

Evergreen @ Lake Michelle



Week 46 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
Birthdays, Anniversaries &
New Residents

What's Happening

Opera - 3rd @ 14h00

Movie (The Commitments) -
4th @ 15h00

Peter Gilchrist (Entertainment
evening) - 4th @ 19h00

Mobeewash - 04th @ 09h00

"December is a time to reflect on the past year's journey and step into the new year with determination and dreams." ~ Anonymous

Dear Residents,

As we enter the last month of 2024, we want our residents to remember that every ending marks a new beginning. With that being said this week we have lined up a few activities. Please refer to our weekly events calendar on page 2 to stay tuned and updated on what's happening in our village during the week.

Mobeewash will be visiting our village this week Wednesday, please book with reception on ext.2400 or 021 001 4312.

Mr. Peter Gilchrist will be hosting an entertainment evening in our lifestyle centre, please refer the bottom of page 8 for more information.

Wishing you all a eventful week ahead
Regards

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

MON 02 Dec	TUE 03 Dec	WED 04 Dec	THUR 05 Dec	FRI 06 Dec	SAT 07 Dec	SUN 08 DEC
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 PARKING 11h45 - 12h30 RIAAAN'S FRUIT VAN PARKING	09h00 STRETCH CLASS 1ST FLOOR 10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1		
	14H00 OPERA CINEMA ROOM 1	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES BISTRO	14H00 MOSAIC ART ONLY FORTNIGHTLY	16h00 BOOK- READING CINEMA ROOM 1	14h00 BRIDGE ACTIVITY ROOM 2	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	18H00 WEDNESDAY DINNER BISTRO	15h00 MOVIE CINEMA ROOM 1	15H45 BEGINNER BRIDGE CINEMA ROOM 1		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	19h00 PETER GILCHRIST ENTERTAIN MENT EVENING BISTRO	15h00 -18h00 Personal Trust Private Event MAIN LOUNGE	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

Mon - 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

SALON DECEMBER TRADING HOURS:

MONDAY TILL FRIDAY,
FROM: 09H00 – 16H00

Please do remember to book very well in advance to avoid disappointments.

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?

MOVIE

'The Commitments'

Where: Cinema Room 1

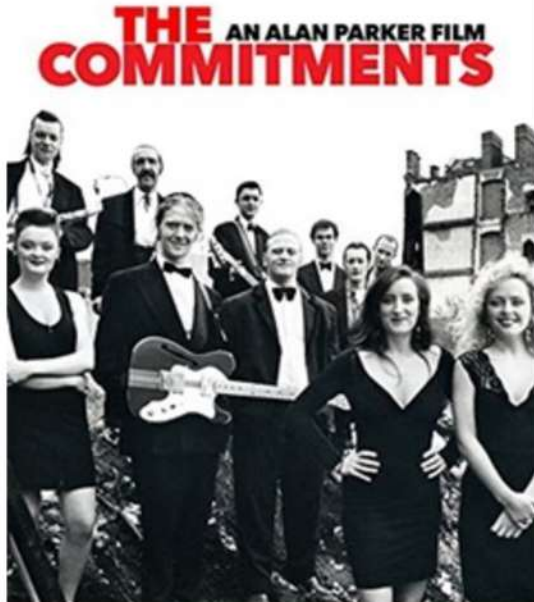
When: Thursday 5 December at 3pm sharp

RSVP: Booking form on notice board

Jimmy Rabbitte is a man with a big dream: to bring soul music to Dublin. His friends Derek and Outspar ask him to direct their band and he accepts, but only under certain conditions.

In the local newspaper he puts an announcement that says: "Do you feel like a soul soul? If so, there's a band waiting for you." Thus "The Commitments" are born.

Alan Parker's "The Commitments" is a loud, rollicking, comic extravaganza about a rock band from the poorest precincts of North Dublin.



OPERA

'La Comte Ory'

Where: Cinema Room 1 at 2pm sharp

When: Tuesday 3rd December 2024

RSVP: On booking form on notice board

Rossini wrote 40 operas. The most popular is The Barber of Seville. He became known for his beautiful music and the humour in many of his operas.

La Comte Ory is about a lovable but rather rogue-ish count who is trying to seduce a countess while her protective brother is away at the crusades. The count adopts many disguises, such as a Hermit and a Nun, with hilarious effect. He is confounded at every stage and the result is a very amusing comic opera.

