

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*Wherever you go, no matter what the weather, always bring your own sunshine.*

Anthony J. D'Angelo

Dear Residents

At this time of year, we prepare to wind down and relax. We reflect on all we have achieved, endured and overcome in the months that have come and gone. However, as some may choose to relax by spending more time with loved ones, going on vacation or by just simply, letting go of the 'seriousness' of life by socializing and getting more involved in activities and events.

This past week, we had an informative talk presented by Dr. Irvine Eidelman covering the topic of photography with our camera interest group. This has emphasized what makes photography such a captivating hobby. It offers a unique blend of creativity, technical skill and storytelling. Evergreen would like to invite all residents, avid photographers' or not to partake in our annual photographic competition. Entries close on the 31st of October, so happy snapping!!

For the remainder of October, there will be many exciting events taking place. This week specifically we have the Hearing Aids Lab in the village to facilitate a wellness day for our residents on Thursday (page 6).

We also host our last Bingo evening for 2024 taking place on Thursday at 6pm – snack platters available to order from the Fynbos Bistro (page 7).

Wishing you all an eventful week.  
The Evergreen Team

## Week 41

### IN THIS ISSUE

#### 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 16th @  
09:00

Christian Fellowship 16th @  
10:00

Dementia Talk 16th @ 10:00

Hearing Aids Lab Wellness  
Day 17th @ 09:30 – 14:00

Movie (Good Night, And  
Good

Bingo Evening 17th @ 18:00

#### What's On The Menu

Delicious meals on offer  
this week !

### UPCOMING EVENTS

#### OCTOBER

MOVIE – 24TH, 31ST  
CHRISTIAN FELLOWSHIP – 30TH  
MOBEEWASH – 23RD  
OKTOBERFEST – 26TH

#### NOVEMBER

MOBEEWASH – 6TH & 20TH  
FELLOWSHIP – 13TH & 27TH  
QUIZ – 21ST  
SA DINNER DANCE – TBC

# WEEKLY EVENTS



WEDNESDAY  
IS RECYCLING

MON 14 OCT	TUE 15 OCT	WED 16 OCT	THUR 17 OCT	FRI 18 OCT	SAT 19 OCT	SUN 20 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		
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 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10h00 CHRISTIAN FELLOWSHIP MAIN LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	09h30 - 14h00 WELLNESS DAY UPSTAIRS LOUNGE		
11h00 LATIN DANCING ACTIVITY ROOM 1		10h00 - 11h30 DEMENTIA TALK CINEMA ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	11h45 - 12h30 RIAAN'S FRUIT VAN PARKING	14h00 BRIDGE ACTIVITY ROOM 2	15H45 BEGINNER BRIDGE CINEMA ROOM 1		
14h00 BRIDGE /CARD GAMES BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM 1	18H00 FRIDAY DINNER BISTRO		
		18H00 WEDNESDAY DINNER BISTRO	18H00 BINGO 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

Tue - 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

## 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

## CLASSICAL MUSIC

Once a month video concert of Classical Music lasting approximately 1 hour.

Peter – ext. 2055

## 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

## 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.

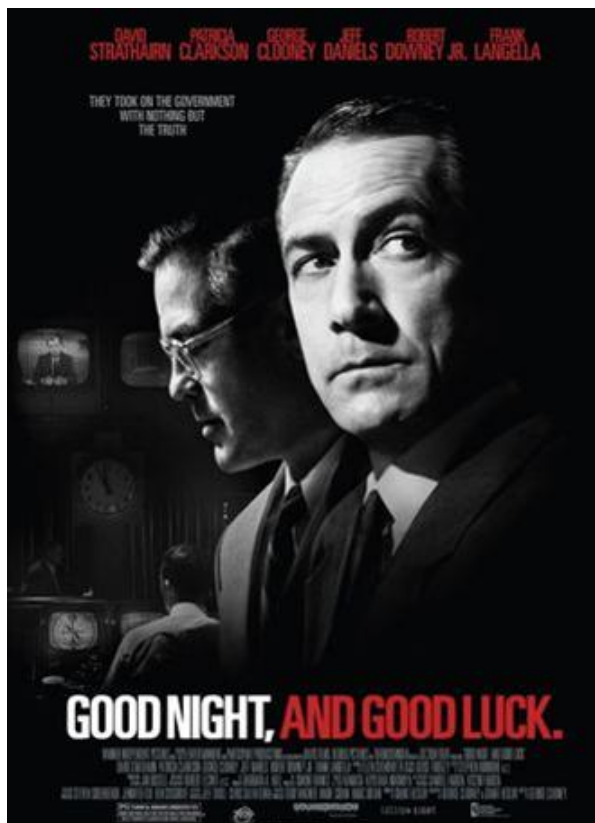
Pete – ext. 2065

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



# WHAT'S HAPPENING?

## MOVIE



### Good Night, And Good Luck

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

**Date : Thursday 17 October**

**Time : 15:00**

**Venue : Cinema room 1**

In the early 1950's the threat of Communism created an air of paranoia in the united States and exploiting those fears was Senator Joseph McCarthy of Wisconsin.

