

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
noordhoek

“Plants are more courageous than almost all human beings: an orange tree would rather die than produce lemons, whereas instead of dying the average person would rather be someone they are not.” – Mokokoma Mokhonoana

Dear Residents,

We hope you've all had a good week, blustering winds and rain aside. Winter arrived with a vengeance, even bringing snow with it to the Karoo and to our own mountain tops.

This week we have many inside activities to enjoy to hide away from the cold. On Monday a free trial class will be held at 11 a.m for Latin dance. If you're interested, please come join in Activity room 1. The Classical Music Group will be held on the 16th at 2 p.m sharp. On the 17th we have a Movie as well (Booking sheet will be up on Sunday). For both, please put down your names on the noticeboard.

The ER 24 Talk will also be on the 17th at 10:00 - please book with reception. Mobeewash will be arriving on Wednesday, so please call reception to put your names down.

The AGM will also be held on the 23rd at 12:00. If you'd like to attend, please book with reception.

Finally, we have Bok Town on Saturday, with SA facing Portugal! Please come support our boys, snack platters can be ordered in advance from the Bistro.

We wish you all a good week.

Regards
The Evergreen Team



Week 28

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
16th @ 14:00

Mobeewash 17th @ 9:00

Riaan's Fruit Van 17th @
09:00

ER 24 Talk 17th @ 10:00

Movie 17th @ 15:00

Bok Town: SA Vs.
Portugal 20th @ 17:00

What's On The Menu

Delicious meals on offer
this week!

Upcoming Events

Christmas in July, Dance
Classes, and Shop Pop-Ups!

UPCOMING EVENTS

JULY

ER 24 TALK - 17 TH
MOBEEWASH - 17TH, 31ST
CHRISTIAN FELLOWSHIP - 24TH
ALIDA'S FASHIONS - 22ND
AGM - 23RD
CHRISTMAS IN JULY DINNER - 26TH
WOL AAN DIE ROL - 25TH

AUGUST

QUIZ - 15TH
CLASSICAL MUSIC GROUP - 20TH
OPERA - 6TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 15 JULY	TUE 16 JULY	WED 17 JULY	THUR 18 JULY	FRI 19 JULY	SAT 20 JULY	SUN 21 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		09h00 MOBEEWASH BASEMENT PARKING	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 RIAAN'S FRUIT VAN PARKING 10h00 ER 24 TALK 1ST FLOOR	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
11h00 LATIN 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 CLASSICAL MUSIC GROUP CINEMA ROOM 1	15h00 MOVIE CINEMA ROOM 1			17h00 BOK TOWN BISTRO	
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	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

KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril – ext. 2049

GARDENING GROUP

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

Val – ext. 2056

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

DANCE CLASS

Whether it be Ballroom dancing or Latin classics, singles or couples, dance class provides a great place to mingle and move.

Diane Novitzkas
Mobile: 0846200826

BIRD WATCHING

Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.

Ron – ext. 2068

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget – ext. 2002
Irene – ext. 2031

TUESDAY HIKERS

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)

Ron – ext. 2068

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

OPERA APPRECIATION

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

Mike – ext. 2112

MOVIES

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

Clare – ext. 2039

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

AVIATION TALKS

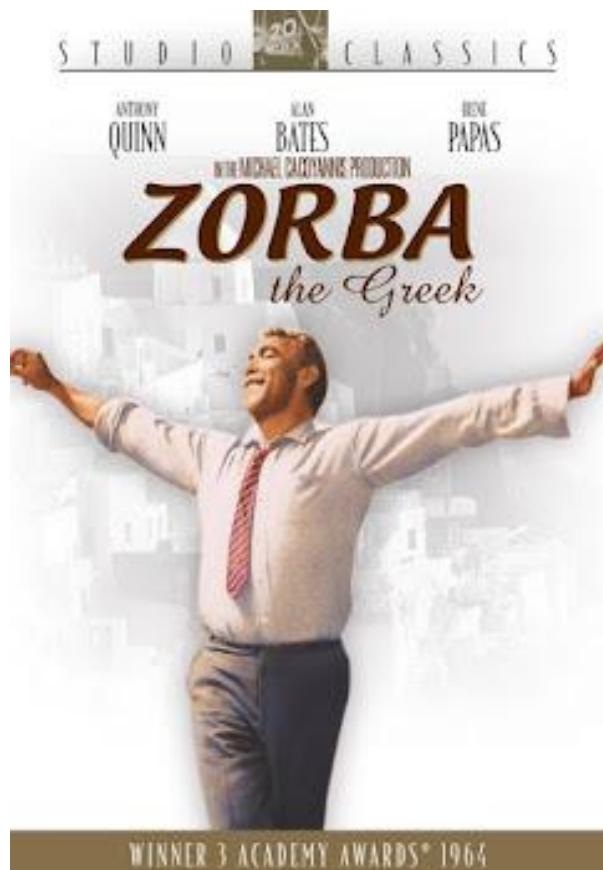
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



Zorba the Greek

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

Date: Wednesday 17 July

Time: 15:00

Venue: Cinema Room 1

On the Greek isle of Crete, Basil (Alan Bates), a shy inhibited writer from England is befriended by Zorba (Anthony Quinn) a boisterous peasant with an astonishing love for life. When Zorba agrees to work at Basil's abandoned mine, it is the beginning of a lesson for the young man as he gradually moves from an observer of the world to a participant. This acclaimed classic co-stars Irene Papas and Lila Kedrova in an Oscar winning performance.

