

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.”* –Roy T. Bennett

Dear Residents,

We hope you've all had a good week.

We have a packed week of activities for you to enjoy, from movies to music, clothes and food, so we hope you'll join us for as many as you're able to!

The highlight of this upcoming week is the 25th, where we'll be hosting the May Music & Mingle Market. Doors open from 12:30. We'll have live performances by Terry Fortune's Golden Oldies from 4pm.

Alida's fashions will be visiting us once more at 10:00 on Monday – so if you'd like to stock up on some winter gear, join us at the lifestyle centre for a pleasant perusal.

Mobeewash is coming on Wednesday, so for those who are interested, please book with Reception.

Mediclinic is hosting a Health Talk on the 23rd at 10:00 with Dr Cecil Reid (Orthopaedic Surgeon) and Timoreta Gray (Physiotherapist). Please book with reception.

And a reminder to everyone that next week, the 29th, is Election Day.

We wish you all a good week.

Regards  
The Evergreen Team

## Week 20

### 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

Alida's Fashions 20th @ 10:00

Mobeewash 22nd @ 9:00

Christian Fellowship 22nd @ 10:00

Mediclinic Health Talk 23rd @ 10:00

Music & Mingle Market 25th @ 12:30

#### MAC Health Coaching

Teaching Sessions - see poster

#### What's On The Menu

Delicious meals on offer this week!

#### Hiking Highlights

Echo Valley hike pictures

## UPCOMING EVENTS

### MAY

MOBEEWASH - 22ND  
CHRISTIAN FELLOWSHIP - 22ND  
ALIDA'S FASHIONS - 20TH  
MEDICAL TALK - 23RD  
MUSIC & MINGLE MARKET - 25TH  
ELECTION DAY - 29TH

### JUNE

BINGO - 20TH

# WEEKLY EVENTS

**REMINDER!**  
RECYCLING COLLECTION  
on Wednesdays

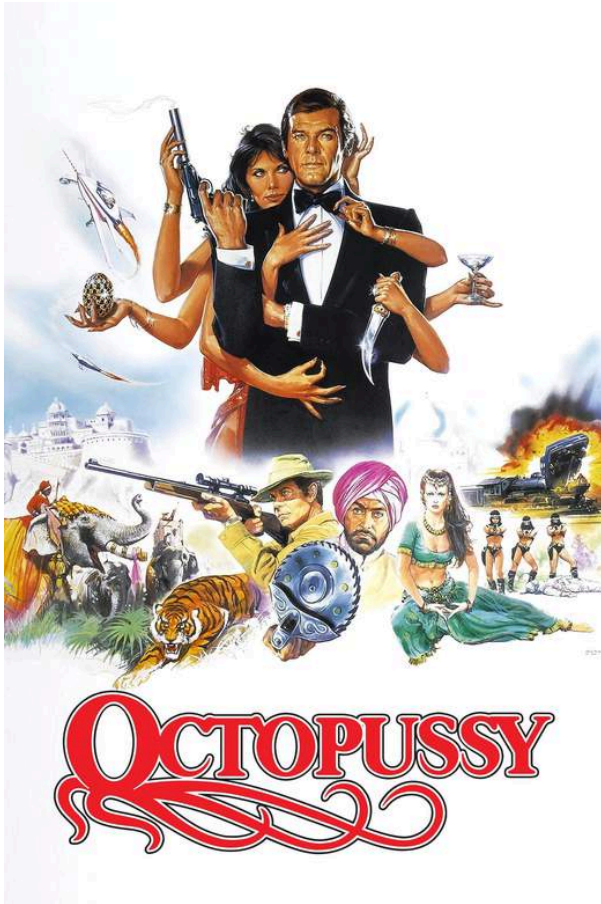
MON 20 MAY	TUE 21 MAY	WED 22 MAY	THUR 23 MAY	FRI 24 MAY	SAT 25 MAY	SUN 26 MAY
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	09h00 ART GROUP CINEMA ROOM 1	
10h00 ALIDA'S FASHIONS MAIN LOUNGE	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR	09h00 - 10h30 DR CZECH BOOKINGS WITH EVERGREEN HEALTH		
10h15 AQUA AEROBICS POOL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	09h00 MOBEEWASH BASEMENT PARKING	10h00 MEDICLINIC HEALTH TALK LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 MOSAICS ACTIVITY ROOM 1	10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1	12h30 MUSIC & MINGLE MARKET MAIN LOUNGE	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 CINEMA ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO	14h45 CLASSICAL MUSIC GROUP CINEMA ROOM 1	15h00 MOVIE CINEMA ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2			
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

