

# NEWSLETTER

## ALOE ALOE

*“Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly and applying the wrong remedies”*

-Groucho Marx

Dear Residents

This week – marks another day in history where the 45th president of the USA has been announced. Though some may be pleased with the outcome and others not so much, the US presidency has significant implications for South Africa, affecting crucial aspects of the country's functionality going forward. Whatever your political leanings may be, there is no denying that Donald Trump has livened up the American political scene.

Moving on to the less serious stuff – let's look forward to what this next week has in store. Besides the usual activities and events, we celebrate our very own by inviting you to a reading by actor and voice artist Peter Gilchrist. The reading will be from "Golden Cub", a novel by his wife, Rosemarie. It is anticipated that the entire novel will be read over 6 weeks, starting on 13 November and thereafter, each Wednesday till 18 December. The venue and time remain the same. Please refer to page 5.

It is unfortunate to say, but as we approach Christmas time – it is the busiest time of year as well as the most dangerous time of year. There are so many scams that exist in today's world, and they are constantly evolving. It is especially important for us to be vigilant for these scams as we approach 'silly season'. There is some helpful information shared on page 6 for those interested.

That's all for now folks.

Wishing you all an eventful week.  
The Evergreen Team

## Week 44

### 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

Christian Fellowship – 13th @ 10:00

Riaan's Fruitvan – 13th @ 11:45 – 12:30

'Golden Cub' book reading – 13th @ 14:30

Movie (Ghostbusters) 14th @ 15:00

### UPCOMING EVENTS

#### NOVEMBER

MOBEEWASH – 20TH

READINGS OF 'GOLDEN CUB' – 13TH

ALIDA'S FASHIONS – 18TH

CLASSICAL MUSIC GROUP – 19TH

ALVI'S DRIFT WINE DINNER – 22ND

ANTIQUÉ EVALUATION – 22ND

CHRISTIAN FELLOWSHIP – 13TH & 27TH  
QUIZ – 21ST

#### DECEMBER

CHRISTMAS MARKET – 14TH

MOBEEWASH – 04TH & 18TH

# WEEKLY EVENTS



WEDNESDAY  
IS RECYCLING

MON 11 NOV	TUE 12 NOV	WED 13 NOV	THUR 14 NOV	FRI 15 NOV	SAT 16 NOV	SUN 17 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		10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
		11h45 - 12h30 RIAAAN'S FRUIT VAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO	14H00 MOSAIC ART ONLY FORTNIGHTLY	14h30 'GOLDEN CUB' READING CINEMA ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 LINE DANCING ACTIVITY ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2	15H45 BEGINNER BRIDGE CINEMA ROOM 1		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	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

## 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?

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## MOVIE

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### Ghost Busters

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

**When: Thursday 14 November**

**RSVP: On booking form on notice board**

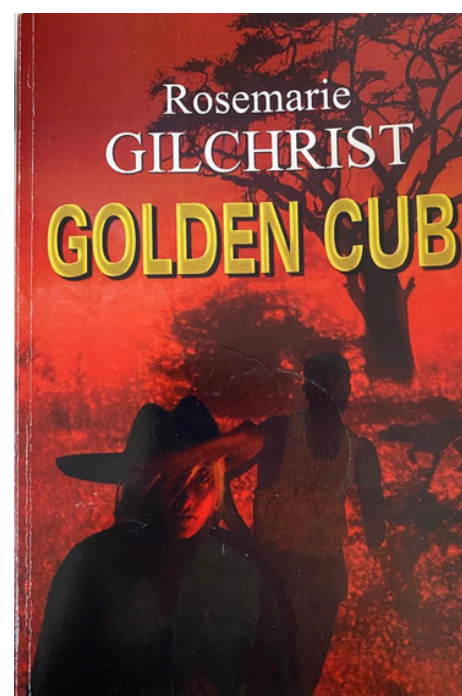
After Columbia University parapsychology professors Peter Venkman, Ray Stantz, and Egon Spengler experience their first encounter with a ghost at the New York Public Library, the university dean dismisses the credibility of their paranormal-focused research and fires them.

The trio responds by establishing "Ghostbusters", a paranormal investigation and elimination service operating out of a disused firehouse.

They develop high-tech nuclear-powered equipment to capture and contain ghosts, although business is initially slow.

## LIBRARY CORNER

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### Reading of 'Golden Cub'

**Where: Cinema Room 1 at 14:30– 16:00**

**When: Wednesday 13 November**

**RSVP: On booking form on notice board**

The novel, loosely based on a family story, is set in late 19th century South Africa and tells the dramatic story of an orphaned Irish boy who was brought up by the Zulu, later rescued by an American big game hunter and brought to Port Natal. It is anticipated that the entire novel will be read over 6 weeks, starting on 13 November and thereafter, each Wednesday till 18 December. The venue and time remain the same.

Please put the following dates in your diary:

13, 20 and 27 November

4, 11, 18 December

The audio version of the book will be available for sale at R75.00 – memory stick or download.

Contact persons: Johanna de Beer, ext. 2112 or Peter Gilchrist, ext. 2070.

