



EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE



The core of mans' spirit comes from new experiences. Jon Krakauer

Dear Residents

Last week we had the pleasure of selling the honey of our very own village bee's and it was a huge success and therefore we as the Evergreen Team wish to thank those that made a purchase . It seems like October has brought us some sun and good weather , therefore this upcoming week we have some fun activities lined up to keep all of our residents busy .

This week we will be having the launch of our new camera group taking place this wednesday @ 10h00 , please see page 7 for more details. We have also added a selection of new titles in our library , more information on the titles would be on page 6 . Page 7 also has information on the bird group presentation that's taking place on Thursday @ 11:00 .

Mobeewash will also visit our village on Wednesday @ 9h00 bookings can be made directly with reception .

This week we have an opera that will be aired on Tuesday @ 14:00 along with a movie on Thursday @ 15:00 , information regarding both the movie and the opera can be found on page 5.

Wishing you all a eventful week .

The Evergreen Team

Week 40

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Weekly Activities

Weekly Activities
Your weekly guide to sport & recreational activities in the Village

It's A Celebration

It's A Celebration
Birthday's, Anniversaries
& New Residents

What's Happening

Riaan's Fruit Van 09th @ 09:00

Opera (La Fille du Régiment ,
The Daughter of the Regiment) 08th @ 14:00

Movie (Raising Arizona)
10th @ 15:00

Mobeewash 09th @ 09:00

What's On The Menu

Delicious meals on offer
this week !

UPCOMING EVENTS

OCTOBER

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

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 07 OCT	TUE 08 OCT	WED 09 OCT	THUR 10 OCT	FRI 11 OCT	SAT 12 OCT	SUN 13 OCT
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	8.45-9.30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	10h00 WaterColour Class CINEMA ROOM 1	
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI (2) ACTIVITY ROOM 1	9.30-10.00 Abs and Butt (Mat) Activity room 1	09h15 AQUA AEROBICS POOL		12H00 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		09H00 MOBEEWASH	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
11h00 LATIN DANCING ACTIVITY ROOM 1	14h00 OPERA CINEMA ROOM 1	09h00 RIAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE	15H45 BEGINNER BRIDGE CINEMA ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 CAMERA GROUP LAUNCH UPSTAIRS LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	18H00 FRIDAY DINNER BISTRO		
14h00 BRIDGE /CARD GAMES BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	11h00 BIRD GROUP UPSTAIRS LOUNGE			
		18H00 WEDNESDAY DINNER BISTRO	14h00 BRIDGE ACTIVITY ROOM 2 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 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

Tue - 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

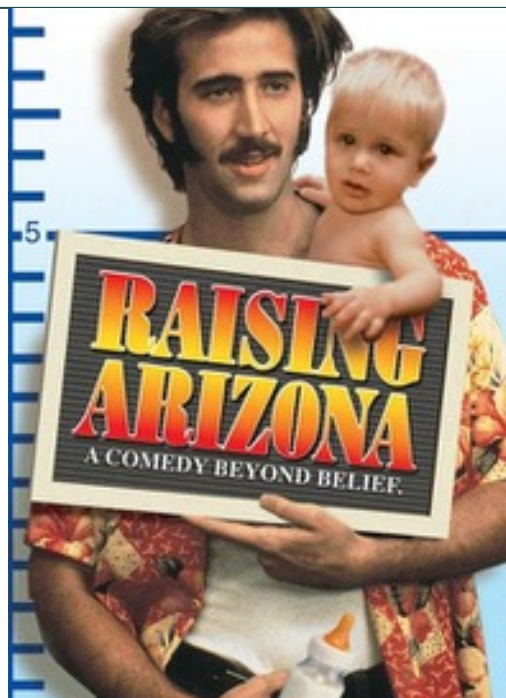
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE



Raising Arizona

Booking sheet will be available on the village notice board .

