

Evergreen @ LAKE MICHELLE Aloe Aloe



17 MARCH – 23 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 ('Good Morning Vietnam')
– 20 March @15h00

Wellness- POP UP- 20 March
@10h00

QUIZ evening- 20 March @18h00

Wol aan die rol- 20 March
@9h45

Book Club- 18 March @14h30

Christian Fellowship- 19 March
@10h00

Alida's Fashion- 17 March

"Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down." –Roy T. Bennett

Dear Residents,

This week we have a full list of lined up events listed for all of our residents. Starting off with our "Book Club" on 18 March at 14h30.

The movie that will be airing this week is called 'Good Morning Vietnam', please refer to page 7 for more information about the movie.

We're invite all of our residents to a fun-filled Quiz evening, don't miss out on the fun! Gather your friends, form a team and get ready to show off your knowledge.

Don't miss out on this fantastic opportunity to upgrade your knitting game as "Wol aan die rol" will be visiting our village on the 20 March at 09h45.

Wishing all of our residents an awesome week ahead.

Regards,
Village Team

WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 17 March	TUE 18 March	WED 19 March	THUR 20 March	FRI 21 March	SAT 22 March	SUN 23 March
09h00 STRETCH CLASS 1ST FLOOR	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30-10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1		09h45 Judy Moolenschot-Art Classes Cinema Room 2	
10h00 Alida's Fashion Main Lounge	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR 09h45 Wol aan die rol MAIN LOUNGE	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h15 AQUA AEROBICS POOL		09h00 Mobeewash Parking	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		12H00 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10h00 Christian Fellowship Upstairs Lounge	10h00 Wellness-Popup MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 Riaan's Fruitvan Parking	10h30 TÁI CHI ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 Book Club MAIN LOUNGE		15H00 MOVIE CINEMA ROOM 1	15H45 BEGINNER BRIDGE CINEMA ROOM 2		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO	18H00 Quiz BISTRO	18H00 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?

AVARI.

home living



THURSDAY

DATE: 20 March

VENUE: Main Lounge

Time: 10h00

- 14h00

***Come & Enjoy a FREE pamper
(hand scrub & massage)***

***Enquire about our other offerings/services,
by AVARI***

- CASTOR OIL PACKS HAIR
- LOSS/DAMAGE
- COLDS/FLU/SINUSES
- SKIN-DEEP MOISTURISER
- LIP CARE ROOM/ LINEN
- SPRAYS BODY
- POLISH/SCRUB



WELLNESS & HOME POP-UP

Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

~ EUDORA WELTY

THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

HOW TO SUBMIT:

- Please include the following per submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.

WHAT'S HAPPENING?

MOVIE



‘Good Morning Vietnam’

Where: **Cinema Room 1**

When: **Thursday 20 March at 3pm sharp**

RSVP: **Booking form on notice board**

Radio funny man Adrian Cronauer (Robin Williams) is sent to Vietnam to bring a little comedy back into the lives of the soldiers.

After setting up shop, Cronauer delights the G.I.s but shocks his superior officer, Sergeant Major Dickerson (J.T. Walsh), with his irreverent take on the war.

While Dickerson attempts to censor Cronauer's broadcasts, Cronauer pursues a relationship with a Vietnamese girl named Trinh (Chintara Sukapatana), who shows him the horrors of war first-hand.

WOL AAN DIE ROL:



WHAT'S HAPPENING?

QUIZ NIGHT

20th March 2025

18:00



SNACK PLATTERS (pre-book):

Mixed Platter R120

- x2 Mini quiches with mushroom & cheese
- x2 Chicken Spring rolls
- x2 Beef kebabs
- x2 Mini chicken burgers

R20 per person (cash only)
Book your spot with Norma
Roos on Ext. 2089/ 084 207
6829

Bring own XYZ, as the bar
will be closed.

Cheese Platter – R75

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?

Valuation and buying day.

Evergreen Noordhoek Lifestyle Center
Wednesday the 26th of March 10am-2pm

Bring along your hidden treasures!

