

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“You never really understand a person until you consider things from his point of view... until you climb into his skin and walk around in it.”*

-Harper Lee, To Kill A Mockingbird

Dear Residents,

I hope you have all had a great week.

On Monday 7th a well-attended talk was given in the mezzanine lounge of the Lifestyle Centre about the good work being done by MasiSports for the schoolchildren in Masiphumelele – see more on page 5.

This week we had another successful inter-village day with the residents from Evergreen Muizenberg. Thank you to all those involved from our village that helped co-ordinate this event. I have included a number of pictures from the event on Page 6.

For those who may have missed the advertisement about the Ladies Meet & Greet club, I have included it into the newsletter again. Please read more about and do not forget about the recipe-exchange that the ladies club is currently running. As mentioned before for those who would like to participate in the recipe exchange – kindly email a soft copy to Irene Uffhaus (lutz.irene.uffhaus@gmail.com or to Bridget Coyne on coynebridget47@gmail.com.

Within the coming weeks we also have another Movie viewing to look forward to. The movie on show will be Robert Mulligan's "To Kill a Mockingbird." The movie based on the Harper Lee novel of the same name, the story is about Scout, Jem and their father, Atticus Finch who is an attorney in a small southern town. It is both a coming-of-age story about the children as well as a hard-hitting drama. A booking sheet will be shared sometime within next week – please make sure to book as space is limited.

Thank you to those who RSVP'd for our women's day Iconic Women in Rock show. RSVP's have now unfortunately been closed. Keep your eyes and ears peeled for future initiatives like these.

Wishing you all a wonderful weekend.

Regards  
The Evergreen Team

## Week 33

### 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 14 AUG	TUE 15 AUG	WED 16 AUG	THUR 17 AUG	FRI 18 AUG	SAT 19 AUG	SUN 20 AUG
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLANETICS</b> ACTIVITY ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	08h45 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
		09h00 <b>TÁI CHI (2)</b> ACTIVITY ROOM 1	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	09h15 <b>AQUA AEROBICS</b> POOL		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	09H00 23rd & 30th <b>MOBEEWASH</b>	10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	10h00 09th & 23rd <b>CHRISTIAN FELLOWSHIP</b> 1ST FLOOR LOUNGE	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2			12H00 <b>SUNDAY LUNCH</b> BISTRO
		15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>ICONIC WOMEN IN ROCK</b> EVENT BISTRO				
		 <b>REMINDER!</b> 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

## KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112  
Avril - ext. 2049

## GARDENING GROUP

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

Val - ext. 2056

## BIRD WATCHING

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

Ian - ext. 2094

## LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002  
Irene - ext. 2031

## HIKING GROUP

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

Don - ext. 2039

## OPERA APPRECIATION

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

Mike - ext. 2112

## MOVIES

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

Clare - 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 (TO KILL A MOCKINGBIRD) - 29TH

ANNUAL GENERAL MEETING

### SEPTEMBER

OPERA - 5TH

BINGO - 21ST

HERITAGE DAY PRESENTATION - 24TH

MOVIE - 28TH



# GROUPS & EVENTS

**24 AUGUST 2023**

**18H00**

**VILLAGE BISTRO**

# QUIZ NIGHT

## QUIZ NIGHT MENU

OPTION 1 - R170 A selection of chicken strips, spring rolls, samosas, quiches, and cocktail rolls with dip.  
(3 of each item)

OPTION 2 - R150 A selection of chicken strips, spring rolls, meatballs, and quiches with dip. (3 of each item)

OPTION 3- R120 Crudit  Platter: Hummus dip, cream cheese infused with fresh herbs, vegetable sticks: carrots, cucumber, a selection of peppers, steamed broccoli, cherry tomatoes, boiled eggs (3 each)

**ENTER TEAMS OF SIX  
WITH NORMA ROOS ON  
EXT 2489 OR 084 207  
6829**

**BOOK WITH THE BISTRO ON EXT 2404 - BY THE 22ND AUGUST**



# GROUPS & EVENTS

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## LADIES MEET & GREET

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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



## GENEALOGY GROUP

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Butch Deuchar will present "Genealogy, creating our Family Trees" utilizing various online Computer programs.

He will be demonstrating how he uses various programs to build a family tree with actual examples.

This will be an ongoing project with the intention of forming a Genealogy Group to assist one another in building their family trees.

WHEN: Thursday 17 August at 3pm

WHERE: Upper lounge

Please RSVP to Butch on 22230.





