

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
Lifestyle
at lake michelle

*"In the end its not the years in your life that counts
but the life in your years."*

Abraham Lincoln

Dear Residents,

I hope you have all had a good week. I am sure it was a slow start to the weekend for many of you after the great Quiz Night Finale we had last night. Thank you again to everyone who supported all our Quiz events this year. Thank you also to Mick Chiles and Norma Roos who started the Quiz Nights. We look forward to many more in the new year!

November flew by and this week we poke a toe into December. We still have a few big social events left and I hope you are all ready to end the year on a high. On the 2nd you can join us for our 3rd annual Mutt Day Fun walk and on the 9th the much anticipated Christmas Market and Carols.

After that we indulge in all things delicious with our Christmas and New Years lunches and dinners. Please remember to book early. We will be opening up more seats next week so that you can invite your nearest and dearest to join you.

Also in this week's jam packed newsletter, if you're entertaining at home, we highlight a more unusual but oh so easy sweet treat with our Christmas Dessert "Charcuterie" Board in What's Cooking.

And as it is the season to be Merry, we also take a look at the best MCC's in South Africa in the Bottoms Up page.

With only one month left till Christmas Day, please also remember those less fortunate by supporting our worthy charities - the Douglas Murray Home and Masicorp.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

28 NOV - 4 DEC

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WEEKLY ACTIVITIES

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



MONDAY 28 NOV	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 29 NOV	09h00 CALLNETICS ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	11h00 MASICORP BISTRO Reception ext. 2089	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
WEDNESDAY 30 NOV	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	2, 16 & 30 NOV 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	
THURSDAY 1 DEC	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2143	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	10h30 TÁI CHI ACTIVITY ROOM 1 Robert ext. 22129	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	
FRIDAY 2 DEC	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	From 18h00 WEEKLY DINNER BISTRO ext. 2404
SATURDAY 3 DEC					
SUNDAY 4 DEC			From 12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

28 NOVEMBER

JENNY CAMPBELL - PITT - Noordhoek

29 NOVEMBER

CLIVE ABRAHAM - Noordhoek

30 NOVEMBER

MONICA JOOSTE - Noordhoek

LESLEY WOOD - Noordhoek

INGE SYMMONS - Noordhoek

GARTH DANIELS - Evergreen Team

2 DECEMBER

ANN UTTING - Noordhoek

CHRIS MENY-GIBERT - Noordhoek

4 DECEMBER

PHILIP CADMAN - Noordhoek

PATRICK GROBBELAAR - Noordhoek

ANNIVERSARIES

2 DECEMBER

IAN & BEVERLY MACHUTCHON - Noordhoek

NEW RESIDENTS

No New Residents This Week



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPTION 1

OPTION 2

MONDAY 28 NOV	Chicken A la King, Savoury Rice & Garden Salad	Bangers & Mash, Onion Gravy & Steamed Vegetables
TUESDAY 29 NOV	Bacon & Mushroom Afredo with Caprese Salad	Fisherman's Pie, Sweet Peas & Carrots
WEDNESDAY 30 NOV	Slow Roasted Pork Chop, Mustard Gravy, Baked Potato & Greek Salad	Butter Chicken Curry, Basmati Rice, Poppadum & Sambals
THURSDAY 1 DEC	Spinach & Sundried Tomato Baked Chicken Breast, Savoury Rice & Greek Salad	Cottage Pie with Gravy & Seasonal Vegetables
FRIDAY 2 DEC	Fried/Grilled Hake with Chips, Fresh Lemon, Tartar Sauce & Coleslaw	Sweet & Sour Pork with Vegetable Fried Rice <small>See Page 5 for Dinner Menu</small>
SATURDAY 3 DEC	Beef Schnitzel, Peppercorn Sauce, Baked Potato & Green Beans	Pulled Chicken Nachos, Cream Cheese Guacamole & Coriander Salsa
SUNDAY 4 DEC	See Full Menu	Butternut, Goat's Cheese & Bacon Quiche with Garden Salad <small>Heat & Eat Only</small>

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

DAILY MEAL

ORDERS BY 12H00

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 - R125

1ST SEATING 12H00

2ND SEATING 12H30

MAIN COURSE

Roast Beef with Rosemary
Jus, Yorkshire Pudding,
Roasted Potatoes,
Cauliflower & Broccoli
Gratin

DESSERT

Strawberry Cheesecake
with Vanilla Ice Cream

ORDERS CLOSE
FRIDAY AT 14H00

WHATS ON THE MENU?



