

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"Wine makes every meal an occasion, every table more elegant everyday more civilized."

~ Andre Simon

Dear Residents,

In today's fast-paced world, it's easy to get caught up in the seriousness of life. However, as we continue to draw nearer to the end of the year, we get a chance to take a step back, breathe and enjoy the 'lighter side of life'. The village has so many exciting things lined up, both this week and the weeks to come.

On Monday, we have Alida's pop-up shop visiting us. This is perfect timing for our ladies to browse around for some festive summer-wear. Refer to page 5 for more information.

This week we also have the monthly Classical Group meeting hosted by Peter Lever. The booking sheet has already been placed on the notice board and has already started filling up. Refer to page 8 for more information. Mobeewash will be here this week - slots to be booked with reception on Ext 2400/ 021 001 4312.

On Thursday CMR will be in the lifestyle centre to present an information talk regarding the services they offer and all the details thereof. Please book at reception as we need to anticipate numbers for seating purposes.

We will have our last Quiz evening for 2024 this Thursday evening. Snack platters are available to pre-order for the evening. Kindly refer to the flyer on page 7 for more information.

Roy from Antique Warehouse will be at the lifestyle centre on Friday - to evaluate for any antique items residents may have. Do not miss out!

Last but not least, we 'wine down' the week with our very first wine pairing dinner at Evergreen Noordhoek. Whether you're a seasoned connoisseur or a curious beginner, wine tasting offers a unique opportunity to explore the world of wine. Please refer to page 12 for the dinner menu and pricing details.

Wishing you all an eventful week.
The Evergreen Team

Week 45

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

Alida's Fashions-18th @
10:00

Classical Music Group -
19th @ 14:00

Mobeewash - 20th @
09:00

CMR Info Talk -21st @ 10:00

Quiz Night 21st @ 18:00

Antique Evaluation - 22nd
@ 10:00

Alvi's Drift Wine Dinner
-22nd @ 10:00

UPCOMING EVENTS

NOVEMBER

CHRISTIAN FELLOWSHIP - 27TH

DECEMBER

CHRISTIAN FELLOWSHIP - 11TH

CHRISTMAS MARKET- 14TH

MOBEEWASH - 04TH & 18TH

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 18 NOV	TUE 19 NOV	WED 20 NOV	THUR 21 NOV	FRI 22 NOV	SAT 23 NOV	SUN 24 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		09h00 MOBEEWASH LIFESTYLE CENTRE PARKING	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
10h00 Alida's Fashions Main Lounge	14H00 CLASSICAL MUSIC GROUP CINEMA ROOM 1	11h45 - 12h30 RIAAN'S FRUIT VAN PARKING	10h00 CMR INFO TALK UPSTAIRS LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO	14H00 MOSAIC ART ONLY FORTNIGHTLY		10h00 KNITTING GROUP MAIN LOUNGE	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	17H30 ALVI'S DRIFT WINE DINNER BISTRO	16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	
			18H00 QUIZ NIGHT BISTRO			

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?



**ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 18 NOVEMBER 2024
FROM 10h00**

**LOVELY SUMMER TOPS, BLOUSES,
SLACKS, DENIMS and MORE..**

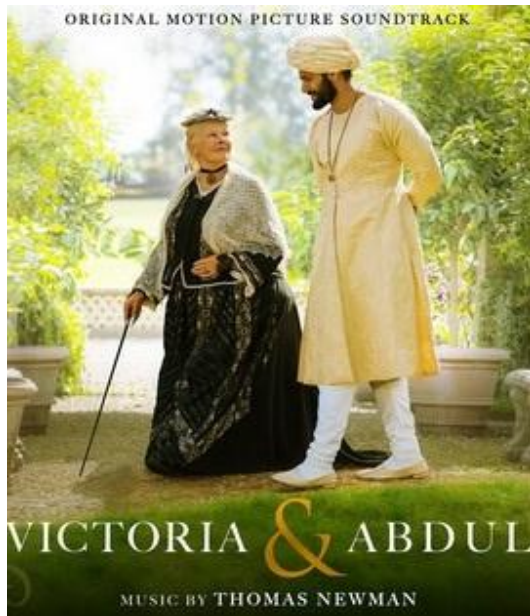


**PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES**

WE ACCEPT CASH AND BANK CARDS

WHAT'S HAPPENING?

MOVIE



Victor & Abdul

Where: Cinema Room 1 at 3pm sharp

When: Thursday 21 November

RSVP: On booking form on notice board

The film tells the extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favour with the Queen herself.

As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

WOL AAN DIE ROL



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%



QUIZ NIGHT

21ST NOVEMBER 2024
18:00



R20 per person
(cash only)

Book your spot with Norma
Roos
on Ext. 2089/ 084 207 6829

SNACK PLATTERS (pre-
book):

Mixed Platter R120

- x2 Mini quiches with mushroom & cheese
- x2 Chicken Spring rolls
- x2 Beef kebabs
- x2 Mini chicken burgers

Cheese Platter – R75

WHAT'S HAPPENING?

Valuation and buying day.

In The Noordhoek Manor Leasure Center

Friday the 22nd of November

10.am until 3.pm No appointment needed

Bring along your hidden treasures



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting-time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

WHAT'S HAPPENING?

Classical Music Group

George Frideric Handel

Music for the Royal Fireworks (Proms 2012)

Le Concert Spirituel

Conductor: Hervé Niquet

Felix Mendelssohn-Bartholdy

Symphony No. 4 in A Major Op. 90 (Italian)

Leipzig Gewandhaus Orchestra

Conductor: Kurt Masur

Wolfgang Amadeus Mozart

Piano Sonata No 10 in C Major K330

3rd movement: Allegretto

Soloist: Vladimir Horowitz (piano)

*(There will be a short contextual introduction by
Peter Lever before each work is played)*

Tuesday, 19 November

2.00pm sharp

Cinema Room

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

WHAT'S HAPPENING?

