

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“Genuine poetry can communicate before it is understood”*  
-Walt Whitman

Dear Residents,

I hope you have all had a great week.

Reflecting on the last week, we were host to a fantastic performance by The Harmonix, playing some of the greatest hits of ABBA in a memorable evening filled with dancing and singing - a not a little bit of drinking. Speaking of, we're incredibly grateful to the reception our residents have had to our new bar, Fynbos. The bar will be up and running shortly, accessible to our residents throughout the day. In the event you wish to bring your own drinks, corkage will be charged.

Now, onto the coming week! I'm sure our quote today may have interested some of you, and for poetry lovers, potential poetry lovers, or just appreciators of the literary word, we have a Poetry Morning being held on the 18th of November, hosted by Laverne Schwimmbacher. If you're interested, please book through Reception by the 15th of November.

If poetry doesn't entice you, perhaps something more technical. We have an Estate Planning talk held on the 15th of November at 10.30 a.m by Mr. Kenny Meiring BA MBA CFP. Kenny has many years of experience in financial planning and financial

journalism. He is one of a handful of people in the country to hold both the life and pensions Fellowships from the Institute of Life and Pensions Advisers. He also holds an MBA from the University of Stellenbosch and is known for explaining complicated financial terms in understandable English. Kenny is an independent Certified Financial Planner and personal finance columnist for the Daily Maverick

RSVP: Please rsvp to Roy Zazeraj, preferably via e-mail rzazeraj@mweb.co.za, or call Roy or Sharon on Ext. 2136.

On the 13th of November we have Alida's Fashions visiting us at 10h30 with some lovely collections of clothes for the upcoming summer months. Hopefully the weather will have warmed up by then to allow us to wear these pretty pieces.

Wishing you all a wonderful weekend.

Regards  
The Evergreen Team

## Week 46

### 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!

#### Classical Corner

Composer Series - Felix MENDELSSOHN - BARTHOLDY

### DON'T FORGET...

#### Alida's Fashions (13th)

11:00 at Lifestyle Centre

#### Movie (16th)

Cinema Room at 15:00.

#### Poetry Morning (18th)

At the Lifestyle Centre from 10:30.

#### Mobeewash (22nd)

Please Book with Reception

#### Quingo Night (23rd)

At the Bistro, 18:00.

# WEEKLY EVENTS

MON 13 NOV	TUE 14 NOV	WED 15 NOV	THUR 16 NOV	FRI 17 NOV	SAT 18 NOV	SUN 19 NOV
09h00 <b>STRETCH CLASS</b> 1ST FLOOR LOUNGE	09h00 <b>CALLNETICS 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</b> ACTIVITY ROOM 2	10h00 <b>FELLOW-SHIP</b> LOUNGE 2	10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1	11H00 <b>POETRY MORNING</b> BISTRO	
10h30 <b>ALIDA'S FASHIONS</b> LOUNGE 1	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	10h30 <b>ESTATE PLANNING</b> LOUNGE 2				12H00 <b>SUNDAY LUNCH</b> BISTRO
14h00 <b>BRIDGE /CARD GAMES</b> ACTIVITY ROOM 2			14h00 <b>BRIDGE</b> ACTIVITY 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
	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>DINNER</b> BISTRO		
		 <b>REMINDER!</b> <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>	15h00 <b>MOVIE</b> CINEMA ROOM			

# 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.

Lynn - Ext. 2095

## UPCOMING EVENTS

### NOVEMBER

MOVIE - 16TH, 22ND, 30TH  
FELLOWSHIP - 15TH & 29TH  
MOBEEWASH - 22ND  
QUINGO NIGHT - 23RD

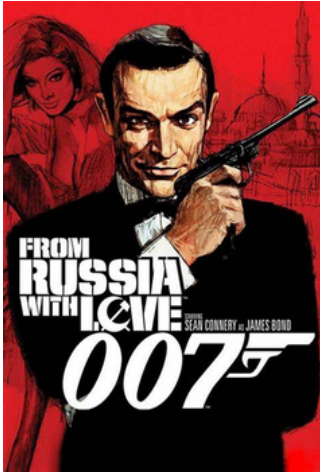
### DECEMBER

MOVIE - 6TH, 13TH, 21ST & 28TH  
OPERA - 5TH  
FELLOWSHIP - 13TH  
CHRISTMAS MARKET - 15TH  
MOBEEWASH - 6TH & 20TH



# WHAT'S HAPPENING?

## MOVIES



From Russia  
With Love  
22nd November



Atonement  
30th November



Goldfinger  
06th December

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

## MOVIE



### Dirty Rotten Scoundrels

**Date:** Thursday 16th November

**Time:** 15:00

**Booking sheet available on the village notice board**

On Thursday 16th November we present Dirty Rotten Scoundrels, a 1988 comedy about two competing con-men.

Con artist Lawrence Jamieson (Michael Caine) is a longtime resident of a luxurious coastal resort, where he enjoys the fruits of his deceptions -- that is, until a competitor, Freddy Benson (Steve Martin), shows up. When the new guy's lowbrow tactics impinge on his own work, Jamieson resolves to get rid of him.

