

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

“A lot of people like snow. I find it to be an unnecessary freezing of water.” - Carl Reiner

Dear Residents,

It seems we were spared from the wrath of the Cape winter this week and instead we were spoilt with rays of sunshine and barely any gusts of wind.

In a thrilling encounter a caracal was recently spotted roaming the lush grounds of our village this week. This elusive and majestic animal is a rare sight in urban areas, making the appearance a significant event for residents and wildlife enthusiasts alike. This sighting is a testament to the awe-inspiring beauty of the natural world and a reminder of our responsibility to preserve it for future generations.

With the week ahead we can look forward to activities like the Opera - "Nabucca" by the infamous Giuseppe Verdi as well as our very own High Tea in celebration of Womens Day on the 9th of August.

Keep an eye on the events calendar below and join in. We can look forward to having our lifestyle centre back to normal in the near future- just in time to host our Quiz evening on the 15th.

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

Regards
The Evergreen Team

Week 31

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

Opera 6th @ 14:00

Riaan's Fruit Van 7th @ 09:00

Christian Fellowship 7th @ 10:00

Movie 8th @ 15:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

AUGUST

OPERA - 6TH

MOBEEWASH - 14TH & 28TH

QUIZ - 15TH

CLASSICAL MUSIC GROUP - 20TH

ANTIQUE VALUATION & BUYING - 21ST

CHRISTIAN FELLOWSHIP - 7TH & 21ST

SEPTEMBER

FELLOWSHIP- 4TH & 18TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 5 AUG	TUE 6 AUG	WED 7 AUG	THUR 8 AUG	FRI 9 AUG	SAT 10 AUG	SUN 11 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 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 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			14h30 TABLE TENNIS TABLE TENNIS ROOM			
		16H30 BALLROOM DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM 1		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

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

CLASSICAL MUSIC

Once a month video concert of Classical Music lasting approximately 1 hour.

Peter – ext. 2055

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

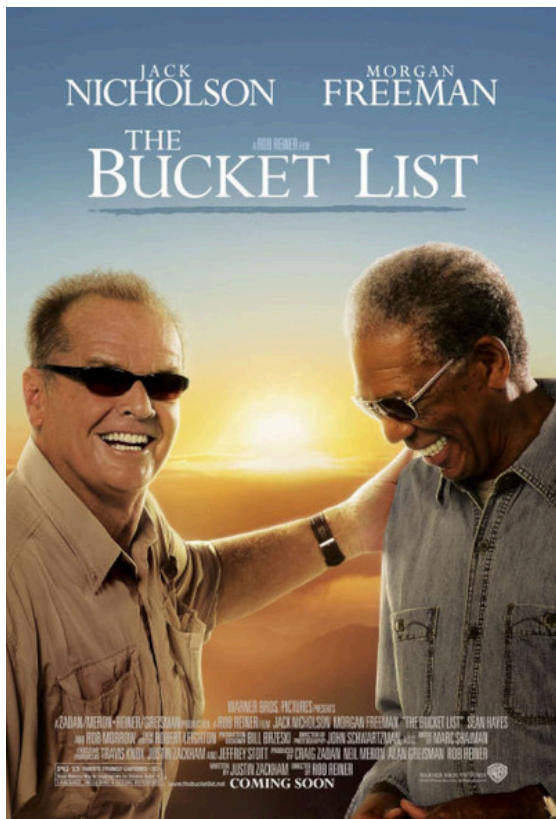
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



The Bucket List

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

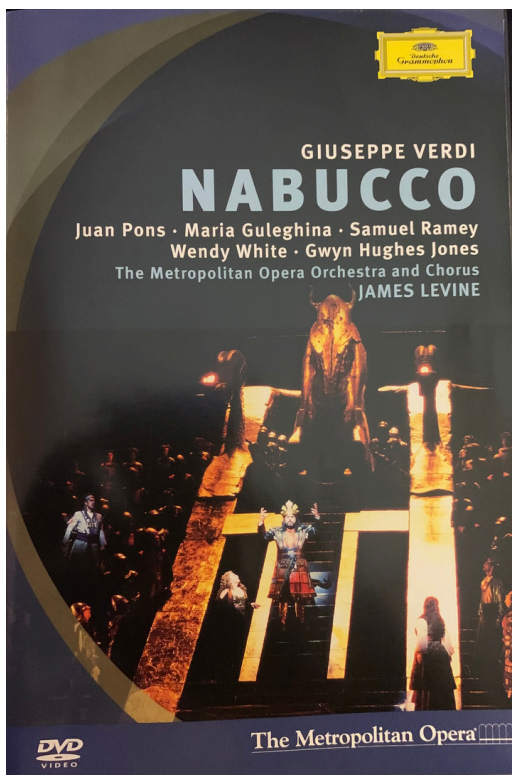
Date: Thursday 8 August

Time: 15:00

Venue: Cinema Room 1

Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die according to their bucket list. In the process, both of them heal each other, become unlikely friends, and ultimately find joy in life.

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

This was Verdi's first triumph and only his third opera. He was 29 years old.

