



## 24 FEB – 2 MARCH 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 (The Grand Budapest Hotel) – 27th Feb @15h00

MG CAR SHOW- 27th Feb @11h15

SPCA-28th Feb

Opera- 4th March

### Upcoming Events

Book Club- 18th March

Christian Fellowship- 5th March

Alida's Fashion- 17th March

***"March is a month of expectation, the things we do now will determine the fruit we will bear later."***

Dear Residents,

Goodbye February and welcome March!

As we bid farewell to February, we usher in a new month filled with possibilities and promises. March brings with it a sense of renewal and rejuvenation- the perfect time to refresh, recharge and refocus.

This week we have a grand car show in our very own village and all is welcome, for more information please refer to page 6. Allow us to introduce to our residents "Angie" an African grey parrot, feathered friend to Mrs. Valerie Hayes at apartment 101, please refer to page 11 for more details.

If you are looking for an inviting spot to relax and unwind, look no further than our very own fynbos bistro, indulge in our delicious menu, featuring all sorts of exotic dishes and freshly brewed coffee, come pop around and enjoy the cozy atmosphere. Wishing all of our residents a excellent week ahead.

Regards,  
Village Team

# WEEKLY EVENTS



Wednesday  
IS RECYCLING

| MON<br>24 Feb                                     | TUE<br>25 Feb  | WED<br>26 Feb                                       | THUR<br>27 Feb  | FRI<br>28 Feb  | SAT<br>1 March   | SUN<br>2 March                         |
|---|--|---|---|--|--|--|
| 09h00<br><b>STRETCH CLASS</b><br>1ST FLOOR        | 09h00<br><b>CALLINETICS</b><br>1ST FLOOR               | 08h30<br><b>AQUA AEROBICS</b><br>POOL               | 08h45-09h30<br><b>LOW IMPACT CARDIO</b><br>ACTIVITY ROOM 1            | 09h00<br><b>BACK CARE YOGA</b><br>ACTIVITY ROOM 1            |  |  |
|   | 10h00<br><b>BRIDGE</b><br>ACTIVITY ROOM 2              | 09h00<br><b>TÁI CHI</b><br>ACTIVITY ROOM 1          | 09H30 - 10H00<br><b>ABS &amp; BUTT (MAT CLASS)</b><br>ACTIVITY ROOM 1 | 09h15<br><b>AQUA AEROBICS</b><br>POOL                        |  | 12H00<br><b>SUNDAY LUNCH</b><br>BISTRO |
| 10h15<br><b>AQUA AEROBICS</b><br>POOL             |  | 11h45 - 12h30<br><b>RIAN'S FRUIT VAN</b><br>PARKING | 09h00<br><b>STRETCH CLASS</b><br>1ST FLOOR                            | 11H00<br><b>LINE DANCING</b><br>ACTIVITY ROOM 1              |  |  |
| 10h30<br><b>CATHOLIC GROUP</b><br>ACTIVITY ROOM 2 |  |   | 10h00<br><b>KNITTING GROUP</b><br>MAIN LOUNGE                         | 11H00<br><b>SPCA</b><br>ACTIVITY ROOM 1                      | 14h30<br><b>TABLE TENNIS</b><br>TABLE TENNIS ROOM                      |  |
| 14h00<br><b>BRIDGE /CARD GAMES</b><br>1ST FLOOR   |  |   | 10h30<br><b>TÁI CHI (1)</b><br>ACTIVITY ROOM 1                        | 15H00<br><b>SOCIAL POOL &amp; SNOOKER</b><br>UPSTAIRS LOUNGE |  |  |
|   | 14h00<br><b>GOLF CROQUET</b><br>FISH HOEK BOWLING CLUB |   | 11h15<br><b>MG Car Club</b><br>Front lawn                             | 15H45<br><b>BEGINNER BRIDGE</b><br>CINEMA ROOM 1             |  |  |
|   |  |   | 14h00<br><b>BRIDGE</b><br>ACTIVITY ROOM 2                             |  |  |  |
|   | 14h30<br><b>TABLE TENNIS</b><br>TABLE TENNIS ROOM      | 18H00<br><b>Wednesday DINNER</b><br>BISTRO          | 15H00<br><b>MOVIE</b><br>CINEMA ROOM 1                                | 18H00<br><b>Friday DINNER</b><br>BISTRO                      | 16H00<br><b>RESIDENT SOCIAL</b><br>Wednesdays & Fridays<br>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

2nd & 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 books 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?

## OPERA

### *Rossini* **IL BARBIERE DI SIVIGLIA**



### **Il Barbiere di Siviglia**

**Date:** Tuesday 4 March 2025

**Time:** 2pm

**Venue:** Cinema Room 1

Rossini's opera *Il Barbiere di Siviglia*, composed in 1816, is a comedic masterpiece that has delighted audiences for centuries. The story follows the amorous Count Almaviva, who disguises himself as a poor student named Lindoro to woo the

beautiful Rosina, ward of the elderly Dr. Bartolo. Figaro, the resourceful barber of Seville, aids the Count in his pursuit of Rosina, navigating a series of hilarious mishaps and misunderstandings.

The Metropolitan Opera's 2014 production of Rossini's "*Il Barbiere di Siviglia*" was a lively and comedic rendition of the classic opera. Conducted by Michele Mariotti, the performance featured a talented cast including Isabel Leonard as Rosina, Lawrence Brownlee as Count Almaviva, and Christopher Maltman as Figaro. The production, directed by Bartlett Sher, was praised for its vibrant staging and the performers' vocal agility and comedic timing.



**Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool**



# WHAT'S HAPPENING?

## MOVIE



### 'The Grand Budapest Hotel'

Where: **Cinema Room 1**

When: **Thursday 27 February at 3pm sharp**

RSVP: **Booking form on notice board**



In the 1930s, the Grand Budapest Hotel is a popular European ski resort, presided over by concierge Gustave H. (Ralph Fiennes).

Zero, a junior lobby boy, becomes Gustave's friend and protege. Gustave prides himself on providing first-class service to the hotel's guests, including satisfying the needs of the many elderly women who stay there.

When one of Gustave's lovers dies mysteriously, Gustave finds himself the recipient of a priceless painting and the chief suspect in her murder.



# 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

**25th February**

Nic Jooste- Noordhoek

**27th February**

Lorraine Innes - Noordhoek

**29th February**

Marion De Boer- Noordhoek

**1st March**

Yvette Couvreur- Lake Michelle

## ANNIVERSARIES

**25th February**

Nic & Monica Jooste- Noordhoek  
Michael & Ann Judge- Noordhoek

**27th February**

Lorna & Milton Kirsten- Noordhoek

## NEW RESIDENTS

No new residents.



## Weekly menu: 24 February – 2 March 2025

Low carb meals are available too

### Monday: 24 February

Beef bolognaise penne bake: With creamy bolognaise and topped with cheese and baked in the oven

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

OR

Hungarian goulash: with rice, garden peas and carrots

N: R95 / L: R75 / FS: R280

Salad of the day: Chicken Caesar salad R85

### Tuesday: 25 February

Chicken lasange

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

OR

Asian beef stir-fry: Served with stir fry veg over rice

N: R95 / L: R75 / FS: R280

Salad of the day: Broccoli bacon salad R85

### Wednesday: 26 February

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

N: R90 / L: R70 / FS: R280

OR

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 / FS: R280

Salad of the day: Chicken strawberry salad R85

### Thursday: 27 February

BBQ sticky wings: with chips or a salad

N: R90 / L: R70 / FS: R280

OR

Pork kebabs: Served with savoury rice, broccoli, and butternut

N: R90 / L: R70 / FS: R270

Salad of the day: Asian beef salad R85

### Friday: 28 February

House menu is available too 😊

Grilled steak: Topped with garlic butter, chips and veggies

N: R120 // L: R90 and Family: R320

OR

Grilled Hake fish: Served savoury rice or chips, side lemon butter sauce and lemon wedge

N: R110 / L: R90 / FS: R300

Salad of the day: Bacon and feta salad R85

### Saturday: 1 MARCH

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, carrots and peas

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

OR

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

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

### Sunday: 2 March

Roast Gammon 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

february

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

|  |  |   |  |   |  |   |
|--|--|---|--|---|--|---|
| 1<br>Sunday Roast Chicken or Roast Beef  | 2<br>Meatball curry or Creamy Chicken salsa      | 3<br>Moroccan chicken or Beef curry           | 4<br>Chicken breyani or Pork potjie              | 5<br>Tomato bredie or Thai chicken stir fry   | 6<br>Braised steak or Chicken kebabs               | 7<br>Alfredo pasta or Korean BBQ pork             |
| 8<br>Sunday Roast Lamb or Roast Beef     | 9<br>Chicken stroganoff or Spaghetti bolognaise  | 10<br>Chicken parmesan or Pulled pork         | 11<br>Traditional meatloaf or Thai chicken curry | 12<br>Spring chicken or Butter chicken        | 13<br>Beef ragu or Sweet n sour chicken            | 14<br>Gourmet mac n cheese or Savoury bake potato |
| 15<br>Sunday Roast Gammon or Roast Beef  | 16<br>Chicken schnitzel or Braised steak         | 17<br>Cottage Pie or Arrabiatta pasta         | 18<br>Traditional bobotie or Chicken a la king   | 19<br>Chicken korma or Beef casserole         | 20<br>Cold meats and salads or Legendary Pork Ribs | 21<br>Beef stroganoff or Grilled chicken breast   |
| 22<br>Sunday Roast Pork or Roast Beef    | 23<br>Mongolian beef or Chicken alfredo          | 24<br>Penne a la vodka or Tikka chicken kebab | 25<br>Chicken schnitzel or Chicken cacciatore    | 26<br>Chicken adobo or Hawaiian pork stir fry | 27<br>Hannah chicken or Beef kebab                 | 28<br>Steak sandwich or Spring chicken pot        |
| 29<br>Sunday Roast Chicken or Roast Beef | 30<br>Beef bolog penne bake or Hungarian goulash | 31<br>Chicken lasange or Asian beef stir fry  | 32<br>Chicken lemons or Tomato bredie            | 33<br>BBQ sticky wings or Pork kebabs         | 34<br>Grilled steak or Grilled line fish           | 35<br>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 (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> |      |

021 785 7199  
 082 603 3518  
 Evergreen Retirement Village  
 GlenCairn Expressway  
 www.freedomfoodsck.co.za  
 orders@freedomfoodsck.co.za  
 Find us on Facebook

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



# WHAT'S HAPPENING?

---

## IT'S A CELEBRATION

---

Hi, my name is  
Angie 🐦

I am an African  
Grey parrot and  
will be 19 years  
old on 22 Feb 🎂

I belong to my  
mommy Valerie,  
who loves me and  
spoils me with my  
favorite treats 😍



I lived in  
Kimberley  
and moved to  
Evergreen, Cape  
Town, in March of  
2024, and am  
enjoying my new  
home.

Hope to see you  
around on my  
frequent walks  
with my mommy

