

Evergreen @ LAKE MICHELLE Aloe Aloe

December 2024 In this issue

Weekly Activities

PAGE 7 FOR MORE DETAILS.

It's A Celebration

It's A Celebration
Birthdays, Anniversaries &
New Residents

What's Happening

Christmas Eve Dinner- 24th Dec
2024

Christmas Lunch- 25th Dec 2024

Upcoming events:

Mobeewash- 8th January 2025

Alida's Fashion- 20th January 2025

Let all the failures of your past year be your best guide in the New Year. ~ Mehmet Murat Ildan

Dear Residents,

This week our library has launched the new books that they bought with the money made from the raffles, once again we wish to thank each and everyone who participated in the raffles. Please refer to page 5 for more details.

Our annual Christmas market was a huge success and with that being said we wish to thank each and everyone who supported and assisted in making the event a success.



Residents are reminded to book for the new year's Eve party, booking sheet is kept at the reception counter. Please refer to page 2 to stay tuned and updated on what's happening in our village. Refer to page 7 on dates of opening for 2025 activities. Wishing our residents a jolly and a merry Christmas.

Regards

WEEKLY EVENTS



WEDNESDAY
IS RECYCLING

| MON 23 Dec | TUE 24 Dec | WED 25 Dec | THUR 26 Dec | FRI 27 Dec | SAT 28 Dec | SUN 29 DEC |
|---|--|---|--|--|--|--|
| | | No Resident Social / Bar will be closed | Bistro Closed | Bistro Closed | Bistro Closed | Bistro Closed |
| | 10h00 BRIDGE ACTIVITY ROOM 2 | | | | | |
| | | 12H00 Christmas LUNCH BISTRO | | | | |
| | | | 10h00 KNITTING GROUP MAIN LOUNGE | | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 14h30 TABLE TENNIS TABLE TENNIS ROOM |
| 14h00 BRIDGE /CARD GAMES BISTRO | 14h00 GOLF CROQUET FISH HOEK BOWLING CLUB | | | 15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE | | |
| | 14h30 TABLE TENNIS TABLE TENNIS ROOM | | 14h00 BRIDGE ACTIVITY ROOM 2 | 15H45 BEGINNER BRIDGE CINEMA ROOM 1 | | |
| | 17H00 Christmas Eve DINNER BISTRO | | | 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?

LIBRARY CORNER:



LIBRARY CORNER DECEMBER 2024

A selection of new titles has recently been added to our library.

Child, Lee and Child, Andrew. *In too deep*. This 29th Jack Reacher installment was mainly written by Lee Child's brother, Andrew. Reacher wakes up, handcuffed to a table, only to be told that he is the victim of a car accident in which an FBI officer was killed...

Connelly, Michael. *The waiting*. LAPD Detective Renee Ballard, mentored by Harry Bosch, is the anchor in this novel, with not one, but three crimes to solve, two of which are cold cases. Also starring Bosch's daughter, patrol officer Maddie.

Grisham, John and McCloskey, Jim. *Framed*. Grisham joins with legal activist McCloskey to tell the true story of ten people who were wrongfully convicted, victims of the ineptitude and injustice of the American justice system.

Harari, Yuval Noah. *Nexus: a brief history of information networks from the Stone Age to AI*. An examination of information networks through the ages, culminating with the challenges society faces from artificial intelligence.

From the author of *Sapiens*, this has been described as entertaining, depressing, interesting, challenging Make up your own mind.

Hawkins, Paula. *The blue hour*. Tightly woven fast moving plot for this thriller that explores the dark underbelly of the art world. The artist Vanessa Chapman isolated herself in the only house on a Scottish tidal island that is cut off from the mainland for twelve hours a day. After her death, not only does her reputation increase, but secrets, past and present, are revealed as curator James tries to save her reputation and artworks.

Meyer, Deon. *Leo*. Bennie Griessel's wedding date is just around the corner, but first he has work to do. Two murders in Stellenbosch and a heist planned by a special ops group appear unrelated, but by now we know our author..... Moriarty, Liana.

Here one moment. A Sydney-bound plane is stalled on the tarmac with a full complement of passengers. All of a sudden a woman leaps up and begins to predict the time and reason for the death of passengers.... With a vast cast of characters, this is a "fresh, funny, ambitious and nuanced" take on an age-old question.

Nesbo, Jo. *The Kingdom*. After a fatal car crash in which his parents were killed, Roy stays at home and runs a petrol station and convenience store. Carl goes overseas, prospers and now returns home with the dream of building a resort with an ownership deal that will benefit the townsfolk of their sleepy Norwegian hometown.

