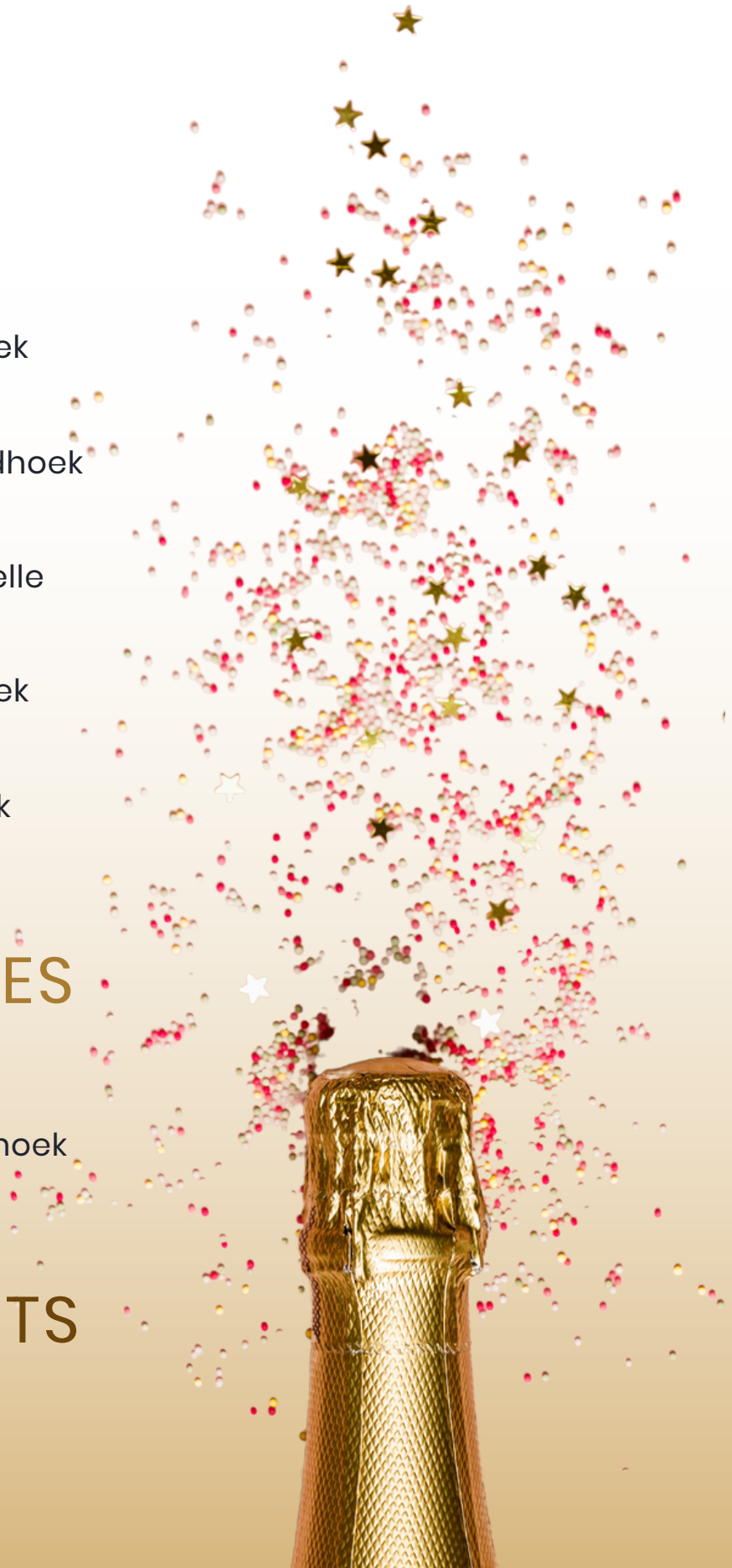
ANNIVERSARIES

23 OCTOBER

DON & ANNE STEPTO- Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS
THIS WEEK



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPEN DAILY
08H00 - 16H30

BOOK ON
EXT 2404

DAILY MEAL - LUNCH R65

HEAT & EAT - DINNER R65

MONDAY 17 OCT	Pork & vegetable pot pie, roasted vegetables, rice & gravy	Beef tomato bredie, savoury rice & pan fried greens
TUESDAY 18 OCT	Hake Mornay with potato wedges & garden salad	Chicken pasta salad with fresh avocado, cherry tomato & basil with Italian bread
WEDNESDAY 19 OCT	Beef lasagne & Greek salad	Phyllo lemon & herb fish pie, crusted potatoes & grilled vegetables
THURSDAY 20 OCT	Chicken Cordon bleu, fried rice & pan-fried greens	Lemon & fennel pork meat balls on spaghetti with garden salad
FRIDAY 21 OCT	Fried/grilled hake with chips, garden salad, lemon & tartar sauce	See Page 5
SATURDAY 22 OCT	Beef mince & pea curry, basmati rice, sambals & roti	Chicken Stroganoff, mashed potatoes & pan-fried vegetables
SUNDAY 23 OCT	See Full Menu	Bacon, feta & red onion quiche with Greek salad