Date : Thursday 10 October

Time : 15:00

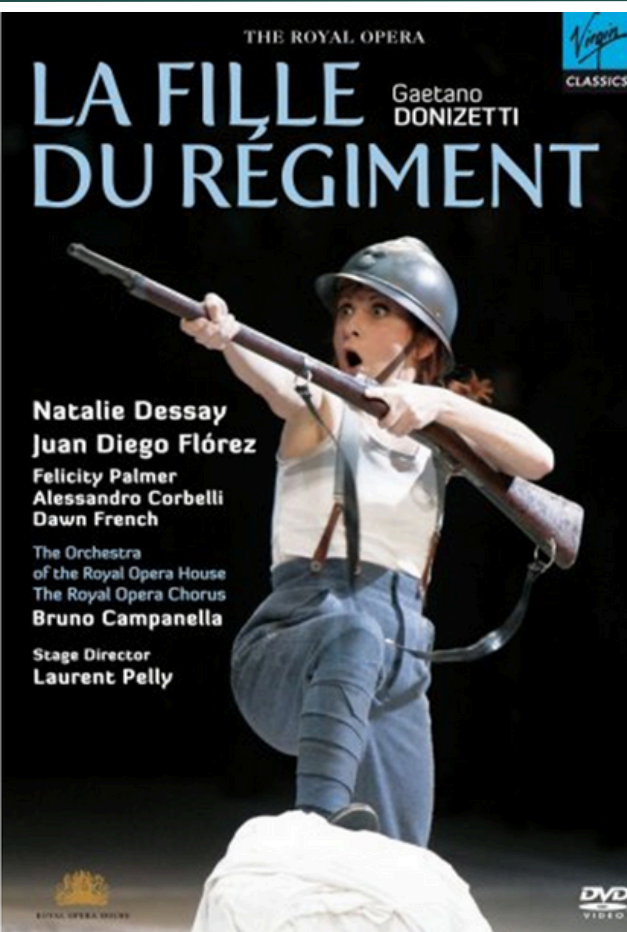
Venue : Cinema room 1

It's the story of "Ed" (short for Edwina), a policewoman who falls in love with "Hi" (short for H.I. McDunnough), while she's taking his mug shots.

She's infertile and he's a habitual robber of convenience stores, and their folksy marital bliss depends on settling down with a rug rat. Unable to conceive, they kidnap one of the newsworthy quintuplets born to an unpainted-furniture huckster named Nathan Arizona.

A Harley-riding bounty hunter gets on their trail and family life turns as dangerous as their former lives.

OPERA



La Fille du Régiment (The Daughter of the Regiment)

Book using the booking list on the notice board

Date: Tuesday 8 October 2024

Time: 2pm

Venue: Cinema Room 1

A classic, brilliantly produced, comic opera with wonderful music and an excellent cast.

A production from the Royal Opera, Covent Garden featuring Natalie Dessay, a top soprano with looks and comic skills to be a perfect daughter of the regiment! Juan Diego Flórez is her Tyrolian lover.

The sergeant, Sulpice, is acted and sung by Alessandro Corbelli in a super funny performance. There is a cameo appearance by Dawn French (The Vicar of Dibley) that brings down the house.

Come and enjoy a good laugh and beautiful Donizetti music

LIBRARY CORNER



A selection of new titles has recently been added to our library.

Archer, Jeffrey. **An eye for an eye.** The seventh, and apparently penultimate, title in the series featuring Scotland Yard's William Warwick combines English customs and American patriotic history, with an ill-fated billion-dollar deal with the Saudis.

Foster, Craig. **Amphibious soul: finding the wild in a tame world.** In this memoir, the maker of the well-loved documentary **My octopus teacher**, describes the healing that comes with immersion in the wild world around one, in his case the seas around our very own South Peninsula.

Grisham, John. **Camino ghost.** The third title in the Camino series which has a developer going up against an old woman, the descendant of a survivor of a wrecked slave ship.

Harris, Robert. **Precipice.** Based on true events, the World War 1 novel of love and politics is based on the torrid love affair between British Prime Minister Lord Asquith and 26-year-old Venetia Stanley.

Osman, Richard. **We solve murders.** The first in a brand new cosy English thriller series, filled with heartwarming relationships and engaging characters, by the author of The Thursday Murder Club series. Here a retired police officer is called in to assist his daughter in law, a private security officer.

Picoult, Jodi. **By any other name.** The provenance of Shakespeare's plays is the theme of this well researched novel which switches between past and present to suggest that a team of writers, including a woman, wrote the Bard's plays.

Reichs, Kathy. **Fire and bones.** Over a holiday weekend, forensic anthropologist Dr. Temperance Brennan gets talked into spending time in Washington to help identify victims from a fire in an illegal Airbnb.

Riley, Lucinda. **The hidden girl.** This sweeping saga, a rags to riches story, was originally published as **Hidden beauty** in 1993 under the name Lucinda Edmonds

Robotham, Michael. **Storm child.** In this fourth outing for the Nottingham forensic psychologist, Cyrus Haven investigates a migrant mass murder together with his friend Evie Cormac.

Smith, Wilbur. **Fire on the horizon.** Described as a "tale of war, family and courage from the master of adventure featuring the Courtney and Ballantyne families.

These books were purchased with funds raised by our raffles and book vouchers donated by Ann Utting, Dunnie Reed and Selwyn Lange. Selwyn won the Rapid Fire Quiz on John Maytham's radio show with the question, how much honey does a honeybee produce in its lifetime? Answer: 1/12 teaspoon! Fun fact: all honeybees are female.

Many thanks to them as well as all the residents who continue to donate books.

