

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

*“Jealousy says, “Compete with each other.”
Envy says, “Destroy each other.” Empathy
says, “Help each other.” Love says, “Empower
each other.”* - Matshona Dhliwayo

Dear Residents,

On the 9th, we celebrated "Women's Day" with a lovely High Tea arranged by our social committee. This day commemorates the courageous women who marched to the Union Buildings in Pretoria on August 9th, 1956, to protest against the oppressive pass laws enforced by the apartheid regime. As we celebrate women's day and women's month let us acknowledge the strength, resilience, and determination of all of our women.

We have yet another busy week approaching, with activities such as the weekly movie, another exciting quiz evening on Thursday and Bok Town, where South Africa faces off against Australia. To book for the quiz, please contact Norma Roos at Ext. 2089. The booking sheet for the movie will be up on Sunday for those interested. Mobeewash will also be coming this week, so for those wanting a car wash, please book with reception.

With the unexpected storm damage to the lifestyle centre, we have had to postpone our annual 'Christmas in July' dinner. We will now be having this dinner and dance on the 21st of August, there will be live music performed by Gordon Rocker. Do not miss out.

Regards
The Evergreen Team

Week 32

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 14th @ 9:00

Riaan's Fruit Van 14th @
09:00

Movie 15th @ 15:00

Quiz 15th @ 18:00

Bok Town: SA Vs.
Australia 17th @ 11:55

What's On The Menu

Delicious meals on offer
this week!

UPCOMING EVENTS

AUGUST

MOBEEWASH - 14TH & 28TH

QUIZ - 15TH

CLASSICAL MUSIC GROUP - 20TH

ANTIQUE VALUATION & BUYING - 21ST

CHRISTIAN FELLOWSHIP - 21ST

SEPTEMBER

FELLOWSHIP - 4TH & 18TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 12 AUG	TUE 13 AUG	WED 14 AUG	THUR 15 AUG	FRI 16 AUG	SAT 17 AUG	SUN 18 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		11h50 BOK TOWN BISTRO	
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	09h00 MOBEEWASH BASEMENT 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	18H00 QUIZ NIGHT BISTRO		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



Waking Ned Divine

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

Date: Thursday 15 August

Time: 15:00

Venue: Cinema Room 1

When best friends Jackie O'Shea (Ian Bannen) and Michael O'Sullivan (David Kelly) discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine, and split the cash.

BOK TOWN



The Springboks' home Test schedule for 2024 is:

Saturday, 22 June: SA vs. Wales 15h00

Saturday, 6 July: SA vs. Ireland 17h00

Saturday, 13 July: SA vs. Ireland 17h00

Saturday, 20 July: SA vs. Portugal 17h00

Saturday, 17 August: SA vs. Australia 11h55

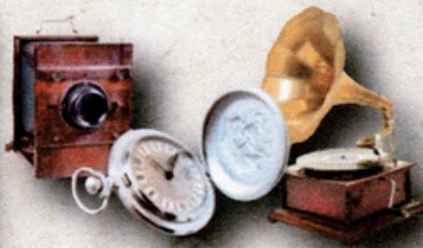
Saturday, 31 August: SA vs. New Zealand 17h00

WHAT'S HAPPENING?

Valuation and buying day.

In the Clubhouse Mezzanine Level
Wednesday 21st August 10am-12pm

No appointment needed.
Bring along your hidden treasures!



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

WHAT'S HAPPENING?



THE
FYNBOS
Bistro

PRESENTS

CHRISTMAS *In July*

21ST AUGUST
THE BISTRO



Live Music by Gordon Rocker



18:00



Bistro

R200 pax

Event is for Residents only. Please book with the Bistro, giving the Name and Unit number of each member of your group. Reservations only confirmed upon receipt of payment



WHAT'S HAPPENING?



21 AUGUST 2024

Christmas in August

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
person
R200
incl gratuity



IT'S A CELEBRATION

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

BIRTHDAYS

12TH AUGUST

PETER LEVER – Noordhoek

15TH AUGUST

PETER SMITH-COX – Noordhoek

AMANDA SIMPSON – Noordhoek

16TH AUGUST

WENDY DICKS – Noordhoek

DAPHNE RAUBENHEIMER – Noordhoek

DENNY WILLIAMS – Noordhoek

17TH AUGUST

NOEL DE KLERK – Noordhoek

18TH AUGUST

PAT KELLY – Noordhoek

IRENE VAN ZYL – Noordhoek

ANNIVERSARIES

14TH AUGUST

CLIVE & SUSAN ABRAHAM – Noordhoek

NEW RESIDENTS

HARMINA PONTIER & CHRISTINA RAUTENBACH

APARTMENT 113

NOORDHOEK

IRVINE & JENNIFER EIDELMAN

HOUSE 114

NOORDHOEK



Monday: 12 August

Indian Meatball Curry : With basmati rice, carrots and green beans
N: R85 / L: R65 / FS: R260
OR

Mediterranean chicken: Chicken pieces, olives and roasted peppers
and served with rice and baby marrow
N: R90 / L: R70 / FS: R270

Tuesday: 13 August

Moroccan chicken with couscous: served with sauteed spinach, and
roasted veggies
N: R85 / L: R65 / FS: R260
OR

Beef Curry : With yellow rice, garden peas and side sambal
N: R95 / L: R75 / FS: R280

Wednesday: 14 August

Cape Malay Chicken breyani with sambal
N: R85 / L: R65 / FS: R260
OR

Alfredo pasta: a creamy pasta with ham and mushrooms. Served
with side parmesan
N: R85 / L: R65 / FS: R260

Thursday: 15 August

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: R95 // L: R75 // K: R60 // Family: R280
OR

Herb Roast chicken: with rice, gravy and veg medley
N: R85 / L: R65 / FS: R260

Friday: 16 August

Traditional bobotie: served with yellow rice, cinnamon pumpkin,
green beans and side sambal
N: R85 // L: R65 and Family: R260
OR

Grilled Steak Sandwich: Garlic toasted French bread, lettuce, tomato
and steak – topped with feta and voila... the best steak sandwich!
R100

Saturday: 17 August

Braised steak: In a delicious gravy, served with mash and veggies
N: R95 / L: R75 / FS: R280
OR

Chicken mushroom pasta: A creamy pasta with a side parmesan
N: R85 // L: R65 and Family: R260

Sunday: 18 August

Roast Chicken: Served with rice, roast potatoes, gravy and veggies
Dessert: Peppermint crisp tart
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 lasange	

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