

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.* – [Albert Einstein](#)

Dear Residents,

With a slight improvement in weather, we get our first taste of spring and can maybe finally say goodbye to the gusting winds and stormy rains.

Another week, another opportunity to dive into some exciting events and activities. And as the weather warms up, so does the 2024 Castle Lager Rugby Championship matches with the Springboks set to face Argentina on September 21st. This will be the first of the two back-to-back matches between the South Africa vs Argentina. We look forward to yet another exhilarating display of rugby prowess. The big screen will be set up in the lifestyle centre, for all to enjoy.

Also join us this week Saturday for an unforgettable evening of music, movement and merriment at our Spring Dance. Don't miss this fantastic opportunity to shake off winter's chill and welcome spring with style! For more information, please refer to the detailed poster of the event on page 8.

This coming week we have our monthly Classical Music Group event taking place on Tuesday the 17th (refer to page 7). The monthly meeting is now well established, and a full house (maximum 24 seats) is anticipated, so please ensure to book on the booking sheet that will be posted on the notice board outside the Cinema Room from Thursday 12 September.

Silvermine Retirement Village has sent out a welcoming invitation to our residents to join them with a fun summer outdoor activity called "Lawn Bowls" which is a popular recreational activity especially among seniors. It is a great way to enjoy the outdoors, socialize and stay active. For more information, please refer to page 5.

Wishing you a lovely week ahead.

Yours Sincerely  
The Evergreen Team

## Week 37

### 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 18th @ 09:00

Movie 19th @15:00

Fellowship 18th @ 10:00

Alida's Fashions 16th

Classical Music Group 17th @ 14:00

Spring Dinner Dance 21st @ 18:00

#### What's On The Menu

Delicious meals on offer this week!

### UPCOMING EVENTS

#### SEPTEMBER

FELLOWSHIP- 18TH  
MOVIE - 19TH, 26TH  
MOBEEWASH - 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 16 SEP	TUE 17 SEP	WED 18 SEP	THUR 19 SEP	FRI 20 SEP	SAT 21 SEP	SUN 22 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		
10h00 ALIDA'S FASHIONS MAIN LOUNGE		09h00 RIAAN'S FRUIT VAN PARKING	09h30 HEALTH TALK CINEMA ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10h00 FELLOWSHIP UPSTAIRS LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE			12H00 SUNDAY LUNCH BISTRO
11h00 LATIN DANCING ACTIVITY ROOM 1	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		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	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM 1	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2		18H00 SPRING DINNER DANCE BISTRO	
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 WEDNESDAY DINNER BISTRO	15h00 MOVIE CINEMA ROOM 1	18H00 FRIDAY DINNER 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

## 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

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## 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.

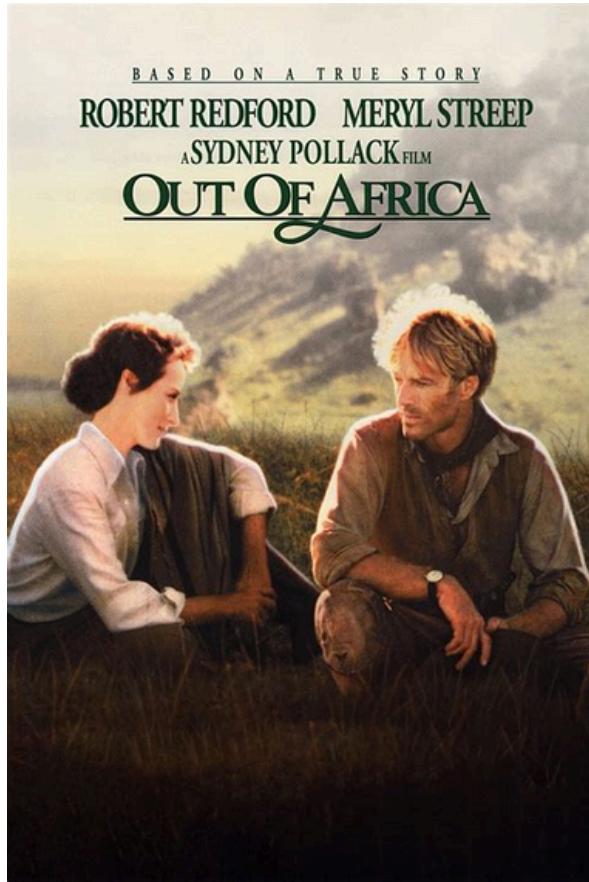


# WHAT'S HAPPENING?

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## MOVIE

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### Out of Africa

**Date: Thursday 19 September**

**Time: 15:00**

**Venue: Cinema Room 1**

**Booking sheet will be available on the village notice board**

Initially set on being a dairy farmer, the aristocratic Karen Blixen (Meryl Streep) travels to Africa to join her husband, Bror (Klaus Maria Brandauer), who instead spends their money on a coffee plantation. After discovering Bror is unfaithful, Karen develops feelings for hunter Denys (Robert Redford), but realizes he prefers a simplistic lifestyle compared to her upper class background. The two continue on until a series of events force Karen to choose between her love and personal growth.

The film won seven Oscars® and is based on a true story.

## LAWN BOWLS

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### You're invited!

**Date: Tuesday 24th September  
Thursday 26th September  
Saturday 28th September**

**Time: 13:30**

**Venue: Silvermine Retirement Village, Silvermine Rd, Noordhoek.**

Outdoor activity, fresh air, great Camara die.