# GROUPS & EVENTS

## MasiSports



On Monday 7th this week a very interesting talk was given to just under 50 residents by Vince Van Der Bijl the former SA cricketer and subsequent educator for schools in KZN and then Fish Hoek. In 2017, based on his deeply held philosophy that the future of the country requires schoolchildren both to be well educated and learning lifeskills, he founded MasiSports initially for the Ukhanyo Primary School in Masiphumelele. He wanted to introduce sports training, community building and also some educator training to assist the delivery of a holistic education. This could only be possible if sporting infrastructure and equipment was available as well as trainers. By getting the MCC from the UK involved and with the financial assistance of a number of wealthy patrons this has been achieved. More recently even a netball team from the Royal Navy arrived to give coaching lessons! The success of the project has been amazing and has been extended to include the Masi High School. Teams from both now compete in the Inter-Schools leagues and are very successful – the under 13 netball teams are unbeaten for the last 2 years. It was a well received talk and more information on the project can be found on the website: [www.masisports.co.za](http://www.masisports.co.za)





# GROUPS & EVENTS

## INTER-VILLAGE GAMES



# IT'S A CELEBRATION

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*Count your age by friends, not years.  
Count your life by smiles, not tears. — John Lennon*

## BIRTHDAYS

**15th AUGUST**

AMANDA SIMPSON- Noordhoek

**16th AUGUST**

WENDY DICKS- Noordhoek  
DAPHNE RAUBENHEIMER - Noordhoek  
DENZIL WILLIAMS - Noordhoek

**17th AUGUST**

KENNETH GRAY- Noordhoek

**18th AUGUST**

IRENE VAN ZYL- Noordhoek  
PAT KELLY- Noordhoek

**20th AUGUST**

RONNIE COOPER- Lake Michelle

## ANNIVERSARIES

**08 AUGUST**

DON & CLARE YEOWELL  
Noordhoek

**12 AUGUST**

MIKE & DIANNE CHILES  
Noordhoek

## NEW RESIDENTS

ALAN WATT & FLORENCE WRIGHT  
APARTMENT 6

IVAN & RACHELLE MESKIN  
HOUSE 142





# WHAT'S NEW ON THE MENU?

## ME NU

### THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - NO DINNER SERVICE

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

## DAILY VEGETARIAN MEALS- R65

### MONDAY

Ratatouille pasta served with garden salad and a garlic roll

### TUESDAY

Seasonal vegetable quiche served with potato wedges and a garden salad

### WEDNESDAY

Vegetable and bean curry served with basmati rice

### THURSDAY

Roasted vegetable wrap served with sweet potato fries and a side salad

### FRIDAY

Mushroom and feta strudel served with baby potato and roasted buternut

### SATURDAY

Vegetable Burrito bowl

# WHAT'S ON THE MENU?

# MENU

## DAILY MEALS – R65

### MONDAY

Southern fried chicken strips served with cheese sauce, potato wedges and a side salad

OR

Meatloaf served with creamy mashed potatoes, seasonal vegetables

### TUESDAY

Beef stroganoff served with white rice and seasonal vegetables

OR

Chicken and mushroom pie served with baked potato and seasonal vegetables

### WEDNESDAY

Brown onion chicken livers served with mashed potatoes and seasonal vegetables

OR

Swedish pork meatballs served with mushroom sauce, mashed potatoes and seasonal vegetables

### THURSDAY

Pork bangers served with mash potatoes and seasonal vegetables

OR

Beef enchilada served with a Greek salad

### FRIDAY

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

OR

Spaghetti bolognese served with a garlic roll

### SATURDAY

Individual beef and vegetable pie served with roasted vegetables and sweet potatoes

OR

Roasted chicken lasagna served with a crispy garlic roll and a Greek salad

## THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – NO DINNER SERVICE

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

## WEEKLY BISTRO PROMOTIONS

### MONDAY – SATURDAY

Creamy chicken and corn soup served with bread rolls – R40

Homemade waffles with ice cream and chocolate sauce – R50

Mushroom soup served with bread rolls – R40

Calamari and chips served with tartar sauce and a lemon wedge, and a glass of wine – R75

Homemade cake and coffee or tea – R50 pp / R85 for 2

## QUIZ MENU

### OPTION 1

A selection of chicken strips, spring rolls, samosas, quiches, and cocktail rolls with dip. (3 of each item) – R170

### OPTION 2

A selection of chicken strips, spring rolls, meatballs, and quiches with dip. (3 of each item) – R150

### OPTION 3

Crudité Platter: Hummus dip, cream cheese infused with fresh herbs, vegetable sticks: carrots, cucumber, a selection of peppers, steamed broccoli, cherry tomatoes, boiled eggs (3 each) – R120

## SUNDAY LUNCH – R125

### MAIN MEAL

Roasted garlic and rosemary beef served with hassle back potatoes, cauliflower and broccoli bake, Yorkshire pudding and red wine jus

### DESSERT

Caramel and banana tart