



“You need mountains, long staircases don't make good hikers.” -Amit Kalantri

Dear Residents,

I hope you all had a very good week.

Most of us greet our neighbors when they walk past, and we sometimes lend them a bowl of sugar, or the occasional power tool, but I don't think that necessarily makes one a good neighbor.

I would say what makes one a good neighbor is by being mindful of people's feelings, wishes, and rights. With that being said we would like to remind residents to be mindful of the following:

- Disturbing noises - such as barking dogs, loud music or even contractors who may be visiting your property, to mention a few.
- Parking (houses)- please make use of visitors parking bays or your parking bays in your garages as opposed to parking in the street where other drivers need to pass.
- Parking (Apartments & Lifestyle Centre) - the apartments are almost fully occupied and there are no longer as many 'open parking's' available in the basement. Please be mindful of this when visiting the lifestyle centre.

- Pets - please clean up after your furry friends when making use of common areas within the village.

On a separate note, we have noticed that there has been a very low interest in the vegetarian meal options offered by the Bistro. Thus, we have now removed these meal options from the menu. If any resident or guest would like a vegetarian meal option, this can be made available to them on request from the chef on duty.

Last week, the new walking group arranged by Vicki Falls began, with a wonderful turnout. Subsequently, we thought to highlight the amazing areas we live in for hiking and walking for all who are interested. Please see below a wonderful hike and photos taken by one of our most avid hikers, Mr. Peter Phillips, on Wolfkop.



Week 6

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
Fynbos Get-together 14th February @ 16:00

Mobeewash 14th February @ 9:00

Movie 14th February @ 15:00

Valentine's Day Quiz 15th February @ 18:00

What's On The Menu

Delicious meals on offer this week!

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

WEEKLY EVENTS

MON 12 FEB	TUE 13 FEB	WED 14 FEB	THUR 15 FEB	FRI 16 FEB	SAT 17 FEB	SUN 18 FEB
09h00 STRETCH CLASS 1ST FLOOR LOUNGE		08h30 AQUA AEROBICS POOL	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 MOBEEWASH BASEMENT PARKING	09h00 STRETCH CLASS 1ST FLOOR	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1	11h00 EVERGREEN FAMILY FESTIVAL LIFESTYLE CENTRE	
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1			12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h30 TABLE TENNIS TABLE TENNIS ROOM	16h00 FYNBOS GET-TOGETHER FYNBOS BAR	14h00 BRIDGE ACTIVITY ROOM 2	16H00 RESIDENT SOCIAL MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 OPERA CINEMA ROOM		18H00 VALENTINE'S DINNER BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM			
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	18h00 VALENTINE'S DAY QUIZ 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

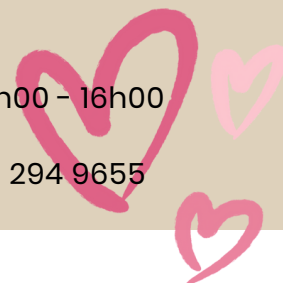
Hours
Mon to Fri: 08h00 - 19h00
Sat / Sun / PH: 08h00 - 17h00

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

KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril - ext. 2049

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

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

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Ron - ext. 2068

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

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

WALKING GROUP

Enjoy walking but prefer less demanding walks? You are invited to enjoy a weekly walk, to enjoy the beauty of what Nature has provided in the areas surrounding us

Vicki- ext. 22229

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

FEBRUARY

MOVIE - 14TH, 22ND, 28TH
MOBEEWASH - 14TH, 28TH
MOSAIC CLASS - 13TH & 27TH
VALENTINES DAY QUIZ - 15TH
CHRISTIAN FELLOWSHIP - 21ST
WOL AAN DIE ROL - 22ND
MAXIMILIANN SHOWCASE - 26TH

MARCH

LINE DANCING WORKSHOP - 1ST
ART EXHIBITION - 8TH & 9TH
KIND 2 HEARING - 7TH
ST PATRICKS QUINGO - 21ST
MOSAIC CLASS - 12TH & 26TH
WOL AAN DIE ROL - 28TH



WHAT'S HAPPENING?



DINNER

February 14th

Starters:

- Pan seared chicken liver basted in a Cranberry and red wine reduction served with homemade bread

OR

- Crumbed mushrooms served with a tartar sauce

Main Course:

- **"My love for you is like an ocean full of fish"**

Grilled Kingklip served with lemon butter sauce, stacked potatoes and roasted vegetables

- **"Roses are red and so is our Valentine fillet"**

Grilled fillet steak served with garlic thyme jus, stacked potatoes and roasted vegetables

Dessert:

"You will always be my sweet, sweet Panna Cotta"

QUIZ

February 15th

How it works:

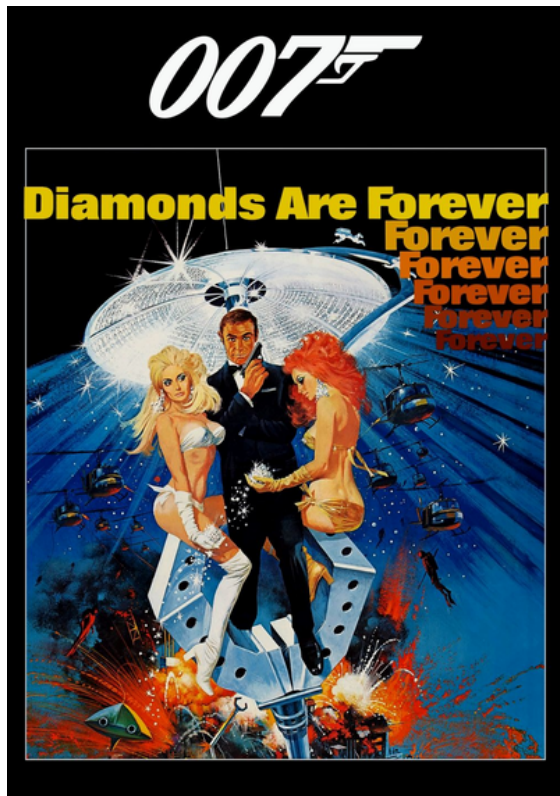
- Enter a team of 6 or sign up to join a team.
- Bring your own snacks.
- The Fynbos Pub will be open.
- If you bring your own wine, corkage will be charged.
- Prizes to win.
- Entry is R20 per person with proceeds going to the Village Social Fund.
- Contact Norma Roos on 2089 for more info and to register yourself and/or your Team.

