

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
noordhoek

"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change."

-Charles Darwin

Dear Residents

We have officially bid farewell to Owen this past week and he has asked me to share his gratitude towards everyone during his time here. Thank you for all the kind words and the amazing gift gathered by all residents. Just, the number of residents who came to say goodbye on Wednesday speaks volumes. Whether through small acts of kindness or significant contributions, every effort counts when truly making an impact in someone's life.

Looking forward, we have plenty lined up for this week. Besides our usual day-to-day activities, there will be a number of talks taking place.

The week kicks off with the Bird Talk on Monday the 4th - covering the mysterious creature known as the "Coelacanth" - please book a spot on the booking sheet on the notice board.

Our monthly Opera takes place this Tuesday at 14:00. The booking sheet has already been shared on the notice board and is filling up rapidly.

On Wednesday we have an Aviation Talk presented by Pete Van Der Spek exploring the "Spruce Goose". Please note bookings for this talk are to be made with Pete directly - refer to page 8.

Last but not least, our newly established photography group will provide photography courses for residents. These will be hands-on sessions led by experienced photographers to enhance your skills. Refer to page 7 for more information

Wishing you all an eventful week.
The Evergreen Team

Week 43

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

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

Bird Talk - 04th @ 11:00

Opera - 05th @ 14:00

Photography Presentation
06th @ 10:00

Mobeewash 06th @ 09:00

Aviation Talk 06th @ 15:00

Movie (Pale Rider) 07th @ 15:00

UPCOMING EVENTS

NOVEMBER

MOBEEWASH - 20TH

LIBRARY EVENT (CINEMA ROOM) - 13TH

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 04 NOV	TUE 05 NOV	WED 06 NOV	THUR 07 NOV	FRI 08 NOV	SAT 09 NOV	SUN 10 NOV
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45- 09h30 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	14H00 OPERA CINEMA ROOM 1	10h00 - 12h30 Photographic demonstration UPSTAIRS LOUNGE	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
11H00 BIRD TALK UPSTAIRS LOUNGE	14H00 MOSAIC ART ONLY FORTNIGHTLY	11h45 - 12h30 RIAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 Aviation Talk UPSTAIRS LOUNGE	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

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

ART CLASSES

1st and 3rd Saturdays @ 10h30 – 12h30.

Water colour lessons : Roz Hoek – EXT 22220 OR 082 696 6345

3rd & 4th Saturdays @ 09h45 – 12h45

Drawing & Sketching : Judy Moolenschot – EXT 2141 OR 084 584 4415

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

WEDNESDAY WALKERS

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 and further afield.

Vicky- 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?

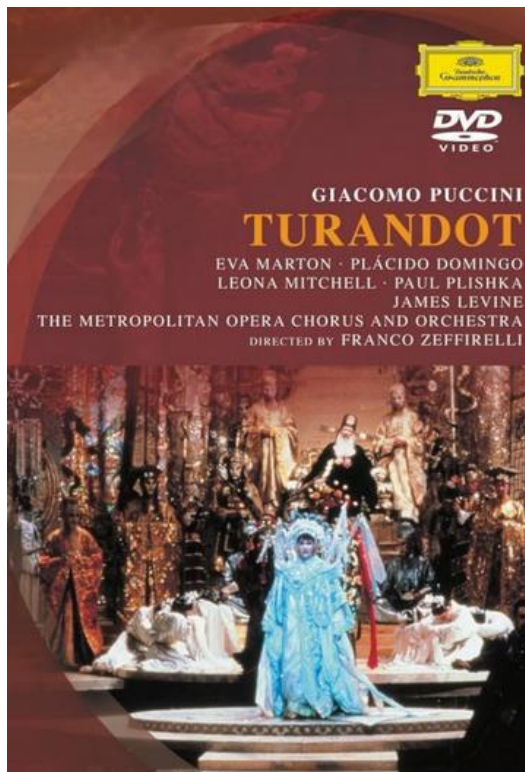
OPERA

Turandot

When: Tuesday 5 November

Where: Cinema Room 1 at 2pm sharp

RSVP: Booking form on the notice board



TURANDOT is the last opera composed by Maestro Giacomo Puccini. It includes the aria Nessun Dorma, which was made a huge hit by Luciano Pavarotti at the World Cup and in Hyde Park.