Excellent coaches and bowls available.



# 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?

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## Classical Music Group

### Wolfgang Amadeus Mozart

Clarinet Concerto in A major

Soloist: Robert Pickup (basset clarinet)

### Edward Elgar

'Cello Concerto in E minor, Op. 85

Soloist: Sheku Kanneh-Mason (violoncello)

### Wolfgang Amadeus Mozart

Piano Concerto No 26 in D major (Coronation)

3rd movement (Allegretto)

Soloist: Friedrich Gulda (piano)

*(There will be a short contextual introduction by  
Peter Lever before each work is played)*

**Tuesday, 17 September**  
**2.00pm sharp**  
**Cinema Room**

**RSVP: On the booking  
form on the notice  
board outside the  
Cinema Room**



# WHAT'S HAPPENING?

*Shake, rattle and roll on over to*

**Ron's**  
**DINER**

EVERGREEN  
lifestyle

**SATURDAY, 21 SEPTEMBER 2024**

*Spring* **DANCE**

**AT 6PM IN THE BISTRO**

*Menu*  
**Cheese Burger**  
**Fries**  
**Hot dogs**  
**& Ice-cream for dessert**


**R140 a person**  
(incl gratuity and  
juke box hire)

ROUTE 66  
Full Service  
DINER



# WHAT'S HAPPENING?

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## SATURDAY AFTERNOON QUIZ

3PM

5 OCTOBER  
AT THE CLUBHOUSE  
EVERGREEN LIFESTYLE  
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

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

## BIRTHDAYS

### **16TH SEPTEMBER**

DENZIL GUNNING - NOORDHOEK

### **17TH SEPTEMBER**

RONNIE ADAMS- NOORDHOEK  
EVA LIND - LAKE MICHELLE

### **19TH SEPTEMBER**

COLIN GALE- NOORDHOEK

### **21ST SEPTEMBER**

JOAN LEIGHTON- NOORDHOEK

### **22ND SEPTEMBER**

JO CULLINGWORTH- NOORDHOEK  
INGRID SCHEFERMANN - LAKE MICHELLE

## ANNIVERSARIES

### **20TH SEPTEMBER**

DENZIL & MARLEEN GUNNING -  
NOORDHOEK

## NEW RESIDENTS

MARIE RICHARDS

APARTMENT 216  
NOORDHOEK





## Weekly Menu: 16–22 September 2024

### Monday: 16 September

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: 17 September

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: 18 September

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: 19 September

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: 20 September

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: 21 September

Braised steak: In a delicious gravy, served with mash and veggies

N: R95 / L: R75 / FS: R280

OR

Korean BBQ Pork: With egg fried rice and broccoli  
N: R85 // L: R65 and Family: R260

### Sunday: 22 September

Roast Chicken or Beef Fillet: Served with rice, roast potatoes, gravy and veggies

Dessert: Malva pudding with 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



**MONTHLY MENU**  
**16-22 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](http://www.freedomfoodsck.co.za)  
[orders@freedomfoodsck.co.za](mailto:orders@freedomfoodsck.co.za)
 Find us on Facebook

<div>  <b>New dishes</b> </div>							<div>  <b>Homemade bread available every Thursday and Friday R35</b> </div>	
<div>  <b>SUNDAY</b> Soups daily!         </div>		<div> <b>MONDAY</b> CHICKEN NOODLE         </div>	<div> <b>TUESDAY</b> MUSHROOM SOUP         </div>	<div> <b>WEDNESDAY</b> MINESTRONE SOUP         </div>	<div> <b>THURSDAY</b> TOMATO BASIL SOUP         </div>	<div> <b>FRIDAY</b> POTATO LEEK SOUP         </div>		
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 bryani 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> <b>Our Standard House Menu:</b> 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 <b>R95</b>            Chicken or Beef Curry Served with rice and sambal salad <b>R95</b>            Cottage Pie with garden peas <b>R90</b>            Beef Stroganoff <b>R95</b>            Tender beef strips served in a sour cream and mushroom sauce            Lemone Chicken <b>R90</b>            Chicken breast cooked soft and tender in a buttery lemon broth            Chicken Penne a la Vodaka <b>R85</b>            Eggplant Parmesan <b>R90</b> </div>							<b>PRICE LIST</b> Normal meals..... <b>R85</b> Low Carb or Gluten free <b>R90</b> Kiddies ..... <b>R55</b> Elderly / ladies portion <b>R65</b> Vegan..... <b>R90</b> Family Normal..... <b>R260</b> (2 adults/2 kids) Family Low carb..... <b>R270</b> Free Range: N <b>R95</b> / L <b>R75</b> / Family <b>R290</b>	<b>BOX MEAL PRICES</b> For the freezer  10 meals per pack Standard ..... <b>R880</b> Standard LC/GF <b>R920</b> Elderly / Ladies <b>R680</b> Elderly/Ladies LCR <b>700</b> Kiddies ..... <b>R550</b> They can be made up to your meal preferences and all labelled & dated

Book directly with the Bistro on Ext 2404

## Daily soup menu

Monday - Chicken Noodle  
 Tuesday - Mushroom  
 Wednesday - Minestrone  
 Thursday - Tomato & Basil  
 Friday - Potato & Leek