

“We are links between the ages, containing past and present expectations, sacred memories and future promise.” -Edward Sellner

Dear Residents,

I hope you have all had a great week. We had another eventful week this week, with two 'first time' events.

With the Iconic Women in Rock, residents got to experience something a little different to what we may be used to. I hope that those who did attend, enjoyed their time and enjoyed the musical performances celebrating iconic women in rock.

Another 'first' we experienced this week is the talk on Genealogy hosted by Alan Deuchar. The talk explored the different processes involved with researching Genealogy and the programs used to do this. As this was the first talk of its nature, the future aim is to get residents more involved and interested in exploring their ancestral genealogy and history. I would like to say thank you to Alan Deuchar for organizing this talk and sharing his knowledge with us. Alan has offered his help and guidance to any residents who would like to learn more about this topic. Kindly email him on - deuchar@iafrica.com if you wish to learn more.

As we look forward to the remainder of our August activities & events, please note that, unfortunately our movie (To Kill a Mockingbird) is now fully booked.

The booking list will be kept up on the notice board, so that in the event of any cancellations - the names on the waiting list will filter in.

We do however still have plenty of space available for our Quiz evening this coming Thursday. Residents will enter in teams of six. In the event that residents would like to bring external guests to join their team - it will be allowed, as long as interested residents are accommodated first - more information shared on page 4.

On a more formal note, we will close off the month with our much-anticipated Annual General Meetings for both Evergreen Noordhoek and Lake Michelle. RSVPs for this will be closing on the 24th of August - more information shared on page 5.

With such a busy social calendar, we reiterate the need to make sure you RSVP to the events you wish to attend. It avoids unnecessary hassle and ensures smooth sailing for all.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 34

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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!

WEEKLY EVENTS

MON 21 AUG	TUE 22 AUG	WED 23 AUG	THUR 24 AUG	FRI 25 AUG	SAT 26 AUG	SUN 27 AUG
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS 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 23rd & 30th 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
		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 LADIES MEET & GREET GROUND FLOOR LOUNGE	15h00 QUIZ NIGHT 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
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 2089 OR 084 207
6829**

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

GROUPS & EVENTS

LADIES MEET & GREET

Wednesday 23rd August -
15h00

Lifestyle Centre - Downstairs
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



ANNUAL GENERAL MEETINGS 2023

- **EVERGREEN LAKE**
MICHELLE
31ST AUGUST 2023 -10H00
CINEMA ROOM 2
- **EVERGREEN NOORDHOEK**
31ST AUGUST 2023 -12H00
BISTRO

All AGM questionnaire forms & proxy
forms can be hand delivered or
emailed to the office. (A box has
been placed on the reception desk
for this)

RSVP to reception on Ext
2400 / 021 001 4312

Please read through the
attachment sent to you - this
may already answer questions
you may have



IT'S A CELEBRATION

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

BIRTHDAYS

21st AUGUST

PAULINE MUTLOW- Noordhoek

22nd AUGUST

BILL VENABLES- Noordhoek
MAUREEN HUBBARD - Noordhoek

23rd AUGUST

ANN JUDGE- Noordhoek

25th AUGUST

LORNA KIRSTEN- Noordhoek

26th AUGUST

KEITH VAN SWELM -Noordhoek
WILLEM VAN ZYL - Noordhoek
NICHOLAS CHARMAN- Noordhoek

ANNIVERSARIES

23rd AUGUST

DUNNY & ELBETH REED
Noordhoek

27TH AUGUST

ANTHONY & MARIE HOCKLY
Noordhoek

NEW RESIDENTS

ROBERT & PAULINE MUTLOW
APARTMENT 212



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

Potato and Butternut curry served with basmati rice

TUESDAY

Traditional macaroni and cheese served with a Greek salad and a garlic roll

WEDNESDAY

Potato and leek pie served with seasonal vegetables and sweet potato fries

THURSDAY

Red onion and blue cheese quiche served with a Greek salad and sweet potato fries

FRIDAY

Mushroom and feta strudel served with baby potato and roasted butternut

SATURDAY

Roasted vegetable, butterbeans and feta couscous salad

WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Roasted garlic and herb chicken leg quarters served with baby potatoes and seasonal vegetables - R65

OR

Homemade fish cakes served with mashed potatoes and seasonal vegetables - R72

TUESDAY

Pepper steak pie served with mashed potatoes, gravy and seasonal vegetables -R65

OR

Tempura pork served with egg fried rice and stir-fry vegetables - R72

WEDNESDAY

Chicken and mushroom pasta served with a Greek salad and a garlic roll - R65

OR

Lamb liver served with onion gravy and seasonal vegetables - R72

THURSDAY

Chicken and vegetable stew served with white rice - R65

OR

Beef lasagna served with a Greek salad and a garlic roll - R72

FRIDAY

Beef sausage served with mash potatoes and seasonal vegetables- R65

OR

Battered hake served with fries, tartar sauce, a side salad a lemon wedge - R72

SATURDAY

Spaghetti meatballs served with a garlic roll - R65

OR

Mediterranean grilled chicken wrap served with a side salad and potato wedges - R72

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 - BREAKFAST

Omlette with two fillings of your choice (ham, bacon, cheese, tomato, onion, peppers) served with two slices of toast- R50

-add a Cappucino for R20 to any breakfast

MONDAY - FRIDAY - LUNCH

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

Half waffle & ice-cream with chocolate - R35

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

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) - R120

SUNDAY LUNCH - R138

MAIN MEAL

Roasted Rosemary and thyme pork belly served with potato bake, pan fried green beans and red wine jus

DESSERT

Individual trifle glass