

# Evergreen @ LAKE MICHELLE Aloe Aloe



## FEBRUARY 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 ('Fried Green Tomatoes') -  
13th Feb @15h00

Classical Music Group- 11 Feb  
@2pm

Valentine's Dinner Dance-14 Feb  
@19h00

Peter Gilchrist Bookreading- 12th  
@16h00

*Life is the flower for which love is the honey ~Victor Hugo*

Dear Residents,

As we celebrate Valentine's Day, remember that love is the anchor that holds us together. It's the whispered words in the dead of night, the laughter that echoes through the years, and the memories that warm our hearts.

This week our gardening club will be visiting Harry Goemans, please refer to page 7 for more information. Our Valentine's Dinner Dance menu is out, please refer to pages 10 & 11 for more details.

To all the lovers of fine music, we are thrilled to announce that internationally celebrated pianist Gustavo Romero will be performing a Chopin solo recital at Christ Church Constantia on Sunday 2nd March @3pm. Tickets are R170 and available from quicket or contact Anne on 082 218 0100.

Wishing all of our residents a awesome and special week ahead.

Regards,  
Village Team





Wednesday  
IS RECYCLING

# WEEKLY EVENTS

MON 10 Feb	TUE 11 Feb	WED 12 Feb	THUR 13 Feb	FRI 14 Feb	SAT 15 Feb	SUN 16 Feb
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	09h00 <b>CALLINETICS</b> 1ST FLOOR	08h30 <b>AQUA AEROBICS</b> POOL	08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	09H30 -10H00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL	09H30 <b>Group B Art Classes</b> CINEMA ROOM 2	12H00 <b>SUNDAY LUNCH</b> BISTRO
10h15 <b>AQUA AEROBICS</b> POOL			09h00 <b>STRETCH CLASS</b> 1ST FLOOR	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
10h30 <b>CATHOLIC GROUP</b> ACTIVITY ROOM 2	14H00 <b>MOSAIC ART ONLY</b> FORTNIGHTLY	11h45 - 12h30 <b>RIAAN'S FRUIT VAN</b> PARKING	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h00 <b>Classical Music Group</b> CINEMA ROOM 1		10h30 <b>TÁI CHI (1)</b> ACTIVITY ROOM 1	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	16h00 <b>BOOK-READING</b> CINEMA ROOM 1	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	15H45 <b>BEGINNER BRIDGE</b> CINEMA ROOM 1		
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>Wednesday DINNER</b> BISTRO	15H00 <b>MOVIE</b> CINEMA ROOM 1	19H00 <b>Valentine's Dinner Dance</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> <b>Wednesdays &amp; Fridays</b> 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

## 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

## OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike – ext. 2112

## KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril – ext. 2049

## 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

## MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare – ext. 2039

## GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val – ext. 2056

## CLASSICAL MUSIC

Once a month video concert of Classical Music lasting approximately 1 hour.

Peter – ext. 2055

## 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

## 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

## 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

## AVIATION TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

## 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

## BOOK CLUB

This is an invitation to all new and old residents where we chat about sit and chat about books with other readers on the 3rd Tuesday of each month @14h30.

JOHANNA: EXT.2112

Please advise reception if there are any changes or updates to these groups.





# WHAT'S HAPPENING?

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## CLASSICAL MUSIC GROUP

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### Classical Music Group

#### **Gioachino Rossini**

*The Thieving Magpie Overture*

Queensland Youth Orchestra

Conductor: Sergei V Korschmin

#### **Wolfgang Amadeus Mozart**

*Symphony No. 25 in G minor*

Weinberger Chamber Orchestra

Conductor: Gábor Takács-Nagy

#### **Wolfgang Amadeus Mozart**

*«Divertimento» in E-flat major, KV 563*

Allegro and Adagio movements

Veronika Eberle, Violin / Amihai Grosz, Viola

Sol Gabetta, 'Cello

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

**Tuesday, 11 February**

**2.00pm sharp**

**Cinema Room**

**RSVP: On the booking**

**form on the notice**

**board.**

# WHAT'S HAPPENING?

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## ART CLASSES:

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### DRAWING WITH JUDY

Please note that Judy will resume her Drawing Classes in February as follows:-

**Group A on 2nd Saturday, 8 Feb** at 9:30 for 9:45 - Finish at 12:30

**Group B on 4th Saturday, 15 Feb** at 9:30 for 9:45 - finish at 12:30

Cost R150 which covers refreshments and some materials. Details about what to bring shall be provided by email a week before the class. Please let me know if you are going to attend in 2025.

