

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

Movie (Educating Rita)-9th
@15H00

Upcoming events:

Mobeewash- 8th Jan 2025

Opera- 14th Jan 2025- to be
Confirmed
Alida's Fashion's- 20th Jan 2025

Christian Fellowship- 22nd Jan
2025

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

Dear Residents,

Happy new year to all, we step into the year 2025 filled with excitement and anticipation of the possibilities that lie ahead. We hope that you're as eager as we are to tackle the new challenges.

During the month of December we took the opportunity to wash the Lifestyle Centre carpets, couches and chairs, readying ourselves for this wonderful year ahead.

We trust that you are looking forward to all the events and activities installed this year,

The Fynbos bistro is back to serve us from Monday 6th January 2025 please refer to pages 8 & 9 for their delicious menu.

The movie for Thursday is Educating Rita please refer to page 6

Regards

WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 06 Jan	TUE 07 Jan	WED 08 Jan	THUR 09 Jan	FRI 10 Jan	SAT 11 Jan	SUN 12 Jan
09h00 STRETCH CLASS 1ST FLOOR			09h00 STRETCH CLASS 1ST FLOOR			
	10h00 BRIDGE ACTIVITY ROOM 2					
		09h00 Mobeewash PARKING				
			10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR	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		
		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 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?

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. 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.**

WHAT'S HAPPENING?

MOVIE

'Educating Rita'

English working-class girl wants to better herself by studying literature. Her assigned Open University professor however has grown so disillusioned with higher education and all it represents that he initially refuses to teach the vibrant and interesting woman at his door. Despite his protests, he finally accedes to her demands and the education of "Rita" begins. This education comes at considerable cost for Rita, who finds herself growing further and further away from the people she has been closest to as she moves closer and closer to a world that promises more than it can deliver.

Starring Michael Caine and Julie Walters. Screenplay by Wiley Russell from his play. Directed by Lewis Gilbert.



Where: Cinema Room 1

When: Thursday 9th January at 3pm sharp

RSVP: Booking form on notice board



IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

6th January

Alan Deuchar- Noordhoek
Tony Del Cuore-Noordhoek

8th January

Tony Taylor- Noordhoek
Roger Payne-Lake Michelle

7th January

Adrian Morison-Noordhoek
Johanna De Beer-Noordhoek
Aldyth Thomson-Lake Michelle

12th January

Vera Harvey-Noordhoek

ANNIVERSARIES

6th January

PAUL & Sally Johnson

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



THE FYNBOS BISTRO



Weekly Menu: - 06 Jan - 12 Jan 2025

Low carb meals are available daily too

You can also order from the yellow box on the Monthly planner by 10am on the same day

Monthly invoicing is also available

Monday: 6 January

BBQ chicken breast: with a bake potato and side sour cream, baby marrows and green beans

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

Or

Braised pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, butternut and peas

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

Tuesday: 7 January

Eggplant parmesan: with mash, garden peas and butternut

N: R90 / L: R70 / FS: R280

OR

Beef ragu: served with rice, broccolli and butternut

N: R95 / L: R75 / FS: R280

Wednesday: 8 January

Chicken Penne Ala Vodka: Penne pasta topped with a tomato, cream, parmesan and vodka sauce with grilled chicken breast pieces served with a side of parmesan

N: R85 / L: R65 / FS: R260

OR

Chicken Lemone: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccolli, butternut and lemon roasted potatoes

N: R90 / L: R70 / FS: R280

Thursday: 9 January

Chicken Parmesan - Absolute Winner of a meal! A crumbed chicken breast covered with our homemade tomato & parmesan sauce, topped with cheddar/mozzarella cheese mix & oven baked. Served with butternut, baby marrows and baby potatoes

N: R90 / L: R70 / FS: R280

OR

Beef korma : Beef with a mix of aromatic spices, yoghurt and butter. Served with basmati rice

N: R95 / L: R75 / FS: R280

Friday: 10 January

Arrabbiata bacon pasta : bacon, chilli, tomato and cream over penne. Served with a side of parmesan

N: R85 / L: R65 / FS: R260

OR

Hannah Chicken : BBQ chicken breast topped with bacon bits, ham and mushrooms then oven baked with cheese, served with garden peas, carrots and sauteed potatoes

N: R90 / L: R70 / FS: R280

Saturday: 11 January

Beef Stroganoff : Served with mash, green beans and butternut

N: R95 / L: R75 / FS: R280

OR

Chicken lasange

N: R95 / L: R75 / Family: R300

Sunday: 12 January

Roast Gammon or Roast beef: Served with rice, roast potatoes, gravy and veggies

Dessert: Malva pudding with 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

WEEKLY MENU
6- 12 January 2025

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

Evergreen Retirement Village
GlenCairn Expressway

www.freedomfoodsck.co.za
orders@freedomfoodsck.co.za

Find us on Facebook

January 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Happy New Year 2025	2	3	4
5	6 Back in kitchen BBQ chicken breast or Braised pork adobo	7 Eggplant parmesan or Beef ragu	8 Penne a la vodka or Chicken limone	9 Chicken parmesan or Beef korma	10 Arrabiatta pasta or Hannah chicken	11 Beef stroganoff or Chicken lasagne
12 Sunday Roast Gammon or Roast Beef	13 Pork in sweet soy or Chilli con carne	14 Cottage Pie or Traditional meatloaf	15 Chicken cacciatore or Texas Pulled pork	16 Chicken schnitzels or Baked penne bake	17 Cold meats and salads or Chicken a la king	18 Mongolian beef or Spring Chicken pot
19 Sunday Roast Pork or Roast Beef	20 Monterrey Chicken bake or Hawaiian pork stir fry	21 Spaghetti bolognaise or Mongolian beef	22 Chicken Korma or Gourmet Mac n cheese	23 Pork schnitzel or Herb Roast chicken	24 Pork skewer or Thai chicken curry	25 Chicken broc bake or Crumbed chicken burger
26 Sunday Roast Chicken or Beef fillet	27 Meatball curry or Creamy Chicken salsa	28 Moroccan chicken or Beef curry	29 Chicken bryani or Alfredo pasta	30 Tomato bredie or Thai chicken stir fry	31 Braised steak or Chicken kebabs	Braised steak or Korean BBQ pork

Standard House Menu: Choice of mash, rice or 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**

These can be ordered from daily if you dont feel for the meals of the day

PRICE LIST	
Normal meals	R85
Low Carb or Gluten free	R90
Kiddies	R55
Elderly / ladies portion	R65
Vegan	R90
Family Normal (2 adults/2 kids)	R260
Family Low carb	R270
Free Range:	
N R95 / L R75 / Family R290	

BOX MEAL PRICES	
For the freezer	
10 meals per pack	
Normal meals	R880
Normal LC/GF	R920
Elderly / Ladies	R680
Elderly / Ladies LC	R700
Kiddies meals	R550
<i>They can be made up to your meal preferences and all labelled & dated</i>	

Book directly with the Bistro on Ext 2404

Daily salad menu

Monday: Chicken Ceasar Salad

Tuesday: Broccoli Bacon Salad

Wednesday: Chicken Strawberry salad

Thursday: Asian Beef salad

Friday: Couscous Roasted Veg