

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime.”

-Laura Ingalls Wilder

Dear Residents,

I hope you have all had a great week.

We've had an interesting past week of rather pleasant weather, signaling the arrival of our Summer Season. The days are longer and the freezing seas ever more enticing.

Last week we hosted Evergreen's annual Photography Competition, with residents from other villages and our own gathering together to celebrate the artistic skill of photography. There were some excellent submissions, and an overall wonderful event.



Looking to the week ahead, we have our annual Christmas Market happening on the 15th! Starting at 1 p.m. and continuing to 8 p.m., we'll have a variety of stalls, performances, and the switching on of the lights. It's shaping up to be a fantastic day, so try not to miss it if you can!

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 50

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 Happening

Movie 6th December @ 15:00

Fellowship 13th December @ 10:00

Fynbos Get-together 13th December @ 16:00

Christmas Market 15th December @ 13:00

What's On The Menu

Delicious meals on offer this week!

Christmas Eve Menu
Christmas Lunch Menu

WEEKLY EVENTS

MON 11 DEC	TUE 12 DEC	WED 13 DEC	THUR 14 DEC	FRI 15 DEC	SAT 16 DEC	SUN 17 DEC
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	10h00 FELLOWSHIP LEVEL 1 LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 EVERGREEN CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 MOVIE CINEMA ROOM	14h00 BRIDGE ACTIVITY ROOM 2	13H00 CHRISTMAS MARKET MAIN LOUNGE		12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2		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	16h00 FYNBOS GET-TOGETHER FYNBOS BAR		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

EVERGREEN CATHOLIC GROUP

Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All welcome including non-Catholics.

Mel - Ext. 2008

UPCOMING EVENTS

DECEMBER

MOVIE - 13TH, 21ST & 28TH

FELLOWSHIP - 13TH

CHRISTMAS MARKET - 15TH

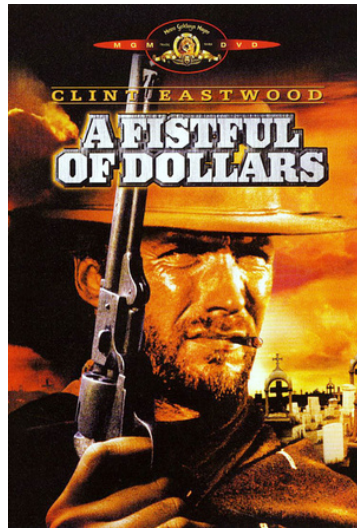
MOBEEWASH - 20TH

WHAT'S HAPPENING?

MOVIES



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



THUNDERBALL

Date: Wednesday 13th December

Time: 15:00

Booking sheet available on the village notice board

On Wednesday 13th December we present 'Thunderball', a 1965 spy film and the fourth in the James Bond series produced by Eon Productions, starring Sean Connery.

James Bond continues on his fourth mission, with his aim to recover 2 stolen warheads. They've been taken by the SPECTRE organisation, and the world's held hostage as Bond heads to Nassau, Bahamas. Here, he meets Domino and is forced into a thrilling confrontation with SPECTRE agent Emil Largo on-board his boat, the Disco Volante.

WHATS 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



Christmas Eve Dinner

STARTER

Salmon and avocado tartar served with toasted bruschetta

or

Creamy Rosemary and mushroom soup served with toasted bruschetta

MAIN COURSE

Stuffed onion marmalade and camembert chicken served with herbed mashed potatoes, red wine jus and roasted brussel sprouts and pumpkin.

or

Roasted gammon served with cranberry sauce, roasted baby potatoes, roasted brussel sprouts and pumpkin



KINDLY BOOK DIRECTLY
WITH THE BISTRO ON EXT
2404 / 021 001 4312





Christmas Lunch

R225 pp

STARTER

A buffet style salad bar
A selection of breads & pates

MAIN COURSE (Plated)

Grilled King klip served with a Beurre Blanc sauce, pan fried green beans and cherry tomatoes and a side of baby potatoes

OR

Orange glazed gammon and turkey with a cranberry sauce served with fresh herb roasted baby potatoes, garlic and thyme roasted vegetables and sweet pumpkin cakes

DESSERT

Tipsy tart served with custard

OR

Traditional trifle

IT'S A CELEBRATION

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

BIRTHDAYS

NO BIRTHDAYS THIS WEEK

ANNIVERSARIES

12th DECEMBER

ROB & MEL BALL - Noordhoek

14th DECEMBER

ROBERT & PAULINE MUTLOW -
Noordhoek

DOUGIE & MANDY HARRIS - Lake
Michelle

15th DECEMBER

PATRICK & SHEILA GROBBELAAR -
Noordhoek

16th DECEMBER

IVAN & RACHELLE MESKIN - Noordhoek
DAVID & CARRYL FROST - Noordhoek

NEW RESIDENTS

JILL TURNER
NOORDHOEK - APARTMENT 2



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Greek Meatballs served with Herb Mash potato and roasted vegetables - R65

OR

Pork bangers and herb mash potatoes served with onion gravy and roasted vegetables- R72

TUESDAY

Chicken and Mushroom pot pie served with potato wedges and seasonal vegetables-R65

OR

Moroccan beef stew served with basmati rice and pan fried vegetables- R72

WEDNESDAY

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

OR

Fish au gratin served with mash potatoes and roasted vegetables - R72

THURSDAY

Beef meatloaf served with onion gravy, mash potato and seasonal vegetable - R65

OR

Panko chicken strips served with pepper sauce, bake potato and roasted vegetables - R72

FRIDAY

Pork and bean stew served with white rice and seasonal vegetables - R65

OR

Fried fish and chips served with tartar sauce, lemon wedge and a side salad - R72

SATURDAY

Pepper steak pie served with fries and a side salad- R65

OR

Beef bobotie served with yellow rice and seasonal vegetables - R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

FRIDAY MARKET - R72

Option 1

Fish and chips with salad

Option 2

Beef or chicken Burger with chips

Option 3

Chicken strips and chips with dip

SUNDAY LUNCH - R138

MAIN MEAL

Rosemary Roasted beef served with baby potatoes, broccoli and cauliflower au gratin, roasted vegetables and red wine jus

DESSERT

Malva pudding served with Custard

WHAT'S ON THE MENU?

MENU

VEGETARIAN DAILY MEALS - R65

MONDAY

Chickpea and lentil curry served with white rice and seasonal vegetables

TUESDAY

Moroccan vegetable stew served with basmati rice and pan fried vegetables

WEDNESDAY

Tomato, basil and feta pasta bake served with a garlic roll and a side salad

THURSDAY

Lentil and vegetable breyani served with chutney and sambals

FRIDAY

Spinach and feta pie served chips and a side salad

SATURDAY

Red onion and feta quiche served with a side salad and potato wedges

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

No promotions this week