

EVERGREEN NEWSLETTER

ALOE ALOE



“Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return.” -Leonardo Da Vinci

Dear Residents,

I hope you've all had a good week.

We certainly experienced windy days on Monday and Tuesday, the South-Easter gusting in full-force. We were granted a reprieve in the following days, but I'd say a lot of hairdos could certainly be called windswept.

Let's hope for calmer winds this week, especially for the hiking and walking groups. However, if you're not someone who has much of an interest in braving the elements, we have a packed week of activities for you to enjoy instead. On Tuesday we have an Opera at 2 p.m., called the Tales of Hoffmann, which is certain to be an incredible watch. If you'd prefer a different type of musical, on Thursday we have West Side Story at 3 p.m., a remake of the classic, but nonetheless nostalgic.

And for those who've booked with Pete Van Der Spek (Ext. 2065), Wednesday is his Aviation Talk, discussing a rather relevant topic of dealing with our mountain fires. For those of you more inclined to artistic hobbies, on Friday and Saturday we'll be hosting an Art Exhibition for Gwen Harms, a local Oil Painter with some beautiful pieces.

Finally, we just want to send a reminder to our residents to make sure to pick up after your dogs and keep them on a leash when walking around the village.

Wishing you all a Wonderful weekend.

Regards
The Evergreen Team

Week 9

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

Opera 5th March @ 14:00

Fynbos Get-together 6th March @ 16:00

Movie 7th February @ 15:00

Aviation Talk 6th March @ 15:00

What's On The Menu

Delicious meals on offer this week!

Library Corner

Book Festivals

UPCOMING EVENTS

MARCH

AVIATION TALK - 6TH

MOVIE - 7TH

ART EXHIBITION - 8TH & 9TH

KIND 2 HEARING - 7TH

ALIDA'S FASHION- 11TH

ST PATRICKS QUINGO - 14TH

MARCH CONTINUED

MOSAIC CLASS - 12TH & 26TH

WOL AAN DIE ROL - 28TH

WEEKLY EVENTS

MON 4 MAR	TUE 5 MAR	WED 6 MAR	THUR 7 MAR	FRI 8 MAR	SAT 9 MAR	SUN 10 MAR
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLINETICS ACTIVITY ROOM 1	08h30 AQUA AEROBICS POOL	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	10H00 ART EXHIBITION MAIN LOUNGE	
10h00 RIAAAN'S FRUIT VAN PARKING LOT	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 ANTIQUÉ VALUATION 1ST FLOOR LOUNGE	15h00 AVIATION TALK 1ST FLOOR LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1		
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	16H00 RESIDENT SOCIAL MAIN LOUNGE		12H00 SUNDAY LUNCH BISTRO
11h00 BALLROOM DANCING ACTIVITY ROOM 1	14h00 OPERA CINEMA ROOM	16h00 FYNBOS GET-TOGETHER FYNBOS BAR	14h00 BRIDGE ACTIVITY ROOM 2	16H30 ART EXHIBITION MAIN LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 FRIDAY DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	15h00 MOVIE CINEMA ROOM			

WHAT'S HAPPENING?

RIAAN'S FRUITVAN

Date: Monday 4 March
Time: 10:00-11:00
Lifestyle Centre Parking

Avo's	Variety of veggies
Papino's	Honey
Nectarines	Homemade
Prickly pears	-Cookies
Yellow cling peaches	-Rusks
Mango's	-Hertzoggies
Seedless grapes	
Red figs	



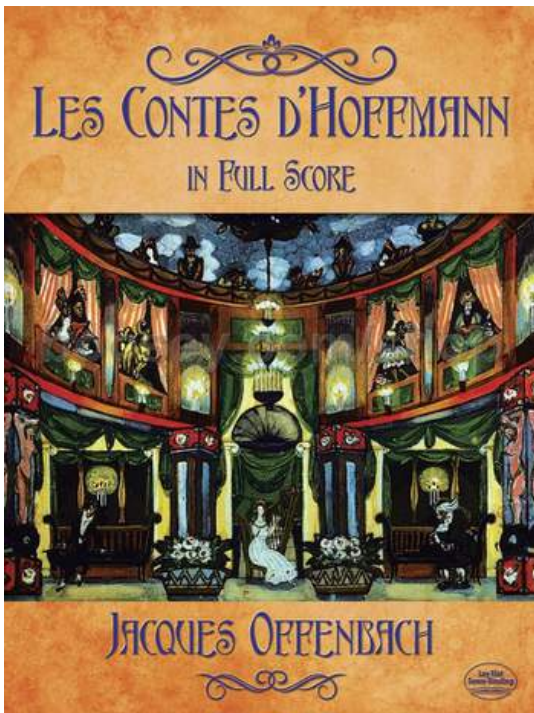
OPERA

Les Contes d'Hoffmann

Date: Tuesday 5 March
Time: 14:00
RSVP with Mike Jacklin Ext. 2112

On Wednesday 5th March, we present "Les Contes d'Hoffmann (Tales of Hoffmann)".

