

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*"Never regret. If it's good, it's wonderful. If it's bad, it's experience."* - Victoria Holt

Dear Residents,

This past week, we had our annual "Christmas in August" celebration which needless to say was nothing short of memorable. This celebration gave residents the opportunity to get creative with beautiful table decor, gift-giving and festive entertainment. Overall, the evening came to break the mid-year slump and provided us with a much-needed boost of energy and excitement.

Besides the weekly movie viewing and visit from Riaan's Fruitvan, we have an informative talk lined up regarding the topic of Dementia on Wednesday the 28th - please kindly book at reception for seating purposes (venue to be confirmed). In addition to the Dementia talk we have Wol aan die Rol visiting our lifestyle centre on Thursday the 29th.

Mobeewash will also be on site this week for those interested. We have noticed a decline in Mobeewash bookings recently, and although this may very well be due to the weather, it may be helpful to run a service survey to see what residents' thoughts are.

This coming week, we sadly say goodbye to one of our receptionists Olivia Crowther. Olivia will return to Malaysia to further her studies in Business Economics. It was an extreme pleasure to have her here with us at Evergreen Noordhoek. We wish her all the best with her future endeavors.

Wishing you a lovely weekend ahead.

Regards  
The Evergreen Team

## Week 34

### 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

Riaan's Fruit Van 28th @ 09:00

Dementia Talk 28th @ 10:30

Mobeewash 28th @ 09:00

Movie 29th @ 15:00

Wol Aan Die Rol 29th @ 9:45

#### What's On The Menu

Delicious meals on offer this week!

## UPCOMING EVENTS

### AUGUST

MOBEEWASH - 28TH  
DEMENTIA TALK - 28TH

### SEPTEMBER

FELLOWSHIP - 4TH & 18TH  
ALIDA'S FASHIONS - 16TH

# WEEKLY EVENTS



WEDNESDAY  
IS RECYCLING

MON 26 AUG	TUE 27 AUG	WED 28 AUG	THUR 29 AUG	FRI 30 AUG	SAT 31 AUG	SUN 1 SEP
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	09h45 WOL AAN DIE ROL MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h30 DEMENTIA TALK LOUNGE	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		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 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2			
			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?

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## MOVIE

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### A Beautiful Mind

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

**Date: Thursday 29 August**

**Time: 15:00**

**Venue: Cinema Room 1**

A Beautiful Mind is a biographical drama film about the mathematician John Nash, who won the Nobel Prize in Economics and struggled with schizophrenia.

A mathematical genius, John Nash made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a harrowing journey of self-discovery.

It won four Academy Awards.

## WOL AAN DIE ROL

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# WHAT'S HAPPENING?

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## 14 Ways to Protect Your Brain as You Get Older

A recent report published has identified 14 risk factors for developing dementia in later life.

The good news is that if managed well, the risk can be reduced by almost half.

In this free talk, we'll run through and discuss these 14 risk factors. This will give you a better understanding on what you can do to protect your brain and to reduce your risk of cognitive decline.

Speaker: Desiree Pule, Certified Health Coach

**Date: Wednesday 28th August 2024**

**Time: 10.30 to 11.30**



# IT'S A CELEBRATION

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

## BIRTHDAYS

### **26TH AUGUST**

KEITH VAN SWELM – Noordhoek  
WILLEM VAN ZYL – Noordhoek

### **28TH AUGUST**

ROY DE VOS – Noordhoek  
LYNETTE TINKER – Noordhoek

### **29TH AUGUST**

PETA SARKIS – Noordhoek

### **30TH AUGUST**

JANE WOODIN – Noordhoek

### **31ST AUGUST**

MICHAEL JUDGE – Noordhoek

### **1ST SEPTEMBER**

RON CLARK – Noordhoek  
ALISON SAYERS – Noordhoek

## ANNIVERSARIES

### **27TH AUGUST**

TONY & MARIE HOCKLY – Noordhoek

### **1ST SEPTEMBER**

IAN & WENDY WRENCH – Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS



# THE FYNBOS BISTRO



## Monday: 26 August

Chefs chicken curry: Aromatic Indian style seasoning with yogurt, tikka seasoning, garlic, lime, ginger and coriander with rice and butternut with a side sambal

N: R85 // L: R65 and Family: R260

Or

Mac n cheese: Good old time favourite mac n cheese topped with cheese and tomato and grilled in the oven

N: R90 // L: R70 and Family: R270

## Tuesday: 27 August

Eggplant parmesan: with mash, garden peas and butternut

N: R90 / L: R70 / FS: R280

OR

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

N: R95 / L: R75 / FS: R280

## Wednesday: 28 August

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

N: R85 / L: R65 / FS: R260

OR

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

N: R90 / L: R70 / FS: R280

## Thursday: 29 August

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

N: R90 / L: R70 / FS: R280

OR

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

Served with basmati rice

N: R95 / L: R75 / FS: R280

## Friday: 30 August

Arrabbiata bacon pasta: bacon, chilli, tomato and cream over penne.

Served with a side of parmesan

N: R85 / L: R65 / FS: R260

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

N: R90 / L: R70 / FS: R280

## Saturday: 31 August

Beef Stroganoff: Served with mash, green beans and butternut

N: R95 / L: R75 / FS: R280

OR

Chicken lasange

N: R95 / L: R75 / Family: R300

## Sunday: 01 September

Roast Pork: 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







**MONTHLY MENU**  
**26-31 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 Mediterrean 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 <b>R920</b>
Vegan.....	R90	Elderly / Ladies <b>R680</b>
Family Normal.....	R260	Elderly/Ladies LCR <b>700</b>
(2 adults/2 kids)		Kiddies ..... <b>R550</b>
Family Low carb.....	R270	They can be made up to your meal preferences and all labelled & dated
Free Range:		
N <b>R95</b> / L <b>R75</b> / Family <b>R290</b>		

Book directly with the Bistro on Ext 2404

## Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Beef & Veg