It is set in ancient China and Turandot is the infamous, beautiful daughter of the Emperor. She is notoriously cruel and executes all suitors who cannot answer her riddles. The former ruler of Tartary arrives, old, decrepit and blind, cared for by the lovely slave girl, Liu. They are joined by his long lost son Calaf, who has come to woo Turandot.

The plot unfolds with twists and turns accompanied by beautiful music.

This production is directed by the legendary Franco Zeffirelli and Eva Marton sings the lead soprano role of Turandot. The great Plácido Domingo is Calaf, son of Timur and rightful ruler of the Tartars.

This is a lavishly costumed opera with magnificent scenery.

WOL AAN DIE ROL



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting your lovely facility on:

Thursday, 21 November 2024

from

9.45 to 10.15

Last visit of the year – all stock less 10%



WHAT'S HAPPENING?

BIRD TALK

"Finding Old Fourlegs: The amazing story of the Coelacanth"

"Finding Old Fourlegs: The amazing story of the Coelacanth"

Illustrated Talk by Prof. Mike Bruton

Monday 4 November 11.00

Mezzanine level: Lifestyle Centre

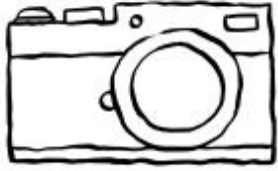
Prof. Bruton, an ichthyologist, was directly involved in one of the greatest fishing stories of all time, the capture and study of the **"Living Fossil" Coelacanth**. His illustrated talk will trace the dramatic story of the world's most famous fish, based on his own experiences researching "Old Fourlegs" in the Comoros, East Africa and South Africa.

To book your seat, enter your name on the booking list on the notice board between the sliding doors in the Lifestyle Centre.



WHAT'S HAPPENING?

PHOTOGRAPHY



invitation



Resident Photography Course

Irvine Eidelman and Paul Nuttall, who are heading up the Photography Interest Group, will commence the next phase in the photographic activities by holding

Irv and Paul's Inspiring Showcase of Portfolios

On Wednesday 6 November at 10h00

Mezzanine Level of the Lifestyle Centre

The presentation will illustrate a range of photographic techniques and styles to inspire interest and demonstrate practical applications of the skills. The aim is to spark excitement about photography and introduce the upcoming Photographic Course early in the New Year. All are welcome to attend this presentation on Wednesday.

Photography Course commencing January 2025

This is an outline of the course, which will be spread over 3 weeks in January:

1. Briefing: Short, accessible overview on essential topics – composition, lighting, exposure, etc
2. On-site Practical Shoot: Paul and Irve will choose sites within the village and lead you in applying new techniques in a guided, hands-on setting.
3. Review Session: Back in the Activity Room, review and discuss photos from the shoot, enabling everyone to learn from each other's work.

The aim is to focus on practical skills rather than complex techniques.

Post-course Showcase

To showcase your progress, selected photographs from each of you will be exhibited in the Lifestyle Centre, providing a platform for you to share your work with the Village Community.

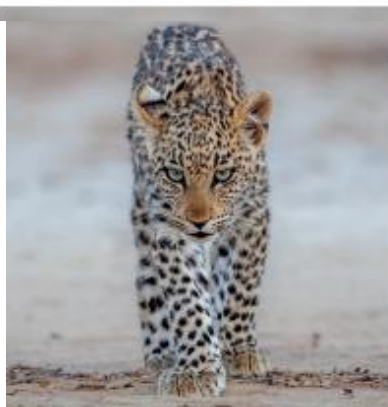
Logistics and Costing

·Cost: R300 per person for the three-session course

·Timing: Initial presentation on a morning, with course sessions at 3 p.m., each lasting 2 – 3 hours.

