



EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE



*“There are two means of refuge from the misery of life — music and cats.” — Albert Schweitzer*

Taken by Pete Van Der Spek - 5 Sept 2021



Taken by Pete Van Der Spek - 4 Oct 2023



## Week 44

### 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!

### DON'T FORGET...

#### Movie (1st)

1st November, 15h00, Cinema Room

#### ABBA Tribute (4th)

4th November, Lifestyle Centre

# WEEKLY EVENTS

MON 30 OCT	TUE 31 OCT	WED 1 NOV	THUR 2 NOV	FRI 3 NOV	SAT 4 NOV	SUN 5 NOV
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLENETICS ACTIVITY</b> 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 ACTIVITY</b> ROOM 2	10h00 <b>CHRISTIAN FELLOWSHIP</b> BASEMENT PARKING	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					12H00 <b>SUNDAY LUNCH</b> BISTRO
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15h00 <b>MOVIE CINEMA</b> ROOM	14h00 <b>BRIDGE ACTIVITY</b> ROOM 2	17H00 <b>RESIDENT SOCIAL</b> MAIN LOUNGE	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
		15h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		17h00 <b>ABBA TRIBUTE</b> BISTRO	
		 <b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>				

# ACTIVITIES & FACILITIES

## STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

## AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443  
Linda - 082 410 9443

## CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

## TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129  
(2) Fiona 082 920 1818

## BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

## LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

## GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

## LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624  
Glenda - ext. 2073

## TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

## MOSIAC GROUP

Do you want an afternoon of fun and creativity? Then come and join our MOSAIC CLASS. All help and a start up pack will be provided to get you going. June H- ext. 2107/Cora ext. 2051

## POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

## GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011  
Norma ext. 2089

## LIBRARY

Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.

Johanna ext. 2112

## SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours  
Mon to Fri: 08h00 - 19h00  
Sat / Sun / PH: 08h00 - 17h00

## SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours  
Tue - Fri 09h00 - 16h00

Janine - 073 294 9655

# 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.

## 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 socializing for an amazing cause.

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.

Ron - ext. 2068

## AIR SHOW TALKS

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

Pete - ext. 2065

## BRIDGE

This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis, here at Evergreen Noordhoek. We have excellent facilities with lots of space in our game's rooms and lounges, so it's a pity not to take advantage of it.

Bridge players usually fall into four categories - expert, intermediate, rusty skills and beginners. Experts usually prefer to play at a club or on-line, but for those of us who have played regularly for many years and consider ourselves in the intermediate category, the bridge here at Noordhoek might suit you - a competitive game played in a cordial atmosphere with other experienced players. We have these games on offer on a Monday and Thursday afternoon. For those who may not have played for many years and who would like to revive their knowledge, and for beginners who would like to attempt to learn the game, we have ladies who are willing to give their time to teach you on a Tuesday morning.

If the above appeals to you, please give Lynn Harding a call on 2095 or on cell no. 0827462363.

## UPCOMING EVENTS

NOVEMBER

MOVIE - 1ST, 16TH, 22ND, 30TH

ABBA TRIBUTE - 4TH

OPERA - 07TH

FELLOWSHIP - 1ST, 15TH & 29TH

MOBEEWASH - 8TH & 22ND

QUINGO NIGHT - 23RD

# WHAT'S HAPPENING?

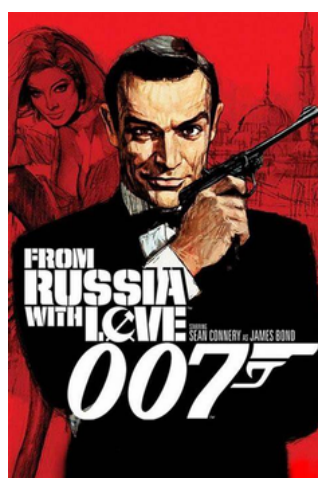
## MOVIES



Dr. No  
1st November



Dirty Rotten  
Scoundrels  
16th November



From Russia  
With Love  
22nd November



Atonement  
30th November

## November Movie Listings

To book, please put your name on the booking list once shared on the notice board.

