

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy". They told me I didn't understand the assignment and I told them they didn't understand life” -John Lennon

Dear Residents,

I hope you have all had a great week.

Thank you to all of our residents who joined us this past Sunday for our first BOKTOWN match. We trust that by all the lovely messages and thanks - that all our residents and guests enjoyed it thoroughly.

The RSVPs have already picked up for the upcoming matches and we ask that in the event that you can't make it -that you cancel in due time to accommodate any other residents who would love to join. I am sure most residents would have noticed the new bar facility being built in the lifestyle centre this week - we hope to have this facility fully operational for this week's game, as we look forward to adding even more GEES to our 'oh so' social village.

This week we look forward to our Village Bingo that takes place every second month. This month's Bingo will be slightly different to the Bingo evenings held in the past. We will be including some live entertainment & there will be special lucky-draw vouchers that have been very kindly donated by local sponsors such as La Femme Health & Beauty and Janine, our onsite hairdresser.

This month's movie- Pretty Woman will only take place on the 28th, however there seems to be an enthusiastic interest in this viewing specifically. The booking sheet has now been placed on the notice board - and as before, if the interest is more than we can accommodate, an additional viewing will take place.

And last but not least, we as South Africans celebrate our heritage this week and in aid of that, Clare Yeowell & Lorraine Innes have arranged for a bespoke guest speaker to educate us on the History of Slavery in Simons Town this Sunday at 11:30. This will be followed by a themed lunch - as per the information shared on page 6 & 8. Bookings for the talk will be taken by Lorraine Innes via Ext 2015 or on 083 7024 003 and bookings for the lunch will be taken by the bistro. Residents are welcome to join in for the talk and the lunch or to attend either one separately.

With another exciting week ahead, we wish you all a wonderful weekend.

Regards
The Evergreen Team

Week 38

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Delicious meals on offer this week!

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Village Bingo
SA versus Scotland

Health Corner

Importance of Gut Health

WEEKLY EVENTS

MON 18 SEP	TUE 19 SEP	WED 20 SEP	THUR 21 SEP	FRI 22 SEP	SAT 23 SEP	SUN 24 SEP
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 13TH & 27th MOBEEWASH	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		11H30 HERITAGE TALK BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 06th & 20TH CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			13H00 HERITAGE 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		18H00 BINGO BISTRO		21h00 SA VS SCOTLAND NOORDHOEK BOKTOWN	
		 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

SEPTEMBER

BINGO - 21ST

HERITAGE DAY TALK & LUNCH - 24TH

MOVIE (PRETTY WOMAN) - 28TH

OCTOBER

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH

QUIZ NIGHT - 19TH

OKTOBERFEST - TBC

WHAT'S HAPPENING?

BINGO

A dark rectangular graphic with a large, hand-drawn white oval in the center. The text 'BINGO NIGHT' is written in white serif font inside the oval. Below it, event details are listed in a smaller white serif font. Two bingo cards are visible in the background, one on the left and one on the right, tilted at an angle. The cards have numbers and a 'FREE' space.

BINGO NIGHT

Thursday September 20th

Book your seat with Norma Roos
on Ext. 2089 / 084 207 6829

Tickets are R30 per person
(cash only)

RICHARD GERE JULIA ROBERTS

MOVIE

28TH SEPTEMBER - 15:00
CINEMA ROOM 1

A very successful, wealthy lawyer, Edward Lewis, hires a beautiful and unlikely prostitute, Vivian Ward (Julia Roberts), from Sunset Blvd to bring along to various business events. An attraction develops between the two, and Edward finds it harder and harder to let the infectious, kind-hearted Vivian go.

RSVP ON THE
BOOKING SHEET -
NOTICE BOARD



PRETTY WOMAN

WHATS HAPPENING?



All games will be televised, but the following fixtures are where the real focus will be.

10 September 2023	17:45	SA VS SCOTLAND
17 September 2023	15:00	SA VS ROMANIA
23 September 2023	21:00	SA VS IRELAND
01 October 2023	21:00	SA VS TONGA
14 October 2023	17:00 21:00	QUARTER FINALS
15 October 2023	17:00 21:00	QUARTER FINALS
20 October 2023	21:00	SEMI-FINAL
21 October 2023	21:00	SEMI-FINAL
27 October 2023	21:00	3 RD AND 4 TH PLACE PLAY-OFF
28 October 2023	21:00	FINAL

GARDEN CLUB
MEETING
28TH SEPTEMBER 10:30
HARRY GOEMANS



NOORDHOEK OPEN
GARDENS
7TH & 8TH OCTOBER



For more information on these events or more information on the garden club contact Val Stockden at 2056

WHAT'S HAPPENING?



