

EVERGREEN LAKE MICHELLE

# NEWSLETTER

ALOE ALOE

EVERGREEN  
lifestyle  
at lake michelle

*"Don't let fear or insecurity stop you from trying new things. Believe in yourself. Do what you love. And most importantly, be kind to others, even if you don't like them."*

—Stacey London

Dear Residents

From casual get-togethers to festive celebrations, beer plays a significant role in bringing people together. Tomorrow, we celebrate our annual Oktoberfest – with a house fully booked we look forward to an afternoon of fun and laughter. We have invited Charlie's Brewery to join us tomorrow, they will be selling beer on tap for everyone to enjoy. Our bar will also be open for those who prefer other refreshments.

This week will be the last week for submitting any entries into our Evergreen Photographic Competition. Goodluck to everyone participating. On a similar note – for those who prefer being photographed rather than taking being the photographer – there is an interesting photoshoot service advertised on Page 7.

This week we say goodbye to one of our dearest staff members, Owen. Owen will be leaving us on Thursday the 31st, both residents and staff members wish him well on this new venture. Kindly see pages 9 & 10.

Our annual open gardens will take place next weekend. For the newer residents, who may not be familiar with how it works, here are some guidelines: The gardens will be open from 14:00 to 17:00 on Saturday the 2nd and Sunday the 3rd from 10:00 to 13:00. Ribbons will be tied to the garden gates of those participating. Refer to page 5 for more information.

Wishing you all an eventful week.  
The Evergreen Team

## Week 42

### 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 30th @  
11h45

Christian Fellowship – 30th  
@ 09h00

Movie (Pale Rider) 31st @  
15h00

Open Gardens 2nd 14:00–17:00 &  
3rd 10:00–13:00

#### What's On The Menu

Delicious meals on offer  
this week!

### UPCOMING EVENTS

#### OCTOBER

MOVIE – 31ST

CHRISTIAN FELLOWSHIP – 30TH

#### NOVEMBER

BIRD TALK – 04TH

OPERA – 05TH

MOBEEWASH – 6TH & 20TH

ALIDA'S FASHIONS – 18TH

CLASSICAL MUSIC GROUP – 19TH

CHRISTIAN FELLOWSHIP – 13TH & 27TH

QUIZ – 21ST

SA DINNER DANCE – TBC

#### DECEMBER

CHRISTMAS MARKET – 14TH

MOBEEWASH – 04TH & 18TH

# WEEKLY EVENTS



WEDNESDAY  
IS RECYCLING

MON 28 OCT	TUE 29 OCT	WED 30 OCT	THUR 31 OCT	FRI 01 NOV	SAT 02 NOV	SUN 03 NOV
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 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	09h00 STRETCH CLASS 1ST FLOOR 09h30 - 10h30 SLEEP APNEA TALK CINEMA ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
	14H00 MOSAIC ART ONLY FORTNIGHTLY		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 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

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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?

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## MOVIE

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### Pale Rider

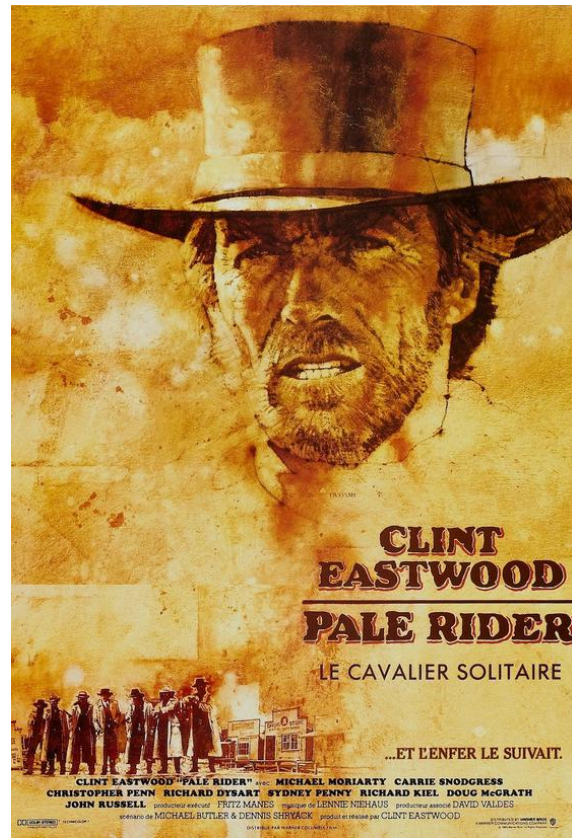
**When: Thursday 7 November**

**Where: Cinema Room 1 at 3pm sharp**

**RSVP: Booking form on the notice board**

Pale Rider is a 1985 American Western film produced and directed by Clint Eastwood, who also stars as the Preacher, a mysterious gunfighter who helps a group of miners against a ruthless mining baron. The film features Michael Moriarty, Carrie Snodgrass, Richard Dysart, and others in the cast.

When property owner Coy LaHood (Richard Dysart) starts using a band of hooligans to terrorize a group of small-town gold miners into giving up their territory, an enigmatic man named "Preacher" (Clint Eastwood) arrives in town. Preacher fends off the attacks, and then goes directly to LaHood to negotiate. When the miners, led by Hull Barret (Michael Moriarty), refuse the terms, LaHood sends in Marshall Stockburn (John Russell) to take down Preacher and the others.



