

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
noordhoek

"A friend is someone who knows all about you and still loves you." – Elbert Hubbard

Dear Residents,

We hope you've all had a good week.

The last few days have been fairly biting in terms of the cold, so with that in mind, allow us to suggest some fun indoor activities.

Opera is back from its little hiatus, and showing an excellent performance to signal its return – the very famous Opera, "Faust". It will be showing on Tuesday the 9th at 14:00 in the cinema room. If you'd like to book for it, please put your name on the booking sheet outside the cinema room.

If opera's not to your liking, we have a movie showing on Thursday at 15:00, called "The Intern", starring Robert De Niro & Anne Hathaway. Please book your place on the noticeboard outside the cinema room – the Booking sheet will be available on Sunday.

This upcoming Saturday we also have a rematch against Ireland in the Rugby Test Games. Snack platters are available for order at the Bistro, and we hope to see you there to support your teams.

And for our birding aficionados, or anyone so inclined, you may have already noticed but opposite the exit of our village you're likely to spot a few male peacocks. At this moment there are at least three, but they are quite a sight if you manage to catch a glimpse. Though I'd suggest not doing so while driving.

We wish you all a good week.

Regards
The Evergreen Team

Week 27

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 10th @ 10:00

Riaan's Fruit Van 10th @ 10:00

Movie 11th @ 15:00

Bok Town: SA Vs. Ireland 13th @ 17:00

What's On The Menu

Delicious meals on offer this week!

Library Corner

New Books at the Library!

UPCOMING EVENTS

JULY

ER 24 TALK – 17 TH

MOBEEWASH – 17TH, 31ST

CHRISTIAN FELLOWSHIP – 10TH & 24TH

ALIDA'S FASHIONS – 22ND

AGM – 23RD

CHRISTMAS IN JULY DINNER – 26TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 8 JULY	TUE 9 JULY	WED 10 JULY	THUR 11 JULY	FRI 12 JULY	SAT 13 JULY	SUN 14 JULY
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 RIAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 CHRISTIAN FELLOWSHIP 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	14h00 OPERA CINEMA ROOM 1	16H30 BALLROOM DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM 1		17h00 BOK TOWN BISTRO	
		18H00 WEDNESDAY DINNER BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM		16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 1873

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone.

Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance.

Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

MOSIAC GROUP

Do you want an afternoon of fun and creativity? Then come and join our MOSAIC CLASS. All help and a start up pack will be provided to get you going.

June H- ext. 2107/Cora ext. 2051

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Norma ext. 2089

Rowan ext. 2150

LIBRARY

Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.

Johanna ext. 2112

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Mon - Fri 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John – ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Jack – ext. 2072

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike – ext. 2112

KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril – ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget – ext. 2002
Irene – ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare – ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val – ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Ron – ext. 2068

WALKING GROUP

Enjoy walking but prefer less demanding walks? You are invited to enjoy a weekly walk, to enjoy the beauty of what Nature has provided in the areas surrounding us

Vicki- ext. 22229

BRIDGE

This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis, here at Evergreen Noordhoek.

Rowan – Ext. 2150

EVERGREEN CATHOLIC GROUP

Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All welcome including non-Catholics.

Mel – Ext. 2008

AVIATION TALKS

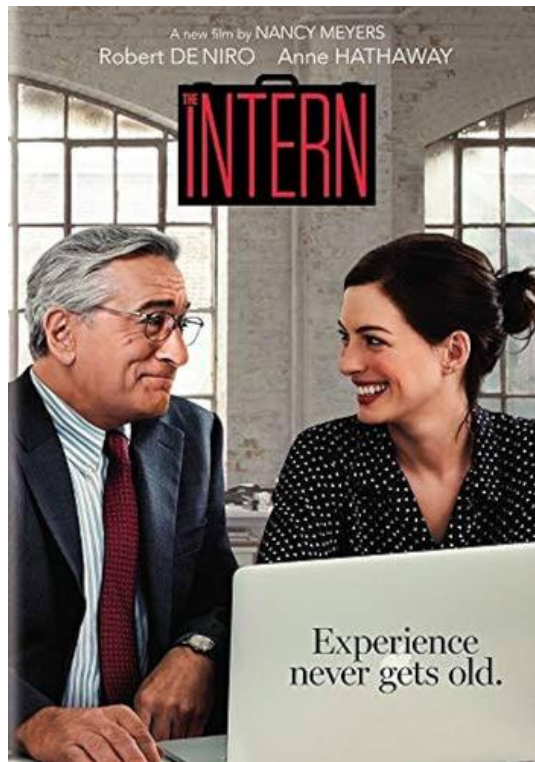
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

Please advise reception if there are any changes or updates to these groups.

