

# Evergreen @ LAKE MICHELLE Aloe Aloe



## January 2025 In this issue

### Weekly Activities

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### It's A Celebration

It's A Celebration  
Birthdays, Anniversaries &  
New Residents

### What's Happening

Recycling collection taking place  
on Tuesday.

New Year's Eve party- 31st Dec  
2024

### Upcoming events:

Mobeewash- 8th Jan 2025

Alida's Fashion's- 20th Jan 2025

*"A new year means a new chapter. I hope this one will be an incredible part of your story." —Unknown*

Dear Residents,

It's a wonderful opportunity to spread kindness and check in on those around us, especially our neighbors. This time of the year can be overwhelming and isolating for many, as they navigate different problems or situations. By simply taking a moment to knock on their door, ask how they're doing and offer a listening ear, you can bring some warmth and comfort into their lives. Consider these small acts of kindness to remind us that we are not alone during this holiday and jolly season.

Kindly note that our Fynbos bistro is closed and will only re-open on the 6th of January 2025. Our salon has a price increase for the new year, please refer to page 7. Our New Year's eve party takes place on 31st of December 2024, @20h00pm, tickets are still available from Mr & Mrs Roos on ext.2089 or 084 207 6829, for more details on the event please see page 8.

Refer to page 5 on dates of opening for 2025 activities. Wishing our residents a splendid and joyous new year!

Regards

# WEEKLY EVENTS



TUESDAY IS  
RECYCLING

MON 30 Dec	TUE 31 Dec	WED 01 Jan	THUR 02 Jan	FRI 03 Jan	SAT 04 Jan	SUN 05 Jan
<b>Bistro Closed</b>	<b>Bistro Closed</b>	<b>Bistro Closed</b>	<b>Bistro Closed</b>	<b>Bistro Closed</b>	<b>Bistro Closed</b>	<b>Bistro Closed</b>
	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2					
	09h00 <b>Recycling</b> collection					
			10h00 <b>KNITTING</b> GROUP MAIN LOUNGE		14h30 <b>TABLE</b> <b>TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE</b> <b>TENNIS</b> TABLE TENNIS ROOM
14h00 <b>BRIDGE</b> /CARD GAMES BISTRO	14h00 <b>GOLF</b> <b>CROQUET</b> FISH HOEK BOWLING CLUB			15H00 <b>SOCIAL</b> <b>POOL &amp;</b> <b>SNOOKER</b> UPSTAIRS LOUNGE		
	14h30 <b>TABLE</b> <b>TENNIS</b> TABLE TENNIS ROOM		14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	15H45 <b>BEGINNER</b> <b>BRIDGE</b> CINEMA ROOM 1		
	20h00 <b>New Year's</b> <b>Eve Party</b> Lifestyle Centre				No Resident Social taking place this week.	

# 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 - Sat 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?

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## DATES FOR HOLIDAY SEASON

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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. It is confirmed that 17th of January 2025 classes will resume.**

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.**

Mosiac 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.**

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

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

## BIRTHDAYS

### **30th December**

Elsona Raeside- Noordhoek

### **3rd January**

Veronica Robertson- Noordhoek  
Peter Carbis- Noordhoek

### **5th January**

Chris Goldsbury- Noordhoek

## ANNIVERSARIES

### **3rd January**

Mary & Tony DelCuore- Noordhoek

### **4th January**

Colin & Beverley Gale- Noordhoek

### **5th January**

Angela & Robert Hill- Lake Michelle

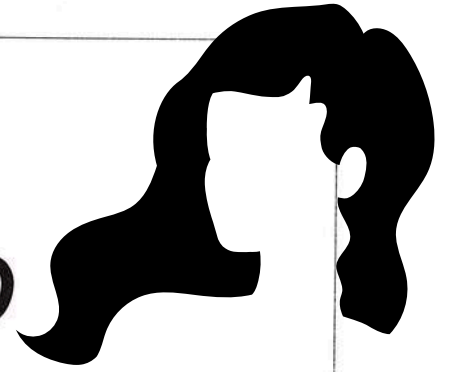
## NEW RESIDENTS

**NO NEW RESIDENTS THIS WEEK**

# WHAT'S HAPPENING?

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## **JANINES HAIR STUDIO**

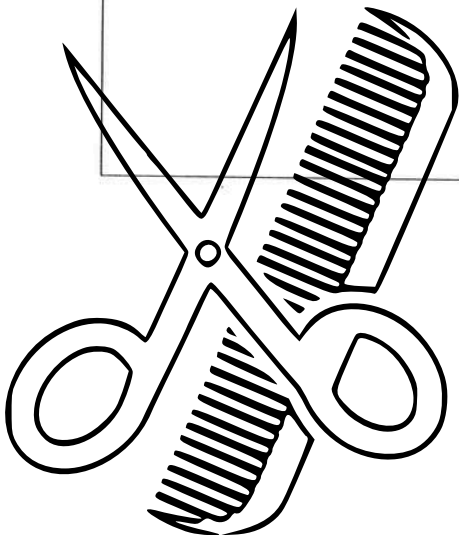


### **PLEASE NOTE:**

**DUE TO AN INCREASE IN COSTS,  
THE SALON WILL BE HAVING A  
GENERAL PRICE INCREASE ON  
SERVICES PROVIDED EFFECTIVE  
FROM 16 JANUARY 2025.**

**JANINE**

**0732949655**



# WHAT'S HAPPENING?

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## NEW YEAR'S EVE PARTY

See in the NEW YEAR

Gordon Rucker Live

8.00 p.m. - 1.00 a.m.

Bring Your Own:

- Food and drinks
- Crockery and Cutlery
- Glasses
- Decorate your table

R50 pp for live music

Book here at reception

Ticket delivered to you  
and payment collected