# WHAT'S HAPPENING?

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## MOVIE

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### Octopussy

**Booking sheet will be available on the village notice board**

**Date: Wednesday 22 May**

**Time: 15:00**

**Venue: Cinema Room 1**

When Agent 009 turns up dead in East Berlin holding a rare Fabergé egg, the British Secret Intelligence Service suspects the Russians of trying to raise funds for covert operations abroad. As Commander Bond attends a Sotheby's auction to ferret out the mysterious vendor, he soon uncovers the elaborate smuggling operation of exiled Afghan prince Kamal Khan and his statuesque jewel smuggler accomplice, Octopussy. And little by little, the horrific scheme of bellicose Soviet General Orlov comes to light. Now, the fate of the anti-nuclear movement and the world is hanging by a thread. Can James Bond prevent the impending nuclear Armageddon?

## CLASSICAL MUSICAL GROUP

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**Date: Tuesday 21 May**

**Time: 14:45**

**Venue: Cinema Room 1**

Our Classical Music Group returns for May – this Tuesday, please join us for an afternoon of the classics.

All in attendance to be seated by **14:45**, and the show will begin by 15:00.



# Classical Music Group

## **Jean Sibelius**

Intermezzo from the Karelia Suite

Tampere Filharmonica conducted by Tuomas Ollila

## **Felix Mendelssohn**

Fingal's Cave Overture

Conductor Gary M. Schneider

## **Wolfgang Amadeus Mozart**

Piano Concerto No. 21

Murray Perahia soloist and conductor

## **Pyotr Ilych Tchaikovsky**

1812 Overture Op 49

Telarc Edition - Erich Kunzel conducting the Cincinnati Symphony Orchestra

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

**Tuesday, 21 May**

**3.00pm sharp**

**Cinema Room**

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

# IT'S A CELEBRATION

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

## BIRTHDAYS

### **20TH MAY**

RODNEY WILSON – Noordhoek

### **22ND MAY**

RONALD STEAD – Noordhoek

### **23RD MAY**

JANET POTTER – Noordhoek

DENISE DUFF – Noordhoek

NOMAPHELO BOOI – Staff

### **24TH MAY**

SUE PAYNE – Lake Michelle

### **26TH MAY**

PETER CRAMB – Noordhoek

## ANNIVERSARIES

### **20TH MAY**

PETER & NANCY BROWN

## NEW RESIDENTS

APT 109 – PETER & JENNIFER VAN DER WESTHUIZEN

APT 106– SHEILA MCLEAN







# GLASSES FOR A CAUSE

*Old spectacles? Donate!*

As we age our eyes change and so do our specs. Many of us have pairs of old spectacles floating around in drawers and cupboards gathering dust.

**Rather than throwing them away, consider donating!**

Any old glasses or cases can be deposited at the **Lifestyle Centre**, and will later be given to non-profits who will distribute them to those in need.





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

# WHAT'S HAPPENING

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## 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





## **Health Coaching at Noordhoek Village**

**Sadly, as we age so our health and the health of our partner's may take a knock. This may result in many unforeseen challenges. And often this is the time when we need support, guidance and information about the road ahead.**

**And that's where a health coach can play an important role.**

**I've been providing health coaching sessions and regular health presentations for the past year to older adults to this and other retirement villages.**

**However, many residents are not familiar with how a health coach can help in their circumstances. In simplest terms, health coaches are an additional level of health support and are there to offer guidance and information throughout the process.**

**I have therefore offered to extend my services and provide free one-on-one in-person coaching sessions in this village free of charge for the next 3 months.**