## OPERA



### Il Trittico by Puccini

**Date: Thursday 07th November**

**Time: 14:00**

Premiering in 1918, *Il Trittico* is a collection of 3 one-act operas, composed by Giacomo Puccini. These comprise *Il Tabarro*, *Suor Angelica*, and *Gianni Schicchi*, all sharing a common theme while differing in tone.



## Diabetes

In this presentation we'll explore what diabetes is, when it starts, the different types, what happens in the body, symptoms of type 2 diabetes, how it is diagnosed, and how to prevent and control through diet and exercise.

Speaker: Desiree Pule, Certified Health Coach

**Date: 8th November 2023**

**Time: 10h00-11h00**

**Place: Cinema Room 1**

**Space is limited so please book your seat**

# 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

**30th OCTOBER**

SELWYN LANGE - Noordhoek

**31st OCTOBER**

MICHAEL WILLIAMS - Noordhoek

**1st NOVEMBER**

PAUL JOHNSON - Noordhoek

**2nd NOVEMBER**

VAN BORMANN - Lake Michelle

## ANNIVERSARIES

**31st OCTOBER**

BRIAN & NORMA ROOS - Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS – R65/R72

#### MONDAY

Sticky orange and honey chicken served with potato and green salad- R65

OR

Pork, bean and cabbage stew served with white rice and seasonal vegetables – R72

#### TUESDAY

Moroccan chicken served with basmati rice and pan-fried greens-R65

OR

Fish au gratin served with mash potatoes and pan fried greens- R72

#### WEDNESDAY

Spaghetti Bolognese served with a garlic roll and a green salad – R65

OR

Beef curry served with basmati rice and seasonal vegetables – R72

#### THURSDAY

Pork cottage pie served with gravy and roasted vegetables- R65

OR

Coq au vin chicken served with basmati rice and roasted vegetables – R72

#### FRIDAY

Mediterranean grilled chicken wrap served with sweet potato fries – R65

OR

Battered fish with chips served with tartar sauce, lemon wedge and a green salad – R72

#### SATURDAY

Chicken kebabs served with potato wedges and a side salad – R65

OR

pepper steak pie served with potato wedges and a side salad- R72

## THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

### FRIDAY DINNER – R105

#### Option 1

Fried fish and calamari served with fries, a side salad, lemon wedge and tartar sauce.

#### Option 2

Pork ribs and fries served with a side of vegetables.

#### Option 3

Creamy Bacon, Ham and mushroom pasta served with a cocktail garlic roll and a side salad topped with fresh herbs.

### SUNDAY LUNCH – R138

#### MAIN MEAL

Rosemary and garlic roasted beef served with roasted lemon and fresh herbs baby Potatoe, sweet pumpkin and baby marrows, gravy and Yorkshire pudding

#### DESSERT

Homemade peppermint tart served in a glass



# WHAT'S ON THE MENU?

## MENU

### VEGETARIAN DAILY MEALS - R65/R72

#### MONDAY

Bean and cabbage stew served with white rice and seasonal vegetables

#### TUESDAY

lentil and potato cakes served with savoury rice and side a side salad

#### WEDNESDAY

tomato and basil pasta bake served with a garlic roll and a green salad

#### THURSDAY

lentil and pumpkin curry served with white rice and seasonal vegetables

#### FRIDAY

caramelized onion and blue cheese quiche served with sweet potato fries and a side salad

#### SATURDAY

Mexican nachos

### 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

Additional charge: R6 for take-away containers.

If you would like option 2, an additional R7 can be added for each meal

### WEEKLY PROMOTIONS

- Panko crumbed chicken fillet served with mushroom sauce, baked potato and roasted vegetables for R85
- Beef fillet served with fries and roasted vegetables for R145
- Slice of milk tart and cappuccino for R45