This immersive crime novel and its sequel *Blood ties*, explores the disturbing and complex relationships between the Opgard brothers and their townsfolk.

Sparks, Nicholas. *Counting miracles*. Lives change forever once loner Tanner travels to Asheboro to trace his biological father whose name and whereabouts were only revealed on his grandmother's deathbed. Another heart-tugging novel from the author of *The notebook*.

These books were purchased with funds raised by our raffles – many thanks to all who support our fundraisers and so generously donate books.

Johanna de Beer



WHAT'S HAPPENING?

THE FYNBOS BISTRO

Dear Loyal Customers, Please note that the Fynbos bistro will be closed from Wednesday, **25th December 2024** and will reopen on Monday the **6th January 2025**. We wish you a fantastic holiday.

~ The Fynbos Team

A Meal Delivery IS A WONDERFUL GIFT IDEA



We can deliver a box of 10 meals
TO GET THROUGH THE HOLIDAY SEASON

Meals will be dated and labelled with a variety of
10 different meals

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WHAT'S HAPPENING?

DATES FOR HOLIDAY SEASON

Dear residents,
Please see opening dates of activities for the New year 2025:

Line dancing- **No line dancing activity will take place for the rest of 2024. Mrs. Glenda Inskip will communicate as to dates for 2025.**

Stretch Class- **Classes ends on the 20th of December and will resume on the 7th of January.**

Callanetics- **Closes on the 17th of December 2024 and reopens on 14th of January 2025.**

Tai Chi- **Classes end on the 19th of December 2024 and will resume on the 16th of January 2025.**

Backcare Yoga- **Classes will end on the 20th of December 2024 and Claire will communicate in the new year on dates.**

Table Tennis- **Will go on as per normal.**

Mosaic Group- **No classes for the rest of 2024, dates will be confirmed in the new year by Mrs. Cora Verlaan.**

Bridge- **Goes on as per normal**

Salon- **Will be closed from the 31st of December 2024 up until the 16th of January 2025.**

Christian Fellowship- **11th of December 2024 was the last day for 2024, it is confirmed that the next date for Christian fellowship is 22nd January 2025.**

Movies- **It is confirmed that that the 12th of December 2024 would be the last movie for the year, next date is the 9th of January 2025.**

Knitting group- **Goes on as per usual.**

Alida's Fashion will be visiting our village on **the 20th of January 2025.**

Peter Gilchrist book reading **will end on the 18th of December 2024.**

Low impact and Butt classes- **Closes on the 19th of December 2024 and 16th January 2025.**

Classical Music Group – **It has been confirmed next date is the 28th of January 2025.**

Aqua Aerobics – **Classes for 2025 to be confirmed.**

IT'S A CELEBRATION

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

BIRTHDAYS

24th December

Kathy Duncan- Noordhoek

26th December

Crystal Scholtz- Noordhoek

25th December

Jen Eidelman-Noordhoek
Christina Rautenbach-
Noordhoek

29th December

Ingrid Messerli-Noordhoek
Graham Fletcher- Lake Michelle

ANNIVERSARIES

23rd December

Mike & Jane Lamb- Lake Michelle

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK

WHAT'S HAPPENING

RAFFLE WINNER:

A hamper filled with goodies was raffled at the Christmas Market to raise funds for new library books. 122 tickets were sold and the winner was Sharon Bannister.



Many thanks to all who supported this fundraiser, especially Clare of Classic Marmalades and Andrew of Gun Bay Wines who generously donated their products.



THE FYNBOS BISTRO

Christmas Menu



Christmas Menu

Starter

Tomato basil soup

OR

Greek salad with basil mayo

OR

Crumbed camembert with melba toast, apple slaw, fresh fruit garnish and berry coulis sauce

Main course

Choice of 2 meats:

Roast gammon with honey and mustard glaze with pineapple

Roast lamb with mint, rosemary and garlic

Roast turkey with cranberries

(Vegetarian and pescatarian options are available on request)

Sides:

Peas and carrots

Cauliflower and broccoli Au Gratin bake

Savoury rice

Roast potatoes

Glazed sweet potatoes

Desserts

Hot Christmas pudding with custard or ice-cream

OR

Ice-cream and toppings buffet



This menu is the **same** for both Christmas Eve Dinner and Christmas Day lunch

3 course menu option: **R275**

Starter + Mains option: **R220**

Mains + Dessert option: **R220**

*Service charge
included*

Christmas Eve starts from **5pm to 8pm**

Christmas Day starts from **12pm - 3pm**