Confident of his own duplicitous talents, Jamieson challenges Benson to a winner-takes-all competition: whoever swindles their latest mark first can stay, while the other must leave town.

# STRETCH CLASS ANNOUNCEMENT

---

## Stretches 4 Seniors: December Closure

Please note that stretch exercise classes will close for the month of December and will reopen again at:

**Evergreen Noordhoek on Monday, 8th  
January 2024**

**Evergreen Muizenberg on Tuesday, 9th  
January 2024**

There will be no fees charged for December.

Fees for January will be as normal, i.e:

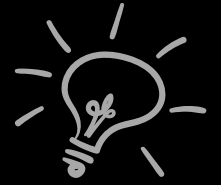
**1 x Per Week - R160 Per Month**

**2 x Per Week - R320 Per Month**

Thank you for your support during the year. I look forward to continuing with Stretches 4 Seniors in 2024.



# QUINGO



## NIGHT

WHEN? Thursday 23 at 18h00

WHERE? Evergreen Noordhoek  
Bistro



### HOW IT WORKS

Quingo is a mix of Bingo and a Quiz. In our case this will also essentially be Bingo in a team context, rather than as individuals. So there will be individual prizes as well as a team prize.

- Enter teams of 6 or sign up to join a table
- Each Quingo card will have 30 randomly selected answers to questions that will be asked during each game
- Each participant will get a set of three (3) Quingo cards
- Entry is R20pp. All proceeds go towards the Village Social Fund.



To book or for more details contact  
Norma Roos. Ext 2089



# Poetry Morning

A friends of Evergreen initiative!  
SATURDAY | 18 NOVEMBER 2023 | 11h00

Evergreen Noordhoek | Corner of Glencairn  
express way and Kommetjie Road | Fish Hoek

Join us for a morning of Poetry at Evergreen Noordhoek on  
Saturday, 18 November 2023 at 11h00.

Our Friend of Evergreen, Laverne Schwimmbacher (Born Rossouw) is the author of Pathways of Inspiration, a book of poetic expression, that will take the reader through feelings of delight and joy, sadness, pain and grief, happiness and hope and inspiration.

Books for sale on the day at a special price with a lucky draw or two.

To RSVP, contact Reception on 2400 no later than  
Wednesday, 15 November 2023.



# IT'S A CELEBRATION

---

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

## BIRTHDAYS

**17th NOVEMBER**

SHOENA SMITH - Noordhoek

**18th NOVEMBER**

SARAH WILLIAMS - Noordhoek

**19th NOVEMBER**

RICHARD MAGNIN - Noordhoek

STUART LEACH - Lake Michelle

## ANNIVERSARIES

**17th NOVEMBER**

LUTZ & IRENE UFFHAUS - Noordhoek

MICK & JOY MACDONALD

**19th NOVEMBER**

KEITH & ALETTA KNOX - Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS - R65/R72

#### MONDAY

Cape Malay bobotie served with yellow rice and sambals- R65

OR

Spinach stuffed chicken served with potato wedges and seasonal vegetables- R72

#### TUESDAY

Chicken chow mien served with egg noodles and stir fry vegetables- R65

OR

Homemade fish cakes served with tomato and onion relish, mashed potatoes and pan fried vegetables- R72

#### WEDNESDAY

Cottage pie served with roasted vegetables- R65

OR

Beef enchiladas served with sweet potato fries and a side salad - R72

#### THURSDAY

Liver served in an onion gravy with mashed potatoes and seasonal - R65

OR

Pork bangers served with mashed potatoes and seasonal vegetables - R72

#### FRIDAY

Steak and kidney pie served with a side salad and fries - R65

OR

Battered fish and chips served with tartar sauce and sweet potato fries - R72

#### SATURDAY

Bacon pasta bake served with roasted vegetables - R65

OR

Chicken Alfredo served with a cocktail roll and seasonal vegetables- 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

Corden bleu chicken served with a baked potato or fries and roasted vegetables

### SUNDAY LUNCH - R138

#### MAIN MEAL

Slow cooked beef in red onion and peppers served with garlic roast potatoes, Yorkshire pudding and broccoli and cauliflower bake

#### DESSERT

Old school malva pudding served with custard

# WHAT'S ON THE MENU?

## MENU

### VEGETARIAN DAILY MEALS - R65

#### MONDAY

Lentil bobotie served with yellow rice and sambals

#### TUESDAY

Homemade fish cakes served with tomato and onion relish, mashed potatoes and pan-fried vegetables

#### WEDNESDAY

Mac and cheese served with a side salad

#### THURSDAY

Lentil and chickpea curry served with white rice and sambals

#### FRIDAY

Veggie burger served with mushroom sauce and sweet potato fries

#### SATURDAY

Vegetable alfredo served with a cocktail roll and seasonal vegetables

### 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

#### FRIDAY

- Grilled sirloin steak served with fries, mushroom sauce and seasonal vegetables with a glass of wine - R155
- Scones with jam, cheese and butter served with a coffee - R45