

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"If life gives you lemons, make lemonade...and find someone whose life gave them vodka."

-Ron White

Dear Residents,

I hope you all had a very good week. It's certainly been wonderful to have a break from the wind to revel in some warm weather - my sympathies to those who prefer the cold. However, for those so inclined, we have recently started offering cocktails at the Fynbos bar, courtesy of our skilled Duty Manager Matthew. The first occasion of this happened on the 10th, and we also enjoyed it this past week. Whether you're feeling in the mood for a mojito or a martini in this hot weather, maybe join us at the bar to give a try.

Otherwise, this week we have a return to the Bond Movies on Wednesday, with "On Her Majesty's Secret Service". If you're interested in watching, please sign up at the notice board outside the cinema room.

Our garden club kicks off with their first club meeting taking place at Harry Goemans on the 1st of February, for all garden lovers kindly refer to page 5 for more information and make sure to not miss out.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team



Week 3

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 24th January @
15:00

Fellowship 24th January
@ 10:00

Bingo Night 25th January
@ 18:00

What's On The Menu

Delicious meals on offer
this week!

WEEKLY EVENTS

MON 22 JAN	TUE 23 JAN	WED 24 JAN	THUR 25 JAN	FRI 26 JAN	SAT 27 JAN	SUN 28 JAN
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1		08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL		09h00 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	10h00 BRIDGE ACTIVITY ROOM 2		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
		15h00 MOVIE CINEMA ROOM	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	18h00 BINGO BISTRO			

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

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

JANUARY

MOVIE - 24TH

MOBEEWASH - 31ST

FELLOWSHIP - 24TH

ALIDA'S FASHIONS - 29TH

FEBRUARY

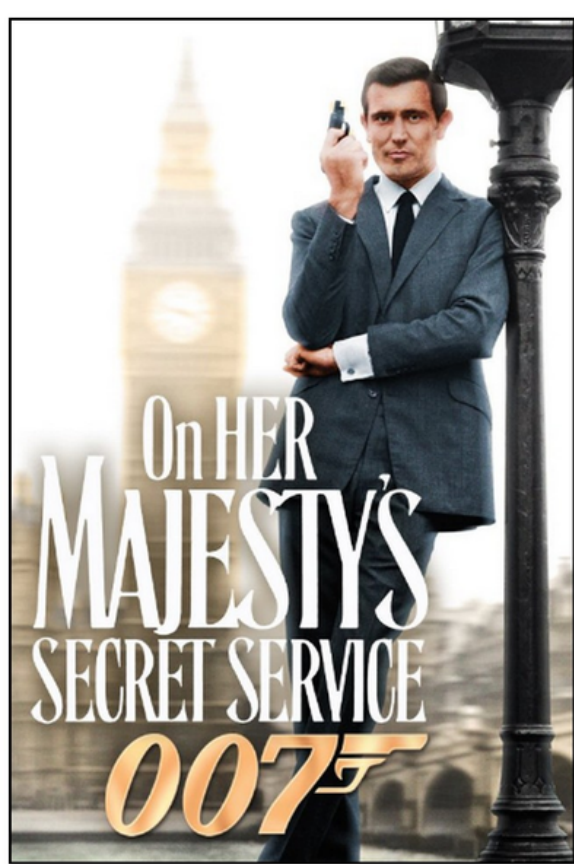
MOVIE - 1ST, 14TH, 22ND, 28TH

MOBEEWASH - 14TH, 28TH

FELLOWSHIP - TBC

WHAT'S HAPPENING?

MOVIE



On Her Majesty's Secret Service

Date: Wednesday 24th January

Time: 15:00

Booking sheet available on the village notice board

On Wednesday 24th January, we present "On Her Majesty's Secret Service".

Agent 007 and the adventurous Tracy Di Vincenzo join forces to battle the evil SPECTRE organization in the treacherous Swiss Alps. But the group's powerful leader, Ernst Stavro Blofeld, is launching his most calamitous scheme yet: a germ warfare plot that could kill millions!

GARDEN CLUB

Garden Club Meeting

Date: Thursday 1st of February

Time: 10:00

Venue: Harry Goemans Garden Centre

The owner of Harry Goeman's - Jeremy, will talk about succulents and indigenous plantings suited to our area. The talk starts at 10:00 and there will be tea and coffee available at the coffee shop on the premises at a discounted pensioners price.

For further information kindly contact Val Stockden on Ext. 2056.



'Spekboom in flower' - House 91
Shona Farquharson

WHAT'S HAPPENING?

BINGO NIGHT



BINGO NIGHT

Thursday January 25th

18:00

Book your seat with Norma Roos
on Ext. 2089 / 084 207 6829

Tickets are R20 per person
(cash only)



IT'S A CELEBRATION

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

BIRTHDAYS

22nd JANUARY

INGRID RINDFUSS - Noordhoek

23rd JANUARY

CHERYL BAIN - Noordhoek

24th JANUARY

DAWN BRYANT - Noordhoek

EDITH BOTHA - Noordhoek

25th JANUARY

NICOLETTE ANDREAE - Noordhoek

26th JANUARY

NICOLA ING - Noordhoek

28th JANUARY

JACK DE BOER - Noordhoek

ANNIVERSARIES

22nd JANUARY

FABIENNE & ALAN DEUCHAR -
Noordhoek

25th JANUARY

WENDY & ROBERT DICKS - Noordhoek

NEW RESIDENTS

BRIAN & ELIZABETH LEGGE
APARTMENT 215



WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY MEALS - R65/R72

MONDAY

Braised chicken liver served with mashed potatoes and seasonal vegetables- R65

OR

Teriyaki chicken stir-fry served with egg noodles and stir-fry vegetables - R72

TUESDAY

Beef shepherd's pie served with seasonal vegetables and gravy - R65

OR

Homemade fish cakes served with mashed potatoes, seasonal vegetables and tomato and onion smoor - R72

WEDNESDAY

Chicken curry served with basmati rice and seasonal vegetables- R65

OR

Tempura pork stir-fry served with egg noodles and stir-fry vegetables - R72

THURSDAY

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

OR

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

FRIDAY

Chicken chow mien stir-fry served with a side salad - R65

OR

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

SATURDAY

California pizza (chicken, mushroom and red onion with cheese) - R65

OR

Tuna phyllo tart served with potato wedges and a side salad- R72

FRIDAY DINNER

MAIN MEAL - OPTION 1 R110

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

MAIN MEAL - OPTION 2 R110

Dagwood burger - chicken/beef topped with salad, bacon and egg served with a side of chips

MAIN MEAL - OPTION 3 R145

Cheddameilt grilled sirloin steak served with caramelized onions topped with cheese and served with chips

SUNDAY LUNCH - R138

MAIN MEAL

Herb encrusted pork fillet served with roasted potatoes, seasonal root vegetables and gravy

DESSERT

Strawberry yoghurt tart topped with berry sauce

WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

VEGETARIAN DAILY MEALS - R65

MONDAY

Sweet chili stir-fry vegetables served with egg noodles and a side salad

TUESDAY

Homemade vegetable cakes served with mashed potatoes, seasonal vegetables and tomato and onion smoor

WEDNESDAY

Vegetable curry served with basmati rice and seasonal vegetables

THURSDAY

Vegetable lasagne served with a side salad and a garlic roll

FRIDAY

Vegetable chow mien stir-fry served with a side salad

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.