

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"Heritage is our legacy from the past, what we live with today, and what we pass on to future generations."

- UNESCO

Dear Residents,

This week we are celebrating our roots with Heritage Day on Tuesday. See below on page 8 is all the information that you'll need for that day. Fire's will be lit at around 11:30 -12:00.

For those who have not met our tiny additions to the Evergreen Noordhoek family, we have added updates on Nicole and Melissa's babies on page 6.

On the 25th of September we will be having a Dementia talk, please look below on page 9 for more information. Mobeewash is coming to our village this week Wednesday and bookings are to be made via reception.

Our annual open gardens event has been scheduled for the 2nd and 3rd November. It is a little later this year to give recovery time from the severe winter. A reminder that this is not a competition but rather pleasure for those who love the art and especially our apartment dwellers who have pot gardens. Those who would like to be part of the show should contact Val Stockden at house 56.

Wishing you all a eventful week.

Yours Sincerely
The Evergreen Team



Week 38

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

Heritage Braai Event 24th @ 17:00

Riaan's Fruit Van 25th @ 09:00

Mobeewash 25th @ 09:00

Dementia Talk 25th @ 10:00

Movie (Fargo) 26th @ 15:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

SEPTEMBER

HERITAGE BRAAI EVENT - 24TH

MOBEEWASH - 25TH

MOVIE - 26TH

OCTOBER

MOVIE - 3RD, 10TH, 17TH, 24TH, 31ST

ROTARY QUIZ - 5TH

OPERA - 8TH

CHRISTIAN FELLOWSHIP -

MOBEEWASH - 9TH & 13RD

BINGO - 17TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 23 SEP	TUE 24 SEP	WED 25 SEP	THUR 26 SEP	FRI 27 SEP	SAT 28 SEP	SUN 29 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		
	12H00 HERITAGE DAY BRAAI BISTRO	09h00 RIAAN'S FRUIT VAN PARKING	09h30 HEALTH TALK CINEMA ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		09h00 MOBEEWASH BASEMENT PARKING	10h00 KNITTING GROUP MAIN LOUNGE			12H00 SUNDAY LUNCH BISTRO
11h00 LATIN DANCING ACTIVITY ROOM 1	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 DEMENTIA TALK TBC	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	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2			
		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 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

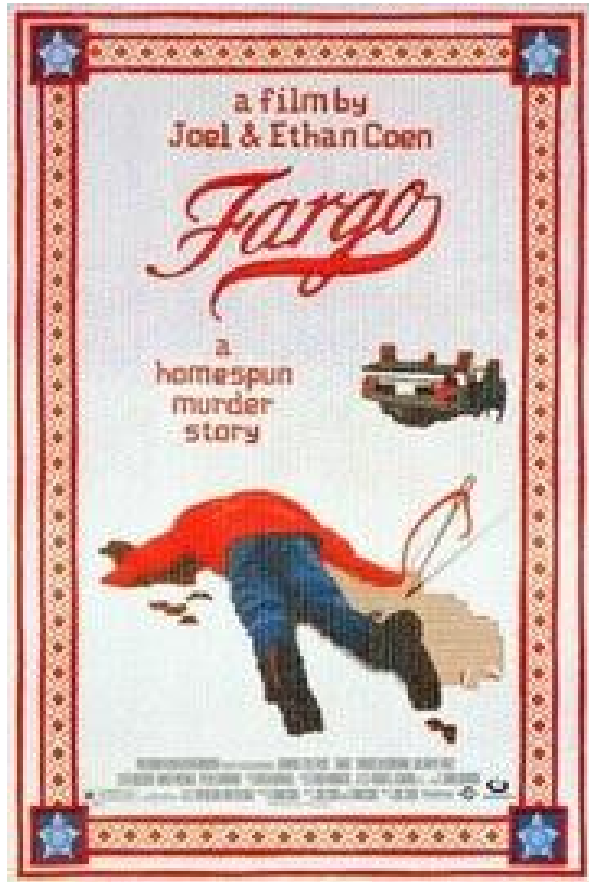
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



Fargo

Where: Cinema Room 1 at 3pm

When: Thursday 26 September

RSVP: Booking form on the notice board from Sunday

Fargo is a 1996 black comedy crime film written, directed, produced and edited by Joel and Ethan Coen.

Frances McDormand stars as Marge Gunderson, a pregnant Minnesota police chief investigating a triple homicide that takes place after a desperate car salesman hires two criminals to kidnap his wife in order to extort a hefty ransom from her wealthy father.

The film won two Oscars and is based on a true crime story, but with some fictional elements.

LAWN BOWLS

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?