Quiz Menu:

- Option 1 - Mini beef/chicken burgers @ R75 (3 of each)
- Option 2 - Chicken strips served with a dipping sauce @ R75
- Option 3 - Bacon & cheese phyllo quiche @ R45 each
- Option 4 - Crumbed mushrooms served with tartar sauce @ R65

WHAT'S HAPPENING?

MOVIES



Diamonds Are Forever

Date: Wednesday 14th February

Time: 15:00

Booking sheet available on the village notice board

On Wednesday 14th February, we present "Diamonds Are Forever".

James Bond's mission is to find out who has been smuggling diamonds, which are not re-appearing. He adopts another identity in the form of Peter Franks. He joins up with Tiffany Case, and acts as if he is smuggling the diamonds, but everyone is hungry for these diamonds. He also has to avoid Mr. Wint and Mr. Kidd, the dangerous couple who do not leave anyone in their way. Ernst Stavro Blofeld isn't out of the question. He may have changed his looks, but is he linked with the heist? And if he is, can Bond finally defeat his ultimate enemy.

For A Few Dollars More

Date: Thursday 22nd February

Time: 15:00

Booking sheet available on the village notice board

On Thursday 22nd February, we present "For A Few Dollars More".

A Few Dollars More is a 1965 spaghetti western film directed by Sergio Leone. The film stars Clint Eastwood as the Man With No Name, who joins forces with bounty hunter Col. Douglas Mortimer (Lee Van Cleef) to capture homicidal bandit Indio (Gian Maria Volontè)12345. The film is a sequel to A Fistful of Dollars and is followed by The Good, the Bad and the Ugly.



WHATS HAPPENING?

EVERGREEN FAMILY FESTIVAL

Join us for the Evergreen Family Festival and bring the whole family along.

It promises a day filled with children's entertainment, free ice cream for kids, live music, market stalls, wine-tastings, food trucks and more.

17

FEBRUARY
SATURDAY
FROM 11:00AM

EVERGREEN
NOORDHOEK

CORNER OF GLENCAIRN EXPRESS
WAY AND KOMMETJIE ROAD,
FISH HOEK

To RSVP, please contact your Village Manager

ENTRY IS FREE

11:00	Event starts
12:00 - 13:00	Evergreen Lifestyle Sales Presentation 1 <i>Reception area</i>
	Kids Entertainment <i>Spaghetti Da Clown to entertain kids on the lawn with magic show, balloon art etc.</i>
14:00 - 15:00	Performance by Marvelous Wonderettes <i>Main stage</i>
15:00 - 16:00	Evergreen Lifestyle Sales Presentation 2 <i>Reception area</i>
	Kids Entertainment <i>Spaghetti Da Clown to entertain kids on the lawn with magic show, balloon art etc.</i>
16:00 - 18:00	Main Event: Tribute to the Beatles by Mike and the Harmonics <i>Main stage</i>
18:00	Event concludes

IT'S A CELEBRATION

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

BIRTHDAYS

12TH FEBRUARY

LYNN HARDING - Noordhoek

13TH FEBRUARY

WILLEM HOEK - Noordhoek
JEAN DICKINSON - Noordhoek
MAUREEN MCLEOD - Noordhoek
MEGAN BAGSHAW - Noordhoek
MICHAEL CHILES - Noordhoek
NEELS BOTHA - Noordhoek

15TH FEBRUARY

PAMELA LEACH - Lake Michelle

18TH FEBRUARY

AVRIL ALLAN - Noordhoek
CLARE YEOWELL - Noordhoek
SONJA GRASER - Noordhoek

ANNIVERSARIES

16TH FEBRUARY

JOHN & JENNY WYLLIE - Noordhoek

NEW RESIDENTS

No New Residents This Week



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Southern fried chicken leg quarter served with a baked potato and seasonal vegetables-R65

OR

Salisbury steak with mashed potato and mushroom gravy served with seasonal vegetables - R72

TUESDAY

Baked pork chop served with mushroom sauce, potato wedges and a side salad-R65

OR

Pan fried hake served with lemon rice and seasonal vegetables - R72

WEDNESDAY

Chicken Corden Bleu served with potato bake and seasonal vegetables - R65

OR

Spinach & Feta Salmon phyllo quiche served with potato wedges and a side salad - R72

THURSDAY

Turkey cobb salad served with an herb ranch dressing - R65

OR

Braised chicken livers served with mashed potato and seasonal vegetables - R72

FRIDAY

Beef curry served with a roti, yoghurt dip and sambals - R65

OR

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

SATURDAY

Grilled chicken salad served with a garlic roll-R65

OR

Cornish pie served with baby potatoes and seasonal vegetables- R72

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

SUNDAY LUNCH - R138

MAIN MEAL

Rosemary and garlic roast beef served with Yorkshire pudding, roasted potatoes and seasonal vegetables

DESSERT

Chocolate trifle

WEEKLY PROMOTION -R30

Scones with cream and jam