

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"I know some who are constantly drunk on books as other men are drunk on whiskey."

-H.L. Mencken

Dear Residents,

I hope you've all had a good week.

This upcoming week we have a James Bond movie slated for the 1st of May, "For Your Eyes Only." If you're interested in attending, please put your name on the notice board outside the cinema room.

For the Birdwatching Group, a movie is being held on Thursday & Friday of this week (2nd & 3rd). If you'd like to join, and are already a member of the Birdwatching Group, please book with reception.

In this week's Aloe Aloe we have an article written by Mick McDonald, detailing the Whiskey Tasting event that was held on the 4th of April. If you'd like to read about, you can find it on page 7.

This week we also have a selection of wonderful photos courtesy of our Tuesday Hikers. From beautiful views atop St James Peak, to marvellous blooming protea, to the dapper penguin inhabitants of Boulders - we live in a fantastic area of Cape Town.

Please be advised that the Fynbos bar will not be open for sun-downers on 1st May due to the public holiday.

The Bistro will also be closing at 2pm on Weekends with immediate effect.

Regards
The Evergreen Team

Week 17

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

Christian Fellowship 1st
May @ 10:00

Movie 1st May @ 15:00

What's On The Menu

Delicious meals on offer
this week!

Evergreen Whiskey Club

First Whiskey Tasting at
Evergreen

Hiking Highlights

Beautiful Pics from our
Hiking Group

UPCOMING EVENTS


MAY

OPERA - 7TH
SALLY-ANNE CREED VISIT - 7TH
MOBEEWASH - 8TH & 22ND
CHRISTIAN FELLOWSHIP - 1ST, 15TH
& 22ND
QUIZ - 16TH
ALIDA'S FASHIONS - 20TH
ELECTION DAY - 29TH

JUNE

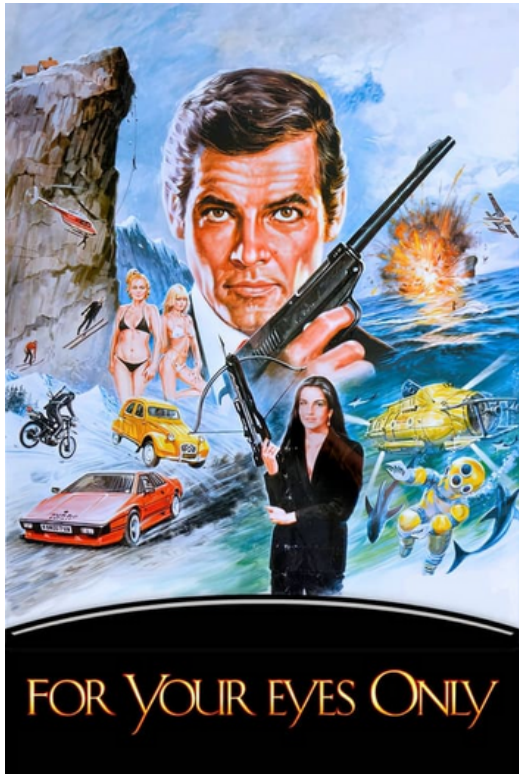
BINGO - 20TH

WEEKLY EVENTS

MON 29 APR	TUE 30 APR	WED 1 MAY	THUR 2 MAY	FRI 3 MAY	SAT 4 MAY	SUN 5 MAY
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	09h00 STRETCH CLASS 1ST FLOOR	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL			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	10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	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		15h00 MOVIE CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 RESIDENT SOCIAL MAIN LOUNGE		
		 REMINDER! PUBLIC HOLIDAY NO refuse collection or domestic serves		18H00 FRIDAY DINNER BISTRO		

WHAT'S HAPPENING?

MOVIE



For Your Eyes Only

Date: Wednesday 1 May

Time: 15:00

Venue: Cinema Room 1

Booking sheet will be available on the village notice board

After disposing of a familiar looking face, Bond is sent to recover a communication device, known as an A.T.A.C., which went down with a British spy ship as it sunk. Bond must hurry though, as the Russians are also out for this device. On his travels, he also meets Melina Havelock, whose parents were brutally murdered. Bond also encounters Aristotle Kristatos and Milos Colombo. Each of them are accusing the other of having links with with the Russians. Bond must team up with Melina, solve who the true ally is, and find the A.T.A.C. before it's too late.

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.



