

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*“Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance.”* –Yoko Ono

Dear Residents,

We hope you've all had a good week.

Winter is biting at our heels, and what better way to warm up than some good food! Freedom Foods will be officially starting at Evergreen, by the end of this week. As a reminder, we'll be having our launch function on the 7th of June from 16:00 – 19:00. We hope to see you there!

Riaan's Fruit Van will also be arriving Saturday the 1st, instead of Monday, due to weather.

This week we have a Bond Movie on Wednesday, "Never Say Never Again." Should you like to attend, please put your name on the noticeboard list.

Mobeewash is also happening this Wednesday, so for those who'd like to get their car washed, please book with reception.

In this week's Aloe, we also have some wonderful pictures courtesy of the Tuesday Hiking Group – they had a wonderful trek over the mountains that ended in a gorgeous view over Hout Bay.

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 Happening

Mobeewash 5th @ 9:00

Movie 5th @ 15:00

Freedom Foods Welcome  
7th @ 16:00

#### What's On The Menu

Delicious meals on offer  
this week!

#### Hiking Highlights

The View of Hout Bay

## UPCOMING EVENTS

JUNE

BINGO – 20TH

MOBEEWASH – 5TH & 19TH

CLASSICAL MUSIC GROUP – 18TH

CHRISTIAN FELLOWSHIP – 12TH & 26TH

SPRINGBOKS TEST GAME – 22ND

FATHER'S DAY – 16TH JUNE

# WEEKLY EVENTS



WEDNESDAY  
IS RECYCLING

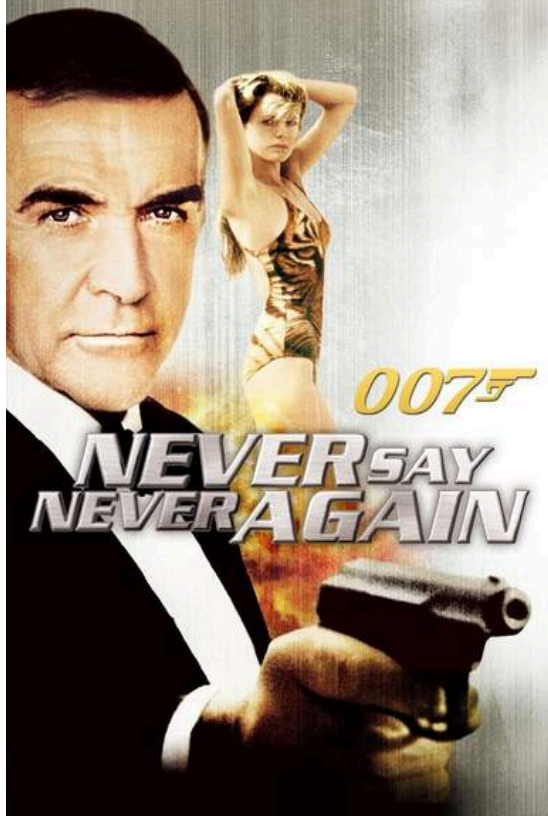
MON 3 JUN	TUE 4 JUN	WED 5 JUN	THUR 6 JUN	FRI 7 JUN	SAT 8 JUN	SUN 9 JUN
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	10h00 ART GROUP CINEMA ROOM 1	
	10h00 BRIDGE ACTIVITY ROOM 2	09h00 MOBEEWASH BASEMENT PARKING	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		16H00 FREEDOM FOODS WELCOME BISTRO		
		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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### Never Say Never Again

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

**Date: Wednesday 5 June**

**Time: 15:00**

**Venue: Cinema Room 1**

On Wednesday we present a James Bond film "Never say Never Again."

S.P.E.C.T.R.E. agents under the command of Ernst Blofeld infiltrate a U.S. Air Force base situated in the U.K. and steal two Tomahawk cruise missiles. When N.A.T.O. is held ransom, the British re-activate their "00" Agents and send James Bond to recapture the warheads and kill Blofeld.

## BOK TOWN

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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

### 3RD JUNE

TONY KROMBERG – Noordhoek  
VAL HEARD – Noordhoek

### 4TH JUNE

GAIL MACLELLAN – Noordhoek

### 5TH JUNE

ETHEL REID – Noordhoek  
GAEL CULHANE – Lake Michelle  
JOSEPHINE FOAD – Lake Michelle

### 6TH JUNE

HELEN BERTHOLD – Noordhoek  
IAN SIMPSON – Noordhoek

### 7TH JUNE

JENNIFER KNOTT – Noordhoek

### 8TH JUNE

JUNE HUTCHESON – Noordhoek

### 9TH JUNE

TREVOR HARDING – Noordhoek

## ANNIVERSARIES

### 5TH JUNE

PETER & SUSAN VAN DER SPEK

### 6TH JUNE

DAVID & ELIZABETH MACKINNON-  
LITTLE  
JACOBUS & SHIRLEY REYNDERS

### 8TH JUNE

PETER & JOSEPHINE FOAD

## NEW RESIDENTS

DIANNE BLATT – APT 108







# RIAAN'S FRUIT VAN

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Date: 1st June

Time: 10:00 – 11:00

Avo  
Papino's  
Naartjies  
Persimmons  
Oranges  
Grapefruit

Variety of veggies  
Honey  
Homebaked  
-Cookies  
-Rusks  
-Hertzoggies

And Lots more!!!