WOL AAN DIE ROL



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting your lovely facility on:

Thursday, 25 July 2024

from

9.20 to 10.20

We look forward to meet you!

**Ons sien uit daarna om ons passie
met julle te deel!**

Thursday
25th July

Ground Floor
Lounge, LSC

IT'S A CELEBRATION

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

BIRTHDAYS

15TH JULY

YVONNE WONGE – Noordhoek
SUSAN ROBERTSON – Noordhoek

16TH JULY

HEATHER EVANS – Noordhoek
ROY ZAZERAJ – Noordhoek

19TH JULY

ALISON WESTON – Noordhoek
FABIENNE DEUCHAR – Noordhoek

20TH JULY

ORINDIO FERREIRA – Noordhoek

21ST JULY

GILLIAN VIGNE – Noordhoek

ANNIVERSARIES

18TH JULY

MICHAEL & HEATHER MCLEROTH –
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS



Monday: 15 July

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

OR

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

Tuesday: 16 July

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: 17 July

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: 18 July

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: 19 July

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: 20 July

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

OR

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

Sunday: 21 July

Roast Chicken or Beef: Served with rice, roast potatoes, gravy and veggies

Dessert: Malva pudding with custard
R140

Sunday Roast is served ❤️

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





Made with love

FF Catering KITCHEN

MONTHLY MENU

15-21 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

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JULY 2024									
SUNDAY Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY MINESTRONE SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY BEEF AND VEG SOUP	Homemade bread available every Thursday and Friday R35			
1 Sunday Roast Beef	1 Chicken curry or Hawaiian pork stir fry	2 Spaghetti bolognaise or Mongolian beef	3 Butter Chicken or Gourmet Mac n cheese	4 Pork schnitzel or Cashew nut chicken	5 Steak gatsbys or Thai chicken curry	6 Trio burger sliders or Cafe du pari steak			
7 Sunday Roast Chicken or Pork	8 Meatball curry or Mediterrean chicken	9 Chicken cacciatore or Beef curry	10 Chicken breyani or Alfredo pasta	11 Tomato bredie or Herb roast chicken	12 Traditional bobotie or Grilled steak sandwich	13 Braised steak or Chicken mush pasta			
14 Sunday Gammon or Beef	15 Chicken stroganoff or Pork skewers	16 Coronation chicken or Savoury bake potato	17 Chicken marsala or Beef ragu	18 Braised Pork adobo or Grilled chicken breast	19 Beef burger or Chicken Kebabs	20 Beef frikkadels or Chicken burger			
21 Sunday Roast Chicken or Beef	22 Chefs chicken curry or Mac n cheese	23 Eggplant parmesan or Beef casserole	24 Penne a la vodka or Chicken lemons	25 Chicken parmesan or Beef korma	26 Arrabiatta pasta or Hannah chicken	27 Beef stroganoff or Chicken lasagne			
28 Sunday Roast Pork	29 Glazed sticky pork or Creamy Tomato chicken pasta	30 Cottage Pie or Traditional meatloaf	31 Creamy chicken salsa or Texas Pulled pork	1 Chicken schnitzels or Pork sausages	2 Grilled Pork chop or Chicken a la king	3 Mongolian beef or 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 Vodka **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	R700
(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

UPCOMING EVENTS



26 July 2024

Christmas in July

DINNER and DANCE

Starter: Choose 1

Caprese salad: An Italian salad, made of sliced fresh mozzarella, tomatoes, and sweet basil, seasoned with salt, and olive oil

OR

Tomato basil soup

Main course:

Roast Turkey with gravy and side cranberry sauce
and

Roast Gammon with honey mustard pine-apple dressing glaze

Sides:

Roast potatoes

Sweet potato with cinnamon

Cauliflower and broccoli Au Gratin bake

Dessert: Choose 1

Christmas pudding with custard

OR

Casatta cake

Price per
head
R180





Dance Class

SWING JIVE, CHA CHA, RUMBA,
HUSTLE

SINGLE LADIES (AND COUPLES)

Join us!

Come alone or with a friend and have a blast! Join us for a fun and friendly dance class.

Learn how to dance some real Latin classics!



Contact

Contact:

Diane Novitzkas

Mobile: 0846200826

or:

Inquire at Reception

Classical Music Group

Wolfgang Amadeus Mozart

Sinfonia Concertante for Violin, Viola & Orchestra in
E-flat Major, K. 364

Oxford Philharmonic Orchestra

Soloists: Nicola Benedetti (Violin) and Lawrence
Power (Viola)

Joaquin Rodrigo

Concierto de Aranjuez (New Version, 2017)

The State Academic Symphony Orchestra

Conductor: Evgeny Svetlanov

Soloist: José Antonio Escobar (Guitar)

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

Tuesday, 16 July
2.00pm sharp
Cinema Room

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



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



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FOR ANY ENQUIRIES

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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.**