

EVERGREEN NEWSLETTER

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EVERGREEN
Lifestyle
at lake michelle

“If you meet 29th February, think of something unique for it is the only day that defines a year as a leap year.” -Ernest Agyemang Yeboah

Dear Residents,

I hope you all had a very good week.

Last week we entered February, which unfortunately was greeted by a raging fire over in Pringle Bay. Our hearts go out to all those affected, and thanks to the emergency service workers who have been tirelessly fighting these flames.

On a brighter topic, we are experiencing a leap year in 2024, and that means one more day to enjoy ourselves. This upcoming week we have a wonderful Opera called "The Marriage of Figaro" showing on the 6th of February. For all those interested, please contact Mike Jacklin at extension 2112.

Riaan's fruit van will be arriving on the 5th of February at 10 a.m., sporting a wonderful range of fruits and vegetables to choose from. For those interested, the fruit van can be found in the outside parking lot next to the apartments.

We've also had quite an influx of new residents as of late, so if anyone's interested in mingling, perhaps join us for the Wednesday Drinks or Friday Social.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

Week 5

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

Riaan's Fruit Van 5th
February @ 10:00

Opera 6th February @
14:00

Christian Fellowship 7th
February @ 10:00

Fynbos Get-together 7th
February @ 16:00

What's On The Menu

Delicious meals on offer
this week!



WEEKLY EVENTS

MON 5 FEB	TUE 6 FEB	WED 7 FEB	THUR 8 FEB	FRI 9 FEB	SAT 10 FEB	SUN 11 FEB
09h00 STRETCH CLASS 1ST FLOOR LOUNGE		08h30 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 RIAAAN'S FRUITVAN LIFESTYLE CENTRE PARKING LOT			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	10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 OPERA CINEMA ROOM	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		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

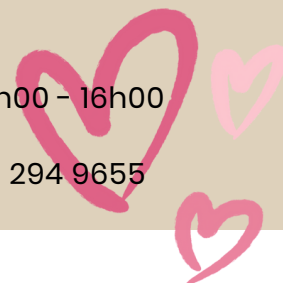
Hours
Mon to Fri: 08h00 - 19h00
Sat / Sun / PH: 08h00 - 17h00

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

FEBRUARY

MOVIE - 14TH, 22ND, 28TH

OPERA - 6TH

MOBEEWASH - 14TH, 28TH

MOSAIC CLASS - 13TH & 27TH

VALENTINES DAY QUIZ - 15TH

CHRISTIAN FELLOWSHIP - 7TH & 21ST

WOL AAN DIE ROL - 22ND

MARCH

ART EXHIBITION - 8TH & 9TH

KIND 2 HEARING - 7TH

ST PATRICKS QUINGO - 21ST

MOSAIC CLASS - 12TH & 26TH

WOL AAN DIE ROL - 28TH



WHAT'S HAPPENING?

OPERA



The Marriage of Figaro

Date: Tuesday 6th February

Time: 14:00

Bookings to Mike Jacklin on 2112 / 082 900 3248

On Tuesday 6th February, we present "The Marriage of Figaro".

Figaro, from The Barber of Seville, now some years later finds himself working for the Count Almaviva in his grand mansion. It is a grand day as Figaro is to marry Susanna, the hand made of the Countess. However, there are a number of twists and turns to the story accompanied by Mozart's beautiful music.

This production was filmed live at Glyndebourne, the country home of opera in England and stars the great Kiri Te Kanawa as the Countess. The maid Susanna is sung by the famous Ileana Cortubas. A glittering ensemble of top singers and an excellent performance by the London Philharmonic Orchestra.

IT'S A CELEBRATION

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

BIRTHDAYS

5TH FEBRUARY

SHARON ZAZERAJ - Noordhoek

6TH FEBRUARY

SALLY SMITH - Noordhoek
NORMA ROOS - Noordhoek
VERONICA FRASER - Noordhoek

7TH FEBRUARY

ELBETH REED - Noordhoek
MARLEEN PRITCHETT - Noordhoek

8TH FEBRUARY

ADELHEID HOLLERMAN - Noordhoek
ARNOLD BEHRMAN - Noordhoek

11TH FEBRUARY

MARLENE GUNNING - Noordhoek
IAN ALEXANDER - Noordhoek

ANNIVERSARIES

10TH FEBRUARY

MICHEAL & BENITA VAN DEN BOS - Lake
Michelle

NEW RESIDENTS

IAN & ARTEMIS VOGEL - HOUSE 124



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Spaghetti Bolognese served with a green salad -R65

OR

Roast chicken Pie served with potato wedges and seasonal vegetables - R72

TUESDAY

Beef bangers in onion gravy Served with mash potatoes and Seasonal Roast vegetable -R65

OR

Butter bean beef stew served with white rice and seasonal vegetables - R72

WEDNESDAY

Pork meatballs Served with onion gravy, mash potato and seasonal vegetables - R65

OR

Tuscan chicken served with herb rice and roasted vegetables - R72

THURSDAY

Hungarian pork stew served with Rice and Pan Fried greens - R65

OR

Chicken & mushroom quiche Served with Potato wedges and a garden salad - R72

FRIDAY

Chicken Strips and chips served with a cheese sauce and a Greek salad - R65

OR

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

SATURDAY

Seafood paella served with a side salad - R65

OR

Beef enchiladas served with chips and a side salad- R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

FRIDAY DINNER

MAIN MEAL - OPTION 1 @ 110

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

MAIN MEAL - OPTION 2 @ R110

Dagwood burger Chicken or beef topped with salad, bacon and egg served with fries

MAIN MEAL - OPTION 3 @ R145

Cheddameilt grilled sirloin steak served fries with caramelized onions topped with cheese

SUNDAY LUNCH - R138

MAIN MEAL

Roasted thyme and garlic lamb served with mint sauce, Roast potatoes and seasonal vegetables

DESSERT

Berry cheesecake



WHAT'S ON THE MENU?

MENU

VEGETARIAN DAILY MEALS - R65

MONDAY

Lentil Bolognese served with a side salad

TUESDAY

Butter bean stew served with Rice and seasonal vegetables

WEDNESDAY

Roasted vegetables wraps served with fries

THURSDAY

Mushroom and cheese quiche served with potato wedges 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

No promotions this week