Christmas Market Menu

9 DEC 2022

Roast Chicken Wrap
R55

Thanksgiving Pot Pie
with a Side salad
R65

Pulled Gammon Burger &
Shoestring fries
R75

Yorkshire Pudding with Roast
Beef & Rosemary Jus (x2)
with a Side Salad
R75

Crispy Hake Goujons, Marie
Rose sauce &
Rocket Salad with
Vinaigrette
R55

Desserts
(R14 each or 3 for R35)
Berry Pavlova
Peppermint Crisp Tart
Pecan Tart
Lemon Meringue
Fruit Mince Pie

Book at Bistro on ext. 2404

Bistro

FRIDAY

DINNER MENU

R95PP

1ST SEATING 18H00
2ND SEATING 18H30

Steak (200g sirloin) & Chips
with side veg (butternut &
creamed spinach) or
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

**Traditional Eisbein
(R20 surcharge)**
with mashed potato &
fried greens

**Hake & Chips / Calamari &
Chips / Hake & Calamari Combo
& Chips**
with Coleslaw

Table Salad (R45)
Add chicken – R30
Add beef – R30
Add falafel balls (V) – R20

Book at Bistro on ext. 2404

RESIDENT ACTIVITIES



Die Fledermaus By Johann Strauss

Dear Opera lover,

On Tuesday, 6 December at 14h00 we will present TOSCA, performed by the New York Metropolitan Opera, with Karita Mattila, George Gagnidze and Marcelo Alvarez.

Johan Strauss, the waltz King of Vienna, wrote three operas of which Die Fledermaus is the best. "The work as a whole - plot as well as score - is a masterpiece, the finest product of the Viennese operetta school, and a cornucopia of fresh, witty, pointed, memorable melody." The music will be recognised throughout the opera as it is among some of the most popular ever written. Waltz, Czardas, Polka and more are all there. Our recording is a famous one from the Vienna State Opera House with excellent singers and with clear sub-titles in English.

Come along and soon you will be tapping your toes to the famous Strauss music. The plot is complicated, but will be explained!

RSVP: Mike Jacklin 082 900 3248 |
mikejacklin718@gmail.com

National Mutt Day



Let's give this day to the dogs! Not just any dog though. Lets toast the mixed breeds of the world, so raise your water bowls high... because this one's for the mutts! There are no ifs, ands, or mutts about it!

DATE: FRIDAY, 2 DECEMBER

TIME: 10H00

**START / FINISH POINT: LIFESTYLE
CENTRE LAWN**

WATERING POINTS:

1. BOULES LAWN

2. KOMMETJIE ROAD LAWN

Water and doggie treats will be served at each point.

Win! Win! Win!

Doggie hamper up for grabs for the best picture of your doggo and a view of the Village.

**Enter at Reception
or on Ext 2400**

RESIDENT ACTIVITIES



Christmas Market & Carols

Join us on Friday, 9 December for our annual Christmas Market where the Cape Town Male Voice Choir will also perform, followed by Christmas Carols.

Evergreen family and friends are all welcome!

Market stalls open from 16h00

Bistro open from 16h00 to 20h00

Christmas Carols from 19h00

Wine, Craft Beer and a Gin Bar available.

**PLEASE NOTE
SOME TRADERS ARE ONLY ABLE
TO ACCEPT CASH**

WHAT'S COOKING?



CHRISTMAS DESSERT "CHARCUTERIE" BOARD

Dessert charcuterie is a board full of sweet treats that is perfect for any party or gathering. It's the perfect dessert for those who don't want to bake or make anything from scratch. Plus, it's a great way to use up any leftover candy or cookies you have!

WHAT TO PUT ON A DESSERT CHARCUTERIE BOARD?

The sky is the limit when it comes to what you can put on a dessert charcuterie board. However, some of our favorite items include:

CANDY

Candy is a good choice for a dessert platter because it's colorful, flavourful, and easy to find. Here are some ideas:

Chocolate bars, small caramels, gummy bears, mini candy bars, fluffy marshmallows, chocolate truffles, Snickers, M&Ms, peanut butter cups, meringues and Kit Kats.

COOKIES

Who doesn't love cookies? They're a good choice for a dessert platter because they're sweet, crunchy, and easy to eat. They also come in all different sizes and shapes to go with the platter. Here are some ideas:

Sugar cookies, chocolate chip cookies, wafer cookies, coconut macaroons, spiced cookies, brownie bites, and palmier cookies.

