

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain."

-Vivian Greene

Dear Residents,

I hope you've all had a good week.

It's certainly been rainy. Nonetheless, this is what we love about our winters, and our dams definitely aren't complaining.

This week there will be no movie, as instead we have an Aviation Talk by Pete Van Der Spek, which are always very popular. So if you're interested in attending, please contact Pete at Ext. 2065.

The next day we have a Quiz happening in the evening. It's already been fully booked, so thinking hats off to the participants, we wish you a fantastic evening of knowledge and guesses.

For those of you keeping watch, you'll notice we have a resident Heron who enjoys visiting the gardens of the Lifestyle Centre. If you're lucky to spot them, maybe take a pic. And if that inspires a love of birds, maybe consider joining Evergreen's Bird-Watchers Club by contacting Ron Jones at Ext. 2068.

I wish you all a good week.

Regards
The Evergreen Team

Week 19

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 15th
@ 10:00

Aviation Talk 15th @ 15:00

Quiz 16th @ 18:00

What's On The Menu

Delicious meals on offer
this week!

UPCOMING EVENTS

MAY

MOBEEWASH - 22ND

CHRISTIAN FELLOWSHIP - 22ND

QUIZ - 16TH

ALIDA'S FASHIONS - 20TH

MEDICAL TALK - 23RD

MUSIC & MINGLE MARKET - 25TH

ELECTION DAY - 29TH

JUNE

BINGO - 20TH

WEEKLY EVENTS

MON 13 MAY	TUE 14 MAY	WED 15 MAY	THUR 16 MAY	FRI 17 MAY	SAT 18 MAY	SUN 19 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		10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	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		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	15h00 AVIATION TALK 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 RESIDENT SOCIAL MAIN LOUNGE		
		 REMINDER! RECYCLING COLLECTION		18H00 FRIDAY DINNER BISTRO		

IT'S A CELEBRATION

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

BIRTHDAYS

13TH MAY

JOY MACDONALD- Noordhoek

14TH MAY

MARION NELSEN - Noordhoek

15TH MAY

PHILLIPE TACK - Noordhoek

16TH MAY

DENISE BAWS - Noordhoek

17TH MAY

ROGER FALLS - Noordhoek

ANNE STEPTO - Noordhoek

JOHN GRIMMER - Noordhoek

18TH MAY

ELIZABETH LEGGE - Noordhoek

JEAN LAMB - Lake Michelle

ANNIVERSARIES

NO WEDDING ANNIVERSARIES

NEW RESIDENTS

A 125 Noordhoek - JOHANNA ROWE





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

Flying Legends - aviation presentation Duxford airbase, UK

For those who missed my first talk on Legends and those new to Evergreen Noordhoek since the first talk, you are welcome to come and see my photos and hear the stories behind the photos. The presentation has been revamped with some new photos



Venue: Upstairs lounge area

Day: 15 May

Time: 15:00

RSVP: pete@skypics.co.za before 13 May

Drinks afterwards in the pub

WHAT'S HAPPENING

EVERGREEN music & MINGLE MARKET

25

MAY 2024
SATURDAY
FROM 12:30

EVERGREEN
NOORDHOEK

CORNER OF GLENCAIRN EXPRESS
WAY AND KOMMETJIE ROAD,
FISH HOEK

FREE ENTRY

BALLROOM DANCING

Teachers' Background:

Diane is a ProAm Ballroom & Latin Gold level South African Champion and after hanging up her competitive shoes she has discovered a love for teaching her passion to others.

Trevor is a professional teacher of Ballroom and Latin and continues to dance competitively. He has 15 years of teaching experience.

They are both passionate about their dancing and really enjoy making ballroom and latin easy and fun to learn, giving their students the confidence to get onto a social dance floor and look great!



At Evergreen Noordhoek they are teaching:

Social Ballroom: Waltz, Foxtrot and Quickstep (at more advanced levels will come Tango and Viennese waltz)

American Rhythm: Rhumba, Swing Jive, Boogie, Social Salsa, Cha-Cha

Come and watch the current group on a **Monday morning at 11am** having a ball!!! and then consider joining in.

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

Beef bobotie with yellow rice and pumpkin
-R50

OR

Chicken ala king served with white rice-
R65

TUESDAY

Beef sausage served with mash
potatoes and seasonal vegetables -R50

OR

Chicken strips and potato wedges
served with mushroom sauce and roast
vegetables - R65

WEDNESDAY

Tomato bredie served with white rice
and seasonal vegetables - R50

OR

Fish goujons served with savory rice and
a side salad - R65

THURSDAY

Chicken and mushroom pasta bake
served with a side salad - R50

OR

Tuna nicoise salad - R65

FRIDAY

Bacon and feta quiche served with a side
salad - R72

OR

Fish and chips served with tartare sauce
and seasonal vegetables - R65

SATURDAY

BBQ grilled chicken burger served with
chips and a side salad - R50

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THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404



Friday Dinner

Option 1

Fried fish and calamari combo served with chips and tartare sauce and seasonal vegetables.

Option 2:

Sticky BBQ pork ribs served with chips and vegetables.

Option 3:

Panko chicken served with chips and seasonal vegetables

Sunday Lunch - R138

Main Course

Roasted garlic and thyme pork shoulder served with roast potatoes and seasonal vegetables

Dessert

Lemon meringue