# WHAT'S HAPPENING?

## 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%**

## HELPFUL INFO



### Important telephone numbers

#### Bank

ABSA Bank  
Capitec Bank  
First National Bank  
Nedbank  
Standard Bank  
Discovery bank

#### Fraud Line

0860 557 557  
0860 102 043  
0875 759 444  
0800 110 929  
0800 020 600  
011 324 4444

## Let's Talk Fraud

SMS Fraud

Cell Phone Fraud

Cell Phone Notification Fraud

Online & Mobile Banking Fraud

Social Media Fraud

Email Fraud

Identity Theft



FISH HOEK



**Please report all crimes to the police at Fish Hoek Police Station**

#### Fish Hoek Police Station contact numbers:

Contact number 021 784 2700  
During Load shedding 082 522 2745 & 082 522 2053

#### Please note:

**If we do not report crime we do not receive the resources to fight crime.**

#### Fish Hoek Community Police Forum Website



<https://fishhoekcpf.co.za>

The Fish Hoek Community Police Forum is in the process of updating their website and will contain Emergency Contact Numbers and will continually be updated with useful and relevant information pertaining to our community.



# 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

### **11th November**

Mary Ann Syfret - Noordhoek

### **12th November**

Eddie Wesselo - Noordhoek

### **13th November**

Laurette Harding - Noordhoek  
Marion Gueffroy - Noordhoek

### **17th November**

Gerd Stotzel - Noordhoek  
Beverley Gale - Noordhoek  
Shoena Smith - Noordhoek

## ANNIVERSARIES

### **11th November**

Greg & Gael Culhane - Lake Michelle

### **14th November**

Lionel Snell & Lynn Carneson - Lake Michelle

### **17th November**

Lutz & Irene Uffhaus - Noordhoek  
Mick & Joy MacDonald - Noordhoek



## Weekly Menu: 11-17 November 2024

### Monday: 11 November

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: 12 November

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: 13 November

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: 14 November

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

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

### Friday: 15 November

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 carrot

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

### Saturday: 16 November

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: 17 November

Roast Pork 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



Made with love

### MONTHLY MENU

11-17 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](http://www.freedomfoodsck.co.za)  
[orders@freedomfoodsck.co.za](mailto:orders@freedomfoodsck.co.za)
 Find us on Facebook

NOVEMBER 2024							Homemade bread available every Thursday and Friday R35
SUNDAY Soups daily!	MONDAY CHICKEN NOODLE	TUESDAY MUSHROOM SOUP	WEDNESDAY THAI CHICKEN SOUP	THURSDAY TOMATO BASIL SOUP	FRIDAY PEA & HAM SOUP		
Sunday Roast Beef	Chicken stroganoff or Savoury bake potato	Coronation chicken or Pork skewers	Parmesan spring chicken or Beef ragu	Braised Pork adobo or Grilled chicken breast	1 Beef burger or Grilled steak sandwich	2 Beef frikkadels or Japanese chicken burger	
3 Sunday Roast Beef or Chicken	4 Chefs chicken curry or Mac n cheese	5 Eggplant parmesan or Beef casserole	6 Penne a la vodka or Chicken lemons	7 Chicken parmesan or Beef korma	8 Arrabiatta pasta or Hannah chicken	9 Beef stroganoff or Chicken lasagne	
10 Sunday Roast Gammon or Roast Beef	11 Pork in sweet soy or Chilli con carne	12 Cottage Pie or Traditional meatloaf	13 Chicken cacciatore or Texas Pulled pork	14 Chicken schnitzels or Baked penne bake	15 Cold meats and salads or Chicken a la king	16 Mongolian beef or Spring Chicken pot	
17 Sunday Roast Pork or Roast Beef	18 Monterrey Chicken bake or Hawaiian pork stir fry	19 Spaghetti bolognese or Mongolian beef	20 Chicken Korma or Gourmet Mac n cheese	21 Pork schnitzel or Herb Roast chicken	22 Butternut ravioli or Thai chicken curry	23 Chicken broc bake or Crumbed chicken burger	
24 Sunday Roast Chicken or Beef fillet	25 Meatball curry or Creamy Chicken salsa	26 Moroccan chicken or Beef curry	27 Chicken breyani or Alfredo pasta	28 Tomato bredie or Thai chicken stir fry	29 Traditional bobotie or Chicken kebabs	30 Braised steak or Korean BBQ pork	

**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	BOX MEAL PRICES
Normal meals..... <b>R85</b>	For the freezer 
Low Carb or Gluten free <b>R90</b>	10 meals per pack
Kiddies ..... <b>R55</b>	Standard ..... <b>R880</b>
Elderly / ladies portion <b>R65</b>	Standard LC/GF <b>R920</b>
Vegan..... <b>R90</b>	Elderly / Ladies <b>R680</b>
Family Normal..... <b>R260</b>	Elderly/Ladies LCR <b>700</b>
(2 adults/2 kids)	Kiddies ..... <b>R550</b>
Family Low carb..... <b>R270</b>	They can be made up to your meal preferences and all labelled & dated
Free Range:	
N <b>R95</b> / L <b>R75</b> / Family <b>R290</b>	

Book directly with the Bistro on Ext 2404

## Daily soup menu

- Monday - Chicken Noodle
- Tuesday - Mushroom
- Wednesday - Minestrone
- Thursday - Tomato & Basil
- Friday - Potato & Leek