

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“Tell me and I forget, teach me and I may remember, involve me and I learn.” -Benjamin Franklin

Dear Residents,

I hope you've all had a good week.

The last week has tested us with a variety of weather, from howling winds to the deepest mists. Autumn and Winter are truly upon us, and this necessitates a few more indoor activities.

Roger Bryant has started a Beginner's Bridge Class, held every Friday at 3:45 in the Activity Rooms. We have some very talented Bridge players amongst our residents who can attest to how much fun the game is, so if you'd like to get started learning, there's no better way to do so! If you're interested, please contact Roger Bryant at Ext. 2037.

The Classical Music Group is beginning this week, for any Classical Music Lovers, or for those who'd like to be introduced to this genre. It starts on Tuesday the 23rd at 2:45. Beethoven and Schubert will be played, along with discussions on the music. If you'd like to join, please put your name on the booking sheet on the notice board.

Roz Hoek's WaterColour class is starting on the first of next month, so for those who love the medium, or who'd like to learn a new skill, please contact Roz at Ext. 22220.

And with all this weather, some cars might need a clean, so for those interested, Mobeewash is coming on the 24th, and booking can be done through reception.

Regards
The Evergreen Team

Week 16

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

Classical Music Group
23rd April @ 14:45

Movie 24th April @ 15:00

Fynbos Get-together 24th
April @ 16:00

Mobeewash 24th April @
9:00

What's On The Menu

Delicious meals on offer
this week!

UPCOMING EVENTS

MAY

OPERA - 7TH

CHRISTIAN FELLOWSHIP - 1ST, 15TH
& 22ND

QUIZ - 16TH

ALIDA'S FASHIONS - 20TH

JUNE

BINGO - 20TH

WEEKLY EVENTS

MON 22 APR	TUE 23 APR	WED 24 APR	THUR 25 APR	FRI 26 APR	SAT 27 APR	SUN 28 APR
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS ACTIVITY ROOM 1	08h30 AQUA AEROBICS POOL	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1		09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL		09h00 STRETCH CLASS 1ST FLOOR	09h30 MUSCLE HEALTH TALK CINEMA ROOM	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	09h00 MOBEEWASH BASEMENT PARKING	10h00 KNITTING GROUP MAIN LOUNGE	12H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
11h00 BALLROOM DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	15H45 BEGINNER BRIDGE ACTIVITY ROOM 2	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO	14h45 CLASSICAL MUSIC GROUP CINEMA ROOM	15h00 MOVIE CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 RESIDENT SOCIAL MAIN LOUNGE		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		18H00 FRIDAY DINNER BISTRO		

WHAT'S HAPPENING?

MOVIE

An Officer & A Gentleman

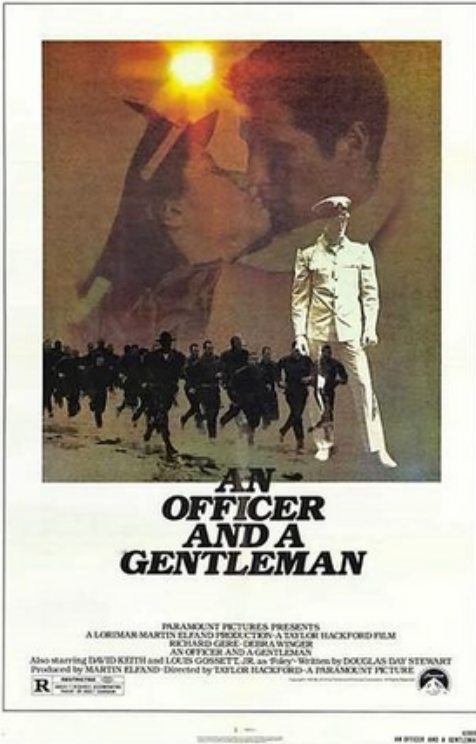
Date: Wednesday 24 April

Time: 15:00

Venue: Cinema Room 1

Booking sheet will be available on the village notice board

Zack Mayo is a loner who has never had to rely on anyone but himself. As a child, he was sent to live with his father, a career Navy man based in the Philippines, after his mother commits suicide. After graduating from college, he shocks his father by telling that he has enlisted in the Navy and will enter training as a naval aviator. He meets Paula, a woman who attends base functions in the hope of nabbing a young officer and Sid Worley, a classmate with whom he forms a close bond. The training is difficult but not as tough as having to deal with their training officer, Gunnery Sergeant Emil Foley who teaches Zack a lesson in the importance of relying on your friends and colleagues.



WATERCOLOUR CLASS

Join us for exciting watercolour classes led by Roz Hoek!

Starting from May 4th 2024, Roz will be offering sessions on the 1st Saturday of each month, from 10am to 12.30pm in Cinema Room 2. Whether you're a beginner or have some experience, everyone is welcome!

Space is limited, so secure your spot by contacting Roz at Ext. 22220. Don't miss this opportunity to explore the beauty of watercolours and release your creativity.



Classical Music Group

Beethoven

Overture: Leonore No.3

Auckland Philharmonia Orchestra

Beethoven

Symphony No.6 “The Pastoral”

Movements 1 and 2

Conductor Herbert Blomstedt

Schubert

Piano Quintet “The Trout”

Movements 4 and 5

Star-studded group of artists

*(There will be a short contextual introduction by
Peter Lever before each work is played)*

Tuesday, 23 April

2.45pm sharp

Cinema Room

**RSVP: On the booking
form on the notice
board outside the
Cinema Room**

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

22ND APRIL

VAL HAUPTMANN - Noordhoek

23RD APRIL

CARLOS BENKUNSKAS - Noordhoek

ROBERT SAYERS - Noordhoek

25TH APRIL

BOB THOMAS - Lake Michelle

26TH APRIL

SHONA FARQUHARSON - Noordhoek

JANET JACKSON - Lake Michelle

ANNIVERSARIES

NO ANNIVERSARIES

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



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 - R50 or R65

MONDAY

Cottage pie served with gravy and seasonal vegetables

-R50

OR

Lemon and herb Chicken Served with Sweet Potato fries and Roasted Vegetables - R65

TUESDAY

Chicken curry served with Savoury rice and sambals

-R50

OR

Pork Chop served with Creamy herb mashed potatoes, gravy and Roasted Vegetables - R65

WEDNESDAY

Chicken pot pie served with Potato wedges and roasted vegetables - R50

OR

Creamy tuna pasta served with a side salad and a cocktail roll - R65

THURSDAY

Chicken and cheese quiche served with sweet potato fries and a side salad

-R50

OR

Beef Sausage served with creamy mash potatoes, tomato relish and Roasted vegetable - R65

FRIDAY

Asian Style Chicken stir fry served on a bed of egg noodles - R72

OR

Beer battered hake served with Fries, tartare sauce, lemon wedge and coleslaw - R65

SATURDAY

Bacon and Mushroom pasta bake served with a Greek salad - R50

WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404



Friday Dinner

Option 1 - R145

Beer Battered Hake served with White wine
Risotto rice and pan-fried vegetables

Option 2 - R105

Pork belly ribs served with fries and a side
salad

Sunday Lunch - R138

Main Course

Roasted pineapple Gammon served with
gravy, Hasselback potatoes, roasted
butternut and green beans

Dessert

Vanilla and Berry Parfait