POPCORN AND PRETZELS

Popcorn is a great addition to a dessert board because it's a light, crunchy, and salty snack. Also add pretzels for dipping so consider adding chocolate-dipped pretzels rods, yogurt-covered pretzels, caramel, or candy-coated popcorn.

CHOCOLATE-COVERED FRUIT

Chocolate-covered fruit is somewhat of a healthier option that still satisfies the sweet tooth. The chocolate helps to balance out the sweetness of the fruit, and it's a great way to get your daily dose of antioxidants! Here are some options: Dark chocolate cherries, chocolate-covered strawberries, milk chocolate-filled raspberries.

FRESH FRUIT

This is a great addition because it adds colour, flavour, and texture. The sweetness of the fruit pairs well with the sweetness of the dessert, and the freshness of the fruit helps to balance out the richness of the dessert. Plus, it's a healthy option for your guests so consider using grapes, strawberries, blueberries, raspberries, berries, apple or pear slices and orange slices.

Continued...

WHAT'S COOKING?



DRIED FRUIT, CANDIED FRUIT, AND DEHYDRATED FRUIT

All of these look beautiful on a platter. You can find candied fruit in the snack aisles of your local grocery store and they bring different textures and flavours to the platter. Here are some suggestions: Candied oranges, candied pineapple, dehydrated strawberries, and dried orange slices.

NUTS AND BRITTLE

Nuts and brittle are great additions to a dessert charcuterie board because they provide a crunchy texture and a variety of flavors. Here are some suggestions: Candied nuts, roasted nuts, and peanut brittle.



TIPS FOR MAKING A DESSERT BOARD

- Try to use a variety of colours and textures to make the board more visually appealing.
- If you're using fresh fruit, consider adding a few skewered fruits for easy grabbing.
- Place colors that compliment each other next to each other.
- Use a variety of heights to add dimension to the board.
- Don't forget to include a few dessert forks or toothpicks so that guests can easily grab the items on the board.

ALL ABOUT THE DIPS!

If you're looking for something to really take your dessert charcuterie board to the next level, try adding some dessert dips! Chocolate and caramel are always a hit, but you can really use any type of dip you like.

Caramel Sauce – A rich, creamy caramel sauce that is perfect for dipping apples, pears, or biscuits.

Chocolate Ganache – A rich, chocolate dip that is perfect for dipping strawberries, biscuits, or pretzels.

Peanut Butter Dip – A creamy, peanut butter dip that is perfect for dipping apples, bananas, or biscuits.

Nutella Dip – A rich, chocolate hazelnut dip. This is one of our favorite dips for desserts. Nutella is so creamy and the flavor of hazelnuts and chocolate together is perfection!

BOTTOM'S UP!



15 OF SOUTH AFRICA'S BEST SPARKLING WINES & MCCS

South Africa produces some incredible sparkling wines and Methode Cap Classiques (MCC) – and while we can't call them 'champagne' by definition, South African MCCs and sparkling wines are just as wonderful and are perfect for celebrations, and toasting to important events and milestones along life's journey. We've collected South Africa's best MCCs, cuvees and sparkling wines to help you commemorate your next celebration in the right way

BEST SOUTH AFRICAN MCC'S

1. Simonsig Kaapse Vonkel Brut Rosè
2. Le Lude MCC Brut MCC
3. Graham Beck Brut Rosè NV
4. Miss Molly MCC
5. Geneviève MCC Blanc de Blanc Brut
6. Steenberg Brut 1682 Sparkling Pinot Noir MCC
7. Crystallum Cuvee Cinema Pinot Noir
8. House of Bonang Brut MCC
9. Boschendal Grande Cuvee Brut
10. Boschendal Brut Rosè MCC
11. Silverthorn MCC The Green Man 2017
12. Silverthorn MCC The Genie
13. Krone Boreallis Cuvee Brut 2018 MCC
14. L'Ormarins Brut Rosè
15. Domaine Des Dieux Rosè Of Sharon Brut Rosè MCC

BEST SOUTH AFRICAN SPARKLING WINES

1. JC Le Roux Le Domaine

WHAT'S THE DIFFERENCE BETWEEN CHAMPAGNE, SPARKLING WINE AND MCC?

What is Sparkling Wine?

Sparkling wine is a general term applied to any wine with high levels of carbon dioxide making it bubbly or effervescent. If this occurs through secondary fermentation it would be an MCC or Champagne, and if carbon dioxide is added during bottling we would simply call it sparkling wine.

What is champagne?

