

# Evergreen @ LAKE MICHELLE Aloe Aloe



## 10 MARCH – 16 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 ('Chicago') – 13th March  
@15h00

Classical Music Group– 11th  
March @14h00

ST. Patrick's Day Dinner– 14th  
March @18h00

### Upcoming Events

Book Club– 18th March

Christian Fellowship– 19th March

Alida's Fashion– 17th March

***"May your day be filled with the joy of a leprechaun's pot of gold at the end of the rainbow!"***

Dear Residents,

St. Patrick's Day is just around the corner, and we're excited to celebrate it within our village. St. Patrick's Day is originally celebrated on the March 17th but in our village, we'll be celebrating it on March 14th. The tradition of wearing green on St. Patrick's day originated from the idea that wearing green made you invisible to leprechauns.

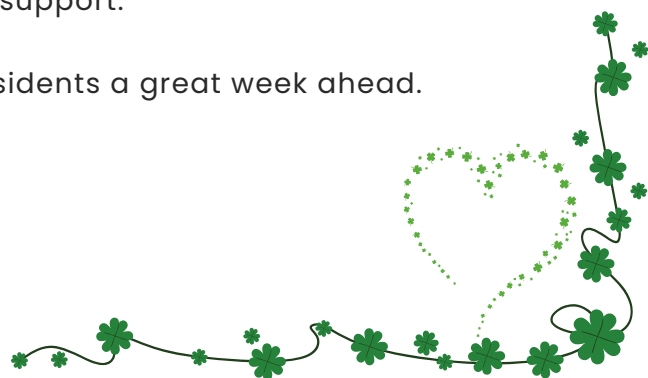
The movie that will be airing this week is called 'Chicago', please refer to page 6 for more information about the movie.

We invite you to experience the magic of classical music with us on the 11th of March @14h00, please refer to page 5.

Riaan's fruitvan brings us a variety of farm fresh products, please do pop around on Wednesday 13th of March @12h00 in the parking to show support.

Wishing all of our residents a great week ahead.

Regards,  
Village Team





Wednesday  
IS RECYCLING

# WEEKLY EVENTS

MON 10 March	TUE 11 March	WED 12 March	THUR 13 March	FRI 14 March	SAT 15 March	SUN 16 March
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	Happy St. Patrick's Day	09h45 <b>Roz Hoek-Art Classes</b> Cinema Room 2	
	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	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		12H00 <b>SUNDAY LUNCH</b> BISTRO
10h15 <b>AQUA AEROBICS</b> POOL			09h00 <b>STRETCH CLASS</b> 1ST FLOOR	09h15 <b>AQUA AEROBICS</b> POOL		
10h30 <b>CATHOLIC GROUP</b> ACTIVITY ROOM 2	14H00 <b>Classical Music Group</b> CINEMA ROOM 1	12h00 <b>Riaan's Fruitvan</b> Parking	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	11H00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR			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		14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	15H45 <b>BEGINNER BRIDGE</b> CINEMA ROOM 2		
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>Wednesday DINNER</b> BISTRO	15H00 <b>MOVIE</b> CINEMA ROOM 1	18H00 <b>ST. Patrick's Friday DINNER</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> 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.





## CLASSICAL MUSIC GROUP

### Classical Music Group

#### **Wolfgang Amadeus MOZART**

*Horn Concerto No 4 in E-flat major, KV495*

Euregio Academy Orchestra

Soloist: Annemarie Federle

Conductor: Peter Bogaert

#### **Ottorini RESPIGHI**

*A Suite for Small Orchestra "The Birds"*

Academic Chamber Soloists of Prague

Conductor: Lukáš Pohůnek

#### **Franz Joseph HAYDN**

*Symphony No 45 in F-sharp minor*

Final Movement – Presto

New Century Chamber Orchestra

Conductor: Nadja Salemo-Sonnenberg

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

**Tuesday, 11 March**

**2.00pm sharp**

**Cinema Room**

**RSVP: On the booking  
form on the notice  
board.**

# WHAT'S HAPPENING?



## MOVIE



### ‘Chicago’

Where: **Cinema Room 1**

When: **Thursday 13 March at 3pm sharp**

RSVP: **Booking form on notice board**



Nightclub sensation Velma (Catherine Zeta-Jones) murders her philandering husband, and Chicago's slickest lawyer, Billy Flynn (Richard Gere), is set to defend her.

But when Roxie (Renée Zellweger) also winds up in prison, Billy takes on her case as well -- turning her into a media circus of headlines.

