



EVERGREEN NEWSLETTER

ALOE ALOE



*“Be like the bird, who
Pausing in his flight
On limb too slight
Feels it give way beneath him
Yet sings
Knowing he has wings ”* -Victor Hugo

Dear Residents,

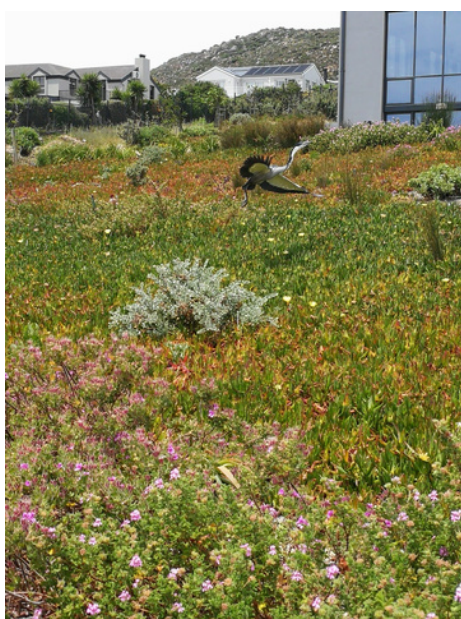
I hope you have all had a great week.

Another successful week has passed, with our James Bond movie series running, a fully booked Mobeewash car wash and a very well attended Quingo - it is safe to say that as a village we have done a great job in staying supportive, connected and involved in village events and activities where we can, this year.

To keep up the momentum, make sure to save the date for our annual Christmas market taking place on the 15th of December, this year's market includes various acts of entertainment that we can look forward to. (kindly refer to page 6).

Wishing you all a wonderful weekend.

Regards
The Evergreen Team



-Images provided by Olivia Crowther

Week 48

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!

Estate Planning Talk

Summary of last week's Estate Planning Talk with Kenny Meiring

WEEKLY EVENTS

MON 27 NOV	TUE 28 NOV	WED 29 NOV	THUR 30 NOV	FRI 01 DEC	SAT 02 DEC	SUN 03 DEC
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS 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	10h00 FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2			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 LINE DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM	17H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

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

Mon - 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.

Rowan - Ext. 2150

UPCOMING EVENTS

NOVEMBER

FELLOWSHIP - 29TH
MOVIE - 30TH

DECEMBER

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

WHAT'S HAPPENING?

MOVIES



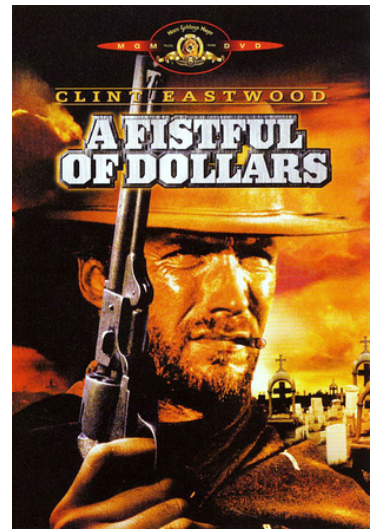
Goldfinger
06th December



Thunderball
13th December



Arthur Christmas
21st December



A Fist Full of Dollars
28th December

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

MOVIE



Atonement

Date: Thursday 30th November

Time: 15:00

Booking sheet available on the village notice board

On Thursday 30th November we present "Atonement", a 2007 romantic war drama directed by Joe Wright and starring James McAvoy, Keira Knightley, Saoirse Ronan, Romola Garai, and Vanessa Redgrave.

It tells the story of how a young girl's lie ruins the lives of her sister and her lover. The film is set in England before and during World War II, and explores the themes of love, guilt, and forgiveness. The film stars Keira Knightley as Cecilia, James McAvoy as Robbie, and Saoirse Ronan as Briony, the girl who tells the lie.

WHAT'S HAPPENING?



Join us for our Christmas Market at Evergreen Noordhoek Lifestyle Village.