However, CBS reporter Edward R Murrow and his producer Fred Friendly decided to take a stand and challenge McCarthy and expose him for the fear monger he was.

## OKTOBERFEST



# WHAT'S HAPPENING?



## HEARING AID LABS

**WELLNESS DAY  
EVERGREEN - NOORDHOEK  
THURSDAY, 17 OCTOBER  
09:30 - 14:00**

WE WILL BE AVAILABLE TO ASSIST WITH ALL YOUR HEARING REQUIREMENTS, SUCH AS:

- **FREE** BASIC SCREEN TESTING – DONE ON THE DAY
- HEARING AID ADVICE – USAGE, CARE, MAKES & MODELS
- HEARING AID SERVICE & REPAIR BOOKINGS
- **FREE** UNBLOCKING & CLEANING OF HEARING AIDS & TUBE ADJUSTMENTS

**MEDICAL AIDS WELCOME**

**audifon**  
hearing systems

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MADE IN GERMANY



**SCAN  
ME**  
TO BE NOTIFIED!

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📍 SHOP G69 LONGBEACH MALL, BULLER LOUW BLVD & SUNNYDALE RD, SUNNYDALE





# WHAT'S HAPPENING?

## BINGO NIGHT

Thursday October 17th 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash  
only)

### Snack Platters

Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip

Book at the Bistro on  
Ext 2404 before  
Tuesday afternoon



# HEALTH CORNER

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## 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**



# WHAT'S HAPPENING?

## Photographic COMPETITION 2024

*"The two most engaging powers of a photograph are to make new things familiar and familiar things new."*

~ William Thackeray

### THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

### HOW TO SUBMIT:

- Please include the following per submission:
  - theme
  - your name
  - village
  - caption
  - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2024. (Judging in November 2024 and the winners to be announced in December 2024.)
- Submit all entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

You can submit your photographs for any of the themes throughout the year.



## Themes



Looking Up



Taken with my phone



Golden Memories



Legacy & Wisdom



Birthdays



Through our eyes



Oceans/Beaches/Rivers



People at work



Fynbos



The Birds and the Bees



Christmas

**Happy Snapping!**

# 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

### **14th October**

Mel Ball – Noordhoek

### **15th October**

Mark Wilson – Noordhoek  
Brian Brooks – Noordhoek

### **17th October**

Bill Harding – Noordhoek  
Greg Culhane – Lake Michelle

### **18th October**

Manfred Hoellermann – Noordhoek  
James McChesney – Noordhoek

### **20th October**

Louina Bondi – Noordhoek

## ANNIVERSARIES

### **17th October**

Stuart & Pam Leach – Lake Michelle

## NEW RESIDENTS

Roger Fearick & Junetta Van Der Merwe  
Apartment 205 Noordhoek

Paul Nuttall & Marna Van Heerden  
House 40 Noordhoek

John & Brenda Day  
House 52 Noordhoek

Gerd & Ena Stotzel  
Apartment 114 Noordhoek

## Weekly menu: 14-20 October 2024

### Monday: 14 October

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: 15 October

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: 16 October

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: 17 October

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots

N: R90 // L: R70 // K: R60 // Family: R280

OR

Thai chicken stir fry: Served with stir fry veg over linguini and a few cashew nuts

N: R85 / L: R65 / FS: R260

### Friday: 18 October

Grilled pork chop: 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: 19 October

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: 20 October

Roast Pork: Served with rice, roast potatoes, gravy and veggies

Dessert: Apple crumble with custard or ice cream 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**  
14-20 OCTOBER 2024

Open MONDAY to FRIDAY  
Text **082 603 3518** for orders  
Delivery or Collection

*Cash, card and eft available*

**FREEDOM FOODS**  
*Catering Kitchen*

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082 603 3518

24 Strandloper Street  
Sunnydale

www.freedomfoodsck.co.za  
orders@freedomfoodsck.co.za

Find us on Facebook

**OCTOBER 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
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 bolognaise 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 briedie 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 LCR **700**  
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