IT'S A CELEBRATION

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

BIRTHDAYS

29TH APRIL

DIANNE CHILES - Noordhoek

30TH APRIL

ROSEMARY MENY-GIBERT - Noordhoek

1ST MAY

BILL RAMAGE - Noordhoek
JENNIFER MORKEL - Noordhoek

2ND MAY

GAIL FORTGENS - Lake Michelle

3RD MAY

PETER FOAD - Lake Michelle

4TH MAY

OLIVIA CROWTHER - Staff

5TH MAY

MARGARET REID - Noordhoek

ANNIVERSARIES

4TH MAY

CHRISTIAN & ROSEMARY MENY-GIBERT
- Noordhoek
CLIVE & MERLE BEZER - Noordhoek

NEW RESIDENTS

A 011 - COLIN & MARGARET REID
A 106 - SHEILA MCLEAN
A 125 - JOHANNA ROWE



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

Chicken a la king served with white rice and pan-fried vegetables - R50

OR

Spaghetti Bolognese served with garden salad and a garlic roll - R65

THURSDAY

Pork rib burger served with mushroom sauce and crispy fries - R50

OR

Chicken strips served with potato wedges and seasonal vegetables - R65

TUESDAY

Teriyaki chicken served with white rice and steamed broccoli - R50

OR

Hake Mornay served with creamy mash potatoes and seasonal vegetables - R65

FRIDAY

Roast chicken pie served with chips, gravy and seasonal vegetables - R72

OR

Fried Hake served with tartar sauce, lemon wedge and roasted vegetables - R65

WEDNESDAY

Pork bangers and mashed potatoes served with gravy and seasonal vegetables - R50

OR

Chicken livers served with mash potatoes and seasonal vegetables - R65

SATURDAY

Braised pork chop served with mash potatoes, gravy and pan-fried greens - 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 - R105

Fried Hake and calamari combo served with chips and a side salad

Option 2 - R145

Grilled Beef fillet served with chips and vegetables

Sunday Lunch - R138

Main Course

Herb encrusted roast beef served with roasted potatoes, butternut and creamy spinach

Dessert

Berry yoghurt tart

EVERGREEN'S WHISKEY CLUB

Thursday 4th April brought about the first tasting of our whisky enthusiasts group.

We were taken on a tour of Scotland by our very own "Keeper of the Quaich" Johnathan Miles who has a wealth of whisky knowledge arising out of fifty years in the industry. We were all updated and well informed as to some of the mysteries and legends that surround the age-old process of whisky distilling.

After being taken to some regions of Scotland we were introduced to some distinctive tastes and flavours created by master distillers and amazed by the number of varieties available. Not all the whisky prepared for our tasting is available on the market any more so to be given a chance to taste these rare pleasures was an absolute treat.

By all accounts everyone who attended had a fun time and were eager to be taken on another taste and flavour adventure.



EVERGREEN'S WHISKEY CLUB



To be included in our next adventure please send a message, with your names and cell numbers to Mick Macdonald (Unit 69) Whatsapp 083-2363 4822 Email: mickmac54@gmail.com

Outsiders and friends are most welcome.

I will keep you updated as to our next whisky occasion.

Until next time

" Slange Var "

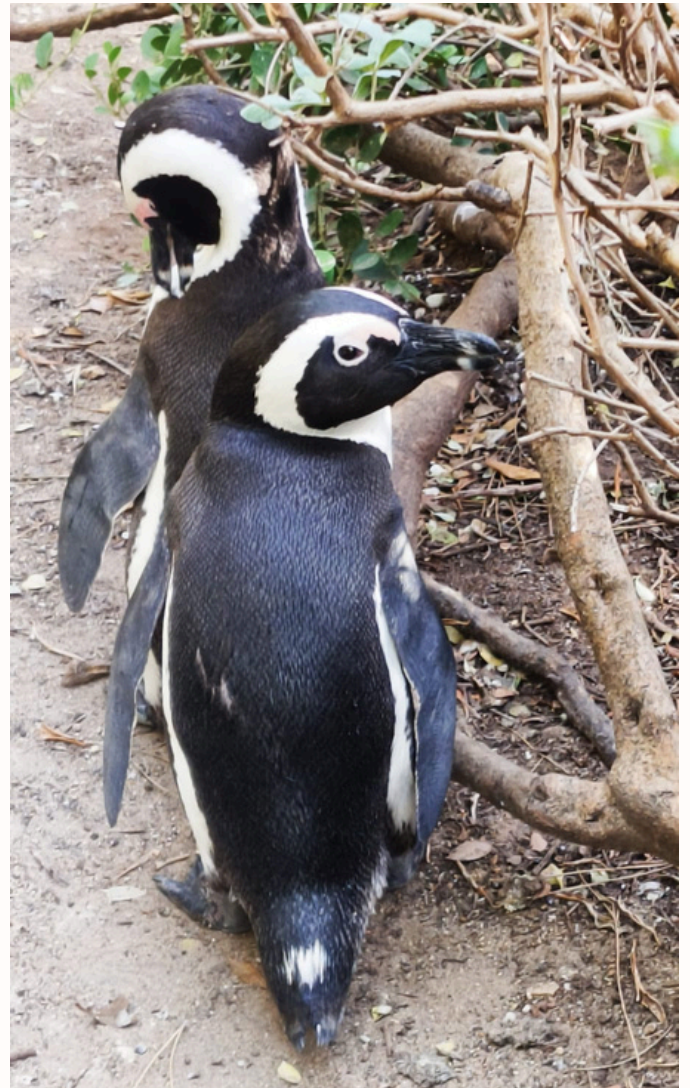
Mick Macdonald

HIKING HIGHLIGHTS

Our Tuesday Hiking Group have once more provided some wonderful pictures of our amazing natural surroundings. These photos are from their St James Hike and Simons Town Coastal Walk



St Jame's Peak



Simons Town Coastal Walk