

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"The world is a book and those who do not travel read only one page." - St. Augustine

Dear Residents,

We have a fairly stacked week ahead. Starting with the most anticipated is the AGM, which will be held on Tuesday. Bookings must be made with reception.

Alida's fashions will be setting up on Monday at the Lifestyle Centre. Wol aan die rol will be coming on the 25th for all your knitting needs.

The movie this week is "The Eagle has Landed" set during the last years of World War II. Please book on the noticeboard outside the cinema room.

The last week we celebrated Nelson Mandela Day by collecting and Donating food, clothes, shoes and blankets to those who were most affected by the recent storms. Our residents truly showed the spirit of Nelson Mandela day, as we received dozens of fantastic donations, including hand knitted items from our knitting group, which you can see on page 11. Thank you to the organisers, Roger & Vicki Falls, Jane Bodin & Michael Williams.



The fantastic and adorable photo this week is of the lovely Lolly, a cat many of you have likely seen around. Picture taken by Johanna De Beer, Lolly is the friendly and loving companion of Cecily Liebenberg.

We wish you all a great week.

Regards
The Evergreen Team

Week 29

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

Alida's Fashions 22nd @ 10:00

AGM 23rd @ 12:30

Christian Fellowship 24th @ 10:00

Riaan's Fruit Van 24th @ 10:00

Movie 25th @ 15:00

Wol Aan Die Rol 25th @ 09:20

What's On The Menu

Delicious meals on offer this week!

Mandela Day

Collections from Evergreen

Wednesday Walkers

Pictures from the Wednesday Walkers

UPCOMING EVENTS

JULY

MOBEEWASH - 31ST
CHRISTIAN FELLOWSHIP - 24TH
ALIDA'S FASHIONS - 22ND
AGM - 23RD
WOL AAN DIE ROL - 25TH

AUGUST

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

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 22 JULY	TUE 23 JULY	WED 24 JULY	THUR 25 JULY	FRI 26 JULY	SAT 27 JULY	SUN 28 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	12h30 AGM 1ST FLOOR	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	10h00 RIAAN'S FRUIT VAN PARKING	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			15h00 MOVIE CINEMA ROOM 1			
		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



The Eagle Has Landed

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

Date: Thursday 25 July

Time: 15:00

Venue: Cinema Room 1

1943, The war is entering its final stages and Germany is teetering on the brink of defeat. An increasingly unhinged Hitler, orders a mission to have British Prime Minister Winston Churchill kidnapped and brought to Germany. The plan seems ludicrous in the extreme, but a message sent from a German spy in the Norfolk countryside makes one German officer realize that such a mission may just be feasible.

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

22ND JULY

MARIA NULTY – Noordhoek

23RD JULY

GLORIA BRYEN – Noordhoek

24TH JULY

JILL TURNER – Noordhoek
KOOS REYNDERS – Noordhoek

25TH JULY

BEVERLY MACHUTCHON – Noordhoek
JEAN THOMAS – Lake Michelle

27TH JULY

LIONEL SOULE – Noordhoek
DERMOTT MAGOWAN – Noordhoek

28TH JULY

PETER PHILLIPS – Noordhoek

ANNIVERSARIES

25TH JULY

BOB & JEAN THOMAS – Lake Michelle

26TH JULY

ROBERT & ALISON SAYERS – Noordhoek

NEW RESIDENTS

NOEL & HELEN DE KLERK – APT 111
ANDY & BARBARA GORGENS – 2 Milkwood
GRAHAM & SALLY KILBEY – HOUSE 16



Monday: 22 July

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: 23 July

Eggplant parmesan : with mash, garden peas and butternut

OR

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

Wednesday: 17 July

Chicken marsala: with mash, garden peas and butternut

OR

Beef Ragu: served with rice, broccoli and butternut

Wednesday: 24 July

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

Thursday: 25 July

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

OR

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

Friday: 26 July

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

Saturday: 27 July

Beef Stroganoff : Served with mash, green beans and butternut

OR

Chicken lasange

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

Dessert: 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





Made with love

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

Find us on Facebook

JULY 2024							Homemade bread available every Thursday and Friday R35
SUNDAY Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY MINESTRONE SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY BEEF AND VEG SOUP		
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 bryani 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 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



King Charles' Highgrove Garden

Date: 30th July

Time: 15:00

Place: Cinema Room

Booking Sheet will be provided closer to the time

For all Garden Enthusiasts, please consider joining us on the 30th for a wonderful show on the History of King Charles' Highgrove Garden. It covers the time when it was his new project, to now when it has transformed into something of real beauty.





This Mandela Day saw our residents come out in droves to donate clothes, blankets, shoes and food to those affected by the recent storms.

Living Hope collected all items on the 18th to be distributed to those most in need, and we extend our sincerest thanks to all those who contributed.



And a special thank you to the organisers, Vicky & Roger Falls, Jane Bodin and Michael Williams.



WEDNESDAY WALKERS



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If interested in joining, please contact Vicky Falls EXT.22229
or 0829288070