**Sketching Morning on 15th Feb** at 10am. Venue to be decided according to weather and availability. No fee and an email will be sent with details. **All welcome!**

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Contact details:

[judy.moolenschot@gmail.com](mailto:judy.moolenschot@gmail.com)

Unit 141 (2141)

Cell 0845844415





# WHAT'S HAPPENING?

## MOVIE

♥♥♥ Happy ♥  
Valentine's Day ♥

### 'Fried Green Tomatoes'

Where: **Cinema Room 1 at 3pm sharp**

When: **Thursday 13 February**

RSVP: **Booking form on notice board**

On one of trapped housewife Evelyn Couch's (Kathy Bates) Wednesday nursing home visits, she encounters Ninny Threadgoode (Jessica Tandy), a colorful old woman who brightens Evelyn's outlook by sharing tales from her past.

As Ninny recounts the exploits of her free-spirited sister-in-law Idgie (Mary Stuart Masterson), owner of a small Alabama café in the 1920s, and the bond Idgie shared with her friend Ruth (Mary-Louise Parker), Evelyn gains the confidence to change her own life for the better.



## GARDENING CLUB



Our Gardening club will be visiting  
Harry Goemans Nursery and all  
are welcome.

When: **13th February 2025 @  
10:00am**

**~Should anyone require a lift,  
cars will be available.**

It will start at 10.00 and we usually enjoy a coffee at the restaurant afterwards. It is also discount day for us on Thursdays!

For more information please contact Mrs Val Stockden on ext.  
2056

# WHAT'S HAPPENING?

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## LIBRARY CORNER

*happy valentine's day*

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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.

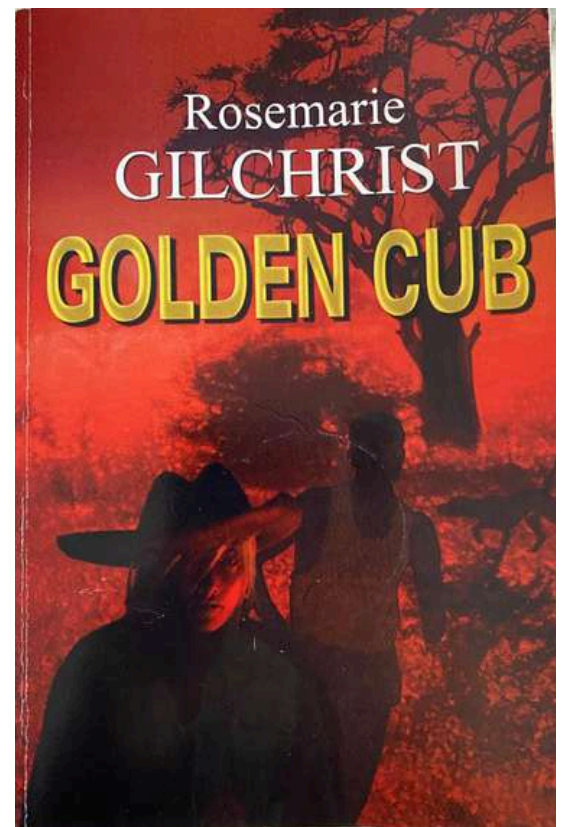
We finished exactly half of Rosemarie's lovely book before Christmas. We are all set to see what happens to Josh, Cliff the girls and the thieves that stole all the precious Irish silver. You'll never know what on earth's coming next.

### "READING OF GOLDEN CUB"

WHERE: **Cinema room 1**

TIME: **14H30 – 16:00**

WHEN: **Wednesday 12 February 2025**



Please put the following dates in your diary:  
**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.



# IT'S A CELEBRATION



*Count your age by friends, not years.*

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

## BIRTHDAYS

### **11th February**

Marlene Gunning- Noordhoek

### **12th February**

Lynn Harding- Noordhoek

### **13th February**

Neels Botha- Noordhoek

Willem Hoek- Noordhoek

Jean Dickinson- Noordhoek

Roger Bagshaw- Noordhoek

### **15th February**

Gordon Spence- Noordhoek

Rachelle Meskin- Noordhoek

Pamela Leach- Lake Michelle

### **16th February**

Roy Robertson- Noordhoek

### **14th February**

Kent Reich- Lake Michelle

## ANNIVERSARIES

### **10th February**

Michael & Benita Van Den Bos- Lake Michelle

### **16th February**

John & Jenny Wyllie- Noordhoek

## NEW RESIDENTS

**Odile Norton- Apartment 201**

# VALENTINE'S DAY DINNER DANCE

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**14 February 2025 @ 7pm**

**Bookings are now open at our  
fynbos bistro.**

**Arrange your own table & groups:**

## **When making your reservation:**

- ~Pay R240p.p(excluding service gratuity)
- ~Specify your menu choices (vegetarian mains option available)
- ~Specify a "memory song" request to be played on the evening (if you wish).
- ~ Please decorate your own table.