# 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.

OPEN DAILY 08H00 – 16H00  
FRIDAY DINNER SERVICE – 18H00  
DAILY MEAL ORDERS BY 10H00

## MONDAY

**Indian Meatball Curry:** With basmati rice, carrots and green beans

OR

**Mediterranean chicken:** Chicken pieces, olives and roasted peppers and served with rice and baby marrow

## TUESDAY

**Chicken cacciatore:** Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut

OR

**Beef Curry:** With yellow rice, garden peas and side sambal

## WEDNESDAY

Cape Malay Chicken breyani with sambal

OR

**Alfredo pasta:** A creamy pasta with ham and mushrooms. Served with side parmesan

## THURSDAY

**Tomato bredie:** Meat and vegetables stewed together, with rice, butternut and peas

OR

**Herb Roast chicken:** with rice, gravy and veg medley

## FRIDAY

Launch Party!

## SATURDAY

**Braised steak with onions:** served with mash, cinnamon butternut and baby marrows

OR

**Chicken and mushroom pasta:** Creamy sauce with chicken and mushrooms with side parmesan cheese

## SUNDAY

**Sunday Roast:** Choice of either Gammon or Beef roast, with rice, roast potatoes, gravy and veggies

**Dessert:** Apple crumble with custard

R140



## Price List

Normal Meals..... R85  
Low Carb/Gluten Free..R90  
Kiddies..... R50  
Ladies Portion.....R65  
Vegan.....R90  
Family Normal (2 Adult, 2 Kids)..... R260  
Family Low Carb..... R270  
Free Range:  
N R95/ L R75/ Family... R285



# Menu for June



Cell: 082 603 3518

E-mail:

orders@freedomfoodsck.co.za

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<sup>1</sup> Pork Potjie OR Chicken Casserole
<sup>2</sup> Roast Chicken OR Roast Pork	<sup>3</sup> Meatball Curry OR Mediterranean Chicken	<sup>4</sup> Chicken Cacciatore OR Beef Curry	<sup>5</sup> Chicken Breyani OR Alfredo Pasta	<sup>6</sup> Tomato Bredie OR Herb Roast Chicken	<sup>7</sup> Traditional Bobotie OR Grilled Steak Sandwich	<sup>8</sup> Braised Steak OR Chicken & Mushroom Pasta
<b>Father's Day</b> <sup>9</sup> Lamb Spit Braai	<sup>10</sup> Chicken Stroganoff OR Pork Skewers	<sup>11</sup> Coronation Chicken OR Savoury Baked Potato	<sup>12</sup> Chicken Marsala OR Beef Ragu	<sup>13</sup> Braised Pork Adobo OR Grilled Chicken Breast	<sup>14</sup> Beef Burger OR Chicken Kebab	<sup>15</sup> Beef Frikkadels OR Chicken Burger
<b>Youth Day</b> <sup>16</sup> Roast Gammon OR Roast Beef	<sup>17</sup> Chef's Chicken Curry OR Mac 'n Cheese	<sup>18</sup> Eggplant Parmesan OR Beef Casserole	<sup>19</sup> Penne a la Vodka OR Chicken Lemone	<sup>20</sup> Chicken Parmesan OR Beef Korma	<sup>21</sup> Arriabiatte Pasta OR Hannah Chicken	<sup>22</sup> Beef Stroganoff OR Chicken Lasagne
<sup>23</sup> Roast Pork	<sup>24</sup> Glazed Sticky Pork OR Creamy Tomato Chicken Pasta	<sup>25</sup> Cottage Pie OR BBQ Chicken Breast	<sup>26</sup> Creamy Chicken Salsa OR Texas Pulled Pork	<sup>27</sup> Chicken Schnitzel OR Pork Sausages	<sup>28</sup> Grilled Pork Chop OR Thai Chicken Stir Fry	<sup>29</sup> Beef Stroganoff OR Chicken Lasagne



# HIKING HIGHLIGHTS

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The Tuesday Hikers group enjoyed this magnificent view of Hout Bay this last Tuesday. The hike starts at the Silvermine West dam and takes one past the turn-offs to Elephant's Eye and the Panarama Circuit and through the protea valley to the lookout point, directly above Chapmans Peak Drive.

