

Evergreen @ LAKE MICHELLE Aloe Aloe



27 JAN- 2 FEB 2025
In this issue

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

Movie (Saving private Ryan) -
30th Jan @15h00

Classical Music Group - 28th Jan
2025 @14h00

Riaan's Fruit Van- 29th Jan
@11h45

Peter Gilchrist Bookreading-
29th @16h00

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean

Dear Residents,

The shortest month of the year is upon us. February, we welcome you! And the high temperatures here in the Southern Hemisphere, vitamin Sun at its best! But don't forget to protect yourself from the sun when spending time outdoors.

February: The Global Celebration of Love"

Although love is celebrated every day, February is the month when the whole world comes together to honor the power of love.

This week Tuesday our Classical Music Group will get together on Tuesday, please refer to page 5 for more details. The movie that will be airing this week is called "The first wives club", please refer to page 6 for more details.

Please refer to page 2 to stay tuned and updated on what's happening in our village. Wishing all of our residents a fantastic week ahead.

Regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 27 Jan	TUE 28 Jan	WED 29 Jan	THUR 30 Jan	FRI 31 Jan	SAT 01 Feb	SUN 02 Feb
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		
	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI ACTIVITY ROOM 1	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		12H00 SUNDAY LUNCH BISTRO
10h15 AQUA AEROBICS POOL			09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14H00 MOSAIC ART ONLY FORTNIGHTLY		10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14H00 CLASSICAL MUSIC GROUP CINEMA ROOM 1	11h45 - 12h30 RIAAN'S FRUIT VAN PARKING	10h30 TÁI CHI (1) ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	16h00 BOOK-READING CINEMA 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	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

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?

Classical Music Group

Pyotr Ilyich Tchaikovsky

Rococo Variations Opus 33

Saint Petersburg Philharmonic Orchestra

Conductor: Nikolai Alexeev

Santiago Cañón-Valencia (Cello)

Edvard Grieg

Holberg Suite

Netherlands Chamber Orchestra

Gordan Nikolic (violin/concertmaster)

Franz Schubert

String Quintet in C major, D 956

2nd movement: Adagio

Artistic Director: Susanna Yoko Henkel

Zagreb International Chamber Music Festival

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

Tuesday, 28 January
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.

WHAT'S HAPPENING?

MOVIE

"The First Wives Club"



Where: Cinema Room 1

When: Thursday 30 January at 3pm sharp

RSVP: Booking form on the notice board

Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcée plunges to her death from her penthouse.

At the woman's funeral, her former college friends (Bette Midler, Goldie Hawn, Diane Keaton) reunite for the first time in nearly 30 years.

When the three discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted -- and deciding it's time for revenge, they make a pact to get back at their exes.

FYNBOS BISTRO SPECIAL

YOU MAKE US ALL TOASTY INSIDE

Toasted sandwich & Coffee special



R60

Available daily
between 2-3pm



PLEASE FEEL FREE TO
COME AND ENJOY THIS
SPECIAL, FOR MORE
INFORMATION PLEASE
CONTACT OUR FYNBOS
BISTRO ON EXT. 2404

WHAT'S HAPPENING?

LIBRARY CORNER

The novel, loosely based on a family story, is set in late 19th century South Africa and tells the dramatic story of an orphaned Irish boy who was brought up by the Zulu, later rescued by an American big game hunter and brought to Port Natal. It is anticipated that the entire novel will be read over 6 weeks, starting on 15 January 2025 and thereafter, each Wednesday till 19 February 2025. The venue and time remain the same.

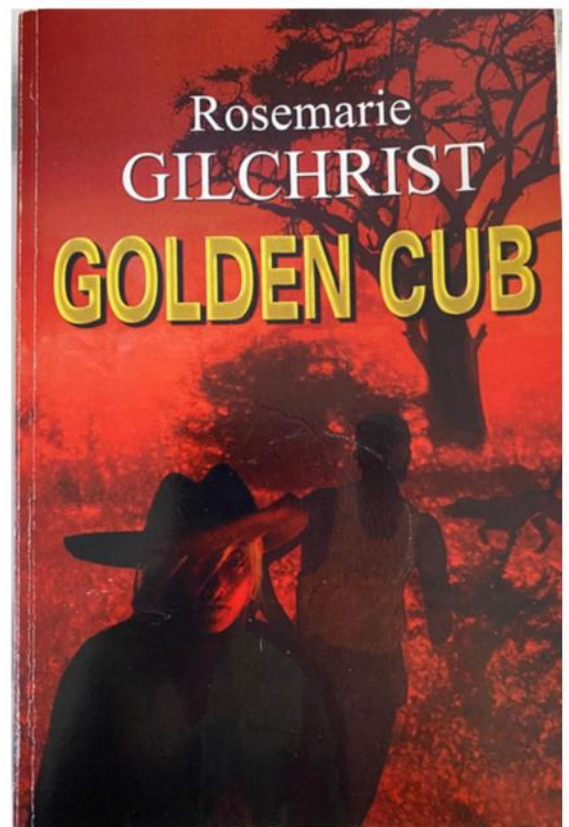
We finished exactly half of Rosemarie's lovely book before Christmas. We are all set to see what happens to Josh, Cliff the girls and the thieves that stole all the precious Irish silver. You'll never know what on earth's coming next.