This famous celebrated production by the movie producer John Schlesinger ran for decades in London and was filmed by the BBC. The settings and costumes are stunning. The opera tells of four ill-fated loves of the great German poet E T A Hoffmann. A brief overview will as always be presented before the screening of the opera.



WHAT'S HAPPENING?

MOVIE



West Side Story (2021)

Date: Thursday 7 March

Time: 15:00

Booking sheet available on the village notice board

On Thursday 6th March, we present "West Side Story".

Against the backdrop of the decaying tenements in the San Juan Hill neighbourhood and the constant threat of the wrecking ball, two warring gangs fight for supremacy. Now, with a once-and-for-all, winner-takes-all rumble on the cards, an unexpected whirlwind romance at the high-school dance between former Jet brawler Tony and Bernardo's delicate little sister María sets the stage for an all-out turf war.

ART

Inspired by the beauty of the sea and mountains of the Western Cape....

You are invited to Gwen Harms oil painting

ART EXHIBITION

Fri 8 March | 4.30-8PM

Sat 9 March | 10AM - 2PM



Evergreen Noordhoek
Lifestyle Centre

Bar and restaurant facilities available



IT'S A CELEBRATION

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

BIRTHDAYS

4TH MARCH

GAYLENE MILLER - Noordhoek
BRIAN GOLD - Lake Michelle

5TH MARCH

MICHAEL SANDERS - Noordhoek
CEDRIC JACKSON - Noordhoek

10TH MARCH

GRAHAM MCLEOD - Noordhoek

ANNIVERSARIES

NEW RESIDENTS

NO NEW RESIDENTS



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404



DAILY MEALS - R65 or R72

MONDAY

Cape Malay Bobotie served with yellow rice and sweet pumpkin and sambals -

R65

OR

coq au vin chicken served with white rice and seasonal vegetables - R72

TUESDAY

Asian orange chicken served with white rice and pan-fried greens- R65

OR

Pork chop casserole served with mash potatoes and seasonal vegetables - R72

WEDNESDAY

Beef tomato bredie served with basmati rice and seasonal vegetables- R65

OR

Chicken and butternut lasagne served with a green salad and a garlic roll- R72

THURSDAY

Tempura pork served with egg noodles and stir fry vegetables- R65

OR

Beef pasta bake served with a side salad and a garlic roll - R72

FRIDAY

Tuna Nicoise salad - R65

OR

Battered hake served with fries and a side salad, tartar sauce and lemon wedge- R72

SATURDAY

Quesadillas served with guacamole, sambals and cream cheese - R65

OR

Snack platter (2 boiled eggs, sliced ham, quiches and meatballs with sauce) and a side salad - R72

Sunday Lunch - R138

MAIN MEAL

Roasted beef served with Yorkshire pudding, Garlic roasted potatoes and seasonal vegetables

DESSERT

Sago pudding served with custard



St. Patrick's Day Dinner

15th March

STARTER

Irish soda bread served
with butter

MAIN MEAL

Guinness beef pie served with honey
glazed carrots & parsnips onion gravy,
and boiled cabbage

or

Pork Bangers and colcannon mash
served with peas and onion gravy

or

Beer battered hake and chips

DESSERT

Bailey's cheesecake

or

Irish coffee

Price: R140 PP



LIBRARY CORNER

March is Literature Month in the Deep South

Last year we saw the launch of a new literary festival in Simonstown. Those of who attended will attest to its success, most especially the opening event with literary greats J M Coetzee and Antjie Krog.

According to the festival's website, it "takes an open-ended approach to curating the festival. With an emphasis on creativity, we avoid prescribing topics for discussion by our authors. Headlines are light touch or chosen by the authors themselves."

This year's **Books on the Bay** will be held from Friday, 23rd to Sunday, 25 March and promises to be just as good. There is something for everyone. I am particularly looking forward to a reading of writings about False Bay by CapeTalk host John Maytham, a discussion on whether crime fiction is fantasy by writers such as Andrew Brown, Mike Nicol and Maggie Orford and hearing C.A. Davids chatting with Mark Gevisser. Her "How to be a revolutionary" won the most recent Sunday Times Fiction Prize as well as The Book Lounge's Book of the Year.

On Saturday 9th March there will be the third **Karavan Press Literary Festival** at Fish Hoek Library.

This small independent publishing house was founded by Karina Szczurek after the death of her husband Andre Brink. All the events are free at this festival where the theme this year is the short story. It kicks off with a workshop presented by Rachel Zadock. Diane Awerbuck who lives just around the corner in Fish Hoek will be one of the authors discussing their passion for this literary form.

A few weeks ago Diane presented a very successful writing workshop here at Evergreen. The library has acquired several of her books, so do give them a try.



Her most recent short story collection "Inside your body there are flowers" just blew me away. It's been described as "Mesmerising, at times shocking, and teeming with honesty, wit, razor-sharp prose and gasp-inducing insights".

-Johanna De Beer