

Evergreen @ LAKE MICHELLE Aloe Aloe



24 MARCH – 30 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 ('Unforgiven') – 27 March
@15h00

Valuation & Buying– 26 March
@10h00

Manfred's Presentation– 26
March @10h00

Upcoming events

Bingo– 17 April
Classical Music Group– 08 April

Opera–01 April
Christian Fellowship– 02 April

History is a cyclic poem written by time upon the memories of man.
~Percy Bysshe Shelley

Dear Residents,

Unforgettable memories were created at our St. Patrick's dinner. With that being said we wish to thank each and everyone who assisted in making this event a success. Please refer to pages 5 & 6 to peak at the memories that were created.

We're excited to invite all of our residents to a special presentation that will be held by one of our very own residents, Manfred Jabbush will be sharing his inspiring experiences, offering a unique glimpse into his life journey, refer to page 9 for more details.

Are you looking to purchase gold or sell your existing gold holdings? Antique warehouse will be visiting our lifestyle centre on 26 March at 10h00, please do pop around.

Wishing all of our residents a splendid week ahead.

Regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 24 March	TUE 25 March	WED 26 March	THUR 27 March	FRI 28 March	SAT 29 March	SUN 30 March
	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	09h45 ROZ HOEK-ART CLASSES Cinema Room 2	
10h15 AQUA AEROBICS POOL		09h00 TÁI CHI ACTIVITY ROOM 1	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
	10h00 BRIDGE ACTIVITY ROOM 2	10h00 VALUATION & BUYING MAIN LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE			12H00 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2		10H00 MANFRED'S PRESENTATION UPSTAIRS LOUNGE	10h30 TÁI CHI ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN Parking		15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM		15H00 MOVIE CINEMA ROOM 1	15H45 BEGINNER BRIDGE CINEMA ROOM 2		
14h00 BRIDGE /CARD GAMES 1ST FLOOR		18H00 DINNER 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.

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

ST.PATRICK'S DINNER



**"Memories of our lives, our weeks, and our deeds will continue in others."
—Rosa Parks**

WHAT'S HAPPENING

ST.PATRICK'S DINNER



WHAT'S HAPPENING?

CANASTA/ SNOOKER



A fun- filled afternoon with some special guests from Evergreen Muizenberg



WHAT'S HAPPENING?

MOVIE



'Unforgiven'

Where: **Cinema Room 1**

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

RSVP: **Booking form on notice board**

When prostitute Delilah Fitzgerald (Anna Thomson) is disfigured by a pair of cowboys in Big Whiskey, Wyoming, her fellow brothel workers post a reward for their murder, much to the displeasure of sheriff Little Bill Daggett (Gene Hackman), who doesn't allow vigilantism in his town.

Two groups of gunfighters, one led by aging former bandit William Munny (Clint Eastwood), the other by the florid English Bob (Richard Harris), come to collect the reward, clashing with each other and the sheriff.

KNITTING GROUP



We are thrilled to announce that the knitting group from Evergreen Noordhoek has made a generous knitting donation of clothing to Tygerberg Hospital's Neonatal Unit for new born babies.

Our residents have worked tirelessly to create these beautiful handmade items, which will bring warmth and comfort to the new born babies. Please see attached are a video.

WHAT'S HAPPENING?

MANFRED'S PRESENTATION

“Sailing at the Limit”

Presentation by Manfred Jabbusch (Apartment 214)

10 a.m. Wed. 26 March

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 single handed yachtsmanship.

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



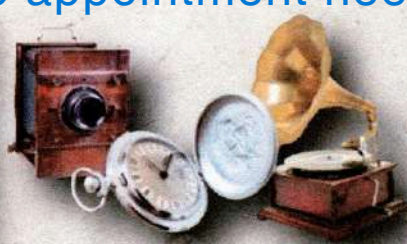
WHAT'S HAPPENING?

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

24th March

Karin Fisher- Noordhoek

25th March

Wendy Berning-Noordhoek

26th March

Irvine Eidelman- Noordhoek
Brian Plimsoll- Lake Michelle

27th March

Susan McChesney-Noordhoek

29th March

Emm Sparg- Noordhoek
Colin Reid- Noordhoek

ANNIVERSARIES

24th March

Gordon & Shona Farquharson- Noordhoek

27th March

Mike & Jane Vermaak- Noordhoek

29th March

Mel & Yvonne Wong- Noordhoek

30th March

Manfred & Adelheid Hoellermann- Noordhoek
Peter & Gill Smith-Cox- Noordhoek

Weekly menu: 24-30 March 2025

Monday: 24 March

Mongolian Beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice
N: R95 / L: R75 / FS: R285
OR
Alfredo pasta: A creamy pasta with ham and mushrooms. Served with side parmesan
N: R85 / L: R65 / FS: R260
Salad of the day: Chicken Caesar salad R85

Tuesday: 25 March

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 / FS: R270
OR
Glazed sticky pork: Tender strips of pork glazed with a sticky, sweet, spicy, garlicky, gingery sauce. Served over stir fry veg and basmati rice
N: R85 / L: R65 / FS: R260
Salad of the day: Broccoli bacon salad R85

Wednesday: 26 March

Chicken schnitzel: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots
N: R95 / L: R75 / K: R60 / FS: R285
OR
Slow cooker Pulled pork: served over a bake potato, with baby marrows and butternut veg
N: R85 / L: R65 / FS: R260
Salad of the day: Chicken strawberry salad R85

Thursday: 27 March

Benji Butter Chicken: with basmati rice, carrots and baby marrows
N: R85 / L: R65 / K: R60 / FS: R260
OR
Hawaiian pork stir fry: Served with rice and stir fry veggies
N: R85 / L: R65 / FS: R260
Salad of the day: Asian beef salad R85

Friday: 28 March

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 / FS: R280
OR
Beef kebab: Served with stir fry rice, broccoli and carrots
N: R95 / L: R75 / FS: R285
Salad of the day: Bacon mozzarella salad

Saturday: 29 March

Steak sandwich: Garlic toasted French bread, lettuce, tomato and steak – topped with feta and voila... the best steak sandwich!
N: R100
OR
Spring chicken pot: With rice and side veggies of butternut and green beans
N: R85 / L: R65 / FS: R260

Sunday: 30 March

Roast Pork or Roast beef: Served with rice, roast potatoes, gravy and veggies
Dessert: Malva Pudding 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
24-30 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 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 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 95 / L 75 / 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