The word Champagne can only be used on a label if the sparkling wine is produced using the grapes grown and harvested from the Champagne region in France and processed using méthode champenoise methodology that carries a rich tradition in the region. This includes secondary fermentation in the bottle to create carbonation and the bubbles associated with sparkling wine.



BOTTOM'S UP!

What is MCC and how does it differ from champagne?

MCC, known as Methode Cap Classique, is the label used when a sparkling wine is created in regions outside of the Champagne region in France, such as in South Africa or Spain, using the traditional French champagne method (methode champenoise). As for Champagne, the bubbles in MCC come from a second fermentation in the bottle which produces carbon dioxide.

Brut vs Sec vs Demi-sec vs Doux

These are the French terms used to describe the sweetness or sugar content of a sparkling wine.

A Brut wine is quite dry and will be a crisp and refreshing wine with less than 12 g/l of sugar. For a Sec wine the sugar content will be between 17 and 32 g/l resulting in a sweeter wine. Demi-sec is quite a sweet wine with between 32 and 50 g/l of sugar with Doux wines being the sweetest at over 50g/l.

Best South African MCC's

If you're looking to celebrate, SA's MCCs and their beautiful bubbles are the perfect choice for celebrating and commemorating life's special moments with family and friends.

Whether you prefer South African sparkling wines, sparkling rosé, sauvignon blanc's and chardonnays, or would rather enjoy a methode cap classique – we have everything you'll need to find the perfect drink to celebrate your next special occasion.



1

SIMONSIG KAAPSE VONKEL BRUT ROSÈ

This vibrant sparkling rosé is full-bodied with sweet aromatic notes and hints of raspberries. Its flavour profile is crisp, sweet and refreshing and with notes of strawberry and white peaches. Simonsig's Kaapse Vonkel Brut Rosé is produced using 76% pinot noir and 24% Pinotage grapes grown and harvested in Stellenbosch in the Western Cape. This brut rosé with its bright salmon colour pairs well with seafood dishes, and after-dinner treats such as light fruit desserts.



2

LE LUDE BRUT NV MCC

The Brut NV is a classic blend of 91% Chardonnay and 9% Pinot Noir. The wine is matured for a minimum of 36 months on the lees before degorgement, and a further 6 months on the cork before release. Le Lude is the first winery in South Africa to produce using the Agrafe – Tirage Liège method. This wine production method means the wine is fermented under cork instead of a crown cap – which experts say benefits the aroma profile and texture characteristics of the wine.

The nose is pale silver-pink, with an aroma profile consisting of raspberries, cherries and a few secondary hints of minerality. Its palate is composed of red berry flavours enlivened by bright acids. Brisk on the palate, showing hints of oyster shell and fresh lavender. Le Lude Brut NV MCC is a popular Methode Cap Classique that pairs beautifully with shrimp and shellfish, smoked salmon, caviar, fried calamari, and oysters.



3

GRAHAM BECK BRUT ROSÈ NV

Graham Beck Brut Rosé NV (non-vintage) is an exuberant sparkling rosé wine produced using traditional distilling methods, and classic Methode Cap Classique Pinot Noir and chardonnay base wines.

This blush wine has a distinctive silver-pink hue, which is created during the enzymatic reaction during the transportation of the pinot noir fruit to the Graham Beck cellars. Its palate is fine, with a brisk mousse and a flavour profile with hints of oyster shells, fresh lavender and subtle hints of berry and cherry.

COMMUNITY

MASICORP

Carol Hanks, a longstanding volunteer and trustee of Masicorp will host a talk on the work Masicorp does. She has been a volunteer since Masicorp was founded in 1999. Carol's passion for the community of Masiphumelele has made her instrumental in fundraising and networking over the years, allowing the organisation to grow to what it is today.

Masicorp is a non-profit organisation working in the community of Masiphumelele. All of the programs rolled out by Masicorp are focused on education and skills development – as residents have requested support in this, as a route out of poverty. Masicorp runs three preschools that cater for over 300 children from Masi, as well as primary school literacy and numeracy programs. Adult and youth digital skills, life skills and sewing programs also form part of the long list of initiatives of Masicorp.

Carol will be sharing how Masicorp has helped to increase the attendance and learning at these pre-schools thanks to the introduction of a feeding program and a food garden. A lot of work is put into the upskilling local women from the community with early childhood development qualifications

Carol will also be sharing how people can get involved to help support education in Masi.

DATE: TUESDAY, 29 NOVEMBER 2022

TIME: 11H00

VENUE: FIRST FLOOR LOUNGE

RSVP: RECEPTION AT EXT. 2400 BY 28 NOVEMBER 2022

