

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

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Birthdays, Anniversaries & New Residents

What's Happening

Book club - 18th Feb @14h30

Aviation Talk - 19th Feb @15h00

Mobeewash- 19th Feb @09h00

Movie ('The Sixth Sense') - 20th Feb @15h00

Bingo - 20th Feb @18h00

Upcoming Events MG CAR SHOW

"Self love is an ocean and your heart is a vessel. Make it full, and any excess will spill over into the lives of the people you hold dear. But you must come first."

—Beau Taplin

Dear Residents,

This month we've been exploring the beautiful complexities of love and self-love. We've learned that love is a journey and not a destination, it's the little moments, the laughter and the adventures we share with others.

This week we have a line up of events taking place in our village, starting off with our Book Club's first official meeting on the 18th @ 14h30 in our main lounge. Mobeewash will be in our village on the 19th Feb, please book with reception on ext. 2400 or 021 001 4312. Our bingo evening will take place this Thursday 20th Feb, please make sure that you don't miss out on this fun filled evening, for more details please refer to page 8.

Wishing all of our residents a happy week ahead.

Regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 17 Feb	TUE 18 Feb	WED 19 Feb	THUR 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 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	10H30 Water Colour Classes CINEMA ROOM 2	12H00 SUNDAY LUNCH BISTRO
10h15 AQUA AEROBICS POOL		09h00 Mobeewash Top parking	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10h00 Christian Fellowship Upstairs Lounge	10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 BOOKCLUB MAIN LOUNGE	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

BOOK CLUB

This is an invitation to all new and old residents to come and chat about book with other readers on the 3rd Tuesday of each month at 14H30.

JOHANNA: EXT.2112

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?

MOVIE



'The Sixth Sense'

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

When: **Thursday 20 February**

RSVP: **Booking form on notice board**



Young Cole Sear (Haley Joel Osment) is haunted by a dark secret: he is visited by ghosts. Cole is frightened by visitations from those with unresolved problems who appear from the shadows. He is too afraid to tell anyone about his anguish, except child psychologist Dr. Malcolm Crowe (Bruce Willis). As Dr. Crowe tries to uncover the truth about Cole's supernatural abilities, the consequences for client and therapist are a jolt that awakens them both to something unexplainable.

WHAT'S HAPPENING?

Aviation talk – Duxford and Flying Legends airshow

If you missed it the first time (about 2 years ago) I am giving my talk on Duxford Airshow and Duxford airfield which is in Cambridgeshire, UK

Featuring mostly WW2 aircraft and the famous (now no more) FLYING LEGENDS airshow.



Date: 19 February

Time: 15:00

Venue: Mezzanine floor (upper lounge)

RSVP: pete@skypics.co.za

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.

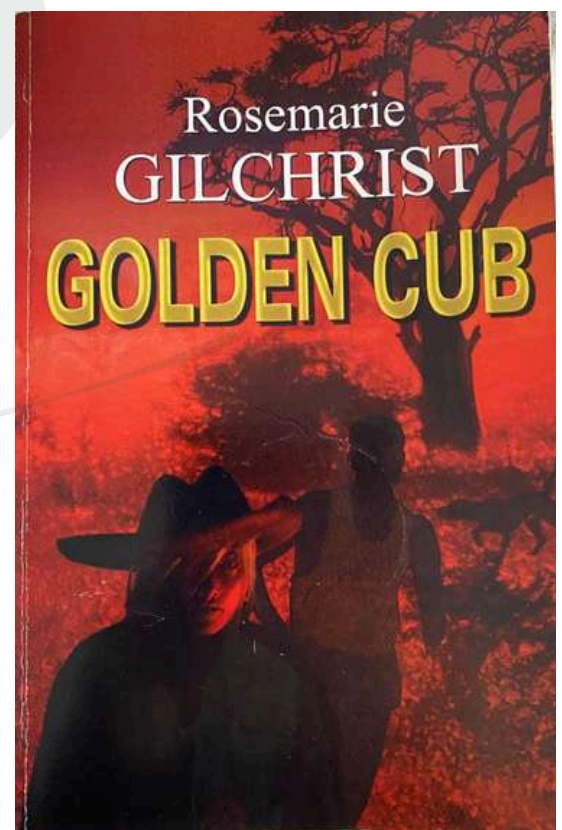
We finished exactly half of Rosemarie's lovely book before Christmas. We are all set to see what happens to Josh, Cliff the girls and the thieves that stole all the precious Irish silver. You'll never know what on earth's coming next.

"READING OF GOLDEN CUB"

WHERE: **Cinema room 1**

TIME: **14H30 – 16:00**

WHEN: **Wednesday 19 February 2025**



Please put the following dates in your diary:
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.

WHAT'S HAPPENING?

BINGO NIGHT

Thursday February 20th 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)



Snack Platters

Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip

Book at the Bistro on
Ext 2404 before
Tuesday afternoon
Bring Own XYZ

WHAT'S HAPPENING?



MG Car Club of Cape Town Centre

(Founded in 1948)

The MG Club of Cape Town is excited to host the MG Veterans event at Evergreen Noordhoek on Thursday 27 February 2025.

The vehicles will arrive from 11h15 and will be parked on the lawn in front of the Lifestyle Centre. Residents are welcome to come and marvel in the beauty of these magnificent automobiles.

A talk will be held for MG Club members, as well as interested residents, in the lounge area upstairs from 11:45.

Mr Brian Ingpen, maritime author and columnist, will be doing an interesting presentation on "The Mailships of the Union Castle Line".

Reserved seating will be for MG Club members only
Any queries can be directed to Roy or Sharon Zazeraj (house 136)



IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

18th February

Clare Yeowell – Noordhoek
Avril Allan – Noordhoek
Monika Graser – Noordhoek

19th February

Mike Vermaak – Noordhoek
Patricia Belger – Noordhoek
Sally Kilbey – Noordhoek
Ian Thomson – Lake Michelle

20th February

Eddie Byrne – Noordhoek
Ian Wrench – Noordhoek

ANNIVERSARIES

NEW RESIDENTS

Guy & Wendy Wilson – **Apartment 32**
Michael & Elizabeth Cotton – **House 99**



WEEKLY MENU

Monday: 17 February

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice

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

OR

Chicken alfredo: Creamy chicken pasta with a side parmesan cheese

N: R85 / L: R65 / FS: R260

Tuesday: 18 February

Penne a la vodka: A signature dish! Penne pasta topped with a tomato, cream, parmesan and vodka sauce with grilled chicken breast pieces served with a side of parmesan

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

OR

Tikka chicken kebab: served with rice, garden peas and cinnamon butternut

N: R85 / L: R65 / FS: R260

Wednesday: 19 February

Chicken schnitzel: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots

N: R95 / L: R75 / FS: R280

OR

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut

N: R85 / L: R65 / FS: R260

Thursday: 20 February

Chicken adobo: Braised chicken breast with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut

N: R85 / L: R65 / FS: R260

OR

Hawaiian pork stir fry: Served with rice and stir fry veggies

N: R85 / L: R65 / FS: R260

Friday: 21 February

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 and Family: R280

OR

Beef kebabs: Served with stir fry rice, broccoli and carrots

N: R95 / L: R75 / FS: R280

Saturday: 22 February

Steak sandwich: Garlic toasted French bread, lettuce, tomato and steak – topped with feta and voila... the best steak sandwich!

R100

OR

Spring chicken pot: with rice and side veggies of butternut and green beans

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

Sunday: 23 February

Roast Chicken 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

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

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: Bacon and feta salad