WHAT'S HAPPENING?

MOVIE



The Intern

Booking sheet will be available on the village notice board from SUNDAY onwards

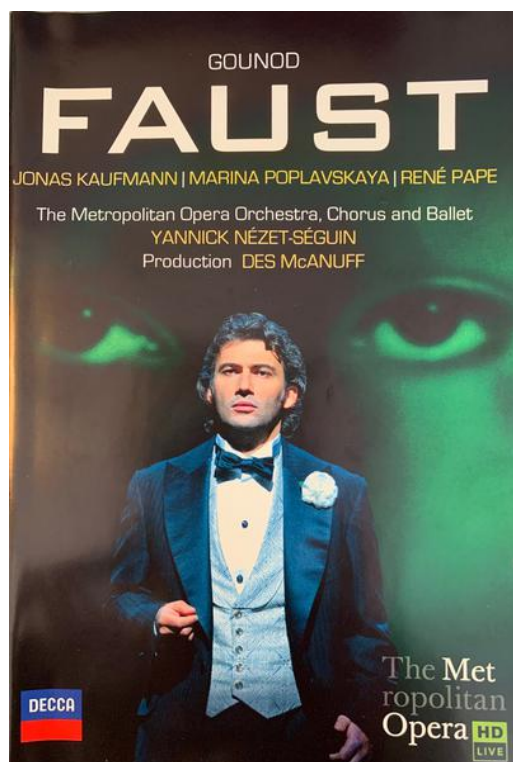
Date: Thursday 11 July

Time: 15:00

Venue: Cinema Room 1

A retired 70-year-old widower, Ben (played by Robert De Niro), is bored with retired life. He applies to be a senior intern at an online fashion retailer and gets the position. The founder of the company is Jules Ostin (Anne Hathaway), a tireless, driven, demanding, dynamic workaholic. Ben is made her intern, but this is a nominal role - she doesn't intend to give him work and it is just window dressing. However, Ben proves to be quite useful and, more than that, a source of support and wisdom.

OPERA



Faust

Booking sheet will be available on the village notice board

Date: Tuesday 9 July

Time: 14:00

Venue: Cinema Room 1

The Art of the Deal

An aged, dying scholar Dr Faust does a deal with the devil to regain his youth (and Marguerite) in exchange for his soul. Set in the mid twentieth Century against the backdrop of the atom bomb, this is a brilliantly presented update of the original Medieval reminds us that the devil is never far away and ready to make deals.

IT'S A CELEBRATION

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

BIRTHDAYS

8TH JULY

CILLA GRIMMER – Noordhoek

9TH JULY

BRIAN ROOS – Noordhoek

11TH JULY

MAUREEN LIEBENBERG – Noordhoek

13TH JULY

PETER SCHOLTE – Noordhoek

14TH JULY

SALLY KROMBERG – Noordhoek
PETER VAN DER WESTHUIZEN –
Noordhoek

ANNIVERSARIES

10TH JULY

RON & RONNIE ADAMS – Noordhoek

11TH JULY

DERRETT & HEATHER EVANS – Noordhoek

NEW RESIDENTS

JOHN TAYLOR – A 219 Noordhoek



MENU

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
N: 95 // L: R75 // Family: R280

WEDNESDAY

Cape Malay Chicken breyani : with sambal
OR

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

THURSDAY

Tomato bredie : Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavors intermingle. With rice, butternut and peas
N: 95 // L: R75 // Family: R280

OR

Herb Roast chicken : with rice, gravy and veg medley

FRIDAY

Traditional bobotie : served with yellow rice, cinnamon pumpkin, green beans and side sambal

OR

Grilled Steak Sandwich: Garlic toasted French bread, lettuce, tomato and steak – topped with feta and voila... the best steak sandwich!