BREAKFAST R65

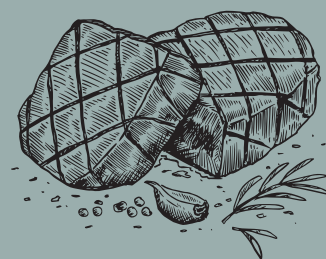
SERVED FROM
08H00 - 11h00

BACON BENEDICT

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

ENGLISH BREAKFAST

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



SUNDAY LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Honey-glazed gammon, roast potatoes, baked seasonal vegetables & mustard gravy

DESSERT

Mixed berry cheese cake

WHAT'S ON THE MENU?

OCTOBER PROMOTION

SERVED FROM 09H00 TO 16H00

COFFEE OR TEA WITH
A SLICE OF CAKE

R30

(BOOK AT BISTRO ON EXT. 2404)

FRIDAY NIGHT DINNER

1ST SEATING 18H00

2ND SEATING 18H30

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

R95

TABLE SALAD (R45)
ADD CHICKEN – R30 | ADD BEEF – R30 |
ADD FALAFEL BALLS (V) – R20

(BOOK AT BISTRO ON EXT. 2404)

RESIDENT ACTIVITY

OKTOBERFEST

FRIDAY 28 OCTOBER 2022
FROM 14H00



BEVERAGES

DEVIL'S PEAK BREWERY | GUN BAY WINES

FOOD

CHARLIE'S PICKLES | GORGEOUS NUTS |
KURT'S DELI MEATS | WRAPS & GOODIEGATS THE BAKER |
CLERE LA PREE CHEESE | PROTEA KINGS
GERMAN SPECIALITY FOODS

BISTRO MENU

BRETZEL [SOFT PRETZEL]	15
GERMAN SAUSAGE TASTING PLATE WITH BAVARIAN POTATO SALAD	65
BROTZEIT PLATTER - KASSLER, SAUERKRAUT & MASHED POTATO	75
BEER BATTERED HAKE & CHIPS / SALAD	75
OKTOBERFEST BURGER - CHICKEN SCHNITZEL, GRUYERE CHEESE, SOUR GHERKIN, GERMAN MUSTARD	75
PLUM CAKE	15



FAMILY & FRIENDS WELCOME PLEASE
NOTE: SOME TRADERS ARE ONLY ABLE TO
ACCEPT CASH



RESIDENT ACTIVITY

A vibrant graphic for a bingo night event. The background is dark blue with diagonal white stripes. In the center, a light blue 3D rectangular block contains the word 'BINGO' in white, bold, sans-serif font. Below it, a yellow 3D rectangular block contains the word 'NIGHT' in dark blue, bold, sans-serif font. To the left of these blocks are two bingo balls: a red one with a white bullseye and the number '6' in the center, and a yellow one with the number '33' on two sides. Several stylized lightning bolts in yellow, blue, and red are scattered around the central elements. In the background, two bingo cards are visible, one tilted upwards and one downwards, both with the word 'BINGO' at the top and a grid of circles below. The overall design is playful and eye-catching.

BINGO

NIGHT

THURSDAY, 20 OCTOBER

TIME: 18H00 | VENUE: BISTRO

**ENTRY R20PP - ALL PROCEEDS GO TOWARDS
THE RESIDENT SOCIAL FUND**

**TO BOOK CONTACT
NORMA ROOS. EXT 2089**

WHAT'S COOKING?



SPRING TART

A HEALTHIER ALTERNATIVE TO A FULL-ON PIE, FILLED WITH NUTRITIOUS GREENS.

INGREDIENTS

- 1 packet (400g) frozen shortcrust pastry, defrosted
- Flour, for dusting
- 5 large eggs
- $\frac{3}{4}$ cup (185ml) cream
- Salt and milled pepper
- $\frac{1}{2}$ bag (100g) baby spinach, chopped
- 1 cup (250ml) frozen peas
- 1 log (100g) goat's cheese, sliced

FOR SERVING

- 1 packet (80g) fresh rocket
- 1 packet (125g) sugar snap peas
- 1 packet (20g) fresh watercress
- $\frac{1}{2}$ -1 tub (25-50g) PnP pumpkin seeds, olive dust & hemp hearts

METHOD

- Preheat oven to 180°C.
- Grease a 22cm square tart tin or round spring-form cake tin.
- Roll out pastry onto a floured surface to 3mm thick and cut to fit the baking tin.
- Whip eggs and cream together and season.
- Pour mixture onto pastry case.
- Add spinach, peas and goat's cheese.
- Bake for 20-30 minutes or just until set and golden.
- Top with fresh greens and scatter with seed mix for serving.

BOTTOM'S UP!



