



EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE



“But he calls down a blessing on the blossom of the may, Because it comes in beauty, and in beauty blows away.” –W.B. Yeats

Dear Residents,

I hope you've all had a good week.

May is properly upon us, as is the start of what is likely to be another long winter. The mists have been getting deeper, and the wind even more biting. So, considering we all have a good excuse to stay inside, allow me to provide some activities to enjoy this upcoming week.

Riaan's fruitvan will be in the Village on Monday 6th May from 10am till 11am – get your fresh fruit & veg, as well as some special juices and treats. Card payments accepted.

On the 7th we have an Opera, "Otello" by Giuseppe Verdi, a fantastic performance that includes South African Performers. If you're interested in attending, please contact Mike Jacklin at ext. 211.

Otherwise, if you'd prefer a movie, on the 9th we will be presenting "The Story of an African Farm" an adaptation of the book by the same name. To book for the movie, please put your name on the notice board outside the cinema room.

On the 8th we will also have Mobeewash. So for those who haven't booked, please call the office to put your name down.

I wish you all a good week.

Regards
The Evergreen Team

Week 18

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 Fruitvan 6th

Sally-Ann Creed 7th

Opera 7th @ 14:00

Mobeewash 8th @ 9:00

Health talks 9th @ 9:30

Movie 9th May @ 15:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

MAY

MOBEEWASH – 8TH & 22ND

CHRISTIAN FELLOWSHIP – 15TH & 22ND

QUIZ – 16TH

ALIDA'S FASHIONS – 20TH

ELECTION DAY – 29TH

JUNE

BINGO – 20TH

WEEKLY EVENTS

MON 6 MAY	TUE 7 MAY	WED 8 MAY	THUR 9 MAY	FRI 10 MAY	SAT 11 MAY	SUN 12 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 RIAAN'S FRUITVAN NEXT TO LSC	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	10H00-12H00 SALLY-ANN CREED POP-UP SHOP MAIN LOUNGE	09h00 MOBEEWASH BASEMENT PARKING	09h30 HEALTH TALK BLOOD continued CINEMA ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h00 KNITTING GROUP MAIN LOUNGE	12H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
11h00 BALLROOM DANCING ACTIVITY ROOM 1	14h00 OPERA CINEMA 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	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 RESIDENT SOCIAL MAIN LOUNGE		
		 REMINDER! RECYCLING COLLECTION	15h00 MOVIE CINEMA ROOM	18H00 FRIDAY DINNER BISTRO		

WHAT'S HAPPENING?

Booking sheet will be available on the village notice board

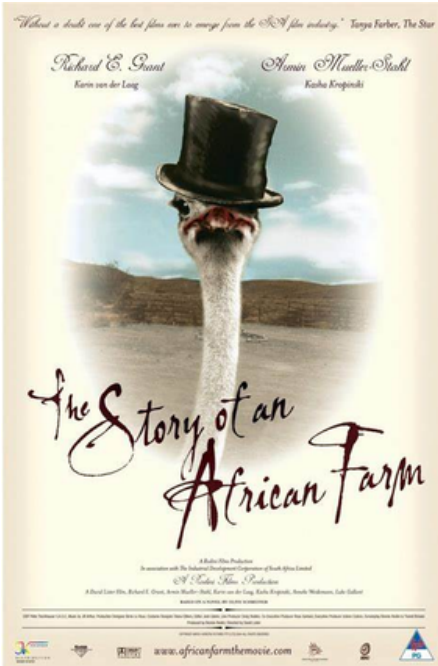
MOVIE

The Story of an African Farm

Date: Thursday 9 May

Time: 15:00

Venue: Cinema Room 1



The 1870's. South Africa. Life is normal at the farm on the slopes of a Karoo Kopje. Fat Tant Sannie (Karin van der Laag) looks after her charges, the sweet Em (Anneke Weidemann) and the independent Lyndall (Kasha Kropinski), with a strict Biblical hand – it was Em's father's dying wish. Gentle Otto (Armin), the farm manager, runs the farm and cares for Waldo, his son. Waldo (Luke Gallant) is bright, and busy building a model of a sheep-shearing machine that he hopes will make them all rich. Things change when the sinister, eccentric Bonaparte Blenkins (Richard E. Grant) with bulbous nose and chimney pot hat arrives. The stranger believes that Tant Sannie is wealthy – after all she owns a farm – and its not long before he's thrown the narrow-minded but simple woman into an amorous whirl. But his sinister motives are all too obvious to the children and he makes enemies of them.

OPERA

Otello – Giuseppe Verdi

Date: Tuesday 7 May

Time: 14:00

Venue: Cinema Room 1



Verdi's greatest opera. At the premier the composer was called by the audience to take 15 bows and at the end they rose to their feet shouting "Viva Verdi"

The tragic tale of the Moor of Venice, a great heroic General in the Venetian Empire and his downfall orchestrated by the evil Iago, who was passed over for promotion.

Otello is considered by many to be the finest of the 200 operas taken from Shakespeare!

The production is from the New York Met in HD series 2012 and features a superb cast:

Otello is sung by the brilliant South African tenor John Botha, regarded as the best Otello and who was in demand to sing at all the great opera houses of the world.

Desdemona, his loving, tragic wife, is sung by Renee Fleming, the American superstar soprano.

Iago, the treacherous ensign to Otello, is sung by the famous German baritone, Falk Struckmann.

This is a lavish production with magnificent costumes and stage settings. Beautifully filmed by The Met.

IT'S A CELEBRATION

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

BIRTHDAYS

6TH MAY

JOHN PAYNE – Noordhoek

8TH APRIL

ERIC JENNINGS – Noordhoek
MICHAEL JACKLIN – Noordhoek

11TH MAY

LUTZ UFFHAUS – Noordhoek

ANNIVERSARIES

8TH MAY

DOUGLAS & SHOENA SMITH –
Noordhoek

NEW RESIDENTS

A 125 Noordhoek – JOHANNA ROWE

BIRTHS

Welcome to the world
Baby Jamie Ross Garrison.

Born 23 April 2024 and
weighing 4.3kg at birth.

Both mom and baby are doing well.





ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 20 MAY 2024
FROM 10h00am

LOVELY TOPS, JERSEYS, JACKETS, G-LAYS
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



Let's talk about bone health

Don't wait until it's too late—start protecting your bones now and enjoy them later! Join Tanya and our dietitian Jade Russouw with any and all questions you may have about how to keep your bones stronger for longer.

**Join us in the lounge
Tuesday 7 May at 10:00am**

Sally-Ann
CREED®
Wellness through nutrition

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 and mushroom pasta served with a side of vegetables and a garlic roll - R50

OR

Beef and mushroom homemade pies served with creamy mash potatoes, onion gravy and seasonal vegetables - R65

TUESDAY

Sweet and sour pork meatballs served with mash potatoes and seasonal vegetables - R50

OR

Waldorf Chicken Salad - R65

WEDNESDAY

Beef mice curry served with basmati rice and sambals - R50

OR

Lamb liver served with onion gravy, creamy mash potatoes and roasted vegetables - R65

THURSDAY

Creamy lemon chicken pasta served with a side salad and garlic roll - R50

OR

Beef and butter bean curry served with white rice and pan-fried greens - R65

FRIDAY

Beef burger served with chips - R72

OR

Fried fish and chips served with tartar sauce, lemon wedge and vegetables - R65

SATURDAY

Salami and mushroom pizza - 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

NO FRIDAY DINNER

Sunday Lunch - R138

Main Course

Stuffed pork tenderloin served with potato
bake and roasted vegetables

Dessert

Malva pudding served with vanilla custard