R100

SATURDAY

Braised steak: In a delicious gravy, served with mash and veggies
N: 95 // L: R75 // Family: R280

OR

Chicken mushroom pasta: A creamy pasta with a side parmesan

SUNDAY

Roast Gammon or Beef : with roast potatoes, rice and veggies

Desserts: Apple crumble with custard (or ice cream)
R140

Bistro ext 2404

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







MONTHLY MENU
8-14 JULY 2024

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection

Cash, card and eft available

FREEDOM FOODS
Catering Kitchen

 021 785 7199
082 603 3518

 24 Strandloper Street
Sunnydale

 www.freedomfoodsck.co.za
orders@freedomfoodsck.co.za

 Find us on Facebook

JULY 2024

SUNDAY <small>Soups daily!</small>	MONDAY <small>CHICKEN NOODLE</small>	TUESDAY <small>MUSHROOM SOUP</small>	WEDNESDAY <small>MINESTRONE SOUP</small>	THURSDAY <small>TOMATO BASIL SOUP</small>	FRIDAY <small>BEEF AND VEG SOUP</small>
1 Sunday Roast Beef	1 Chicken curry <small>or</small> Hawaiian pork stir fry	2 Spaghetti bolognaise <small>or</small> Mongolian beef	3 Butter Chicken <small>or</small> Gourmet Mac n cheese	4 Pork schnitzel <small>or</small> Cashew nut chicken	5 Steak gatsbys <small>or</small> Thai chicken curry
7 Sunday Roast Chicken or Pork	8 Meatball curry <small>or</small> Mediterrean chicken	9 Chicken cacciatore <small>or</small> Beef curry	10 Chicken breyani <small>or</small> Alfredo pasta	11 Tomato bredie <small>or</small> Herb roast chicken	12 Traditional bobotie <small>or</small> Grilled steak sandwich
14 Sunday Gammon or Beef	15 Chicken stroganoff <small>or</small> Pork skewers	16 Coronation chicken <small>or</small> Savoury bake potato	17 Chicken marsala <small>or</small> Beef ragu	18 Braised Pork adobo <small>or</small> Grilled chicken breast	19 Beef burger <small>or</small> Chicken Kebabs
21 Sunday Roast Chicken or Beef	22 Chefs chicken curry <small>or</small> Mac n cheese	23 Eggplant parmesan <small>or</small> Beef casserole	24 Penne a la vodka <small>or</small> Chicken lemons	25 Chicken parmesan <small>or</small> Beef korma	26 Arrabiatta pasta <small>or</small> Hannah chicken
28 Sunday Roast Pork	29 Glazed sticky pork <small>or</small> Creamy Tomato chicken pasta	30 Cottage Pie <small>or</small> Traditional meatloaf	31 Creamy chicken salsa <small>or</small> Texas Pulled pork	1 Chicken schnitzels <small>or</small> Pork sausages	2 Grilled Pork chop <small>or</small> Chicken a la king
					3 Mongolian beef <small>or</small> Chicken pad thai

Our Standard House Menu: These can be ordered from daily if you dont feel for the meals of the day
(choice of mash, rice, roast potato's with veg of the day)

Chicken Schnitzel Topped with cheese sauce **R95**

Chicken or Beef Curry Served with rice and sambal salad **R95**

Cottage Pie with garden peas **R90**

Beef Stroganoff **R95**

Tender beef strips served in a sour cream and mushroom sauce

Lemone Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodaka **R85**

Eggplant Parmesan **R90**

PRICE LIST	BOX MEAL PRICES
Normal meals..... R85	For the freezer 
Low Carb or Gluten free R90	10 meals per pack
Kiddies R50	Standard R850
Elderly / ladies portion R65	Standard LC/GF R900
Vegan..... R90	Elderly / Ladies R650
Family Normal..... R260	Elderly/Ladies LCR 700
(2 adults/2 kids)	Kiddies R550
Family Low carb..... R270	They can be made up to your meal preferences and all labelled & dated
Free Range: N R95 / L R75 / Family R285	

Book directly with the Bistro on Ext 2404

Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Beef & Veg



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 22 JULY 2024
FROM 10h00am
LOVELY TOPS, JERSEYS, JACKETS, GILETS
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS

MEDICLINIC

EXPERTISE YOU CAN TRUST.