LITCHI FIZZ

LITCHI-INFUSED AND AS PRETTY AS IT IS REFRESHING

INGREDIENTS

- Ingredients:
- 2 cups (500ml) litchi juice
- 3 cups (750ml) sliced fresh fruit (such as litchis, kiwis and blueberries)
- Handful mint
- ½ lemon, cut into slices
- Ice, for serving
- 4 cups (1L) lemonade

METHOD

- Combine litchi juice and sliced fresh fruit in a jug.
- Add mint and lemon.
- Top with ice and lemonade just before serving.



FROZEN-NECTARINE BELLINI

THE EPITOME OF A STYLISH SUMMER SUNDOWNER

INGREDIENTS

- 6 nectarines + extra slices for garnish
- ⅔ cup (100ml) boiling water
- ⅔ cup (100ml) honey
- Handful ice
- 1 bottle (750ml) chilled Valdo Prosecco Extra Dry
- Fresh mint, thyme and/or cherries, for garnish

METHOD

1. Slice nectarines into wedges, discarding stones.
2. Place in an airtight container in a single layer and freeze overnight.
3. Combine water and honey, stirring until honey dissolves. Chill.
4. For serving, blitz frozen nectarines, cooled honey syrup, ice and 2 cups (500ml) Prosecco in a blender until smooth.
5. Divide mixture into 6 flutes (bubbly glasses).
6. Garnish with extra slices of nectarine, mint, thyme and cherries if using.
7. Top up with remaining Prosecco when serving drinks.

TRIBUTE

Dame Angela Lansbury,

who won international acclaim as the star of the US TV crime series *Murder, She Wrote*, has died aged 96. The three-time Oscar nominee had a career spanning eight decades, across film, theatre and television.

Born in London, Dame Angela later moved to New York and attended the Feagin School of Dramatic Art. She was noticed by a Hollywood executive at a party in 1942, and given her first role as a maid in the 1944 film *Gaslight*, based on the 1938 play of the same name. Her portrayal earned her an Oscar nomination for best supporting actress the following year. The term "gaslighting" originated from Patrick Hamilton's play, which was about a young woman whose husband slowly manipulates her into believing she is going crazy. The British star went on to land two more Oscar nominations as Sibyl in *The Picture of Dorian Gray* in 1945 and Laurence Harvey's manipulative mother in *The Manchurian Candidate* - opposite Frank Sinatra - in 1962. After a move on to Broadway in the 1960s she won several Tony Awards, including one for her turn as Nellie Lovett in *Sweeney Todd* in 1970. A year later she appeared in the Disney hit *Bedknobs and Broomsticks*, and later featured in other children's films, providing the voice for Mrs Potts in the animated *Beauty and the Beast*; and more recently *Mary Poppins Returns*.

But it was her portrayal of sleuth Jessica Fletcher in the television series *Murder, She Wrote* which gained her millions of fans across the world. She took up the role in 1984, and continued for 12 years and nine seasons.

The show made her one of the wealthiest women in the US at the time, with a fortune estimated at \$100m. "I worked much harder on a character in the theatre than I do playing Jessica," Lansbury said in a TV interview in 1985. "Jessica's much closer to home for me. She's an easy-going woman. "It's just that I can relate to her," she added. Her later accolades included an honorary Oscar for lifetime achievement in 2013 at the age of 88. During the ceremony, fellow actor Geoffrey Rush praised her as the "living definition of range". It followed a lifetime achievement award from Bafta in 2002, as well as a star on the Hollywood Walk of Fame. She was made a Dame in 2014 for services to drama, charitable work and philanthropy.



Tributes following her death lauded a "legend" of Hollywood. Actor Josh Gad wrote on Twitter: "It is rare that one person can touch multiple generations, creating a breadth of work that defines decade after decade. Angela Lansbury was that artist." Fellow actor Harvey Fierstein added that Dame Angela was "everything". Actress Mia Farrow, who starred in the 1978 film *Death on the Nile* alongside Dame Angela, wrote that it was "an honour" to have worked with her. Oscar-winner Viola Davis wrote that she thought the late star "would live forever". "What an absolutely beautiful legacy you've left," she posted. "You have influenced generations of actors to aspire to excellence."

Seinfeld actor Jason Alexander tweeted that "one of the most versatile, talented, graceful, kind, witty, wise, classy ladies I've ever met has left us", adding: "Her huge contribution to the arts and the world remains always." Comedian and actress Kathy Griffin wrote: "I cannot tell you how many ladies and gays are crushed, moved and feeling nostalgic about something in the past with the news of the passing of the fabulous Dame Angela Lansbury."

Many tributes mentioned Dame Angela's work to raise awareness and money for Aids in the 1980s and 90s, fronting a TV information campaign and headlining fundraising events. Dame Angela was married twice, briefly to the actor Richard Cromwell when she was 19, and later to the British actor and producer Peter Shaw. They remained together for more than 50 years, until his death in 2003. She is survived by three children and her brother, producer Edgar Lansbury, as well as several grandchildren and great-grandchildren.