

Evergreen @ LAKE MICHELLE Aloe Aloe



07 April – 13 April 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 ('The KING'S SPEECH') – 11 April @15H00

Classical Music Group- 08 April @14H00

Julie Blundell and the roundabout singers- 08 April @18H30

SPCA-11 April @10H00

Upcoming events

Bingo- 24 April
Book Club- 15 April

"The biggest adventure you can take is to live the life of your dreams." –Oprah Winfrey

Dear Residents,

Just a friendly reminder that our Fynbos bistro will be closed for business on Easter Monday, 21 April 2025. Please be reminded to place your take-away meal order before Friday 18 April 2025.

Please refer to pages 11 & 12 for bistro menus of the Julie Blundell and the roundabout singers show that will be entertaining us with a fun filled evening on 08 April 2025 at 18h30, table reservations are now open at the bistro on ext. 2404 or 021 001 4312.

Our classical music group will be enjoying their monthly get together on Tuesday, 08 April 2025 at 14h00. Please refer to page 6 for more information.

Wishing all of our residents a great week ahead.

Regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 07 April	TUE 08 April	WED 09 April	THUR 10 April	FRI 11 April	SAT 12 April	SUN 13 April
09h00 STRETCH CLASS 1st Floor	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1st Floor	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	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL			09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	10h00 SPCA LAWN		12H00 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14H00 CLASSICAL MUSIC GROUP CINEMA ROOM 1	12h00 RIAAN'S FRUITVAN Parking	10h00 KNITTING GROUP MAIN LOUNGE	11H00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM			15H45 BEGINNER BRIDGE CINEMA ROOM 2		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	18H30 JULIE BLUNDELL AND THE ROUNDABOUT SINGERS. MAIN LOUNGE	18H00 DINNER BISTRO	15H00 MOVIE CINEMA ROOM 1	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.

Ronnie Adams ext. 2035

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

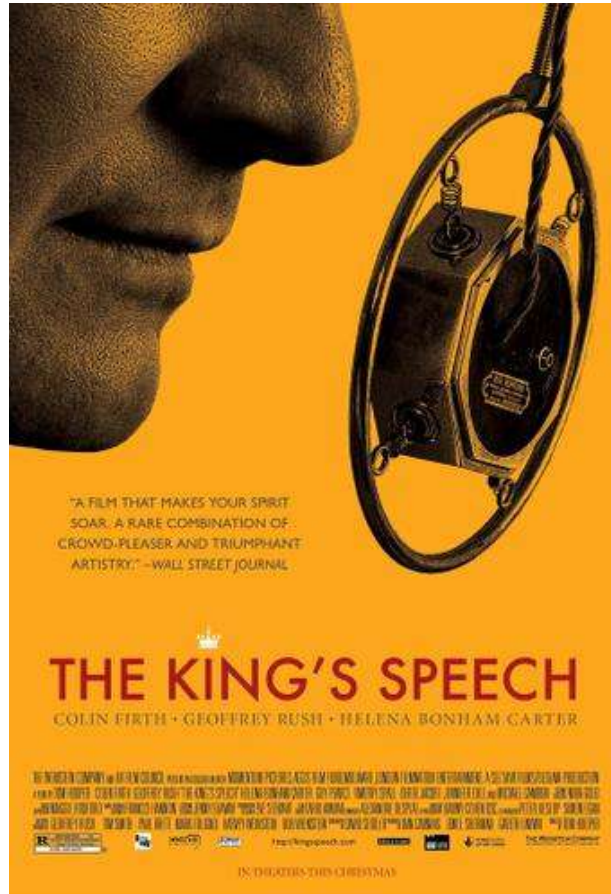
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

Please advise reception if there are any changes or updates to these groups.

WHAT'S HAPPENING?

MOVIE 'The King's Speech'



Where: **Cinema Room 1**
When: **Thursday 11 April at 3pm sharp**
Booking form on Notice Board

The King's Speech tells the story of the man who became King George VI, the father of Queen Elizabeth II. After his brother abdicates, George ('Bertie') reluctantly assumes the throne as King George VI, but he has a speech impediment.

Knowing that the country needs her husband to be able to communicate effectively, Elizabeth hires Lionel Logue, an Australian actor and speech therapist, to help him overcome his stammer.

An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

Starring Colin Firth as George VI, Helena Bonham Carter as Elizabeth and Geoffrey Rush as Lionel Logue.