Neither woman will be outdone in their fight against each other and the public for fame and celebrity.

The film, directed by Rob Marshall, won six Academy Awards, including Best Picture, and is based on the 1975 Broadway musical of the same name.



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?

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

Save the date



# SAINT PATRICK'S



DAY



*Dinner*

FRIDAY 14 MARCH 2025





# IT'S A CELEBRATION



*Count your age by friends, not years.*

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

## BIRTHDAYS

### 14th March

Derrett Evans- Noordhoek  
Elinor Keren- Noordhoek  
Gwen Hewett- Noordhoek

### 15th March

Brigitte Taylor- Noordhoek

### 16th March

Elizabeth Mackinnon-Little- Noordhoek  
Sheila Farmer- Noordhoek

## ANNIVERSARIES

### 10th March

Trevor & Laurette Harding- Noordhoek

### 16th March

John & Cilla Grimmer- Noordhoek

## NEW RESIDENTS

No new residents this week.



# THE FYNBOS BISTRO



## Weekly menu: 10–16 March 2025

Low carb meals are available too

### Monday: 10 March

Chicken Stroganoff: Served with basmati rice, green beans and butternut  
N: R90 / L: R70 / FS: R270

OR

Spaghetti bolognaise: with side parmesan cheese  
N: R85 / L: R65 / FS: R260

🥗Salad of the day: Chicken Caesar salad R85

### Tuesday: 11 March

Chicken parmesan: crumbed with panko crumbs & parmesan cheese then pan fried, then topped with a herby tomato sauce and oven baked served with roast potatoes, cauliflower and baby marrows  
N: R90 / L: R70 / 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: R95 / L: R75 / FS: R280

🥗Salad of the day: Broccoli bacon salad R85

### Wednesday: 12 March

Traditional meatloaf: lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with garlic parmesan mash, gravy, garden peas & carrots  
N: R90 / L: R70 / FS: R280

OR

Thai chicken curry: With rice and veggies  
N: R85 / L: R65 / FS: R260

🥗Salad of the day: Chicken strawberry salad R85

### Thursday: 13 March

Chicken marsala: with mash, garden peas and butternut  
N: R85 / L: R65 / K: R60 / FS: R260

OR

Braised Pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut  
N: R85 / L: R65 / FS: R260

Salad of the day: Asian beef salad R85

### Friday: 14 March

Beef ragu: served with rice, broccoli and butternut  
N: R95 / L: R75 / FS: R280

OR

Sweet n sour chicken: with stir fry rice  
N: R90 / L: R70 / K: R60 / FS: R270

Salad of the day: Bacon mozzarella salad

### Saturday: 15 March

Gourmet mac n cheese: creamy cheese sauce with peppers, corn and onions  
N: R85 / L: R65 / FS: R260

OR

Savoury bake potato: A bake potato topped with savoury mince and cheese then oven baked, served with butternut and garden peas  
N: R90 / L: R70 / FS: R270

### Sunday: 16 March

Roast Chicken or Roast beef: Served with rice, roast potatoes, gravy and veggies  
Dessert: Malva pudding with custard 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 March 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

*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	Chicken 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 brocc 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 Vodaka **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: Bacon and feta salad





# THE FYNBOS BISTRO

ST PATRICK'S

## Menu

### STARTER

**Lucky Luck Potato Leek Soup:**

A creamy potato soup full of leeks and finished with a splash of white wine **R60**

**Leprechaun Cheddar bacon potato skins:**

Crispy and cheesy baked with chopped bacon and diced jalapeno's **R70**

### MAIN

**Magic Hat Beef Ragu Stew:**

A rich beef stew served with rice

**Normal: R95 // Ladies: R75**

**Clover Fields Fish & Chips:**

**Fried Hake:** Served with chips and tartar sauce

**Normal: R110 // Ladies: R90**

**Sweet 'n Sour Chicken:**

with stir fry rice

**Normal: R85 // Ladies: R65**

**Lamb Chops**

Grilled Lamb chops served with a mint and rosemary butter red wine sauce.

Served with chips **R150**

*Grilled* **BEEF FILLET:**

*All steak served with chips and veggies*

**Ladies 120g R120**

**Normals 200g R160**

**Big Boy 250g R225**

### PADDY'S DELIGHT DESSERT

**Irish Coffee R45**

**Peppermint Dom Pedro's R45**

**And a Display fridge filled with delicious cakes**