## OPEN GARDENS

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Our weekend is drawing near and you need to know which gardens will be open:

- Aletta and Keith Knox - H45
- Mary Smit - H48
- Megan and Roger Bagshaw - H85
- Val and Ant Stockden - H56
- John Payne - H77
- Jane and Mike Bodin - H63
- Susan and Pete Van Der Spek - H65
- Irené and Lutz Uffhaus - H31 (Saturday only)
- Anne Utting 127
- Bridget Coyne 2
- Sharon and Roy Zazeraj 36 (Sunday only)
- Willem and Irene Van Zyl 147

For ease of finding, the first 7 gardens are on the lowest road facing the walkway, Irene and Anne are in the second street and Willem, Sharon and Bridget are in the top road closest to the apartments



# 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!**



# WHAT'S HAPPENING

## Professional **PHOTO SHOOT**

formal and fun portraits ideal for giving to  
your family this Festive Season



by Evergreen resident  
professional  
photographer  
Paolo Liberti



**R350 per couple or R200 single for 10 digital  
images plus 2 prints**

**Dates Tuesday 12 November and  
Wednesday 13 November**

Activity Room Slots from 9 am until 12.30 and 2 pm to 5 pm

**Booking Essential Call Paul 2040**

# HEALTH CORNER

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## Sleep Apnea

Experts estimate that sleep apnea affects about 5% to 10% of people worldwide.

Sadly, it's more common in older adults and if left untreated, it can lead to further health complications.

In our Thursday health group presentation, we'll get to understand what sleep apnea is, the various types of sleep apnea, the signs as well as the health risks associated with this condition. We'll also take a look at how it's assessed and treated.

This talk is for informational purposes only and is not intended to replace any medical advice.

**Speaker:** Desiree Pule, Certified Health Coach

**Date:** 31st October 2024

**Time:** 9h30 to 10h30

**Cinema Room 1**



# FAREWELL, OWEN

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"I have worked at Evergreen Noordhoek since August 2019, starting as a Duty Manager while the reception office took up Units 8 and 9 in the Village. I've witnessed the growth of the Lifestyle Centre, Covid contingents, and the inception of the apartment block. To say that I've seen the village grow would be an understatement. I will be leaving the Evergreen Noordhoek family on the 31st of October to start a new position elsewhere.

My fondest memories over the years come from the deep, heartfelt conversations with residents who would share wisdom on life's various highs and lows.

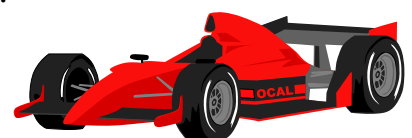
The quirkier side of Evergreen residents reared its head through Covid. I recall adding barber to my list of duties for residents who were unable to leave the village but wanted to remain presentable. Covid and the lockdown was an experience that proved resilience in some and Que sera, sera in others.

Once everyone could see each other again, safely, fun quiz nights, Rugby match days, family markets, and prayer group meetings became a firm favourite of mine. There are memories I'll always hold dear and cherish in my heart.

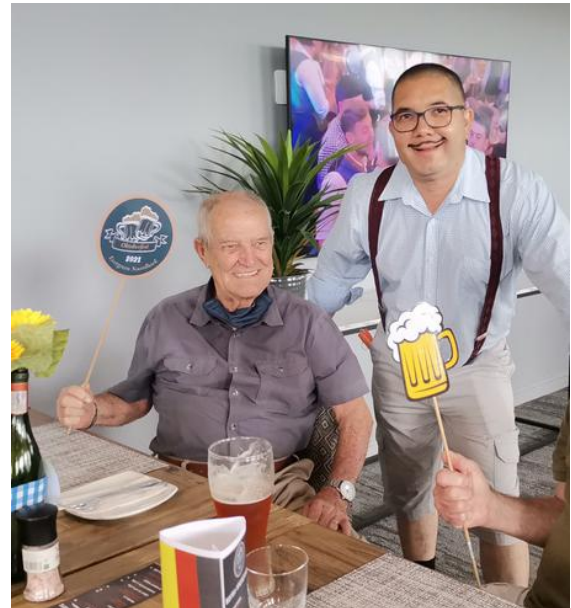
With every high there are lows that have coloured in the greyer parts of life. So many dear residents have passed on and each one has affected me deeply. Seeing families and fellow residents mourning alongside staff members has been a sobering experience and has shed light on the value of our time on earth.

I would like to thank my colleagues and the management staff for their support and encouragement over the years. It would be a sin to single any one colleague out because each one has brought a smile, a growth opportunity and a shared camaraderie in the trenches. It is with a heavy heart that I bid farewell to Noordhoek because of my love and fondness for everyone and the work done here. Thank you for the life lessons and the laughs. May God bless each one of you with continued grace and peace as you journey on. I trust that there will be an opportunity for our paths to cross again in this busy life and I look forward to it.

Keep well and always do your best." - Owen Barends



# FAREWELL, OWEN





# 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

**28th October**

Ant Stockden – Noordhoek

**30th October**

Selwyn Lange – Noordhoek

**31st October**

Michael Williams – Noordhoek

## STAFF BIRTHDAYS

**02 November**

Elvirah Daniels – Assistant Village Manager

## ANNIVERSARIES

Brian & Norma Roos – Noordhoek

## NEW RESIDENTS

Antoinette Van Der Westhuizen – Apartment 202 Noordhoek





## Weekly Menu: 28 October – 3 November 2024

### Monday: 28 October

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: 29 October

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: 30 October

Parmesan spring chicken: with sauteed potatoes, broccoli 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: 31 October

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: 1 November

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: 2 November

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: 3 November

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



**MONTHLY MENU**  
28 OCT - 3 NOV 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](http://www.freedomfoodsck.co.za)  
[orders@freedomfoodsck.co.za](mailto:orders@freedomfoodsck.co.za)
 Find us on Facebook

**OCTOBER 2024**

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
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
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
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
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

Homemade bread available every Thursday and Friday R35

Book directly with the Bistro on Ext 2404

## Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Potato & Leek