**So, you called for an
ambulance. Now what?**

Guest Speaker

**Tao Carstens: Branch Operations
Manager ER24 South Metropole**



**17th July at 10am
1st floor lounge.**

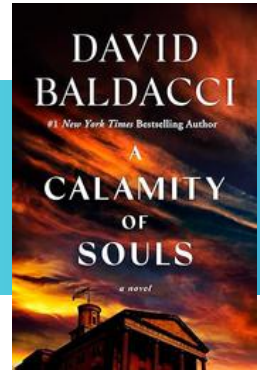
**Please RSVP at reception
ext 2400 by 3pm on 16 July.**

LIBRARY CORNER

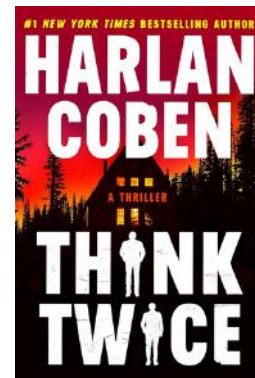
JULY 2024

We recently bought a selection of brand new books with funds raised by our Easter raffle.

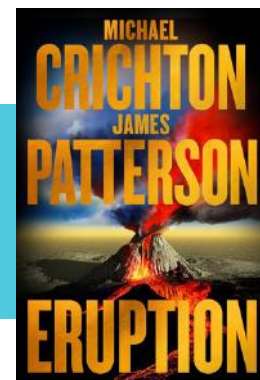
Baldacci, David. **A Calamity of Souls.** Set in 1968 Virginia, a Black Vietnam veteran is accused of the murder of his employers, a prominent white couple. His white criminal lawyer feels out of his depth in this racially charged case and so teams up with Desiree DuBose, a black attorney at the NAACP's Legal Defence Fund. This legal thriller has received good reviews for its authenticity.



Coben, Harlan. **Think Twice.** When the FBI call on sports agent Myron Bolitar to ask the whereabouts of his school friend and ex-client, he tells him that Greg Downing is dead. Which is odd as his DNA has appeared at the scene of a double homicide. On the off chance that Greg is NOT dead, Bolitar decides he'd better find him before the FBI does. This is the 12th title in the series, but can easily stand alone.



Crichton, Michael and Patterson, James. **Eruption.** Before his death in 2008, Michael Crichton did a lot of research for a novel about a once-in-a-century volcanic eruption that is set to destroy Hawaii. His widow passed his notes on to Patterson and he has fashioned a riveting thriller with many added twists and turns.

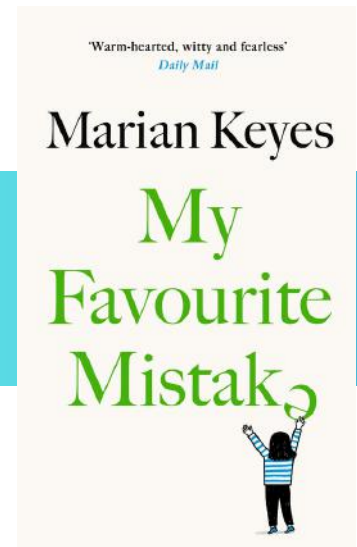


Galbraith, Robert. **The Running Grave.** This 7th outing for detective Cormoran Strike and his business partner Robin Ellacott is a hefty tome at over 900 pages. They are contacted by a father, worried about his son who has joined a religious cult in the Norfolk countryside. An immersive, riveting read with the personal lives of Strike and Ellacott very much in the foreground.

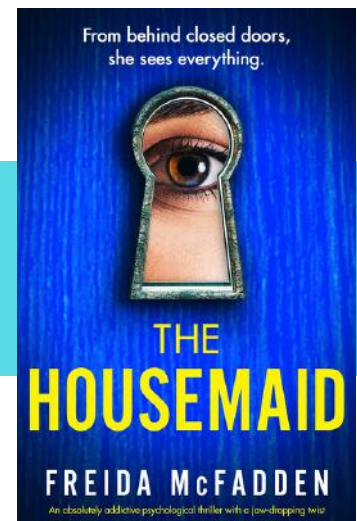


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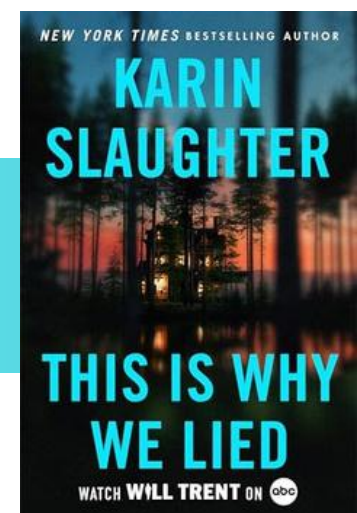
Keyes, Marian. **My Favorite Mistake.** In her latest heartwarming funny novel, Keyes reintroduces us to one the Walsh sisters who featured in her previous novels. When the pandemic hits, Anna, with her high-flying PR job in New York and her stalled relationship, re-evaluates her life and decides to return home to the tiny Irish town of Maumtully to help her friends set up a coastal retreat. Naturally things don't run smoothly, especially when an old flame is appointed to assist her.