·Group numbers: Groups will be kept sufficiently small to ensure understanding and participation of each group member.

See you there!



WHAT'S HAPPENING?

AVIATION TALK

Spruce Goose Aviation presentation

Ever wondered about the Spruce Goose - the iconic WW2 aircraft that only flew once.

Well, here is your chance to find out the fascinating story on just what happened to the aircraft.



Venue: Upstairs lounge area

Date: 6 November

Time: 15:00

RSVP - pete@skypicsa.co.za

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

IT'S A CELEBRATION

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

BIRTHDAYS

7th November

Mandy Harris – Lake Michelle
David Mackinnon Little – Noordhoek

8th November

John Wyllie – Noordhoek

10th November

David Nel – Noordhoek

STAFF BIRTHDAYS

10 November

Ahkona Gxarisa – General Worker

ANNIVERSARIES

08 November

Anthony & Susan Grave – Lake Michelle

NEW RESIDENTS

Antoinette Van Der Westhuizen –
Apartment 202 Noordhoek



THE FYNBOS BISTRO



Weekly menu: 4-10 November 2024

Monday: 4 Nov

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: 5 Nov

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: 6 Nov

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: 7 Nov

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: 8 November

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: 9 November

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: 10 November

Roast Pork or Roast beef: 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
4-10 NOVEMBER 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

NOVEMBER 2024

SUNDAY <i>Soups daily!</i>	MONDAY <i>CHICKEN NOODLE</i>	TUESDAY <i>MUSHROOM SOUP</i>	WEDNESDAY <i>THAI CHICKEN SOUP</i>	THURSDAY <i>TOMATO BASIL SOUP</i>	FRIDAY <i>PEA & HAM SOUP</i>
1 Sunday Roast Beef	Chicken stroganoff <i>or</i> Savoury bake potato	Coronation chicken <i>or</i> Pork skewers	Parmesan spring chicken <i>or</i> Beef ragu	Braised Pork adobo <i>or</i> Grilled chicken breast	1 Beef burger <i>or</i> Grilled steak sandwich
3 Sunday Roast Beef or Chicken	4 Chefs chicken curry <i>or</i> Mac n cheese	5 Eggplant parmesan <i>or</i> Beef casserole	6 Penne a la vodka <i>or</i> Chicken lemore	7 Chicken parmesan <i>or</i> Beef korma	8 Arrabiatta pasta <i>or</i> Hannah chicken
10 Sunday Roast Gammon or Roast Beef	11 Pork in sweet soy <i>or</i> Chilli con carne	12 Cottage Pie <i>or</i> Traditional meatloaf	13 Chicken cacciatore <i>or</i> Texas Pulled pork	14 Chicken schnitzels <i>or</i> Baked penne bake	15 Cold meats and salads <i>or</i> Chicken a la king
17 Sunday Roast Pork or Roast Beef	18 Monterrey Chicken bake <i>or</i> Hawaiian pork stir fry	19 Spaghetti bolognaise <i>or</i> Mongolian beef	20 Chicken Korma <i>or</i> Gourmet Mac n cheese	21 Pork schnitzel <i>or</i> Herb Roast chicken	22 Butternut ravioli <i>or</i> Thai chicken curry
24 Sunday Roast Chicken or Beef fillet	25 Meatball curry <i>or</i> Creamy Chicken salsa	26 Moroccan chicken <i>or</i> Beef curry	27 Chicken breyani <i>or</i> Alfredo pasta	28 Tomato bredie <i>or</i> Thai chicken stir fry	29 Traditional bobotie <i>or</i> Chicken kebabs
					30 Braised steak <i>or</i> Korean BBQ pork

Homemade bread available every Thursday and Friday R35

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