

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
noordhoek

"All you need is love. But a little chocolate now and then doesn't hurt." - Charles M. Schulz

Dear Residents,

We hope you've all had a good week.

By now you may have been drawn in by the fantastic smells coming from the kitchen, from their roasts to their bakery. We had an amazing turnout on the 9th for their first Sunday Lunch, and we couldn't be more grateful to our residents for the support. We hope to be able to wow you more in the future, and look forward to a good year ahead with Freedom Foods.

This week we have Bingo on the 20th, at 18:00. A combination of standard and music bingo, it's certainly going to be a good night. If you'd like to join, please contact Norma Roos at ext. 2089.

The movie this week is a fantastic Bond flick, "The Living Daylights". If you'd like to see it, please book on the noticeboard outside the cinema room. But if you'd prefer something else, this week is the first of the Springbok's test schedule, with them going up against Wales on the 22nd at 15:00.

Mobeewash is also coming this week, so if you'd like to book, please call reception. Tabita Fashions will be coming on the 20th at 10:30, with some wonderful collections of clothes, and while be displaying at the Lifestyle Centre.

Please be advised that there will not be any refuse collection on weekends or public holidays.

We wish you all a good week.

Regards
The Evergreen Team

Week 24

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

Classical Music Group
18th @ 14:45

Movie 19th @ 15:00

Bingo 20th @ 18:00

Tabita Fashion 20th @
10:30

Mobeewash 19th @ 9:00

Springboks Vs Wales 22nd
@ 15:00

What's On The Menu

Delicious meals on offer
this week!

UPCOMING EVENTS

JUNE

CLASSICAL MUSIC GROUP - 18TH

BINGO - 20TH

TABITA'S FASHIONS - 20TH

MOBEEWASH - 19TH

ALIDA'S FASHIONS - 22ND

CHRISTIAN FELLOWSHIP - 26TH

SPRINGBOKS TEST GAME - 22ND

WHISKEY TASTING - 25TH

WOL AAN DIE ROL - 27TH

JULY

ER 24 TALK - 17

WEEKLY EVENTS



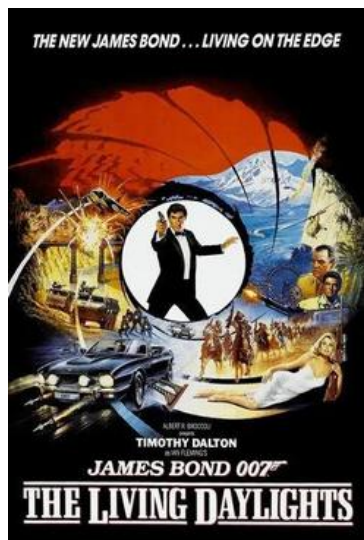
WEDNESDAY
IS RECYCLING

MON 17 JUN	TUE 18 JUN	WED 19 JUN	THUR 20 JUN	FRI 21 JUN	SAT 22 JUN	SUN 23 JUN
	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 10h30 TABITA FASHIONS LOUNGE	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	14h45 CLASSICAL MUSIC GROUP CINEMA ROOM	15h00 MOVIE CINEMA ROOM 1	14h30 MOVIE CINEMA ROOM 1		14h30 SPRINGBOKS TEST GAME LSC	
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

WHAT'S HAPPENING?

MOVIE

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



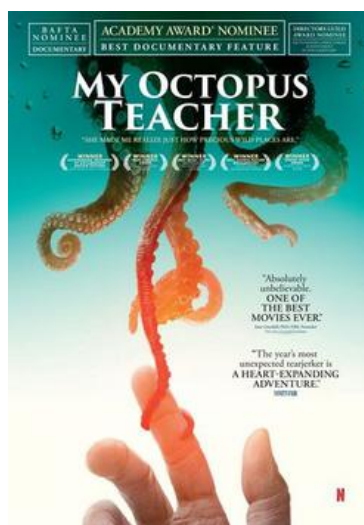
The Living Daylights

Date: Wednesday 19 June

Time: 15:00

Venue: Cinema Room 1

James Bond's mission is to organise the defection of a top Soviet general. When the general is re-captured, Bond heads off to find why an ally of General Koskov was sent to murder him. Bond's mission continues to take him to Afghanistan, where he must confront an arms dealer known as Brad Whitaker. Everything eventually reveals itself to Bond.