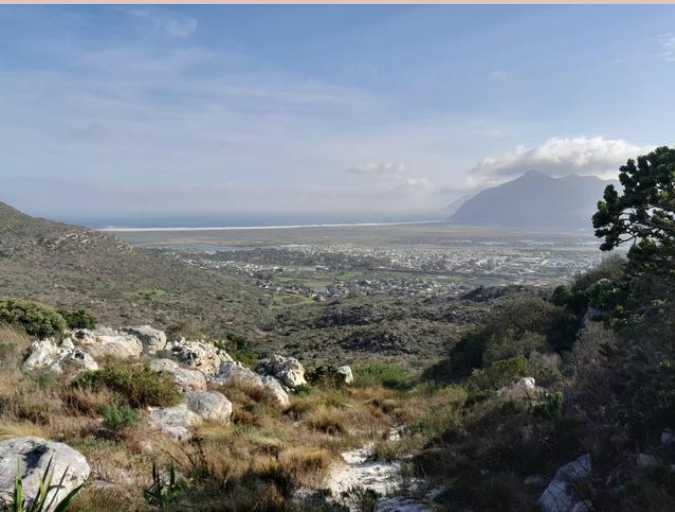
McFadden, Freida. **The Housemaid.** Freida McFadden is an American physician and novelist who started selling her self-published titles through Amazon. Now she is debuting in the top ten fiction lists in both Britain and the US. The Housemaid series features Millie Brown, a woman with many secrets and a past life that she wants to keep hidden. In the first two novels she is employed as a housemaid where she is privy to everything that goes on behind the closed doors of the wealthy families she works for, while in the third it is she who now looks at her neighbour's housemaid with an insider's eye. These riveting domestic psychological thrillers will hold you spellbound. The second title, The housemaid's secret is followed by The housemaid is watching.



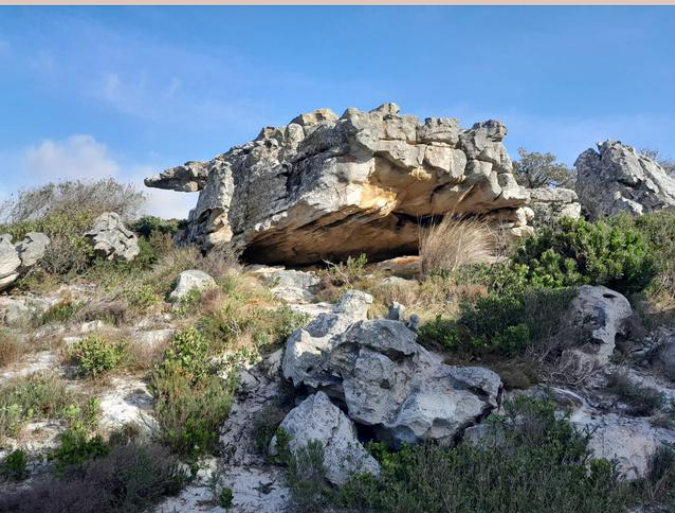
Slaughter, Karin. **This is Why We Lied.** According to Publishers' Weekly this series featuring Georgia Bureau of Investigation agent Will Trent and his new bride, medical examiner Sara Linton still has "gas in the tank". They book into McAlpine Lodge to celebrate their honeymoon, but on the night they arrive the hotel manager is murdered in one of the cabins. Will and Sara immediately leap into action and as they investigate suspects mount up and secrets of the McAlpine clan are revealed.



-Johanna de Beer



Tuesday Hiking group



10 km trail from the top of Glecairn Expressway to the Lewis Gay Dam, which, together with the much larger nearby Kleinplaas Dam, serve our local areas



For more info on joining the group,
contact Ron Jones on ext 2068