BABY UPDATES

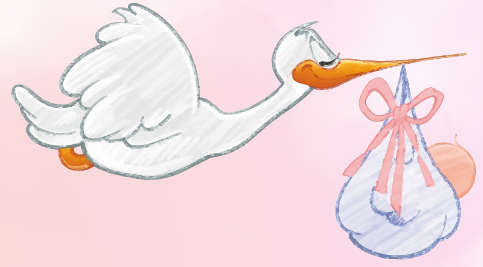
Casey Lila Roman

Born: 10 June 2024

Birth Weight: 3kg

Current Age: 3 months (14 weeks)

Current Weight: 5.3 kg



Jamie Ross Garrison

Born: 23 April 2024

Birth Weight: 4.3kg

Current Age: 5 months (on the 23rd September)

Weight: 8.2 kg



HIKING GROUP

On Tuesday morning the Tuesday hikers undertook the Amphitheatre hike from Silvermine West parking area. The path took them to a ridge overlooking both the Noordhoek side including our village and the Southern Suburbs side overlooking False Bay. Photos courtesy Jen Eidelman.



Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)
Contact Ron James on – Ext. 2068 or 084 588 8187

WHAT'S HAPPENING?

CELEBRATING THE FABRIC OF OUR IDENTITY HERITAGE DAY 2024

SAVE THE DATE

Tuesday 24 September 2024

Come share a fire, food and friendship

**Enjoy The Fynbos Bistro's famous
Chefs Potjie**

OR

Order sides to go with your braai meat

**Braai facilities are available
Bistro is still available for Breakfast and lunch**



On September 24th, South Africans come together to celebrate a beloved national tradition- Well known as National Braai Day or Heritage Day. Heritage day is the thread that weaves together our past, present and future.

HEALTH CORNER



Understanding Dementia

As we get older, one of the biggest fears that we have is losing our ability to remember, to think and importantly not have our independence.

Understanding what happens to the brain as we age and especially when it comes to dementia is the follow up from our last talk. In this session we'll look at:

The brain and what happens in dementia; the various types of dementia; the difference between mild cognitive impairment and the later stages of the disease; how dementia is diagnosed and more.

Speaker: Desiree Pule, Certified Health Coach

Date: 25th September 2024

Time: 10h00 to 12h00

(note the session is 2 hours with 15 minute break)

IT'S A CELEBRATION

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

BIRTHDAYS

24TH SEPTEMBER

LYNDON PHILLIPS – NOORDHOEK
JENNY BROOKS – NOORDHOEK

28TH SEPTEMBER

SALLY BALL – NOORDHOEK
CARRYL FROST – NOORDHOEK

ANNIVERSARIES

No Anniversaries This Week

NEW RESIDENTS

EDWARD & DAPHNE WESSELO
APARTMENT 209
NOORDHOEK

GREG & BRIGIETTE TAYLOR
HOUSE 17
NOORDHOEK

Weekly menu: 23-29 September 2024

Monday: 23 September

Chicken stroganoff: served with basmati rice, garden peas and butternut
N: R85 // L: R65 and Family: R260
Or
Savoury bake potato: Topped with savoury mince and cheese
N: R90 // L: R70 and Family: R270

Tuesday: 24 September

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, carrots and peas
N: R85 // L: R65 and Family: R260
Or
Pork skewers: served with savoury rice, butternut and baby marrows
N: R85 // L: R65 and Family: R260

Wednesday: 25 September

Chicken marsala: with mash, garden peas and butternut
N: R85 // L: R65 and Family: R260
OR
Beef Ragù: served with rice, broccoli and butternut
N: R95 / L: R75 / Kiddies: R60 / Family: R280

Thursday: 26 September

Braised Pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut
N: R85 // L: R65 and Family: R260
OR
Grilled chicken breast: with a bake potato and side sour cream and vegetable medley
N: R85 // L: R65 and Family: R260

Friday: 27 September

Beef Burger: Topped with caramelized onions, cheddar cheese and served with chips
N: R85 // L: R65 and Family: R260
OR
Chicken Kebabs: served with savoury rice, broccoli and butternut
N: R90 / L: R70 / Kiddies: R60 / Family: R270

Saturday: 28 September

Beef frikkadels: served with mash, cinnamon butternut and baby marrows
N: R85 // L: R65 and Family: R260
Or
Japanese chicken burger: Marinated strips of chicken breast in soy sauce, garlic and ginger, then coated in corn flour and fried. Served with side chips
N: R85 // L: R65 and Family: R260

Sunday: 25 August

Roast Beef: Served with rice, roast potatoes, gravy and veggies
Dessert: Apple crumble 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
23-29 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

SEPTEMBER 2024 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 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 Vodka **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 LCR 700
(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 - Potato & Leek