TUESDAY HIKERS

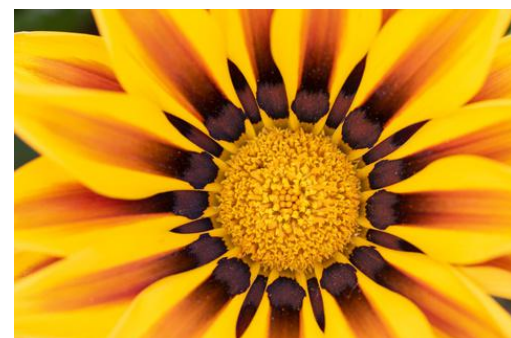
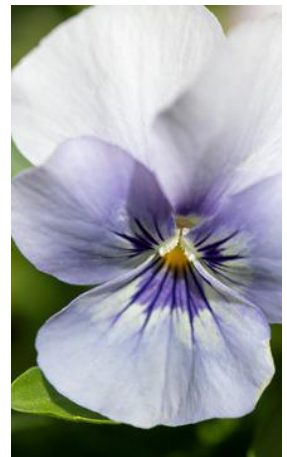
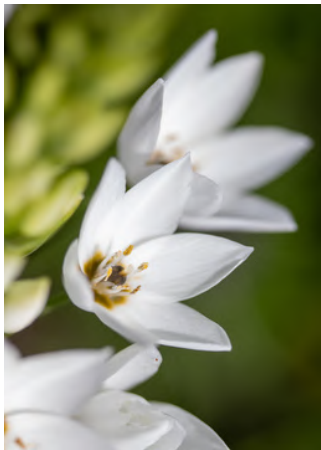


Our Tuesday hikers went on a hike up along Elsie's Peak which lies between Fish Hoek & Glencairn .



OPEN GARDENS

One of our residents CAPTURED THE MOST BEAUTIFUL PICTURES AT OUR OPEN GARDENS last week.



IT'S A CELEBRATION

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

BIRTHDAYS

18th November

Pam Valentine – Noordhoek
Sally Williams – Noordhoek

19th November

Stuart Leach – Lake Michelle
Rick Magnin – Noordhoek

20th November

Ron Adams – Noordhoek

21st November

Peter Gracie – Noordhoek

22nd November

Clive Bezer – Noordhoek
Don Yeowell – Noordhoek

24th November

Tony Hockly – Noordhoek

ANNIVERSARIES

19th November

Keith & Aletta Knox – Noordhoek

20th November

Chris & Jean Dickinson – Noordhoek

21st November

Jack & Marion De Boer – Noordhoek
Bobby & Wilma Hains – Noordhoek

WINE DINNER



4 Course Dinner
Date: Friday 22 November 2024
At 5.30pm
Sit Down Plated
R265 p/p

On Arrival on the lawn

Liver Paté

Snoek Paté

Crudite's & dips

Passed Hors d'Ouerves: Samosas & Spring Rolls with dipping sauce made up of soy, ginger and sweet chilli dipping sauce



*Paired with Alvi's Drift Brut Rose and
Alvi's Drift Brut Cap Classique*

Starter

Butternut Ravioli with burnt sage butter and our homemade tomato sauce



*Paired with Alvi's Drift 221 Chenin Blanc and
Alvi's Drift Reserve VC White Blend*

Main

Grilled Beef Fillet with Café de Paris Butter

Seasonal veggies, Garlic Parmesan Mash

OR

Grilled Chicken Breast infused with Basil Pesto served with Seasonal veggies,
Garlic Parmesan Mash



*Paired with Alvi's Drift 221 Pinotage and
Albertus Viljoen Bismarck*

Dessert

Cassata Gelato (Homemade with Peanuts, Pistachio's & Cherries with Fruit Garnish)



Paired with Alvi's Drift Reserve Muscat Nectarinia



Weekly Menu: 18 – 24 Nov 2024

Monday: 18 November

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: 19 November

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: 20 November

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: 21 November

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

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

OR

Herb roast chicken: Served with rice, gravy, cinnamon butternut and garden peas

N: R85 / L: R65 / FS: R260

Friday: 22 November

Butternut ravioli: dressed in a sage and garlic butter and topped with red sauce and butternut

N: R85 / L: R65 / FS: R260

OR

Thai chicken curry: with basmati rice and butternut

N: R85 / L: R65 / FS: R260

Saturday: 23 November

Chicken broccoli bake: with rice, carrots and garden peas

N: R85 / L: R65 / FS: R260

OR

Crumbed chicken burger: with a basil mayo dressing and served with chips

N: R85 / L: R65 / FS: R260

Sunday: 24 November

Roast Chicken or Beef fillet: 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



Made with love

MONTHLY MENU

18-24 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						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	
1 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 bryani 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 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		BOX MEAL PRICES
Normal meals.....	R85	For the freezer
Low Carb or Gluten free	R90	10 meals per pack
Kiddies	R55	Standard R880
Elderly / ladies portion	R65	Standard LC/GF R920
Vegan.....	R90	Elderly / Ladies R680
Family Normal.....	R260	Elderly/Ladies LCR 700
(2 adults/2 kids)		Kiddies R550
Family Low carb.....	R270	They can be made up to your meal preferences and all labelled & dated
Free Range:		
N R95 / L R75 / Family R290		

Book directly with the Bistro on Ext 2404

Daily soup menu

Monday - Chicken Noodle

Tuesday - Mushroom

Wednesday - Minestrone

Thursday - Tomato & Basil

Friday - Potato & Leek