

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom." -Umberto Eco

Dear Residents,

We hope you've all had a good week.

Father's day is swiftly approaching, so for all the fathers in our village, we wish you a wonderful day. For those interested in attending the spit braai on Sunday, please book with the Bistro to save your seat.

This week we have a movie showing, "When Harry Met Sally", on Thursday the 13th at 15:00. With the rainy weather, a nice afternoon in the cinema may be just the ticket.

This Saturday, Roz Hoek will be having her water colour art class in Cinema Room 2 at 10:00. For all those interested in joining, please call Ext. 22220.

We wish you all a good week.

Regards
The Evergreen Team

Week 23

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 12th @ 10:00

Movie 13th @ 15:00

Water Colour Art Class 15th @ 10:00

Father's Day Spit Braai 16th @ 13:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

JUNE

FATHER'S DAY - 16TH

CLASSICAL MUSIC GROUP - 18TH

BINGO - 20TH

TABITA'S FASHIONS - 22ND

MOBEEWASH - 22ND

CHRISTIAN FELLOWSHIP - 12TH & 26TH

SPRINGBOKS TEST GAME - 22ND

WHISKEY TASTING - 25TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 10 JUN	TUE 11 JUN	WED 12 JUN	THUR 13 JUN	FRI 14 JUN	SAT 15 JUN	SUN 16 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	10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	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		13H00 FATHER'S DAY SPIT BRAAI 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	

WHAT'S HAPPENING?

MOVIE



When Harry Met Sally

Booking sheet will be available on the village notice board

Date: Thursday 13 June

Time: 15:00

Venue: Cinema Room 1

Harry and Sally meet when she gives him a ride to New York after they both graduate from the University of Chicago. The film jumps through their lives as they both search for love, but fail, bumping into each other time and time again. Finally a close friendship blooms between them, and they both like having a friend of the opposite sex. But then they are confronted with the problem: "Can a man and a woman be friends, without sex getting in the way?"

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

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

BIRTHDAYS

10TH JUNE

LINDA GILBERT – Noordhoek

12TH JUNE

SHEILA MCLEAN – Noordhoek

JUNE CAWOOD – Noordhoek

RONALD JONES – Noordhoek

13TH JUNE

PETER SALTER – Noordhoek

14TH JUNE

SUSAN GRAVE – Lake Michelle

COLLEEN BENKUNSKAS – Noordhoek

15TH JUNE

BRIAN ALDRIDGE – Noordhoek

16TH JUNE

SUSAN VAN DER SPEK – Noordhoek

ROGER BAGSHAW – Noordhoek

ANNIVERSARIES

NO ANNIVERSARIES

NEW RESIDENTS

JOHN MAGOWAN – APT 204





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.

WHISKEY TASTING

Good news!!

**Our next Whisky Tasting
Event is almost upon us.**



Evergreen Lifestyle Village



25 June, 4.45pm for 5.00pm

**R350 per person, hand crafted snacks to complement
each whisky.**

Please RSVP Mick Macdonald to secure a place.

Email: mickmac54@gmail.com

Friends and family outside the village are most welcome

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

MONDAY 10th June

Chicken stroganoff: served with basmati rice, garden peas and butternut

OR

Pork skewers: served with savoury rice, butternut and baby marrows

TUESDAY 11th June

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, carrots and peas

OR

Savoury bake potato: Topped with savoury mince and cheese
N: R90 // L: R70 and Family: R270

WEDNESDAY 12th June

Chicken marsala: with mash, garden peas and butternut

OR

Beef Ragu: served with rice, broccoli and butternut
N: R95 / L: R75 / Kiddies: R60 / Family: R280

THURSDAY 13th June

Braised Pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut

OR

Grilled chicken breast: with a bake potato and side sour cream and vegetable medley

FRIDAY 14th June

Beef Burger: Topped with caramelized onions, cheddar cheese and served with chips

OR

Chicken Kebabs: served with savoury rice, broccoli and butternut
N: R90 / L: R70 / Kiddies: R60 / Family: R270

SATURDAY 15th June

Beef frikkadels: served with mash, cinnamon butternut and baby marrows

OR

Chicken Burger: Grilled chicken breast with a basil mayonnaise dressing, served

SUNDAY 17th June

Sunday a Roast: Spit Roast Lamb R180 and add a dessert for R35
Served with Green salad, Baby herb garlic potatoes, Vegetable Medley, pasta salad and home made breads

Desserts: Choice of a peppermint crisp tart or Malva pudding R35



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

FRIDAY FISH & CHIPS

Fried Hake and Chips, served with tartare sauce and a lemon wedge

R110

standard portion

R90

ladies portion



Menu for June



Cell: 082 603 3518

E-mail:

orders@freedomfoodsck.co.za

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



THE
FYNBOS
Bistro

A woman with long dark hair is standing in a garden, wearing a black long-sleeved cardigan and black boots. She is looking towards the camera with her hand near her face. The background features green hedges and lavender plants.