"READING OF GOLDEN CUB"

WHERE: **Cinema room 1**

TIME: **14H00 – 16:00**

WHEN: **Wednesday 15 January 2025**



Please put the following dates in your diary:

15, 22, 29 January 2025

5, 12, 19 February 2025

The audio version of the book will be available for sale at R75.00 – memory stick or download.

Contact persons: Johanna de Beer, ext. 2112 or Peter Gilchrist, ext. 2070.

Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

~ EUDORA WELTY

THE RULES ARE:

It must be your own photos.

- You may submit two photographs
- per theme.

HOW TO SUBMIT:

Please include the following per

- submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

28th January

Patricia Baylis- Noordhoek

Jack De Boer- Noordhoek

1st February

Bobby Hains- Noordhoek

Douglas Smith- Noordhoek

31st January

Patricia Van Der Walt-

Noordhoek

ANNIVERSARIES

27th January

Roy & Veronica Robertson-

2nd February

Adrian & Stella Morison- Noordhoek

John & Brenda Day- Noordhoek

NEW RESIDENTS

Mike and Jane Vermaak -
Apartment 131

Monday: 27 January

Meatball Curry: With Basmati Rice, Carrots and green peas

N: R85 / L: R65 / FS: R260

OR

Creamy Chicken Salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice and garden

N: R90 / L: R70 / FS: R270

Salad of the day: Chicken Caesar salad

Tuesday: 28 January

Moroccan Chicken with Couscous: Served with sautéed spinach and roasted veggies

N: R85 / L: R65 / FS: R260

OR

Beef Curry: With yellow rice, garden peas and side sambal

N: R95 / L: R75 / FS: R280

Salad of the day: Broccoli bacon salad

Wednesday: 29 January

Cape Malay Chicken Breyani with sambal

N: R85 / L: R65 / FS: R260

OR

Pork potjie: served with rice and veg medley

N: R85 / L: R65 / FS: R260

Salad of the day: Chicken strawberry salad

Thursday: 30 January

Tomato bredie: Bredie is an old Cape name for a dish of meat and vegetables stewed

together so that the flavours intermingle. With rice, butternut and peas

N: R95 / L: R75 / K: R60 / FS: R280

OR

Thai Chicken Stir Fry: Served with stir fry veg over linguini and a few cashew nuts

N: R85 / L: R65 / FS: R260

Salad of the day: Asian beef salad

Friday: 31 January

Braised Steak: In a delicious gravy, served with mash and veggies

N: R95 / L: R75 / FS: R280

OR

Chicken Kebabs: Served with savoury rice, broccoli and butternut

N: R90 / L: R70 / K: R60 / FS: R270

Salad of the day: Bacon mozzarella salad

Saturday: 1 February

Alfredo Pasta: a creamy pasta with ham and mushrooms. Served with side parmesan

OR

Korean BBQ Pork: With eff fried rice and broccoli

N: R85 / L: R65 / FS: R260

Sunday: 2 February

Roast Chicken or Roast Beef: Served with rice, roast potatoes, gravy and veggies

Dessert: Chocolate brownie with ice cream R150

OPEN DAILY

08H00 – 15H00

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

27 Jan - 2 Feb 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

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 Pork potjie	30 Tomato bredie or Thai chicken stir fry	31 Braised steak or Chicken kebabs	1 Feb Alfredo pasta 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 R260

(2 adults/2 kids)

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

They can be made up to your meal preferences and all labelled & dated

Book directly with the Bistro on Ext 2404

Daily salad menu

Monday: Chicken Caesar salad

Tuesday: Broccoli bacon salad

Wednesday: Chicken strawberry salad

Thursday: Asian beef salad

Friday: Couscous roasted veg salad