## **Other features:**

- ~Glass of bubbly on arrival
- ~Special priced Valentine's cocktail from the bar.
- ~Prizes for: >Best decorated table.  
> Best dressed couple/individual



**Other spot prizes to be won during the evening.**



**Happy  
Valentine's  
DAY**

Join us for  
*Valentine's Day*



THE  
**FYNBOS**  
*Bistro*



**FRIDAY: 14 February 2025**

## *Valentines Day Dinner Menu*

### *Starters*

#### **Goats cheese parcel**

Goats cheese, fig and caramelized balsamic onion jam garnished with fresh fruit

or

#### **Smoked salmon salad**

or

#### **Crumbed camembert**

Served with melba toast, berry compote and fruit garnish

## *Mains Buffet Service*

### **Choice of**

**Roast Beef Fillet** with au jus, served with yorkshire pudding

or

**Roast Lamb** with mint, rosemary gravy

or

**Roast chicken** with parsley, sage, rosemary and thyme

*Served with a choice of starch: Rice or roast potatoes and  
selection of vegetables*

### *Desserts*

#### **Homemade cassata**

or

#### **Peppermint crisp tart**

or

#### **Tiramisu**

**R240 a head  
for the 3 courses**

*Service charge  
is not included*







## Monday: 10 February

Chicken schnitzel: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots  
N: R95 // L: R75 and Family: R280

OR

Braised steak: In a delicious gravy with peppers, onion and mushrooms, served with mash and garden peas and carrots

N: R95 / L: R75 / FS: R280

Salad of the day: Chicken Caesar salad R85

## Tuesday: 11 February

Cottage pie: Served with side garden peas

N: R90 // L: R70 and Family: R270

OR

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

N: R85 / L: R65 / FS: R260

Salad of the day: Broccoli bacon salad R85

## Wednesday: 12 February

Traditional bobotie served with yellow rice, cinnamon pumpkin, green beans and side sambal

N: R85 / L: R65 / FS: R260

OR

Chicken a la king: Served with rice, butternut and green beans

N: R85 / L: R65 / FS: R260

Salad of the day: Chicken strawberry salad R85

## Thursday: 13 February

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

N: R85 / L: R65 / FS: R260

OR

Beef casserole: with braised beef and country style veg in a deeply flavoured gravy served with rice

N: R95 / L: R75 / FS: R280

Salad of the day: Asian beef salad R85

## Friday: 14 February

Cold meats and salads: With potato salad, beetroot salad and Greek salad

N: R95 // L: R75 and Family: R280

OR

LEGENDARY RIBS: with chips R130

(please order this by Wed as this is very popular and we haven't done for a long time)

## Saturday: 15 February

Beef stroganoff: with rice, garden peas and carrots

N: R95 / L: R75 / FS: R280

OR

BBQ Grilled chicken breast: with a bake potato and side sour cream, carrots and green beans

N: R90 // L: R70 and Family: R270

## Sunday: 16 February

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

Dessert: Malva pudding with custard or 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 10-16 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.freedomfoodscck.co.za  
orders@freedomfoodscck.co.za

Find us on Facebook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Roast Chicken or Roast Beef	2 Meatball curry or Creamy Chicken salsa	3 Moroccan chicken or Beef curry	4 Chicken breyani or Pork potjie	5 Tomato bredie or Thai chicken stir fry	6 Braised steak or Chicken kebabs	7 Alfredo pasta or Korean BBQ pork
8 Sunday Roast Lamb or Roast Beef	9 Chicken stroganoff or Spaghetti bolognaise	10 Chicken parmesan or Pulled pork	11 Traditional meatloaf or Thai chicken curry	12 Spring chicken or Butter chicken	13 Beef ragu or Sweet n sour chicken	14 Gourmet mac n cheese or Savoury bake potato
15 Sunday Roast Gammon or Roast Beef	16 Chicken schnitzel or Braised steak	17 Cottage Pie or Arrabiatta pasta	18 Traditional bobotie or Chicken a la king	19 Chicken korma or Beef casserole	20 Cold meats and salads or Legendary Pork Ribs	21 Beef stroganoff or Grilled chicken breast
22 Sunday Roast Pork or Roast Beef	23 Mongolian beef or Chicken alfredo	24 Penne a la vodka or Tikka chicken kebab	25 Chicken schnitzel or Chicken cacciatore	26 Chicken adobo or Hawaiian pork stir fry	27 Hannah chicken or Beef kebab	28 Steak sandwich or Spring chicken pot
29 Sunday Roast Chicken or Roast Beef	30 Beef bolog penne bake or Hungarian goulash	31 Chicken lasagne or Asian beef stir fry	1 Chicken lemon or Tomato bredie	2 BBQ sticky wings or Pork kebabs	3 Grilled steak or Grilled line fish	4 Coronation chicken or BBQ chicken breast

**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  
 Lemon Chicken **R90**  
 Chicken breast cooked soft and tender in a buttery lemon broth  
 Chicken Penne a la Vodka **R85**  
 Eggplant Parmesan **R90**

*These can be ordered from daily if you don't 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 &amp; dated</i>	

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