This production by Broadway Award winner Bartlett Sher is brilliantly executed with superb, brightly coloured costumes and clever sets.

Three of the best singers in the World today sing the lead roles:

Juan Diego Flórez (tenor) is Comte Ory

Diana Damrau (soprano) is the countess he is after

Joyce di Donato (mezzo) is the page Isolier, a trouser role.

The Metropolitan Orchestra and Choir under Maestro Maurizio Benini

It is a bright and cheerful, happy production to kick off the holiday season.



IT'S A CELEBRATION

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

BIRTHDAYS

2nd December

Ann Utting - Noordhoek
Chris Meny-Gibert

4th December

Pat Grobbelaar - Noordhoek

5th December

Dave Innes - Noordhoek

7th December

Hermanus Steenekamp - Noordhoek

8th December

Graham Kilbey - Noordhoek

ANNIVERSARIES

2nd December

Ian & Bev MacHutchon - Noordhoek

NEW RESIDENTS

Mr Peter Hamilton Carbis - Apartment 105 - Noordhoek

Weekly Menu: - 02 Dec - 08 Dec 2024

Monday: 2 December

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: 3 December

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: 4 December

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: 5 December

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: 6 December

Beef Burger: Topped with caramelized onions, cheddar cheese and served with chips

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

OR

Mongolian Beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice

N: R95 / L: R75 / Kiddies: R60 / Family: R280

Saturday: 7 December

Spaghetti bolognese: side parmesan

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: 8 December

Roast Beef or Roast Chicken: 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



Made with love

MONTHLY MENU

2-8 DEC 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

DECEMBER 2024						
SUNDAY SALADS daily!	MONDAY CHICKEN CAESAR SALAD	TUESDAY SPINACH, BEEF GOATS CHEESE SALAD	WEDNESDAY CHICKEN CORN SALAD	THURSDAY BACON CHICKEN SALAD	FRIDAY GREEK SALAD	
1 Sunday Roast Pork or Beef	2 Chicken stroganoff or Savoury bake potato	3 Coronation chicken or Pork skewers	4 Parmesan spring chicken or Beef ragu	5 Braised Pork adobo or Grilled chicken breast	6 Beef burger or Mongolian beef	7 Spaghetti bolognese or Japanese chicken burger
8 Sunday Roast Beef or Chicken	9 Chefs chicken curry or Mac n cheese	10 Eggplant parmesan or Beef casserole	11 Penne a la vodka or Chicken limone	12 Chicken parmesan or Beef korma	13 Arrabiatta pasta or Hannah chicken	14 Beef stroganoff or Chicken lasagne
15 Sunday Roast Gammon or Roast Beef	16 Pork in sweet soy or Chilli con carne	17 Cottage Pie or Traditional meatloaf	18 Chicken cacciatore or Texas Pulled pork	19 Chicken schnitzels or Baked penne bake	20 Cold meats and salads or Chicken a la king	21 Mongolian beef or Thai chicken curry
22 Sunday Roast Pork or Roast Beef	23 Last day for meals BOX MEALS	24 Christmas Eve DINNER	25 Christmas Day LUNCH	26 Closed for Festive Break	27 Closed for Festive Break	28 Closed for Festive Break
29 Closed for Festive Break	30 Closed for Festive Break	31 New Year's Eve	FF Catering Kitchen	The kitchen will re-open on Monday 6th of January 2025 We want to thank everyone for the love and support during 2024, we are here because of YOU xx		

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 R700
(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	



Just when you thought Kubla Khan's Xanadu was built by the Mongols come along to the clubhouse for your evening victuals heartily cooked and served by our great Darren in the kitchen and his generous staff on Wednesday evening to hear the news. At 7pm two labourers in the form of our actor in residence, Peter Gilchrist and his fellow thespian, David Muller (seen in the photo) will be delighting you with these two characters who are set the task to complete the construction Xanadu. Both men are seasoned actors, Peter is well known for his one man show, The Divine Oscar about Oscar Wilde while David has been touring South Africa for over a decade with Oom Schalk, from the Heart, Herman Charles Bosman stories having stepped into and through Patrick Mynhardt's shoes. They will also present a skit from Monty Python's Flying Circus. And if all goes according to plan David will be introducing the President of Getting your Wrongs in the Word Order Society, whom he believes has a few important announcements to make. This promises to kick off the Festive season in a truly jolly manner. That's at 7pm straight after a scrumptious meal in the Evergreen Clubhouse on Wednesday, 4th December.