

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

*"There are no strangers here,
only friends you havent yet met"* – W.B Yeats

Dear Residents,

Another week has passed and as we move towards the second half of the year, we reflect on those who have recently left us and simultaneously look forward to those who have joined us.

Being one of Evergreen's main pillars - a 'sense of community' is a feeling that residents have of belonging, a feeling that resident's matter to one another and to the village. Our residents intently do a great job of starting conversations, joining interest groups, and reaching out to old and new acquaintances wherever the opportunity arises. With that being said, this week there will be a meet and greet hosted in the lifestyle centre on Thursday afternoon at 14:30pm where all new, and not so new residents to come and get to know one another. For those who are interested, kindly RSVP at reception - for seating purposes.

This week we had our AGM meetings for both Noordhoek & Lake Michelle, both of which were very productive and impactful. Our new RESCOM committees were 'sworn in' and overall, there seems to be a renewed sense of enthusiasm in the air. Thank you to all residents who took the time to attend.

Mobeewash will be coming this week, do not forget to book your slot if you're interested. This week we have a movie showing and next week we have another Opera showing- kindly refer to page 5 for more information and book accordingly. Lastly, a reminder that Riaan's Fruitvan will be in the village every Wednesday from now onwards.

We wish you all a good week, stay safe and keep warm.

Regards
The Evergreen Team

Week 30

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

Mobeewash 31st @ 9:00

Riaan's Fruit Van 31st @
10:00

Movie 24th @ 15:00

What's On The Menu

Delicious meals on offer
this week!

UPCOMING EVENTS

JULY

MOBEEWASH - 31ST

AUGUST

OPERA - 6TH

MOBEEWASH 14TH & 28TH

QUIZ - 15TH

CLASSICAL MUSIC GROUP - 20TH

ANTIQUE VALUATION & BUYING - 21ST

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 29 JULY	TUE 30 JULY	WED 31 JULY	THUR 1 AUG	FRI 2 AUG	SAT 3 AUG	SUN 4 AUG
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		09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 RIAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE	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	10h30 TÁI CHI (1) ACTIVITY ROOM 1	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	14h00 BRIDGE ACTIVITY ROOM 2			
		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



Legends of the Fall

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

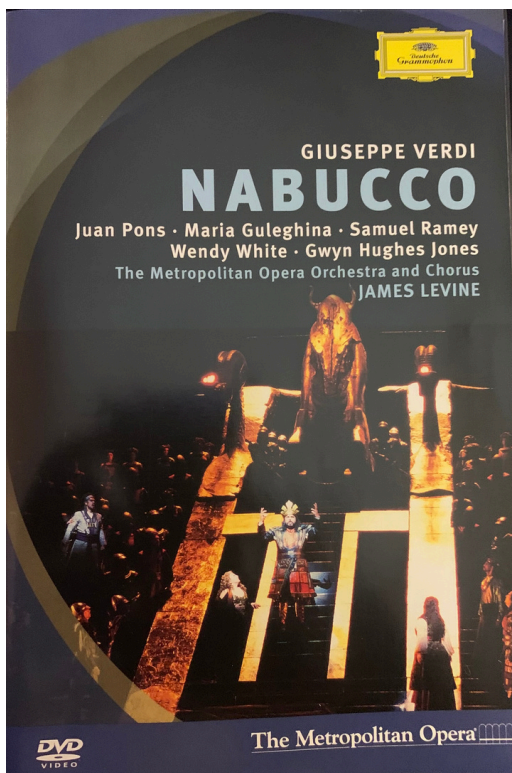
Date: Wednesday 31st July

Time: 15:00

Venue: Cinema Room 1

Legends of the Fall is a 1994 American epic Western drama film directed by Edward Zwick, and starring Brad Pitt, Anthony Hopkins, Aidan Quinn, Julia Ormond and Henry Thomas. Based on the 1979 novella of the same title by Jim Harrison, the film is about three brothers and their father living in the wilderness and plains of Montana in the early 20th century and how their lives are affected by nature, history, war, and love.

OPERA



Nabucco

Booking to be done with Mike Jacklin Ext. 2112 / 082 900 3248 / mikejacklin718@gmail.com

Date: Tuesday 06th

Time: 14:00

Venue: Cinema Room 1

Nabucco is an Italian-language opera composed by Giuseppe Verdi in 1841. The opera follows the plight of the Jews as they are assaulted, conquered and subsequently exiled from their homeland by the Babylonian king Nabucco (Nebuchadnezzar II). The historical events are used as background for a romantic and political plot.

IT'S A CELEBRATION

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

BIRTHDAYS

2ND AUGUST

JANE BODIN - Noordhoek

3RD AUGUST

MARJORIE LEVER - Noordhoek

CARINE SALTER - Noordhoek

ANNIVERSARIES

4TH AUGUST

BRIAN & CARENE LEGGE - Noordhoek

NEW RESIDENTS

MANFRED JABBUSCH

APARTMENT 214

NOORDHOEK

MARK & ELLINOR WILSON

APARTMENT 122

NOORDHOEK



THE FYNBOS BISTRO



Monday: 29 July

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

N: R85 / L: R65 / FS: R260

OR

Creamy tomato chicken pasta: with side parmesan cheese

N: R85 / L: R65 / FS: R260

Tuesday: 30 July

Cottage pie: Served with side garden peas

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

OR

Chicken a la king: with rice, butternut and baby marrows

N: R85 / L: R65 / FS: R260

Wednesday: 31 July

Creamy salsa chicken: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice and garden peas

N: R85 / L: R65 / FS: R260

OR

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

N: R85 / L: R65 / FS: R260

Thursday: 01 August

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

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

OR

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

N: R85 / L: R65 / FS: R260

Friday: 02 August

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

N: R85 / L: R65 / FS: R260

Saturday: 03 August

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

N: R95 / L: R75 / FS: 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 home made Pad Thai sauce. Served on a bed of rice noodles, topped with scrambled egg, green onion and crushed peanuts

N: R85 / L: R65 / FS: R260

Sunday: 04 August

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

Dessert: Malva pudding with custard

R140

Sunday Roast is served ❤️

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

29 JULY - 3 AUG 2024

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

Cash, card and eft available

 021 785 7199
082 603 3518
  24 Strandloper Street
Sunnydale
  www.freedomfoodsck.co.za
orders@freedomfoodsck.co.za
 Find us on Facebook

FREEDOM FOODS
Catering Kitchen

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		
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 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 LCR700
(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