No appointment needed.



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

WHAT'S HAPPENING?

Janine's Hair Studio 18th March - 30th April 2025

10% OFF

- Highlights
- Colour
- Brazillian
- Botox
- MK Treatment

SERVICES OFFERED

- ladies cut & blow-dry
- Gents Cut
- Highlights
- Colouring
- Brazillian
- Botox
- MK Treatment
- Perming



INCLUDING PAMPER SESSION WITH OUR HAIR SALON PROMOTION

Working Hours
Tuesday - Friday
9:00-16:00

BOOK IN ADVANCE
TO AVOID
DISAPPOINTMENT



IT'S A CELEBRATION

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

BIRTHDAYS

18th March

Philomena Burke- Noordhoek
Yvonne Wilson- Noordhoek
Mav Magnin- Noordhoek

20th March

Marna Van Heerden- Noordhoek

ANNIVERSARIES

22nd March

Ivan & Davina Van Der Westhuizen- Lake
Michelle

NEW RESIDENTS

No new residents this week.



Weekly menu: 17-23 March 2025

Low carb meals are available too

Monday: 17 March (St Patrick's Day)

Guinness Beef Stew: Served with rice, garden peas and butternut

N: R90 / L: R70 / FS: R270

OR

Shepards Pie: with side garden peas

N: R85 / L: R65 / FS: R260

🥗Salad of the day: Chicken Caesar salad R85

Tuesday: 18 March

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots

N: R90 / L: R70 / FS: R280

OR

Arrabiatta 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: 19 March

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: R90 / L: R70 / FS: R280

🥗Salad of the day: Chicken strawberry salad R85

Thursday: 20 March

Chicken korma: With rice, baby marrows and garden peas

N: R85 / L: R65 / K: R60 / 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: 21 March

Japanese Chicken burger: Marinated strips of chicken breast in soy sauce, garlic and ginger, then coated in corn flour and fried. Served with side chips

N: R90 / L: R70 / FS: R280

OR

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 / K: R60 / FS: R270

Salad of the day: Bacon mozzarella salad

Saturday: 22 March

Beef Stroganoff: with rice, garden peas and carrots

N: R95 / L: R75 / FS: R280

OR

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

N: R90 / L: R70 / FS: R270

Sunday: 23 March

Roast Gammon 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




WEEKLY MENU

17-23 March 2025

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection
Cash, card and efc 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 lasange 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 tom 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 lemons	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 dont feel for the meals of the day

PRICE LIST		BOX MEAL PRICES	
Normal meals	R85	For the freezer	
Low Carb or Gluten free	R90	10 meals per pack	
Kiddies	R55	Normal meals	R880
Elderly / ladies portion	R65	Normal LC/GF	R920
Vegan	R90	Elderly / Ladies	R680
Family Normal (2 adults/2 kids)	R260	Elderly / Ladies LC	R700
Family Low carb	R270	Kiddies meals	R550
Free Range:		<i>They can be made up to your meal preferences and all labelled & dated</i>	
N R95 / L R75 / Family R290			

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

MANFRED'S PRESENTATION

“Sailing at the Limit”

Presentation by Manfred Jabbusch (Apartment 214)

TIME: 10H00

WHEN: Wed. 26 March

WHERE: Mezzanine Floor Lifestyle Centre

Manfred Jabbusch, was introduced to sailing on the lakes of Berlin at an early age. The dream of sailing around the world on his own keel soon took hold of him, but it was not until many years later that this dream came true.

He spent 6 years sailing around the world, getting to know and appreciate the seas, many countries and many people. After selling his yacht, WHITE WITCH, he delivered her to the new owner by sailing her from Trinidad to Freemantle/Perth in Australia – an extraordinary trip of more than 11 000 nautical miles.

For this outstanding achievement he was awarded the “Trans Ocean Prize” – awarded each year to an amateur yachtsman for outstanding singlehanded yachtsmanship.

His illustrated presentation will focus on this 11 000 nautical miles trip.

