

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
noordhoek

"Time flies like an arrow; fruit flies like a banana." – Anthony G. Oettinger

Dear Residents,

We hope you've all had a good week.

The quote this week feels quite apt – we've passed the longest day of the year, and are now trekking towards the second half of 2024. A blink and you'll miss it moment to be sure, but the last 6 months of the year have definitely been eventful. We look forward to a fantastic next 6 months with all of you.

We're glad to say that the Father's Day spit braai had a great turnout from our residents, and we're all incredibly grateful for your support. And to all the fathers in our village, we hope you had a wonderful day.

This week we have a Whiskey Tasting hosted by Mic MacDonald on the 25th. With a wide selection of wonderful drinks, paired with bespoke snacks, it's sure to be an excellent time.

This week's movie is "Dead Poets Society" starring the late, great, Robin Williams. If you'd like to attend, please put your name down on the noticeboard outside the cinema room.

The NSRI – The National Sea Rescue Institute – will be giving a talk this week. They are an incredibly important emergency service in Cape Town, entirely comprised of volunteers who risk their lives at sea to rescue those caught in our rough seas. For those who'd like to attend, it will be held on the 26th at 13:00, and please confirm your attendance with reception.

Wol Aan die Rol will be arriving on the 27th, so for those so inclined, this is the best opportunity to stock up on your knitting supplies.

Please Note: Janine from the Salon will be away from the 2nd-9th of July. Her last day will be the 28th of June and she will reopen on the 10th of July.

We wish you all a good week.

Regards
The Evergreen Team



**NATIONAL
SEA RESCUE
INSTITUTE**

Week 25

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

Whiskey Tasting 25th @ 15:00

Christian Fellowship 26th @ 10:00

NSRI Talk 26th @ 13:00

Movie 27th @ 15:00

Wol Aan Die Rol 27th @ 10:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

JUNE

CHRISTIAN FELLOWSHIP – 26TH
WHISKEY TASTING – 25TH
WOL AAN DIE ROL – 27TH


JULY

ER 24 TALK – 17 TH

WEEKLY EVENTS

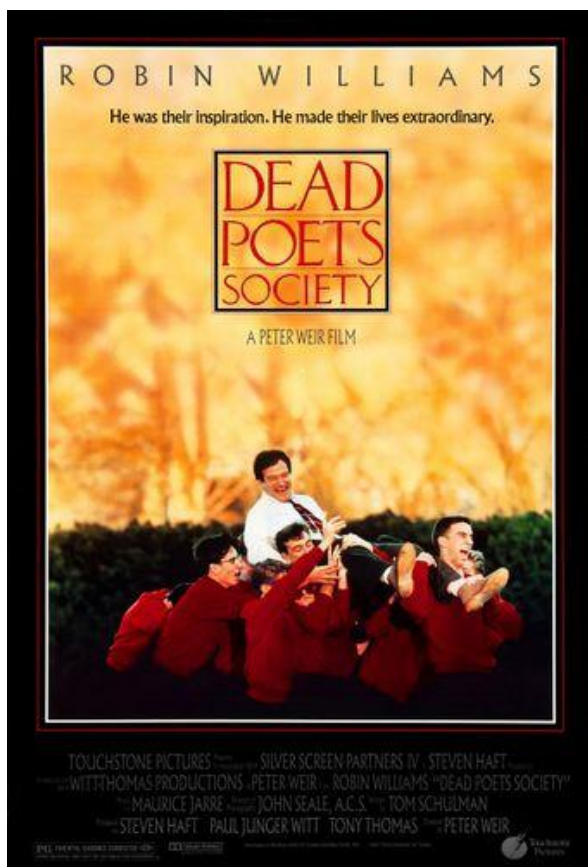


WEDNESDAY
IS RECYCLING

MON 24 JUN	TUE 25 JUN	WED 26 JUN	THUR 27 JUN	FRI 28 JUN	SAT 29 JUN	SUN 30 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 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR			
10h15 AQUA AEROBICS POOL		10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	 NATIONAL SEA RESCUE INSTITUTE 13h00 NSRI TALK 1ST FLOOR	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 WHISKEY TASTING CINEMA ROOM 2		15h00 MOVIE CINEMA ROOM 1		15h00 RUGBY BIG SCREEN IN LIFESTYLE CENTRE	
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

WHAT'S HAPPENING?

MOVIE



Dead Poets Society

Booking sheet will be available on the village notice board

Date: Thursday 27 June

Time: 15:00

Venue: Cinema Room 1

The story follows a maverick teacher John Keating who returns in 1959 to the prestigious New England boys' boarding school where he was once a star student. He uses poetry to inspire his students to break free from tradition and seize the day at a prestigious boarding school. The students face challenges from their parents, the school, and the society as they explore poetry, self-expression, and rebellion.

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

24TH JUNE

ELNORA MELISSAKIS - Noordhoek
EILEEN SWARTZ - Noordhoek
JUNE PITTERMANN - Noordhoek
LOUISA JACKSON - Noordhoek

26TH JUNE

NIGEL GILBERT - Noordhoek
INGRID JOLLEY - Noordhoek

27TH JUNE

FLORENCE WRIGHT - Noordhoek

28TH JUNE

LAWRENCE GREEN - Noordhoek
GILLIAN ALEXANDER - Noordhoek

ANNIVERSARIES

24TH JUNE

RICHARD & JUDY MOOLENSCHOT -
Noordhoek
• ROGER & SUE PAYNE - Lake Michelle

27TH JUNE

PETER & LOUISA JACKSON - Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS

**FINAL
CALL**



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.

MENU

MONDAY

Glazed sticky pork: Tender strips of pork glazed with a sticky, sweet, spicy, garlicky, gingery sauce. Served over stir fry veg and basmati rice

OR

Creamy tomato chicken pasta: with side parmesan cheese

TUESDAY

Cottage pie: Served with side garden peas

N: R90 // L: R70 // K: R60 // Family: R280

OR

BBQ Chicken breast: with a bake potato and side sour cream, baby marrows and green beans

WEDNESDAY

Creamy salsa chicken: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots

OR

Texas pulled pork: served with mash, gravy, butternut and baby marrows

THURSDAY

Chicken schnitzel: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots

N: R95 // L: R75 and Family: R280

OR

Pork Sausages: Pork sausages with gravy. Served with garden peas and carrots

FRIDAY

Grilled Pork chops: Served with a jacket potato and veg medley

N: R95 // L: R75 and Family: R280

OR

Thai chicken stir fry: with noodles and stir fry veg

SATURDAY

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice

N: R95 // L: R75 // Family: R280

OR

Chicken Pad Thai: Our Pad Thai is characterized by rich, vibrant flavours of chicken breast sautéed with garlic, ginger, coriander, red chilli flakes, soya and vinegar, tossed in our homemade Pad Thai sauce. Served on a bed of rice noodles, topped with scrambled egg, green onion and crushed peanuts

SUNDAY

Sunday Roast Beef: Beef roast, with rice, roast potatoes, gravy and veggies

Desserts: Peppermint crisp tart

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

Wednesday Walkers



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