

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*"Music expresses that which cannot be put into words and that which cannot remain silent"*

–Victor Hugo

Dear Residents,

We hope you've all had a good week.

As we begin this week, we enter a new chapter at Evergreen Noordhoek – that being the arrival of our new Bistro operators, Freedom Foods! Our current supplier, Tsebo, will serve their last meal in the Village on Sunday, 26th May. Freedom Foods will be covering the Interim period between the 26th of May and the 7th of June with Deliveries. You can find their menu on the 3rd page with some truly fantastic offerings.

We will host an official launch function on Friday 07 June 2024 from 16:00 to 19:00 in the Bistro where everyone is invited to come and meet the owners Darren and his wife Sarah who will operate our kitchen daily. Let's make it a warm welcome!

As we send this issue out, we have the Music & Mingle Market happening on the 25th, and we hope to see many of you there to enjoy some wonderful food, music, and stalls.

We also have a movie showing this upcoming week, "Chariots of Fire". If you're interested in watching, you can put your name down on the booking list on the notice board outside the cinema room.

Finally, we also want to remind our residents that Wednesday is Election Day, so Recycling will not be collected. In preparation of this, please distribute your recycling over Monday and Tuesday.

We wish you all a good week.

Regards  
The Evergreen Team

## Week 21

### 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 On The Menu

Delicious meals on offer this week!

#### What's Happening

Movie 30th @ 15:00

Election Day 29th

#### Birdwatchers

Sanctuary Visit

## UPCOMING EVENTS

MAY

ELECTION DAY – 29TH

JUNE

BINGO – 20TH


MOBEEWASH – 5TH & 19TH

CLASSICAL MUSIC GROUP – 18TH

CHRISTIAN FELLOWSHIP – 12TH & 26TH

SPRINGBOKS TEST GAME – 22ND































# WEEKLY EVENTS

MON 27 MAY	TUE 28 MAY	WED 29 MAY	THUR 30 MAY	FRI 31 MAY	SAT 1 JUNE	SUN 2 JUNE
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	 ELECTION DAY	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	10h00 ART GROUP CINEMA ROOM 1	
	10h00 BRIDGE ACTIVITY ROOM 2	08h30 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR			
10h15 AQUA AEROBICS POOL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2			10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 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	14h00 BRIDGE ACTIVITY ROOM 2	15H45 BEGINNER BRIDGE CINEMA ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO			15h00 MOVIE CINEMA ROOM 1			
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



# MAY 2024

Homemade bread available every Thursday and Friday R35

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS:	CHICKEN NOODLE	MUSHROOM SOUP	MINESTRONE SOUP	TOMATO BASIL SOUP	BEEF AND VEG SOUP
1  Soups daily!	2 Meatball curry  Mediterrean chicken	3 Chicken cacciatore  Beef curry	4 1 Chicken breyani  Alfredo pasta	5 2 Tomato bredie  Herb roast chicken	6 3 Traditional bobotie  Grilled steak sandwich
7 	8 6 Chicken stroganoff  Pork skewers	9 7 Coronation chicken  Savoury bake potato	10 8 Chicken marsala  Beef ragu	11 9 Braised Pork adobo  Grilled chicken breast	12 10 Beef burger  Chicken Kebabs
13 	14 13 Chefs chicken curry  Mac n cheese	15 14 Eggplant parmesan  Beef casserole	16 15 Penne a la vodka  Chicken limone	17 16 Chicken parmesan  Beef korma	18 17 Arrabiatta pasta  Hannah chicken
19 	20 20 Glazed sticky pork  Creamy Tomato chicken pasta	21 21 Cottage Pie  BBQ Chicken breast	22 22 Creamy chicken salsa  Texas Pulled pork	23 23 Chicken schnitzels  Pork sausages	24 24 Grilled Pork chop  Thai chicken stir fry
26 	27 27 Chicken curry  Hawaiian pork stir fry	28 28 Spaghetti bolognese  Mongolian beef	29 29 Butter Chicken  Gourmet Mac n cheese	30 30 Pork schnitzel  Cashew nut chicken	31 31 Steak gatsbys  Thai chicken curry

## FREEDOM FOODS Catering Kitchen



021 785 7199  
082 603 3518



24 Strandloper Street  
Sunnydale

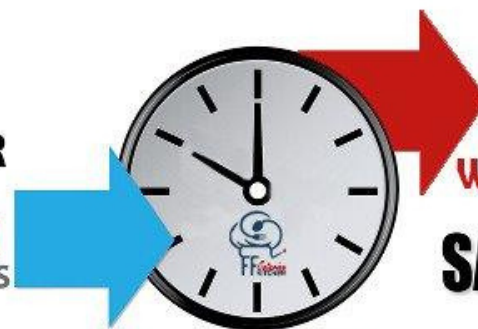


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orders@freedomfoodsck.co.za



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ORDER  
by  
**10AM**  
WEEKDAYS