My Octopus Teacher

Date: Thursday 20 June

Time: 14:30

Venue: Cinema Room 1

A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

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*

NEW RESIDENTS

A 206 – Mr and Mrs Gale
H 74 – Mr and Mrs Smith-Cox

ANNIVERSARIES

17TH JUNE

BILL & JUDY VENABLES – Noordhoek

19TH JUNE

IAN & ALDYTH THOMSON – Lake Michelle

BIRTHDAYS

19TH JUNE

PETER VAN DER SPEK – Noordhoek

20TH JUNE

MARGARET BYRNE – Noordhoek

NOMUSA MADLALA – Noordhoek

21ST JUNE

JUDY VENABLES – Noordhoek

JUNE DAVIES – Noordhoek

22ND JUNE

DAVID VAN BLERK – Noordhoek

ANNE TINGLEY – Noordhoek

BIRTHS

Welcome to the world
Baby Casey Roman.

Born 10 June 2024 and
weighing 3kg at birth.

Both mom and baby are doing well.





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

Join us on an exciting
Whisky Adventure!

"Keeper of the Quaich" and whisky master Jonathan Miles will be sharing his fifty years of knowledge with us on this occasion.

Rare whiskies from around the world will be on offer along with bespoke snacks to complement the unique flavours.



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

Classical Music Group

Wolfgang Amadeus Mozart

Overture to the Opera "The Marriage of Figaro"

ROCO Chamber Orchestra

Conductor: Delyana Lazarova

Ludwig van Beethoven

Piano Concerto No4 in G-Major

San Francisco Symphony Orchestra

Conductor: Herbert Blomstedt

Soloist: Rudolf Serkin

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

Tuesday, 18 June
3.00pm sharp
Cinema Room

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



BINGO NIGHT



Bistro



Thursday, 20 June



18:00 - 20:00

1. A couple of rounds of standard Bingo
2. A round of music Bingo
3. Singalong with songs from the 40s, 50s, 60s, 70s and 80s



MENU

MONDAY

Chefs chicken curry: Arromatic Indian style seasoning with yogurt, tikka seasoning, garlic, lime, ginger and corriander with rice and butternut with a side sambal

OR

Mac 'n cheese: Good old time favourite mac n cheese topped with cheese and tomato and grilled in the oven

TUESDAY

Eggplant parmesan: with mash, garden peas and butternut

N: R90 / L: R70 / FS: R280

OR

Beef casserole: with braised beef and country style veg in a deeply flavoured gravy served with rice

N: R95 / L: R75 / FS: R280

WEDNESDAY

Chicken penne a la vodka: Penne pasta topped with a tomato, cream, parmesan and vodka sauce with grilled chicken breast pieces served with a side of parmesan

OR

Chicken lemons: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccoli, butternut and lemon roasted potatoes

N: R90 / L: R70 / FS: R280

THURSDAY

Chicken Parmesan: Absolute Winner of a meal! A crumbed chicken breast covered with our homemade tomato & parmesan sauce, topped with cheddar/mozzarella cheese mix & oven baked. Served with butternut, baby marrows and baby potatoes

N: R90 / L: R70 / FS: R280

OR

Beef Korma: Beef with a mix of aromatic spices, yoghurt and butter. Served with basmati rice

N: R95 / L: R75 / FS: R280

FRIDAY

Arrabbiata bacon pasta: Bacon, chilli, tomato and cream over penne. Served with a side of parmesan

OR

Hannah Chicken: BBQ chicken breast topped with bacon bits, ham and mushrooms then oven baked with cheese, served with garden peas, carrots and sauteed potatoes

N: R90 / L: R70 / FS: R280

SATURDAY

Beef Stroganoff: Served with mash, green beans and butternut

OR

Chicken lasagne

SUNDAY

Roast pork: Served with rice, roast potatoes, gravy and veggies

Desserts: Apple crumble with custard

R140



OPEN DAILY

08H00 – 16H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

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. She is wearing a long black cardigan with buttons and large pockets, and black boots. She has one hand in her pocket and the other near her face. The background consists of green hedges and lavender plants.

TABITA FASHION

POP-UP SHOP

Date: 20 June 2024

**Time: 10.30am -
1.30pm**

**Venue: Lifestyle
centre**

Meet the teams

Admin, orders, finance and food



Mandy, Darren, Sarah

Front of House Team



**Sisanda, Priv, Tapiwe "Taps",
Linah, Gareth**

Back of House Team - chefs, cooks, bakers



Regina, Violet, Janine,
Darren, Happy, Vido,
Shaquille, Tuscany

Tuesday Hikers

The Tuesday hikers undertook the 8 km circular hike to Sirkelsvlei, a pristine, underground fed lake on a plateau in the Cape Point Nature Reserve - crystal clear fresh water and stunningly beautiful rock formations en route - a real feel of Wilderness.



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