



EVERGREEN NEWSLETTER

ALOE ALOE

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” -F. Scott Fitzgerald, [The Great Gatsby](#)

Dear Residents,

I hope you all had a very good week. Things are calming down after the business of the first week back, with many returning back to work and their homes from lovely vacations. That isn't to say this week doesn't have some excellent activities lined up.

For those who maybe haven't before, consider joining some of our weekly activities, such as Stretch Class, Tai Chi, or Aqua Aerobics for some communal exercise. If that's not your thing, we have a movie showing "A Fish Named Wanda" on the 18th at the cinema room for fans of comedy. Line Dancing and Bridge are also rather popular, but be wary about Bridge - it can get very competitive (But still very fun).

This week also heralds the first Mobeewash of the year, to be held Wednesday the 17th. It was rather spectacular the speed with which we received bookings following the announcement, so spaces are sparse, book while you can!

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 2

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 18th January @ 15:00

Mobeewash 17th January @ 09:00

Gut Talk 18th January @ 9:30

What's On The Menu

Delicious meals on offer this week!

WEEKLY EVENTS

MON 15 JAN	TUE 16 JAN	WED 17 JAN	THUR 18 JAN	FRI 19 JAN	SAT 20 JAN	SUN 21 JAN
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS ACTIVITY ROOM 1		08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 CATHOLIC GROUP ACTIVITY ROOM 2		09h00 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR 09H30 GUT TALK CINEMA ROOM	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 MOBEEWASH BASEMENT PARKING	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI (1) ACTIVITY ROOM 1			12H00 SUNDAY LUNCH BISTRO
			14h00 BRIDGE ACTIVITY ROOM 2	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	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	15h00 MOVIE 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 1873

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.

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

JANUARY

OPERA - 9TH

MOVIE - 18TH, 24TH

MOBEEWASH - 17TH, 31ST

FELLOWSHIP - 24TH

ALIDA'S FASHIONS - 29TH

FEBRUARY

MOVIE - 1ST, 14TH, 22ND, 28TH

MOBEEWASH - 14TH, 28TH

FELLOWSHIP - TBC

WHAT'S HAPPENING?

MOVIES



On Her Majesty's
Secret Service
24th January



Scent of a Woman
01st February



Diamonds Are
Forever
14th February



For a Few Dollars
More
22nd February

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

MOVIE

A Fish Called Wanda

Date: Thursday 18th January

Time: 15:00

Booking sheet available on the village notice board

On Thursday 18th January, we present "A Fish Called Wanda", a 1988 slapstick comedy.

In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool a very proper barrister.



IT'S A CELEBRATION

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

BIRTHDAYS

16th JANUARY

ALETTA KNOX - Noordhoek

17th JANUARY

CHRISTOPHER DICKINSON -
Noordhoek

18th JANUARY

BRIDGIT SCHOLTE - Noordhoek

19th JANUARY

GEORGE RAUBENHEIMER - Noordhoek

21st JANUARY

MARION JOHNSON - Noordhoek

ALLAN RAAFF - Lake Micehlle

GARTH JOYNER - Lake Michelle

ANNIVERSARIES

No Anniversaries

NEW RESIDENTS

No New Residents



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Neapolitan meatballs served with pasta, a side salad and a garlic roll-R65

OR

Panko Chicken strips served with a cheese sauce, potato wedges and a side salad - R72

TUESDAY

Chicken mince lasagne served with a green salad and a garlic roll -R65

OR

Pork and apple pie served with roasted vegetables, baby potatoes and pan-fried greens - R72

WEDNESDAY

Cape Malay bobotie served with yellow rice, roasted pumpkin and sambals - R65

OR

Hake mornay served with mash potato and seasonal vegetables - R72

THURSDAY

Roasted BBQ ¼ chicken served with potato wedges and seasonal vegetables - R65

OR

Salisbury steak served with mash potatoes and seasonal vegetables - R72

FRIDAY

Beef mince filled pancakes topped with cheese sauce served with roasted vegetables and a side salad - R65

OR

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

SATURDAY

Grilled chicken tortilla wrap served with sweet potato fries and a side salad - R65

OR

Homemade fish cakes served with tomato and onion smoor, mash potatoes and roasted vegetables. - R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

FRIDAY DINNER- R105

MAIN MEAL - OPTION 1

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

MAIN MEAL - OPTION 2

Creamy prawn pasta with fresh herbs served with a side salad and a garlic roll

MAIN MEAL - OPTION 3

Homemade beef burger topped with camembert cheese served with pepper sauce, fries and a side salad

SUNDAY LUNCH - R138

MAIN MEAL

Red Onion and peppers roasted beef served with a red wine gravy, Yorkshire pudding, Garlic and herb roasted potatoes and seasonal vegetables

DESSERT

Blueberry cheesecake

WHAT'S ON THE MENU?

MENU

VEGETARIAN DAILY MEALS - R65

MONDAY

Vegetable curry served with basmati rice and sambals

TUESDAY

Mushroom and feta pasta served with a Greek salad and a garlic roll

WEDNESDAY

Vegetable and chickpea salad served with yoghurt dressing

THURSDAY

Mac and cheese served a green salad and a garlic roll

FRIDAY

Baked vegetable pancakes served with cheese sauce, roasted vegetables and a side salad

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

Wednesday - Saturday

Waffles and ice cream with chocolate or berry sauce for R40.