

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“Christmas is not a time, nor a season but a state of mind to cherish peace & goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.”

-Calvin Coolidge

Dear Residents,

I hope you have all had a great week.

With the much-anticipated Christmas in July taking place tonight, we might wonder where and why 'Christmas in July' idea originated. There are several reasons behind the celebration of Christmas in July but the basic idea comes from the Christmas celebration in July started in Europe around the 80s, to enjoy Christmas in summer. Since South Africa (and similar countries) falls under the southern hemisphere, the inhabitants of these countries have adopted the concept for the exact opposite reason – allowing them to experience Christmas in winter instead.

At Evergreen we look forward to experience just that, a winter Christmas dinner with a warm Christmas gees. For those who will be joining us, we hope you thoroughly enjoy your evening with us.

As we closely approach the month of August, we have advertised proposed dates and events for the month as well as for September. Please make sure to read through and book accordingly.

For those who are new to the village, we have a ladies meet and greet event coming up on the 23rd. This is a very informal meeting for new residents to meet and mix with current residents. This month the ladies will be doing a recipe - exchange, those who attend should email or hand in a hard copy of their favorite recipe to Irene Uffhaus or Bridget Coyne (lutz.irene.uffhaus@gmail.com / coynebridget47@gmail.com)

This is a ladies only event, however, we do encourage the males to follow suit and start somewhat of a 'men's club' if the interest is there.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 31

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!

WEEKLY EVENTS

MON 31 JULY	TUE 01 AUG	WED 02 AUG	THUR 03 AUG	FRI 04 AUG	SAT 05 AUG	SUN 06 AUG
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLNETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO 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 09th & 23rd 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 09th & 23rd CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
			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 LINE DANCING ACTIVITY 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

AUGUST

DINNER SERVICE 4TH, 11TH & 25TH

OPERA - 8TH

FRIENDS OF EVERGREEN WOMEN'S

DAY EVENT - 16TH

LADIES MEET & GREET 23RD

QUIZ NIGHT - 24TH

MOVIE - 31ST

SEPTEMBER

OPERA - 5TH

BINGO - 21ST

HERITAGE DAY PRESENTATION - 24TH

MOVIE - 28TH

GROUPS & EVENTS

LADIES MEET & GREET

Wednesday 23rd August -
15h00

Lifestyle Centre - Upstairs
Lounge

RSVP to Bridget Coyne Ext 2002
/082 777 0767
or Irene Uffhaus Ext 2031/
079 721 4438

Please note that if you wish to
have scones, kindly advise the
bistro beforehand Monday the
21st



BUDDY GROUP

TRANSPORT

- June Pitterman Ext 2014
- Mary Jennings - Ext 2019
- Irene Uffhaus- Ext 2031
- Rose Hoepner - Ext 2067
- Heather McLeroth -Ext 2140
- Rowan Mentis - Ext 2150
- Bridget Coyne - Ext 2002

TECHNOLOGY

- Heather McLeroth - Ext 2140
- Phillip Van Blerk - Ext 2138
- Peta Sarkis - Ext 2101
- Mike Chiles - Ext 2061

HANDYMEN

- Lutz Uffhaus -Ext 2031
- Ted Brander- Ext 2050
- John Payne - Ext 2077
- Brian Brooks - Ext 2098
- Bill Ramage - Ext 2040
- Dave Frost - Ext 2054

GARDENING ADVICE

- June Pitterman - Ext 2014
- Mary Jennings - Ext 2019
- Irene Uffhaus - Ext 2031
- Susan Van Der Spek - Ext 2065

VISTIING THE SICK OR LONELY

- Mary Jennings - Ext 2019
- Rose Hoepner - Ext 2067
- Carine Salter - Ext 2105
- Heather McLeroth - Ext 2140
- Rowan Mentis - Ext 2150
- Phillip Van Blerk - Ext 2138
- Bill Ramage - Ext 2040
- Nicky Ing - Ext 2006

DOG WALKING

- Sue Van Der Spek - Ext 2065
- Rose Hoepner - Ext 2067
- Karin Fischer - Ext 2130

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

02 AUGUST

JANE BODIN- Noordhoek

03 AUGUST

CARINE SALTER- Noordhoek
MARJORIE LEVER - Noordhoek

ANNIVERSARIES

01 AUGUST

NICHOLAS & CHERRIL CHARMANN
Noordhoek

NEW RESIDENTS

ROGER & FRANCOISNETTE FALLS
APARTMENT 229



WHAT'S NEW ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Homemade vegetable pie served with mash potatoes and seasonal vegetables

TUESDAY

Vegetable lasagne served with a garlic roll and a green salad or vegetables

WEDNESDAY

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

THURSDAY

Grilled chickpea and vegetable wrap served with potato wedges

FRIDAY

Roasted seasonal vegetable cous cous with feta & butterbeans

SATURDAY

Chickpea curry served with white rice and a green salad

WHAT'S ON THE MENU?

MENU

DAILY MEALS – R65

MONDAY

Spaghetti bolognese served with a green side salad

OR

Teriyaki chicken served with jasmine rice and steamed broccoli

TUESDAY

Beef lasagne served with a salad and a cocktail garlic roll

OR

Butter chicken served with basmati rice and sambals

WEDNESDAY

Cottage pie served with a salad

OR

Chicken and vegetable stir fry and egg noodles

THURSDAY

Tuscan chicken served with rice and roasted vegetables

OR

Beef sausage served with herb mashed potatoes, onion gravy and seasonal vegetables

FRIDAY

Battered fish served with chips, tartar sauce, lemon wedge and a Greek salad

OR

Grilled beef kebabs served with herbed sweet potato wedges and roasted vegetables

SATURDAY

Tuna and corn pasta bake served with a green salad

OR

Crumbed pork chop with cheese sauce served with mashed potatoes and seasonal vegetables

THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – FRIDAY 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

WEEKLY BISTRO PROMOTIONS

MONDAY, TUESDAY & WEDNESDAY

08h00– 10h30

Breakfast waffle served with egg, bacon and tomato – R65

MONDAY, TUESDAY & WEDNESDAY

12h00– 14h00

Waffles and ice cream with chocolate sauce – R50

THURSDAY & FRIDAY 09h00–14h00

Homemade pancakes filled with cream and jam topped with maple syrup with a filter coffee or tea – R50

FRIDAY DINNER – R95

MAIN COURSE

Fish and calamari combo served with chips, a tartar sauce & a lemon wedge

OR

Ribs and chips served with a coleslaw

OR

Sirloin steak topped with a mushroom sauce served with chips

SUNDAY LUNCH – R125

MAIN MEAL

Slow roasted pork neck served with honey and mustard gravy, roasted garlic baby potato and seasonal vegetables

DESSERT

Key lime pie