

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"We'll meet again, don't know where, don't know when, but I know we'll meet again some sunny day." – Vera Lynn, 'We'll meet again'

Dear Residents,

The weather has certainly been fierce this last week. Tuesday was a particularly gusty day, one perfectly suited to staying inside. Hopefully the upcoming week will be a bit more pleasant.

It's fairly quiet this week, with Christian Fellowship on Wednesday and a Movie on Thursday.

We'd like to also say thank you and congrats to our knitting ladies, who have contributed multiple knitted items through the Table Bay Rotary Club to those in need. You can see all the pictures and write-up in this week's Aloe.

We'll also be introducing our new Receptionist, who many of you already know, Shadwin Bergstedt. Shadwin has been helping with receptionist duties over the last few months, and from the 31st of August he will be Evergreen Noordhoek's new official Receptionist. We're happy to welcome him to the front desk, and wish him all the best.

For the final part of this Aloe, I'd like to say thank you. I have been working on the Newsletter since I started last year, alongside Melissa, and while I made a few mistakes (Sorry), I've enjoyed preparing it every week for our residents. This is the last Aloe I'll work on before leaving, as Friday the 30th of August was my last day. I want to say thank you to all our residents for your kindness during my stay, and making this job a true treat. I've thoroughly enjoyed working here, with fantastic colleagues and interesting challenges.

I wish you all the best for 2024 onward, and offer my sincerest gratitude to everyone at Evergreen for the last 11 months.

Wishing you a lovely weekend ahead.

Yours Sincerely,
Olivia

Week 35

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 4th @ 09:00

Christian Fellowship 4th @ 10:00

Movie 5th @ 15:00

Rotary Donations

Celebrating the contributions of our knitters

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

SEPTEMBER

FELLOWSHIP- 4TH & 18TH

MOVIE - 5TH,12TH,19TH, 26TH

OPERA - 10TH

CLASSICAL MUSIC GROUP- 17TH

ALIDA'S FASHIONS - 16TH

SPRING DINNER DANCE- 21ST

HERITAGE BRAAI EVENT- 24TH

ROTARY QUIZ- 28TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 2 SEP	TUE 3 SEP	WED 4 SEP	THUR 5 SEP	FRI 6 SEP	SAT 7 SEP	SUN 8 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	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 LOUNGE	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		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 LINE 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

MOSAIC 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

SNOOKER & POOL

Get together and enjoy a social game of snooker or pool for beginners or more experienced players

Pat Ext. 22224

Selwyn Ext. 22130

GAMES

Enjoy and 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

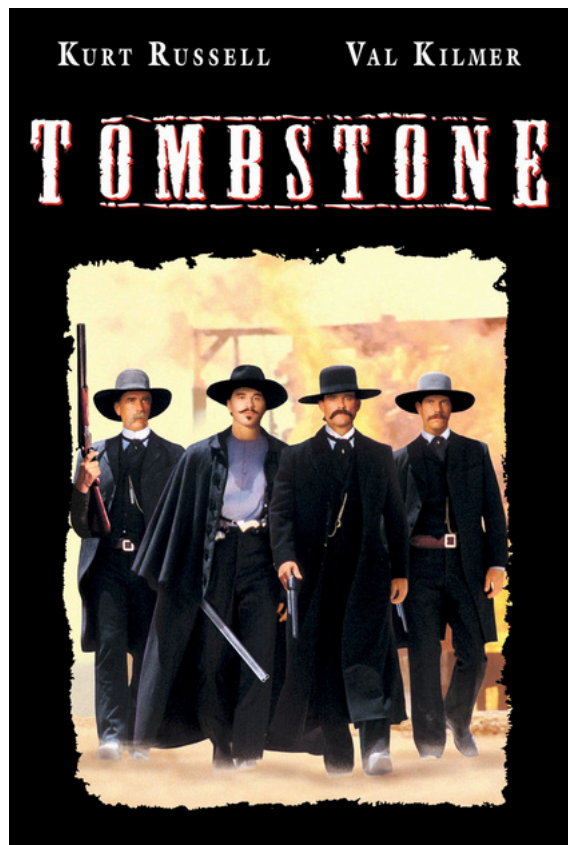
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