TABITA FASHION

POP-UP SHOP

Date: 20 June 2024

**Time: 10.30am -
1.30pm**

**Venue: Lifestyle
centre**

What to do in June



Winter in the Western Cape might well be cold and wet but it also brings a host of beautiful features to the fore in the garden. Fynbos in full flower is bright and bountiful, bulbs are pushing forward, getting ready for spring and the selection of annuals and vegetables in 6-packs is much more varied than in summer. Foxgloves, Snapdragons, Delphiniums, Calendula, Pansies, Beetroot, Cauliflower, Chinese cabbages, Spring onions and Swiss Chard are all thriving in the cooler weather and extra water. They will all prefer full sun during this period. Hadeco Bulb food with a higher phosphate content is made to encourage bulb growth up to flowering.

When the weather is super unpleasant we can focus on indoor gardening. Not only do indoor plants provide an important connection to nature, they also absorb carbon dioxide emitted by us, and provide oxygen, thus creating a healthier environment for us. Nurturing indoor plants has become super trendy with some of the more popular types like Delicious Monsters (*Monstera deliciosa*), Mother-in-law's Tongue (*Sansevieria* species) and Chinese Money Plant (*Pilea peperomioides*) also being relatively easy to grow. Take note of light, temperature and water requirements when selecting your plants. Most plants will not tolerate a dark room, bright sunlight shining directly on them through a window, or erratic and unsuitable watering habits. Avoid drafts and keep the plants away from heaters that dry out the soil and the atmosphere. We have a range of organic and chemical water soluble plant food. Not all organic fertilisers are smelly! An example would be the Talborne Nourish range formulated from sugar beet, with no animal by-products in it. We have used them in the garden centre with fantastic results.

Watch out for snails hiding in the undergrowth. They are enjoying the damp weather and come out at night to feed on the luscious leaves of our favourite plants. As well as the standard snail poisons we also have a range of eco-friendly snail baits that will not harm pets.

Damp weather encourages the development of lawn fungi such as Dollar Spot and Brown Patch. Apply Makhro Lawn Protector which will also protect against Lawn Caterpillar and Mole Crickets.

Citrus australasica, also known as Australian Finger lime or Caviar lime, is indigenous to the thorny understorey shrubland of Queensland and New South Wales in Australia. The small thorny trees grow in sun, in a protected area and require good, well drained soil with regular watering and feeding. The fruit is cylindrical, roughly the size of a thumb with juicy vesicles that pop out when the fruit is sliced open. They are tangy and delicious and are often used in cocktails, garnishing on seafood dishes and in salads.

Recipe of the month

Cheesy cauliflower flask soup

Ingredients

- 1 cauliflower (about 1kg)
- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 1 garlic clove, crushed
- small handful of thyme
- 1 large potato (about 340g), cut into chunks
- 500ml milk
- 600ml vegetable stock
- 100g mature cheddar, grated
- For the croutons
- 200g sourdough or other crusty bread, torn into bite-sized chunks
- 1 tsp dried mixed herbs
- 1 tsp garlic granules
- 25g parmesan or vegetarian alternative, finely grated
- 2 tbsp olive oil



STEP 1

- Trim the cauliflower and discard any wilted leaves, then roughly chop the florets, stalk and remaining leaves. Heat the oil in a large, deep saucepan over a medium heat, tip in all the cauliflower pieces, the onion, celery, garlic, thyme and a large pinch of salt, cover partially with a lid and cook for 15-20 mins until all the vegetables have softened.

STEP 2

- Tip in the potatoes, milk and stock, and bring to a simmer. Season well with black pepper, then continue to simmer for 15-20 mins, partially covered, until everything is fall-apart tender. Remove from the heat and discard the thyme. Blitz until smooth using a hand blender, then return to a low heat and stir in the cheese until fully melted. Season and add a splash more stock or milk if it's too thick. Will keep chilled for up to three days, or frozen for two months. If travelling, decant into a heatproof flask.

STEP 3

- To make the croutons, heat the oven to 190C/170C fan/gas 5. Tip all the ingredients onto a large baking tray and toss together using your hands. Season and bake for 15-17 mins until golden. Leave to cool completely on the tray. Will keep in an airtight container for up to three days. Sprinkle a handful of croutons over the soup or into the flask just before serving.

For more recipe's like this, go to:

<https://www.starkeyayresgc.co.za>