

EVERGREEN NEWSLETTER

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EVERGREEN
Lifestyle
noordhoek

"We could all take a lesson from the weather, it pays no attention to criticism" UNKNOWN

Dear Residents,

I hope you've all had a good week.

Despite the very cold and wet weather we have had, I hope everyone has kept warm and avoided the colds and flu this time of year has to bring.

Well done to all of our residents who participated in yet another successful Quiz evening last night. We look forward to having new residents joining in on the village activities and festivities as the village fills up.

In the past few months, the interest in the Mobeewash Car Wash services has grown quite a bit. We currently have this service available every two weeks and bookings are made via reception on Ext. 2400. For those who are not familiar with the Mobeewash service we have shared more information on page 4.

In other news, our Opera lovers will be excited to know that there will be an Opera viewing on the 4th of July (details to be announced), so make sure to keep that week free.

We close the month off with an iconic movie, Bohemian Rhapsody. This movie is a biopic of the well-known British band, Queen. The film portrays the story of how Freddie Mercury, the lead singer, came together with the other members of Queen to create a diverse palette of music. For those who would like to join, a booking list will be shared within next week.

Lastly, we would like to say thank you to all the residents who took the time to join in on the Town Hall meeting on Monday. It is exciting to have seen the proposed plan about the future development of our village.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 26

IN THIS ISSUE

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!

ACTIVITIES & EVENTS

MON 26 JUNE	TUE 27 JUNE	WED 28 JUNE	THUR 29 JUNE	FRI 30 JUNE	SAT 01 JULY	SUN 02 JULY
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	CALLENETICS RESUMES 18TH JULY ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	LOW IMPACT CARDIO RESUMES 20TH JULY ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09H00 14TH & 28TH MOBEEWASH	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 14th & 28th CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
		15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	17H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM		15H00 MOVIE CINEMA ROOM 1	18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

JUNE

FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
MOVIE - 29TH

JULY

DINNER SERVICE - 7TH, 14TH, 28TH
OPERA - 4TH
FELLOWSHIP - 12TH, 26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
MOVIE - 27TH
CHRISTMAS IN JULY - 28TH

ACTIVITIES & EVENTS

M-BEEWASH

Who is Mobeewash?

Mobeewash is a mobile car wash that Evergreen has partnered with and made available for residents.

Their services are available once a week every two weeks (dates are shared in the Aloe Aloe

Services take place in the basement parking area

Bookings & Payment

Bookings can be made at reception on Ext 2400 or on 021 001 4312 when calling from outside the village

Signatures are required at reception to acknowledge service charges

Car wash services are charged onto resident levy accounts

Costing

Express Wash - R100
(only the outside)

Deluxe Wash - R140
(inside and outside)

Premium Wash- R180
(inside, outside and a wax and shine)



MOVIE



Bohemian Rhapsody

The story plays out just over two hours, but it seemingly flashes by in seconds and the action never lets up. As charming and charismatic as Freddie Mercury himself, Bohemian Rhapsody spans the period from when the iconic frontman first replaced Tim Staffell in the embryonic Queen in 1970, through to July 1985 and their show-stopping Live Aid set. Mercury's personal life is the primary focus, but fans will also be delighted by the scenes offering insight into the creation of enduring Queen classics such as "We Will Rock You,"

Seats are limited - so make sure to book once the booking list has been shared

ACTIVITIES & EVENTS

Valuation and buying day.

We will be in the Lifestyle Centre

Tuesday 27th of June

10.am until 2.pm No appointment needed

Bring along your hidden treasures



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

26 JUNE

NIGEL GILBERT- Noordhoek
INGRID JOLLEY- Noordhoek

28 JUNE

GILLIAN ALEXANDER- Noordhoek
LAWRENCE GREEN- Noordhoek

02 JULY

CHARLES MACHUTCHON- Noordhoek

ANNIVERSARIES

29 JUNE

CEDRIC & LOUISE JACKSON
NOORDHOEK

02 JULY

KEITH & CORALINDA VAN SWELM
NOORDHOEK

NEW RESIDENTS

- NO NEW RESIDENTS THIS WEEK



WHAT'S NEW ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - NO DINNER SERVICE THIS WEEK

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Homemade vegetable pie served with mashed potato and seasonal vegetables

TUESDAY

Vegetable lasagne served with a garlic roll & green salad / vegetables

WEDNESDAY

Vegetable stir-fry topped with fresh herbs, feta & olives

THURSDAY

Grilled chickpeas & vegetable wrap served with potato wedges

FRIDAY

Roasted seasonal vegetable couscous with feta & butter beans

SATURDAY

Chickpea curry served with white rice & a green salad

WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Citrus and thyme roasted chicken leg quarters served with garlic baby potatoes and seasonal vegetables

OR

Homemade steak pie served with mash potatoes, gravy and seasonal vegetables

TUESDAY

Spinach and salmon pasta bake served with a garlic roll and Greek salad

OR

Beef lasagna served with a garlic roll and Greek salad or vegetables

WEDNESDAY

Salisbury steak with mushroom and onion gravy served with mash potatoes and seasonal vegetables

OR

Pork mince koftas served with potato bravas and tzatziki sauce

THURSDAY

Chicken strips served with potato wedges, cheese sauce and roasted vegetables

OR

Honey and mustard glazed pork chop served with roasted potatoes and seasonal vegetables

FRIDAY

Beer battered hake served with chips, tartar sauce, lemon wedge and a green salad

OR

Bacon peas and peppers couscous salad served with roasted vegetables

SATURDAY

Pulled pork nachos served with cream cheese, avocado and salsa

OR

Chicken and mushroom pasta bake served with a green salad

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - NO DINNER SERVICE THIS WEEK

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

FRIDAY DINNER MENU

STARTER

Creamy chicken soup with homemade bread - R35

OR

Vegetable soup served with homemade bread - R30

MAIN COURSE

Grilled or fried fish and calamari served with herbed mash potatoes

OR

Sticky pork ribs served with roasted vegetables and baby potatoes

OR

Homemade chicken and mushroom pie served with herb mashed potatoes and roasted vegetables

SUNDAY LUNCH - R125

MAIN MEAL

Roast beef with rosemary and garlic served with Yorkshire pudding, potato bake and roasted seasonal vegetables

DESSERT

Upside down orange cake served with vanilla custard