– Johanna De Beer

WHAT'S HAPPENING?

CAMERA GROUP :

Launch of new CAMERA INTEREST GROUP



Presentation by **DR . Irvine Eidelman**

**LEARN TO USE YOUR CELLPHONE OR DIGITAL
CAMERA TO TAKE MUCH BETTER
PHOTOGRAPHS**

When: Wednesday 9 October @10h00

Venue : Mezzanine Floor Lifestyle Centre

**ALL ARE WELCOME TO JOIN , FOR MORE INFORMATION PLEASE
CONTACT RON JONES - ext.2068**

BIRD PRESENTATION :

Birds in our nearby Environment

Presentation by **Chris Spengler** , formerly resident in Lake Michelle



**COME AND FIND OUT MORE INFORMATION ABOUT
BIRDS IN OUR NEARBY ENVIRONMENT**

WHERE: Mezzanine Floor Lifestyle Centre

WHEN: Thursday 10 October @ 11h00

**FEEL FREE TO JOIN , FOR MORE INFORMATION PLEASE CONTACT RON JONES
- ext . 2068**

HEALTH CORNER



Caring for Yourself and for Someone with Dementia

Caring for someone with dementia is no easy task and carer burnout is a real thing.

In the previous presentation we looked at what happens to the brain in dementia. In so doing, we learned about the extent to which the brain changes and how this in turn affects a person's ability to function normally.

In our next session we'll be taking a closer look at how to care for someone with dementia and also how to look after yourself as the caregiver.

Speaker: Desiree Pule, Certified Health Coach

Date: 16th October 2024

Time: 10h00 to 11h30

Cinema Room 1

IT'S A CELEBRATION

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

BIRTHDAYS

07th October

Jenny Wyllie - Noordhoek
Jeannette De Jager - Noordhoek
Joan Pollachi - Noordhoek

08th October

Daniel Nel - Noordhoek

09th October

Sally Johnson - Noordhoek
Mary Smit - Noordhoek
Mick MacDonald - Noordhoek
Audrey Dickason - Noordhoek

ANNIVERSARIES

10th October

Jo & Nicolette Andreae - Noordhoek

13th October

David Van Blerk & Marie McEvoy - Noordhoek

NEW RESIDENTS

No new residents this week





Weekly Menu: 7-13 October 2024

Monday: 7 October

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

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with savoury rice, side of sour cream and cheddar cheese

N: R90 // L: R70 and Family: R280

Tuesday: 8 October

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: 9 October

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut

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: 10 October

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 bolognese and creamy sauce then topped with cheese and baked in the oven

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

Friday: 11 October

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 carrots

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

Saturday: 12 October

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

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

Spring chicken pot: Spring casserole with rice and veg medley

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

Sunday: 13 October

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



MONTHLY MENU
OCTOBER 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

OCTOBER 2024							Homemade bread available every Thursday and Friday R35
SUNDAY <i>Soups: daily!</i>	MONDAY <i>CHICKEN NOODLE</i>	TUESDAY <i>MUSHROOM SOUP</i>	WEDNESDAY <i>MINESTRONE SOUP</i>	THURSDAY <i>TOMATO BASIL SOUP</i>	FRIDAY <i>POTATO LEEK SOUP</i>		
1 Sunday Roast Beef	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	
6 Sunday Roast Beef or Chicken	7 Pork in sweet soy or Chilli con carne	8 Cottage Pie or Traditional meatloaf	9 Chicken cacciatore or Texas Pulled pork	10 Chicken schnitzels or Baked penne bake	11 Cold meats and salads or Chicken a la king	12 Mongolian beef or Spring Chicken pot	
13 Sunday Roast Gammon or Roast Beef	14 Monterrey Chicken bake or Hawaiian pork stir fry	15 Spaghetti bolognese or Mongolian beef	16 Chicken Korma or Gourmet Mac n cheese	17 Pork schnitzel or Thai chicken stir fry	18 Grilled pork chop or Thai chicken curry	19 Chicken broc bake or Cafe du pari steak	
20 Sunday Roast Pork or Roast Beef	21 Meatball curry or Creamy Chicken salsa	22 Moroccan chicken or Beef curry	23 Chicken bryani or Alfredo pasta	24 Tomato bredie or Herb roast chicken	25 Traditional bobotie or Grilled steak sandwich	26 Braised steak or Korean BBQ pork	
27 Sunday Roast Chicken or Beef fillet	28 Chicken stroganoff or Savoury bake potato	29 Coronation chicken or Pork skewers	30 Parmesan spring chicken or Beef ragu	31 Braised Pork adobo or Grilled chicken breast	1 Nov Beef burger or Chicken Kebabs	2 Beef frikkadels or Japanese chicken burger	
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 LCR700 Kiddies R550 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