

Evergreen @ LAKE MICHELLE Aloe Aloe



03 MARCH – 09 MARCH 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

Movie ('Babette's Feast') – 06th March @15h00

Christian Fellowship– 05th March
Mobeewash– 05th March

Opera– 04th March

Upcoming Events

Book Club– 18th March

Christian Fellowship– 19th March

ST. Patrick's Day– 14th 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,

Your golden years are a time for reflection, connection and joy so don't be afraid to share your stories and wisdom, try new things and explore new interests.

Last week we had the pleasure of having the MG car show in our village, which reminded us of a bygone era, when life was simpler, and the open road was full of promises. The Society for the prevention of cruelty to animals (SPCA), has visited our village on Friday to check up on our furry friends.

This week we have Mobeewash in our village on the 05th March, please book with reception on ext.2400 or 021 001 4312 well in advance to avoid disappointment. Come and experience the love and joy at our Christian fellowship this Wednesday 05th March, all is welcome!

Wishing all of our residents a awesome week ahead.

Regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 03 March	TUE 04 March	WED 05 March	THUR 06 March	FRI 07 March	SAT 08 March	SUN 09 March
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	09h45 Judy Moolenschot - Art Classes Cinema Room 2	
	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 Mobeewash Parking	09h00 STRETCH CLASS 1ST FLOOR	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 OPERA CINEMA ROOM 1	10h00 Christian Fellowship Mezzanine Floor	10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	
14h00 BRIDGE /CARD GAMES 1ST FLOOR			10h30 TÁI CHI (1) ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		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

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



'Babette's Feast'

Where: **Cinema Room 1**

When: **Thursday 6 March at 3pm sharp**

RSVP: **Booking form on the notice board**



In a remote 19th-century Danish village, two sisters lead a rigid life centered around their father, the local minister, and their church. Both had opportunities to leave the village: one could have married a young army officer and the other, a French opera singer.

Their father objected in each case, and they spent their lives caring for him. Many years later – their father is now deceased – they take in French refugee, Babette Hersant, who agrees to work as their servant.

After winning the lottery, Babette wants to repay the sisters for their kindness and offers to cook a French meal for them and their friends on the 100th anniversary of their father's birth. It proves to be an eye-opening experience for everyone.

WHAT'S HAPPENING?



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 17 MARCH 2025
FROM 10H00
LOVELY SUMMER AND WINTER
CLOTHING WILL BE AVAILABLE.



SALE!



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS

WHAT'S HAPPENING?

SPCA:

COMPASSION IN ACTION : THE SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS (SPCA)



WHAT'S HAPPENING?

ST. PATRICK'S DAY: *St. Patrick's Day*

Save the date



SAINT PATRICK'S



DAY



Dinner

FRIDAY 14 MARCH 2025



WHAT'S HAPPENING?

MG CAR SHOW



VINTAGE RIDES

There's something special about old cars. Their classic designs, rich histories and nostalgic charm evoke a sense of wonder and admiration. Whether it's a sleek Mustang, a stylish Chevy Bel Air, or a sturdy Ford Model T, old cars have a unique character that captivates car enthusiasts and non-enthusiasts alike.

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

3rd March

Colin Burke- Noordhoek
Nancy Brown- Noordhoek
Joy Lawrance- Noordhoek

4th March

Louie Rushby- Noordhoek
Gaylene Miller- Noordhoek
Brian Gold- Lake Michelle

5th March

Cedric Jackson- Noordhoek

8th March

Marie Richards- Noordhoek

9th March

Andre Gorgens- Lake
Michelle

6th March

Toni Van Der Westhuizen-
Noordhoek
Gill Smith-Cox- Noordhoek

ANNIVERSARIES

7th March

Colin & Margaret Reid- Noordhoek

NEW RESIDENTS

Sandra Crews & Joy Lawrance- **Apartment 20-
Noordhoek**



Weekly menu: 3-9 March 2025

Low carb meals are available too

Monday: 3 March

Meatball curry: With Basmati Rice, butternut and green beans

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 R85

Tuesday: 4 March

Moroccan chicken: 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 R85

Wednesday: 5 March

Chicken breyani: Traditional South African dish, with a side sambal

N: R85 / L: R65 / FS: R260

OR

Pork potjie: With rice and veggies

N: R85 / L: R65 / FS: R260

🥗Salad of the day: Chicken strawberry salad R85

Thursday: 6 March

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 R85

Friday: 7 March

Braised Steak : In a delicious gravy with peppers, onion and mushrooms, 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: 8 March

Creamy tomato pasta: with a side parmesan cheese

N: R85 / L: R65 / FS: R260

OR

Korean BBQ pork: With egg fried rice and broccoli

N: R85 / L: R65 / FS: R260

Sunday: 9 March

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

Dessert: Peppermint crisp tart 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

march 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Roast Chicken or Roast Beef	Beef bolog penne bake or Hungarian goulash	Chicken lasagne or Asian beef stir fry	Chicken lemons or Tomato bredie	BBQ sticky wings or Pork kebabs	Grilled steak or Grilled line fish	Coronation chicken or BBQ chicken breast
Sunday Roast Gammon 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	Creamy tomato pasta or Korean BBQ pork
Sunday Roast Pork or Roast Beef	Chicken stroganoff or Spaghetti bolognaise	Chicken parmesan or Chicken cacciatore	Traditional meatloaf or Thai chicken curry	Coronation Marsala or Pork adobo	Beef ragu or Sweet n sour chicken	Gourmet mac n cheese or Savoury bake potato
Sunday Roast Chicken or Roast Beef	Guinness Beef Stew or Shepard's pie	Pork schnitzel or Arrabiatta pasta	Traditional bobotie or Chicken a la king	Chicken korma or Beef casserole	Jap chicken burger or Chicken korma	Beef stroganoff or Grilled chicken breast
Sunday Roast Gammon or Roast Beef	Mongolian beef or Alfredo pasta	Penne a la vodka or Glazed sticky pork	Chicken schnitzel or Pulled pork	Butter chicken or Hawaiian pork stir fry	Hannah chicken or Beef kebab	Steak sandwich or Spring chicken pot
Sunday Roast Pork or Roast Beef	Chicken broc bake or Chilli con carne					

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
 Lemons 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 & 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: Bacon and feta salad