Tombstone

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

Date: Thursday 5 September

Time: 15:00

Venue: Cinema Room 1

Wyatt Earp and his brothers, Morgan and Virgil, have left their gunslinger ways behind them to settle down and start a business in the town of Tombstone, Arizona. While they aren't looking to find trouble, trouble soon finds them when they become targets of the ruthless Cowboy gang. Now, together with Wyatt's best friend, Doc Holliday, the brothers pick up their guns once more to restore order to a lawless land.

Thombstone is a film based on the real events of the Gunfight at the O.K. Corral and the Earp Vendetta Ride in 1880s Arizona. It stars Kurt Russell as Wyatt Earp and Val Kilmer as Doc Holliday, and was a box office success and a cult classic.

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

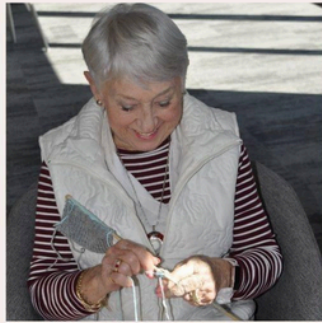
Saturday, 20 July: SA vs. Portugal 17h00

Saturday, 17 August: SA vs. Australia 11h55

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

ROTARY DONATION

**A SPECIAL THANK YOU
TO AVRIL ALLAN ONE OF
OUR MEMBERS WHO
COORDINATES THIS
DRIVE**



**THESE ARE SOME OF THE
DEDICATED KNITTERS
FROM EVERGREEN
LIFESTYLE VILLAGE IN
NOORDHOEK**



**THANK YOU ALSO TO
OTHER FRIENDS OF
ROTARY WHO ASSIST IN
THIS ENDEAVOUR**



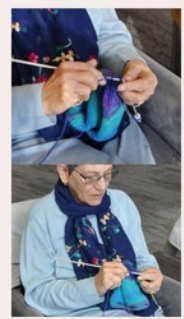
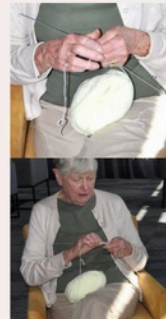
Rotary
Club of Table Bay



**THESE WOMEN HAVE
BEEN CREATING STOCKS
OF WARM ITEMS FOR
PEOPLE IN NEED**



**THANK YOU FOR YOUR
EFFORTS TO ASSIST US
IN IMPROVING THE LIVES
OF PEOPLE IN NEED**



Our Knitting ladies once more show their talents and kindness through their tireless work and donation to the Table Bay Rotary Club, who distributes their wonderful creations to people in need.

We're incredibly proud and impressed with all our knitters who contributed to this drive.

IT'S A CELEBRATION

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

BIRTHDAYS

2ND SEPTEMBER

BRIAN VALENTINE – Noordhoek
VICKI FALLS – Noordhoek
ED VAN DER NIET – Noordhoek
LESLEY BOURNE – Noordhoek
HELEN MOFFET – Lake Michelle

4TH SEPTEMBER

DIANA BLATT – Noordhoek

7TH SEPTEMBER

VICTOR POLLACHI – Noordhoek

8TH SEPTEMBER

DOUGIE HARRIS – Lake Michelle

ANNIVERSARIES

5TH SEPTEMBER

DAVE & LORRAINE INNES – Noordhoek
MICHAEL SANDERS & MONIKA GRASER –
Noordhoek

6TH SEPTEMBER

BRIAN & JENNY BROOKS – Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS



Monday: 2 September

Braised Pork in Sweet Soy Sauce: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut

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

OR

Creamy tomato chicken pasta: Tender chicken fillets in a sauce of slow-roasted tomato, basil & lemon cream sauce. Served over pasta

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

Tuesday: 3 September

Cottage pie: Served with side garden peas

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

OR

Traditional meatloaf: Beef mince mixed with sautéed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with garlic parmesan mash, gravy, garden peas & carrots

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

Wednesday: 4 September

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 and Family: R260

OR

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

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

Thursday: 5 September

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

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

OR

Baked penne bake: with bolognaise and creamy sauce then topped with cheese and baked in the oven

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

Friday: 6 September

Cold meats and salads: With potato salad, beetroot salad and Greek salad

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

OR

Chicken a la king: With rice, broccoli and carrot

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

Saturday: 7 September

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

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

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

Sunday: 8 September

Sunday Roast Gammon Or Roast Beef: with rice, roast potatoes, gravy and veggies

Dessert: Malva pudding with side 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







MONTHLY MENU
2-8 SEP 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

<div> <div>  New dishes </div> <div> SEPTEMBER 2024 </div> <div> Homemade bread available every Thursday and Friday R35 </div> </div>						
SUNDAY Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY MINESTRONE SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY POTATO LEEK SOUP	
1 Sunday Roast Pork or Beef fillet	2 Pork in sweet soy or Creamy Tomato chicken pasta	3 Cottage Pie or Traditional meatloaf	4 Creamy chicken salsa or Texas Pulled pork	5 Chicken schnitzels or Baked penne bake	6 Cold meats and salads or Chicken a la king	7 Mongolian beef or Chicken pad thai
8 Sunday Roast Gammon or Roast Beef	9 Monterrey Chicken bake or Hawaiian pork stir fry	10 Spaghetti bolognaise or Mongolian beef	11 Chicken Korma or Gourmet Mac n cheese	12 Pork schnitzel or Cashew nut chicken	13 Grilled pork chop or Thai chicken curry	14 Chicken broc bake or Cafe du pari steak
15 Sunday Roast Pork or Roast Beef	16 Meatball curry or Mediterrean chicken	17 Moroccan chicken or Beef curry	18 Chicken breyani or Alfredo pasta	19 Tomato bredie or Herb roast chicken	20 Traditional bobotie or Grilled steak sandwich	21 Braised steak or Korean BBQ pork
22 Sunday Roast Chicken or Beef fillet	23 Chicken stroganoff or Savoury bake potato	24 Coronation chicken or Pork skewers	25 Chicken marsala or Beef ragu	26 Braised Pork adobo or Grilled chicken breast	27 Beef burger or Chicken Kebabs	28 Beef frikkadels or Japanese chicken burger
29 Sunday Roast Beef	30 Chefs chicken curry or Mac n cheese	1 Eggplant parmesan or Beef casserole	2 Penne a la vodka or Chicken lemons	3 Chicken parmesan or Beef korma	4 Arrabiatta pasta or Hannah chicken	5 Beef stroganoff or Chicken lasange
<div> <div> 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 </div> <div> PRICE LIST Normal meals..... R85 Low Carb or Gluten free R90 Kiddies R55 Elderly / ladies portion R65 Vegan..... R90 Family Normal..... R260 (2 adults/2 kids) Family Low carb..... R270 Free Range: N R95 / L R75 / Family R290 </div> <div> BOX MEAL PRICES For the freezer  10 meals per pack Standard R880 Standard LC/GF R920 Elderly / Ladies R680 Elderly/Ladies LCR700 Kiddies R550 They can be made up to your meal preferences and all labelled & dated </div> </div>						

Book directly with the Bistro on Ext 2404

Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Beef & Veg

HIKING GROUP



The Tuesday Hikers undertook a marvellous walk last week in the Silvermine East Reserve – an eight kilometer hike around Maiden Peak, in which one is treated to lovely views of both the Noordhoek beach and ocean, as well as of the view of False Bay above Kalk Bay.