WHERE: Evergreen Noordhoek Lifestyle Centre

WHEN: Friday, 15 December 2023

TIME: 13h00 to 20h00

Christmas Traders will be open from 13h00 – 19h00

Cadets Performance at 17h00

Switching on of the lights at 19h00

Choir Performance at 19h10

IT'S A CELEBRATION

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

BIRTHDAYS

27th NOVEMBER

ROB CARLTON - Noordhoek
ANTHONY GRAVE - Lake Michelle

28th NOVEMBER

JENNY CAMPBELL-PITT - Noordhoek

29th NOVEMBER

CLIVE ABRAHAMS - Noordhoek

30th NOVEMBER

MONICA JOOSTE - Noordhoek
LESLEY WOOD - Noordhoek
INGE SYMMONS - Noordhoek

2nd DECEMBER

ANN UTTING - Noordhoek
CHRIS MENY-GIBERT - Noordhoek

ANNIVERSARIES

2nd DECEMBER

IAN & BEVERLY MACHUTCHON -
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Cape Butter chicken served with Basmati rice and sambals- R65

OR

Pork Bangers served with mash potatoes, onion gravy and seasonal vegetables- R72

TUESDAY

Chicken and mushroom filled pancakes served with a side salad and a cocktail garlic roll-R65

OR

Pork and apple pot pie served with potato wedges and roasted vegetables- R72

WEDNESDAY

Cheddar melt chicken fillet served with fries and seasonal vegetables- R65

OR

Crumbed calamari served with savoury rice, tartar sauce, lemon wedge and a side salad - R72

THURSDAY

Cottage pie served with yellow rice and seasonal vegetables - R65

OR

Crumbed chicken salad served with a cocktail roll - R72

FRIDAY

Beef lasagne served with a side salad and a cocktail roll - R65

OR

Pork ribs and fries served with a side of vegetables - R72

SATURDAY

Rib burger served with fries and salad- R65

OR

Tuna pasta bake served with a side salad and cocktail roll- 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

Garlic chicken and mushroom creamy pasta served with a side salad and a cocktail roll

SUNDAY LUNCH - R138

MAIN MEAL

Roasted rosemary and garlic beef served with onion gravy, baked potato, roasted butternut and broccoli

DESSERT

Sago pudding served with custard

WHAT'S ON THE MENU?

MENU

VEGETARIAN DAILY MEALS - R65

MONDAY

Moroccan style vegetable stew served with Basmati rice and sambals

TUESDAY

Spinach and feta pie served with Potatoe wedges and roasted vegetables

WEDNESDAY

Mac and cheese served with a cocktail roll and seasonal vegetables

THURSDAY

Roasted Vegetable quiche served with potato wedges and seasonal vegetables

FRIDAY

Spanakopita served with tzatziki and a Greek salad

SATURDAY

Vegetable lasagne served with a side salad and a cocktail roll

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

Promotion

Waffles served with ice cream and chocolate sauce - R40

ESTATE PLANNING TALK

Talk given by Kenny Meiring BA MBA CFP, financial planner and Daily Maverick journalist.

Kenny gave an absorbing presentation to residents in the Cinema Room on 15 November 2023. He covered the many problems involved in winding up an estate, even a “simple” one, and suggested many interesting solutions. Numerous pertinent questions were fielded from, and discussions held, with the audience.

Kenny answered the view that an Estate Plan was only necessary if you had significant assets or a big, complex estate. Estate planning is a good idea for everyone, no matter the size of your assets, your age or marital status. He further warned us to beware of the problems we are (even inadvertently) creating for our surviving spouse, children or grandchildren by not paying attention to this. A valid and updated will (or wills) is an essential instrument in distributing your assets, but by no means the only consideration.

The three key questions covered were:

1. How do I make it easy for my family to inherit?
2. How do I ensure that my family has enough to live on while the estate is being wound up, and
3. How do I prevent unnecessary loss through taxes and costs, by intelligently arranging my affairs?

Kenny noted that it is taking up to two months for an executor to be appointed by the Masters Office. The estate can then take many months, even years, to be wound up. Having any overseas assets (properties, shares, unit trusts etc.) can extend this timeframe and create significant complications. Will your loved ones have sufficient income to meet all costs, while the executor gets appointed and then while the estate is wound up?

Consider bills that must be paid until cancelled, such as levies, cell phone contracts, subscriptions, short-term insurances and gym memberships. Arranging your affairs, and having a coherent plan, can assist with the processes prior to and during the winding up of the estate.

The fact that SARS taxes you on your worldwide assets was also discussed. They have data-sharing networks, and software with data mining capabilities – that essentially leave “no place to hide”.

Finally, Kenny strongly suggested the creation of a “Life File” as a key element of an Estate Plan. This is a repository of all documents needed to finalize an estate. This would include documents and information such as birth certificates, marriage certificates, ANC and other contracts, bank accounts, investments, deeds, divorce settlements, car ownership papers, insurance policies, funeral policies, and importantly, computer logins and passwords. Can you lay your hands on all your important papers right now?

–Roy Zazeraaj

