

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

'Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.' – Robert H. Schuller

Dear Residents,

As we reflect on the past week, we had some outstanding weather as we welcomed "The season of renewal" Spring.

The past two weeks have been socially quiet, in comparison of what is still to come. This edition is filled with event flyers and information – please make sure to read through and get involved!

We are excited to announce the arrival of our brand-new snooker table! This top-of-the-line table promises to take your game to the next level with its smooth, responsive surface and precise cushioning. See pictures below with Selwyn Lange taking the first shot.



Wishing you a lovely weekend ahead.

Yours Sincerely,
Shadwin

Week 36

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

Opera 10th @ 15:00

Mobeewash 11th @ 09:00

Movie 12th @ 15:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

SEPTEMBER

FELLOWSHIP- 4TH & 18TH

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

OPERA - 10TH

MOBEEWASH - 11TH & 25TH

CLASSICAL MUSIC GROUP- 17TH

ALIDA'S FASHIONS - 16TH

SPRING DINNER DANCE- 21ST

HERITAGE BRAAI EVENT- 24TH

OCTOBER

ROTARY QUIZ - 5TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 9 SEP	TUE 10 SEP	WED 11 SEP	THUR 12 SEP	FRI 13 SEP	SAT 14 SEP	SUN 15 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	
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR	09h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		09h00 RIAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1		
11h00 LATIN DANCING ACTIVITY ROOM 1		09h00 MOBEEWASH BASEMENT PARKING	10h30 TÁI CHI (1) ACTIVITY ROOM 1			12H00 SUNDAY LUNCH BISTRO
14h00 BRIDGE /CARD GAMES BISTRO	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2	15H45 BEGINNER BRIDGE CINEMA ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 OPERA CINEMA ROOM 1	15h00 LINE DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA 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

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 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?

OPERA



SONY CLASSICAL

LEONCAVALLO
PAGLIACCI
Maria Agresta | Dimitri Platanias
Tansel Akzeybek | Alessio Arduini

JONAS KAUFMANN

MASCAGNI
CAVALLERIA RUSTICANA
Liudmyla Monastyrska | Annalisa Stroppa
Stefania Toczyska | Ambrogio Maestri

CHRISTIAN THIELEMANN
Sächsischer Staatsoperchor | Staatskapelle Dresden
Staged by Philipp Stölzl | Directed by Brian Large

OSTERFESTSPIELE SALZBURG

UNITEL CLASSICA

Pagliacci and Cavalleria Rusticana

Date: Tuesday 10 September

Time: 14:00

Venue: Cinema Room 1

Two of Italian opera's greatest operas performed on one bill. These two famous short operas each last just over an hour. Outstanding modern productions from the Salzburg Festival.

Pagliacci is the tragic tale of a troupe of traveling players arriving at a happy village. The principal and clown, (Pagliaccio) Canio suspects his wife Nedda of being unfaithful with Tonio and the tragic plot unfolds. The music is among the most beautiful and moving ever written.

Cavalleria Rusticana (Rustic Chivalry) is set in a village in Sicily at Easter. While Turridu, a hot-blooded returning soldier, was away his fiancée, Lola, married the local coachman, Alfie. Turridu takes up with Santuzza but pursues Lola and the tragic end comes swiftly. But not before the amazing Intermezzo, a famous and brilliant piece of music.

The German superstar Jonas Kaufmann takes the lead in both and the superb orchestra of the Staatskapelle Dresden is conducted by Christian Thielemann.

Strong emotional classic opera at its best but bring your tissues!

Bookings on the list on the notice board next to Cinema Room 1 or email mikejacklin718@gmail.com or WhatsApp Mike on 082 900 3248

MOVIE

One Flew Over The Cuckoo's Nest

Date: Wednesday 11 September

Time: 15:00

Venue: Cinema Room 1

Booking sheet will be available on the village notice board

One Flew Over the Cuckoo's Nest stars Jack Nicholson as a Korean War veteran, R P McMurphy, who pleads insanity after being charged with a heinous crime in order to get out of labour duties in the prison. As the authorities suspect he is bluffing they transfer him to a mental institution, where he quickly discovers all of the patients are being controlled by a passive-aggressive Nurse named Mildred Ratched.

One Flew Over the Cuckoo's Nest was critically praised upon release and took home five Oscars at the 1976 Academy Awards.



WHAT'S HAPPENING?



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 16 SEPTEMBER 2024

LOVELY TOPS, JERSEYS, JACKETS, GILETS
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS

WHAT'S HAPPENING?



SATURDAY AFTERNOON QUIZ

3PM

5 OCTOBER

AT THE CLUBHOUSE
EVERGREEN LIFESYLE
VILLAGE NOORDHOEK

R50 per ticket/person

Tables of 6

Book by Monday 16th September

SMS Bridget 0832288956.

Cash Bar, coffee, tea, light snacks available.

A fundraiser for projects of

Rotary
Club of Table Bay



IT'S A CELEBRATION

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

BIRTHDAYS

13TH SEPTEMBER

JULIANNA ORGANE – NOORDHOEK

14TH SEPTEMBER

JANET GILLET – NOORDHOEK

SUE DOUGLAS – NOORDHOEK

ANNIVERSARIES

13TH SEPTEMBER

ROGER & VICKI FALLS – NOORDHOEK

15TH SEPTEMBER

ANTHONY JOHNSTON & AGNETA LIND –
LAKE MICHELLE

NEW RESIDENTS

PHILINE VAN BLOMESTEIN – NOORDHOEK A218

MLADEN & JEAN POLUTA – NOORDHOEK A131



Weekly Menu: 9-15 September 2024

Monday: 9 September

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: 10 September

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: 11 September

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: 12 September

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: 13 September

Grilled Pork chops : Served with a jacket potato and veg medley

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

OR

Thai chicken curry: with basmati rice and butternut

N: R85 / L: R65 / FS: R260

Saturday: 14 September

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: 15 September

Sunday Roast Pork Or Roast Beef: 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



Made with love

MONTHLY MENU

9-15 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>  New dishes </div>						
SUNDAY Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY MINESTRONE SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY POTATO LEEK SOUP	Homemade bread available every Thursday and Friday R35
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

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	
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	

BOX MEAL PRICES	
For the freezer 	
10 meals per pack	
Standard	R880
Standard LC/GF	R920
Elderly / Ladies	R680
Elderly/Ladies LCR	700
Kiddies	R550
They can be made up to your meal preferences and all labelled & dated	

