

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"A day without a friend, is like a pot without a single drop of honey left inside"

— Winnie the Pooh

Dear Residents,

The past week we celebrated Heritage Day with a traditional braai style lunch, overall, it was a very successful & well supported event. Thank you to those who joined in.

This week will be a quieter week than last, however there are a few things worth mentioning. For those who are not yet aware - the basement parking is now off limits to any visitors or non-apartment residents. Tags will be issued in due course for those who are authorized to park in the basement. (more information will be shared accordingly)

Residents are reminded that dirt collection is between 7am - 9am from Monday - Friday only! If you need to dispose of your refuse outside of these hours, please make sure to use to the recycle/refuse bins allocated near the exit/entrance of the basement. Although you may not be able to drive into the basement, residents will maintain pedestrian access as need be.

For those who may have missed the flyer regarding the Rotary Quiz happening this Saturday @ 3pm, I have included the flyer again on Page 6.

This week we have the pleasure of reaping the benefits of our very own village bee's. We have jars of honey available at reception @ R75 per jar. (both cash & card payments accepted)

Wishing you all an eventful week.

Yours Sincerely
The Evergreen Team

Week 39

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 2nd @ 09:00

Fellowship 2nd @ 10:00

Movie (The Prime of Miss Jean Brodie) 3rd @ 15:00

Rotary Quiz 5th @ 15:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

OCTOBER

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

ROTARY QUIZ - 5TH

OPERA - 8TH

CHRISTIAN FELLOWSHIP - 2ND, 16TH, 30TH

MOBEEWASH - 9TH & 13RD

BINGO - 17TH

NOVEMBER

MOBEEWASH - 6TH & 20TH

FELLOWSHIP - 13TH & 27TH

QUIZ - 21ST

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 30 SEP	TUE 01 OCT	WED 02 OCT	THUR 03 OCT	FRI 04 OCT	SAT 05 OCT	SUN 06 OCT
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	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		
		09h00 RIAAN'S FRUIT VAN PARKING	09h30 ABS & BUTT MAT CLASS) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10h00 FELLOWSHIP 1ST FLOOR 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	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 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

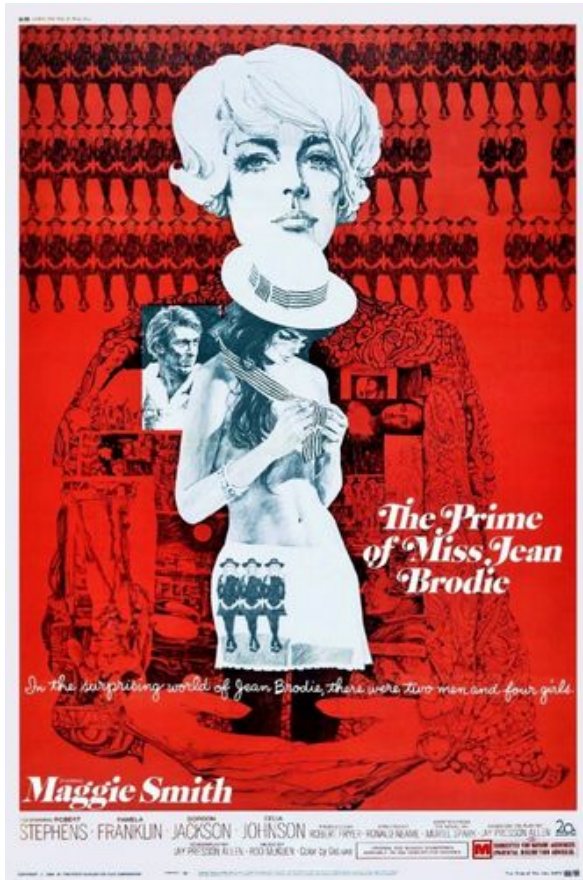
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



The Prime of Miss Jean Brodie

Where: Cinema Room 1 at 3pm

When: Thursday 03 October

RSVP: Booking form on the notice board from Sunday

The 'Prime of Miss Jean Brodie' in honour of the late Dame Maggie Smith, who passed away on 27 September at the age of 89 years.

Eccentric well-meaning Scottish schoolteacher Jean Brodie's extravagantly romantic ideas about life--and love--overly impress her young pupils and bring her into direct conflict with her school's conservative headmistress Miss MacKay.

Dame Maggie Smith won an Academy Award for Best Actress, for her role in this film, and was considered her best performance of all her subsequent roles.

EVERGREEN HONEY



Where: Available at the reception desk

Price: R75 a jar

Payment: Cash & Card payments accepted

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

30TH SEPTEMBER
ROBERT DICKS – NOORDHOEK

01ST OCTOBER
PHILINE BLOMMESTEIN – NOORDHOEK
MICHAEL VAN DEN BOS- LAKE MICHELLE

02ND OCTOBER
VAL STOCKDEN – NOORDHOEK

5TH OCTOBER
LINDA VAN SWELM – NOORDHOEK
IRENE UFFHAUS- NOORDHOEK
DAVE FROST – NOORDHOEK
MIKE MCLEROTH- NOORDHOEK

6TH OCTOBER
DEIDRE PLANE – NOORDHOEK
EUGENE SARKIS – NOORDHOEK

ANNIVERSARIES

2ND OCTOBER
NEELS & EDITH BOTHA
NOORDHOEK

6TH OCTOBER
GORDON & SANDRA SPENCE
NOORDHOEK

3RD OCTOBER
ED & WENDY VAN DER NIET
NOORDHOEK

ROD & YVONNE WILSON
NOORDHOEK

NEW RESIDENTS

No New Residents This Week



Weekly menu: 30 – 6 October 2024

Monday: 30 September

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: 1 October

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: 2 October

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: 3 October

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: 4 October

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: 5 October

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: 6 October

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



Made with love

MONTHLY MENU

29 SEP- 5 OCT 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 pain 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 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
Elderly / ladies portion	R65	Standard LC/GF
Vegan.....	R90	Elderly / Ladies
Family Normal.....	R260	Elderly/Ladies LCR
(2 adults/2 kids)		Kiddies
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