**WE DELIVER  
the  
SAME DAY**

**082 603 3518**

www.freedomfoodsck.co.za

### PRICE LIST

Normal meals..... R85  
Low Carb or Gluten free R90  
Kiddies ..... R50  
Elderly / ladies portion R65  
Vegan..... R90  
Family Normal..... R260  
(2 adults/2 kids)  
Family Low carb..... R270  
Free Range:  
N R95 / L R75 / Family R285

### BOX MEAL PRICES

For the freezer   
10 meals per pack  
Standard ..... R850  
Standard LC/GF R900  
Elderly / Ladies R650  
Elderly/Ladies LCR700  
Kiddies ..... R500  
They can be made up to  
your meal preferences  
and all labelled & dated

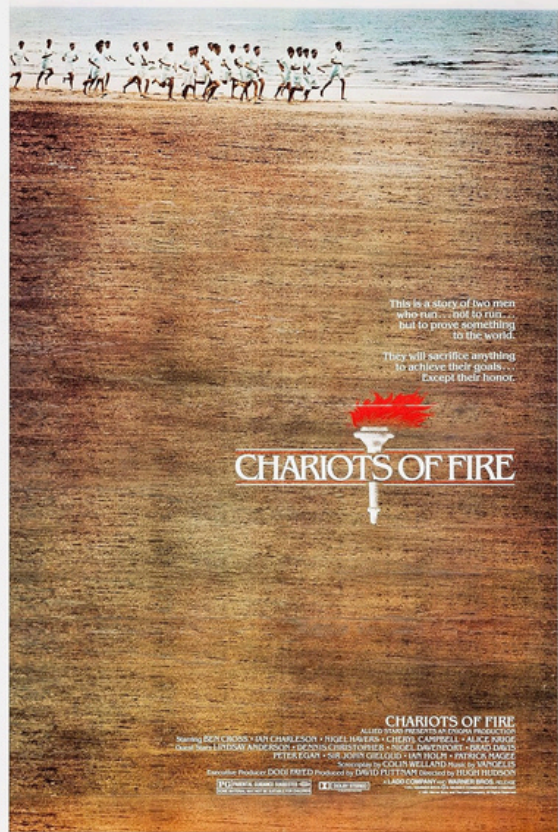
### PLEASE NOTE:

We are in the final week of May, so please refer to options in the orange section from the 27th.



# WHAT'S HAPPENING?

## MOVIE



### Chariots of Fire

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

**Date: Thursday 30 May**

**Time: 15:00**

**Venue: Cinema Room 1**

Harold Abrahams and Eric Liddell are both naturally gifted fast sprinters. Harold, the son of a Lithuanian Jew, lives a somewhat-privileged life as a student at Cambridge and uses being the fastest to overcome what he sees as the obstacles he faces in life. Eric Liddell, a Scot born to Christian missionaries in China, is a devout member of the Church of Scotland. He sees running as a win-win: the notoriety of being fast gives him an added outlet to spread the word of God. Harold and Eric's lives intersect at the 1924 Paris Olympics. However the much-anticipated head-to-head between Harold and Eric could be further shadowed by other issues, especially as it affects Eric's Christian beliefs.

## BOK TOWN



The Springboks' home Test schedule for 2024 is:

Saturday, 22 June: SA vs. Wales 15h00

Saturday, 6 July: SA vs. Ireland 17h00

Saturday, 13 July: SA vs. Ireland 17h00

Saturday, 20 July: SA vs. Portugal 17h00

Saturday, 17 August: SA vs. Australia 11h55

Saturday, 31 August: SA vs. New Zealand 17h00

# 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

### 27TH MAY

MARY JENNINGS – Noordhoek  
TREVOR DOUGLAS – Noordhoek  
GLENDA INSKIP – Noordhoek

### 28TH MAY

LINDA GREEF – Noordhoek  
ANTHONY JOHNSTON – Lake Michelle

### 29TH MAY

PAMELA GRAHAM – Lake Michelle

### 30TH MAY

PATRICIA VON BORMANN – Noordhoek

### 1ST JUNE

ILSE ROOS – Noordhoek

### 2ND JUNE

ROBERT MUTLOW – Noordhoek  
PETER GILCHRIST – Noordhoek  
LALEEN BLAND – Noordhoek

## ANNIVERSARIES

### 29TH MAY

PETER & GLENDA INSKIP

### 1ST JUNE

WILLEM & ROSALIE HOEK

## NEW RESIDENTS

NO NEW RESIDENTS







# 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.





# BIRDWATCHERS



Members of the village birdwatching group visited the Sanctuary in two groups over these past two weeks. More than 30 different bird species were viewed and identified in each of these visits. Thanks to Arnie for the bird photos he took on the first visit.



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