HERITAGE DAY

Sunday 24 September, 11h30

Joline Young

presents

The History of Slavery in Simonstown

at Evergreen Noordhoek,
Glencairn Expressway

Joline has a Master's degree in Historical Studies (UCT).
As historian, researcher, and author she has a special
interest in healing historical and intergenerational trauma.

After the talk, a 3 course CAPE MALAY lunch
is available at R155 (from 13h00).

For further information or to book for the talk
or the lunch or both (by 20 September)
please contact Lorraine on 083 702 4003

IT'S A CELEBRATION

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

BIRTHDAYS

18th SEPTEMBER

NICOLE ROMAN- Noordhoek

20th SEPTEMBER

ROWAN MARY MENTIS- Noordhoek

21st SEPTEMBER

JOAN LEIGHTON- Noordhoek

MILDRED PHILLIPS- Noordhoek

22nd September

JOSEPHINE CULLINGWORTH- Noordhoek

INGRID SCHEFERMANN- Lake Michelle

24th SEPTEMBER

LYNDON PHILLIPS -Noordhoek

JENNY BROOKS - Noordhoek

ANNIVERSARIES

20TH SEPTEMBER

DENZIL & MARLENE GUNNING
Noordhoek

NEW RESIDENTS

WENDY BERNING
APARTMENT 226



WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY MEALS - R65/R72

MONDAY

Chicken pot pie served with creamy mash and rosemary gravy - R65

OR

Grilled pork chop served with seasonal vegetables and jacket potatoes - R72

TUESDAY

Beef kofta served with Lebanese flat bread and tzatziki sauce - R65

OR

Coconut grilled chicken breast served with basmati rice and seasonal vegetables - R72

WEDNESDAY

Lamb liver with brown onion gravy and creamy mashed potatoes - R65

OR

Pork loaf served with mashed potatoes and seasonal vegetables - R72

THURSDAY

Tuscan chicken served with baby potatoes and seasonal vegetables - R65

OR

Beef lasagna served with green salad and a cocktail garlic roll - R72

FRIDAY

Cape cottage pie served with a side of seasonal vegetables - R65

OR

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

SATURDAY

Spaghetti bolognese served with a cocktail garlic and herb roll - R65

OR

Stuffed spinach and feta chicken breast served with creamy mash potatoes and seasonal vegetables - R72

THURSDAY BINGO 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)

HERITAGE LUNCH - R155

STARTER

Cape style split pea soup served with a cocktail roll

MAIN MEAL

Cape butter chicken served with basmati rice, a side of vegetables and sambals

OR

Cape Bobotie served with yellow rice and seasonal vegetables

OR

Dill Curry served with basmati rice and sambals

OR

Vegetable biriyani served with sambals

DESSERT

Homemade milk tart and Cape Boeber

WHAT'S ON THE MENU?

MENU

DAILY VEGETARIAN MEALS - R65

MONDAY

Vegetable alfredo served with a cocktail garlic roll

TUESDAY

Cape bean curry served with white rice

WEDNESDAY

Vegetable Biryani served with sambals

THURSDAY

Vegetable curry served with white rice and sambals

FRIDAY

Vegetable burger served with salad and fries

SATURDAY

Vegetable pizza - seasonal vegetables and cheese

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

MEAL PACKAGE -R1220

- 20 Meals for the month (priced at R61 per meal)
- Only applicable to Option 1 meals or Vegetarian options
- Excluding: Special functions, Sunday lunches & Friday dinners
- Including : A la carte breakfast -Full house

WEEKLY BISTRO PROMOTIONS

MONDAY- SATURDAY

- Grilled turkey summer salad served with a glass of wine for- R95
- Lemon meringue and a cappuccino for R50

SUNDAY GAME DAY

- Boerewors rolls @ R45
- Ribs and chips served with a glass of wine or a beer for R120 (to be ordered)

HEALTH CORNER



Healthy Gut. Healthy Brain.

In the past few years, our understanding of the link between the gut and the brain has expanded. Many studies now reveal the close physiological relationship between the gut and the brain.

Join us in this one-hour session, where we'll explore gut health in more detail, the microbiome, how the gut and the brain communicate, and what you can do to look after your gut.

This talk will kick off a series of free weekly group coaching sessions aimed at helping residents learn more about health issues relevant to older adults as well as the space to engage and ask questions.

If you're interested to join in these free coaching sessions then please join us for this talk .

Speaker: Desiree Pule, Certified Health Coach.

Date: 4th October 2023

Time: 9h30 - 10h30

Place: Cinema Room