**These sessions will be aimed at providing residents with additional health and lifestyle related information and support especially with respect to chronic health conditions including diabetes management and prevention as well as dementia care. These sessions are not intended to diagnose, treat or counsel.**

**My qualifications include a B. Phys Ed (Wits University), MBA (Wits Business School) and after Covid-19 I qualified as a Health Coach (American Fitness Professional Association). Since then I've also certified in diabetes management and recently completed courses in understanding dementia and understanding traumatic brain injury through Wicking Dementia Research and Education Centre, University of Tasmania, Australia.**

**To book a free session or to learn more, please contact Desiree on 073 423 8432**

# 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

Cape Malay bobotie served with yellow rice and sambals - R50

OR

Stuffed chicken breast served with potato wedges and seasonal vegetables - R65

#### TUESDAY

Chicken chow mein served with egg noodles and stir fry vegetables - R50

OR

Homemade fish cakes served with tomato and onion relish, mash potatoes and pan fried vegetables - R65

#### WEDNESDAY

Cottage pie served with roasted vegetables - R50

OR

Beef enchiladas served with sweet potato fries and a side salad - R65

#### THURSDAY

Liver served in a onion gravy with mash potatoes and seasonal vegetables - R50

OR

Pork bangers served with mash potatoes and seasonal vegetables - R65

#### FRIDAY

Steak and kidney pie served with a side salad and fries - R72

OR

Battered fish with chips served with tartar sauce, lemon wedge and a green salad - R65

#### SATURDAY

Market Day Menu

Creamy mushroom & bacon soup topped with fresh herbs & a garlic roll - R50

Vegetable lasagne with a greek side salad - R65

Burger & chips - R75

Butter chicken curry with basmati rice & sambals - R65

### Sunday Lunch - R138

#### Main Course

Slow cooked beef in red onion and peppers served with Garlic roast potatoes, Yorkshire pudding, broccoli and cauliflower bake

#### Dessert

Old school malva pudding served with custard



# THURSDAY 23 MAY

- 10-11am
- Upstairs lounge

## *Guest speakers*

**DR CECIL REID**

**ORTHOPAEDIC SURGEON**

Medical conditions that can lead to falls, injuries and the diagnosis and treatment of osteoporosis

**AND**

**TIMORETA GRAY**

**PHYSIOTHERAPIST**

Building confidence and reducing falls



Please RSVP with the reception desk

**ON EXTENSION 2400**

by no later than 15h00 Wednesday 22 May



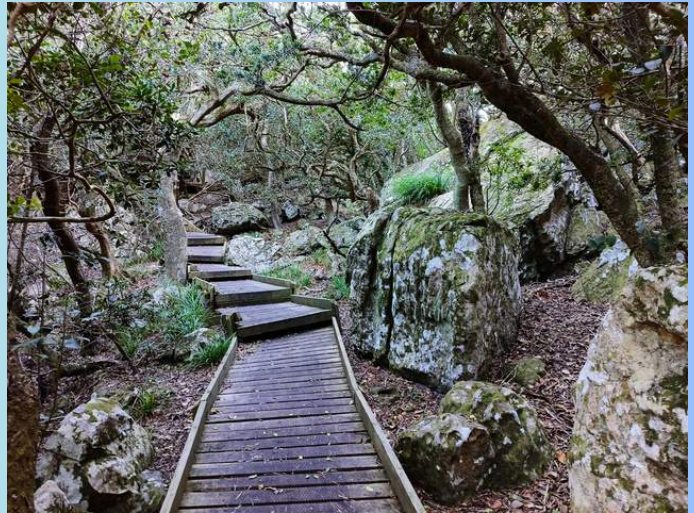


# Tuesday Hikers

**Photos of the Echo Valley hike above Kalk Bay, to the indigenous forest of mainly Yellowwoods and Milkwoods at the top of the valley**



Group chat at the bottom of the valley



Boardwalk through the forest, to protect the forest floor.  
Mainly Yellowwoods and Milkwoods



Emerging from the far end of the forest



Looking back, en route

**For more information about the group, please contact Ron Jones on ext 2068**