The score includes the very popular "Va, pensiero" which is given an encore in this excellent production from the New York Metropolitan Opera.

The celebrated Juan Pons sings the role of Nabucco. He is supported by soprano Maria Guleghina from Czechia as Abigail's, his ambitious step daughter. Samuel Ramey, the great US baritone sings Zacharia and the Met Orchestra is conducted by James Levine.

WHAT'S HAPPENING?



Join us for a *High Tea!*

You are invited to a special High Tea morning
to celebrate Women's Day!

Our guest speaker will be Mandy from
Adventurous Ewe, her own tour company for
Women.

Savoury and Sweet mini eats will be served
with tea and coffee.

The talk and tea will be upstairs in the balcony area.

*Friday the 9th of August
at 10am*

Please RSVP at the Bistro by the 4th of August

- R90 per person -

When Booking please pay at the Bistro to secure your place.

IT'S A CELEBRATION

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

BIRTHDAYS

6TH AUGUST

SHIRLEY REYNDERS – Noordhoek
BENITA VAN DEN BOS – Lake Michelle

7TH AUGUST

GORDON FARQUHARSON –
Noordhoek
JOYCE FUTCHER – Lake Michelle

8TH AUGUST

MAUREEN SOULE – Noordhoek
SANDRA SPENCE – Noordhoek
BOB BALL – Noordhoek

10TH AUGUST

ANGELA HILL – Lake Michelle

ANNIVERSARIES

8TH AUGUST

DON & CLARE YEOWELL – Noordhoek

NEW RESIDENTS

JAMES & SUSAN MCCHESENEY
APARTMENT 217
NOORDHOEK



Monday: 5 August

Monterrey Chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows
N: R90 / L: R70 / FS: R270

OR

Hawaiian pork stir fry: over stir fry veggies and rice topped with sesame seeds
N: R85 / L: R65 / FS: R260

Tuesday: 6 August

Spaghetti bolognaise: side parmesan
N: R85 / L: R65 / FS: R260

OR

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice
N: R95 / L: R75 / FS: R280

Wednesday: 7 August

Chicken Korma: Chicken breast with a mix of aromatic spices, yoghurt and butter. Served with basmati rice
N: R85 / L: R65 / FS: R260

OR

Gourmet Mac n cheese with bacon: creamy cheese sauce with peppers, corn and onions
N: R85 / L: R65 / FS: R260

Thursday: 8 August

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots
N: R90 // L: R70 // K: R60 // Family: R280

OR

Cashew nut chicken: Served with stir fry veg over linguini and a few cashew nuts
N: R85 / L: R65 / FS: R260

Friday: 9 August

Hungarian beef goulash: with rice, garden peas and carrots
N: R95 // L: R75 and Family: R280

OR

Thai chicken curry: with basmati rice and butternut
N: R85 / L: R65 / FS: R260

Saturday: 10 August

Chicken broccoli bake: with rice, carrots and garden peas
N: R85 / L: R65 / FS: R260

OR

Café du Pari steak: Grilled Steak 220g with chips and veg
R130

Sunday: 11 August

Roast Pork: Served with rice, roast potatoes, gravy and veggies
Dessert: Apple crumble with custard or ice cream
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

5 - 11 AUG 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

AUGUST 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 PEA & HAM SOUP		
1 Sunday Roast Pork	Glazed sticky pork or Creamy Tomato chicken pasta	Cottage Pie or Traditional meatloaf	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	
4 Sunday Roast Gammon	5 Monterrey Chicken bake or Hawaiian pork stir fry	6 Spaghetti bolognaise or Mongolian beef	7 Chicken Korma or Gourmet Mac n cheese	8 Pork schnitzel or Cashew nut chicken	9 Hungarian beef goulash or Thai chicken curry	10 Chicken broc bake or Cafe du pari steak	
11 Sunday Roast Pork	12 Meatball curry or Mediterrear chicken	13 Moroccan chicken or Beef curry	14 Chicken breyani or Alfredo pasta	15 Tomato bredie or Herb roast chicken	16 Traditional bobotie or Grilled steak sandwich	17 Braised steak or Chicken mush pasta	
18 Sunday Roast Chicken	19 Chicken stroganoff or Savoury bake potato	20 Coronation chicken or Pork skewers	21 Chicken marsala or Beef ragu	22 Braised Pork adobo or Grilled chicken breast	23 Beef burger or Chicken Kebabs	24 Beef frikkadels or Chicken carbonara	
25 Sunday Roast Beef	26 Chefs chicken curry or Mac n cheese	27 Eggplant parmesan or Beef casserole	28 Penne a la vodka or Chicken lemons	29 Chicken parmesan or Beef korma	30 Arrabiatta pasta or Hannah chicken	31 Beef stroganoff or Chicken lasagne	

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	R55	Standard R880
Elderly / ladies portion	R65	Standard LC/GF R920
Vegan.....	R90	Elderly / Ladies R680
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 R290		

Book directly with the Bistro on Ext 2404

Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Beef & Veg