

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“Don't wait until February to start living in January.” -Anthony T. Hincks

Dear Residents,

I hope you all had a very good week.

For those who attended last night's Bingo evening, I hope you enjoyed yourself! You may have heard shouts of "Bingo!", "House", "Yes", or even "Here!" when some of our lucky winners heard their final number being called. It was a great start to our social calendar for the year 2024 and is once again proof that our village has a stellar social community.

As the social calendar finds momentum, we have noticed that many of our activities and classes have grown since the new year has started. Judy Moolenschot has now taken on a second Art group on alternative Saturdays, and our Aqua Aerobics instructors have added an additional class at 08:30 on Wednesdays as well.

In order to effectively manage our growing village, we ask that interest groups communicate with management - in the event that additional classes need to be implemented or where timeslots etc. need to be amended. We would like to ensure that common areas are still available and free to residents who may like to use these spaces when classes are not taking place.

This week, we have Alida's Fashions joining us on the 29th, for the ladies who are interested, or perhaps even the males who might like to browse for something special for their significant other... leading up to Valentines Day.

And as things pick up in certain areas it is always possible that they slow down elsewhere. We have noticed that the interest in our vegetarian meal options have been very slow if not none at all. In future it may be decided that these meal options be reduced to only being offered on certain days. More information will be shared as we monitor this over the coming weeks.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 4

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

Alida's Fashions 29th
January @ 10:00

Mobeewash 31st January
@ 9:00

Fynbos Get-together 31st
January @ 16:00

Movie 1st February @
15:00

What's On The Menu

Delicious meals on offer
this week!

WEEKLY EVENTS

MON 29 JAN	TUE 30 JAN	WED 31 JAN	THUR 1 FEB	FRI 2 FEB	SAT 3 FEB	SUN 4 FEB
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLENETICS ACTIVITY ROOM 1	08h30 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ALIDA'S FASHIONS LOUNGE		09h00 MOBEEWASH BASEMENT PARKING	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2		15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 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	15h00 MOVIE CINEMA ROOM	18H00 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 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

MOBEEWASH - 31ST

ALIDA'S FASHIONS - 29TH

FEBRUARY

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

OPERA - 6TH

MOBEEWASH - 14TH, 28TH

VALENTINES DAY QUIZ - 15TH

CHRISTIAN FELLOWSHIP - 7TH & 21ST

MARCH

ST PATRICKS QUINGO - 21ST

ART EXHIBITION - 8TH & 9TH

WHAT'S HAPPENING?

MOVIES



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.



Scent of a Woman

Date: Thursday 1st February

Time: 15:00

Booking sheet available on the village notice board

On Thursday 1st February, we present "Scent of a Woman".

Frank is a retired Lt. Col. in the US Army. He's blind and impossible to get along with. Charlie is at school and is looking forward to going to university; to help pay for a trip home for Christmas, he agrees to look after Frank over Thanksgiving. Frank's niece says this will be easy money, but she didn't reckon on Frank spending his Thanksgiving in New York.

IT'S A CELEBRATION

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

BIRTHDAYS

31ST JANUARY

PATRICIA VAN DER WALT - Noordhoek

1ST FEBRUARY

DOUGLAS SMITH - Noordhoek
BOBBY HAINS - Noordhoek

4TH FEBRUARY

TREVOR JONES - Noordhoek
LINDA STEDALL - Noordhoek
GUY COUVREUR - Lake Michelle

ANNIVERSARIES

31ST JANUARY

NIGEL & LINDA GILBERT - Noordhoek

2ND FEBRUARY

TREVOR & SUE DOUGLAS - Noordhoek
FRED & MARION NELSEN - Noordhoek

3RD FEBRUARY

VICTOR & JOAN POLLACHI - Noordhoek
ROY & SHARON ZAZERAJ - Noordhoek

NEW RESIDENTS

MARIETA PARKER - APARTMENT 1
PETER & PETA CRAMB - APARTMENT 8
LUCIA HOLVEC - APARTMENT 13
EDWARD & MARGARET BYRNE - APARTMENT 112
DAVID VAN BLERK & MARIE MCEVOY - APARTMENT 207
WILLEM & ROSALIE HOEK - APARTMENT 220



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 29 JANUARY 2024
FROM 10h00

LOVELY SUMMER TOPS, BLOUSES,
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS

WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Chicken a la king served with white rice and seasonal vegetables- R65

OR

Cottage pie served with seasonal vegetables - R72

TUESDAY

Tuna pasta served with roasted vegetables - R65

OR

Beef casserole served with white rice and seasonal vegetables - R72

WEDNESDAY

Lamb liver served with creamy mashed potatoes and seasonal vegetables- R65

OR

Chicken breyani served with a side salad and sambals - R72

THURSDAY

Chicken alfredo served with a sides salad and garlic roll - R65

OR

Pork Schnitzel served with cheese sauce, potato wedges and seasonal vegetables - R72

FRIDAY

Spinach, feta & bacon phyllo quiche served with baby potato and a side salad - R65

OR

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

SATURDAY

Sticky BBQ chicken wings served with chips and a side salad - R65

OR

Carbonara pasta served with a Greek salad and a garlic roll- R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

FRIDAY BRAAI DINNER- R120

MAIN MEAL - OPTION 1

Braai sausage & lamb chop with a choice of potato salad, baked bean salad or garlic roll served from our buffet stations.

MAIN MEAL - OPTION 2

Braai sausage & a chicken leg quarter with a choice of potato salad, baked bean salad or garlic roll served from our buffet stations.

SUNDAY LUNCH - R138

MAIN MEAL

Roasted garlic & rosemary sirloin served with potato galette, green beans and roasted tomatoes

DESSERT

Banana and caramel tart

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 and sour vegetable stir-fry served with egg noodles and stir-fry vegetables

TUESDAY

Vegetable lasagna served with a side salad and a garlic roll

WEDNESDAY

Homemade vetkoek with vegetable stew served with a side salad

THURSDAY

Cheese and tomato enchiladas served with a sweet potato fries and 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

No promotions this week