

NEWSLETTER

ALOE ALOE

*"In wine there is wisdom,
In beer there is freedom
In water there is bacteria"* -Benjamin Franklin

Dear Residents

Last week Thursday we hosted our last bingo night for 2024 , please see page 5 for pictures of our last bingo night for the year 2024.

On page 9 we have updates on both our walking group and our hiking group . The weather has been wonderful so far , for those who wish to join the groups , please see page 9 for contact details to join the groups.

This upcoming Saturday we will be hosting our annual Octoberfest in our village . Page 6 has all the details for the event .

For those who are interested in the photographic competition please see details on page 7 - please note that all entries need to be submitted by 31st October .

Desiree Pule a certified health coach will be hosting yet another Dementia Talk which will in actual fact be a repeat of last week's talk. It appeared that some residents may have missed the opportunity to attend the talk last week due to Christian Fellowship taking place at the same time. Kindly refer to page 8 for more information.

This week's movie that's airing is called "Mamma Mia " , please see on page 5 some scoop on what to expect .

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

Mobbewash 23rd @ 09:00

Dementia Talk 23rd @ 10:00

Riaan's Fruit Van 23rd @
11:45

Movie (Mamma Mia) 24th @
15:00

Octoberfest - 26th @ 12:30

What's On The Menu

Delicious meals on offer
this week !

UPCOMING EVENTS

OCTOBER

MOVIE - 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 21 OCT	TUE 22 OCT	WED 23 OCT	THUR 24 OCT	FRI 25 OCT	SAT 26 OCT	SUN 27 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	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		12H00 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		09h00 MOBEEWASH LIFESTYLE CENTRE PARKING	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
	14H00 MOSAIC ART ONLY FORTNIGHTLY	10h00 - 11h30 DEMENTIA TALK CINEMA ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE		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	10h30 TÁI CHI (1) ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
14h00 BRIDGE /CARD GAMES BISTRO	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2	15H45 BEGINNER BRIDGE CINEMA ROOM 1		
		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

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

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.

GROUPS & EVENTS

GARDEN CLUB

Some members of our garden club visited the Arderne garden in Claremont on a beautiful spring day with Rose Meny-Gilbert one of our residents who is on the committee of FOTAG who are responsible for the care and funding of this historical garden nestled in the heart of suburbia.

The magical champion trees – some, over 200 years old are magnificent and are so worth visiting. Of course funding of the project is vital and anyone interested in helping with a sponsorship or donation could contact Rose at House 100.



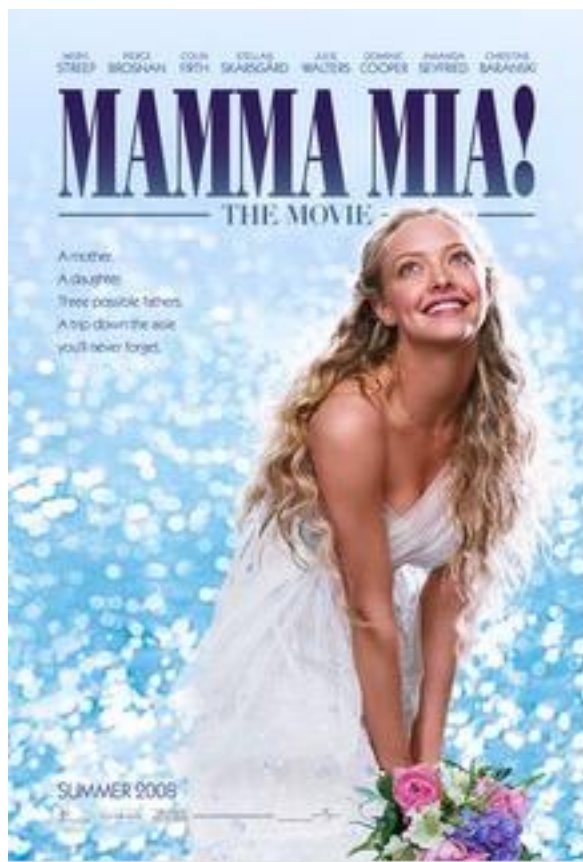
BINGO

Thursday the 17th we hosted our last bingo night for the year 2024 . We wish to thank those who participated in the bingo events which took place during this year . Hoping to see you all with our first bingo in the year 2025 !



WHAT'S HAPPENING?

MOVIE



'Mama Mia'

Booking sheet will be available on the village notice board .

Date : Thursday 24 October

Time : 15:00

Venue : Cinema room 1

Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father.

This is a 2008 musical comedy film based on ABBA songs and a stage musical. It stars Meryl Streep, Pierce Brosnan, Amanda Seyfried, and others as characters involved in a wedding mystery and a mother-daughter relationship.

MOBEEWASH

EXPRESS WASH

R100

Charged to levy account

 **Exterior**
Outside clean, wash & wax

 **Wheels**
Rims, tyres & tyreshine

 **Windows (Exterior)**
Exterior window clean only

DELUXE WASH

R155

Charged to levy account

 **Exterior**
Outside clean, wash & wax

 **Wheels**
Rims, tyres & tyreshine

 **Windows**
Interior & Exterior window clean

 **Vacuum**
Car seats, floor & boot

 **Interior Wipe Down**
Dashboard, steering wheel, seats & console

PREMIUM WASH

R180

Charged to levy account

 **Exterior**
Outside clean, wash & wax

 **Wheels**
Rims, tyres & tyreshine

 **Windows**
Interior & Exterior window clean

 **Vacuum**
Car seats, floor & boot

 **Interior Wipe Down**
Dashboard, steering wheel, seats & console

 **Sanitise**
Apply aerosol sanitiser

OCTOBERFEST

**Big screen video projection of Oktoberfest celebrations and music in
Munich and other Bavarian Cities**

Beerhall type seating in the Bistro.

**Typical Bavarian buffet lunch served from
12.30pm onwards into mid afternoon**

Purchase lunch tickets in advance (by Thursday afternoon 24 October)



Saturday

OKTOBERFEST

26 October 2024

MENU: Buffet setup

Choice of :

Chicken schnitzel (German style),

Bratwurst

German Meatloaf

R40 ticket

**Serve yourself a salad bowl: Choose from Sauerkraut, Greek salad
and German Potato salad**

R50 ticket

Other sides:

Fried potatoes (Bratkartoffel) R30 ticket

Crispy bread roll R10 ticket

**Bar Open, Also Beer on Tap by local brewery
Bring your own beer mugs, the bigger the better
Mini-market: variety of craft-market stalls
Raffle of a home-made Advent calendar**

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

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!

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: 23rd October 2024

Time: 10h00 to 11h30

Cinema Room 1

WHAT'S HAPPENING?

HIKING / WALKING GROUP

Please see pictures of both our walking group and our hiking group :



For more information on joining the walking group please contact **Vicki Falls on ext . 22229 or 082 928 8070**

For more information on joining the hiking group please contact **Ron Jones on ext. 2068 or 084 588 8187 .**

IT'S A CELEBRATION

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

BIRTHDAYS

22nd October

Manfred Jabbush – Noordhoek
Dunny Reed – Noordhoek
Wilma Louw – Noordhoek

25th October

Rose Hoepner – Noordhoek

26th October

Roz Hoek – Noordhoek
Mel Wong – Noordhoek

ANNIVERSARIES

NO ANNIVERSARIES FOR THIS WEEK

NEW RESIDENTS

Allan Elias & Hermanus Steenekamp – Apartment 203
Noordhoek

Weekly Menu: 21-27 October 2024

Monday: 21 October

Indian Meatball Curry: With basmati rice, carrots and green beans
N: R85 / L: R65 / FS: R260

OR

Creamy chicken salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice and garden peas
N: R90 / L: R70 / FS: R270

Tuesday: 22 October

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: 23 October

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: 24 October

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: 25 October

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: 26 October

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: 27 October

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



Made with love

MONTHLY MENU

21-27 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 Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY MINESTRONE SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY POTATO LEEK SOUP		
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 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 breyani 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 don't 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	R700
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