The film received critical acclaim and won several awards, including four Academy Awards, highlighting its strong performances and emotional depth.

WHAT'S HAPPENING?

CLASSICAL MUSIC GROUP

Classical Music Group

Bedřich SMETANA

Overture from The Bartered Bride

Czech Philharmonic Orchestra

Conductor: Jakub Hrůša

Felix MENDELSSOHN

Symphony No 4 "Italian"

Concertgebouworkest of Amsterdam

Conductor: Gustavo Gimeno

Wolfgang Amadeus MOZART

Serenade No 10 in B-Flat Major, K361, "Gran Partita"

III. Adagio

London Symphony Orchestra Wind Ensemble

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

Tuesday, 8 April

2.00pm sharp

Cinema Room

RSVP: On the booking

form on the notice

board.

WHAT'S HAPPENING?

JULIE BLUNDELL & THE ROUNABOUT SINGERS

Julie Blundell and the roundabout singers:

Singing a slightly eclectic mix of songs and rounds, the roundabout singers are a group of people who love singing in harmony, for the joy that it brings. Brought together by Julie Blundell, the group started a few years ago just singing rounds once a month in Julie's living room. This has progressed to singing songs with lovely harmonies and accompanied by guitar, piano and panpipes. Now performing to bring that joy to others, Julie and the roundabout singers will entertain us for about 1 ¼ hours on.

WHEN: Tuesday 8 April @18h30pm

WHERE: Main Lounge Lifestyle Centre

ENTRY: R20 PER PERSON PAYABLE ON ENTRY

Please bring your own snacks, The Bar will be open



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
09:00-16:00

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

07th April

Beryl King- Lake Michelle

08th April

Allan Elias-Noordhoek

09th April

Michael Cooper- Lake Michelle

10th April

Keith Knox- Noordhoek

12th April

Wilma Hains- Noordhoek

ANNIVERSARIES

07th April

Carlos & Colleen Benkunkskas- Noordhoek

Ric & Mav Magnin- Noordhoek

08th April

Peter & Peta Cramb- Noordhoek

10th April

Peter & Bridgette Scholte- Noordhoek

Ted & Vicky Brander- Noordhoek

11th April

Allan & Jennifer Raaff- Lake Michelle

Weekly Menu: 7-13 April 2025

House menu available on order same day before 10am

Monday: 7 April

Beef bolognaise penne bake: Creamy bolognaise with penne pasta topped with cheese and baked

N: R90 // L: R70 and Family: R285

OR

Lukey's 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 and Family: R285

🥗 Salad of the day: Chicken Caesar salad R85

Tuesday: 8 April

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 and Family: R285

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: R90 // L: R70 and Family: R285

🥗 Salad of the day: Broc bacon salad R85

Wednesday: 9 April

Chicken schnitzel: A chicken schnitzel topped with cheese sauce and served with roasted potatoes, baby marrows and carrots

N: R95 // L: R75 and Family: R300

OR

Alfredo pasta: with side parmesan cheese

N: R85 // L: R65 and Family: R270

🥗 Salad of the day: Chicken strawberry salad R85

Thursday: 10 April

Chicken, Basil, Butternut, Cherry tomatoes and Tarragon Pasta: with soya and chicken broth over pasta and topped with shaved parmesan cheese

N: R90 / L: R70 / FS: R285

Or

Pork kebabs: Served with savoury rice, broccoli and butternut

N: R90 / L: R70 / FS: R285

🥗 Salad of the day: Asian beef salad R85

Friday: 11 April

Chicken pad thai: over rice noodles

N: R95 / L: R75 / FS: R285

OR

Grilled line fish: Served with savoury rice, broccoli and butternut

N: R110 / L: R90 / FS: R320

🥗 Salad of the day: Bacon mozzarella salad R85

Saturday: 12 April

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: R270

OR

Coconut Beef marsala: A creamy curry of with tomato, coconut milk & masala gravy. Served with basmati rice, peas and carrots

N: R90 / L: R70 / FS: R285

Sunday: 13 April

Roast Gammon or Roast Beef served with roast potatoes, rice, gravy and veggies

Dessert: Cinnabon with cream cheese frosting 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

7-13 APRIL 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.freedomfoodscck.co.za
orders@freedomfoodscck.co.za
 Find us on Facebook

April						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Roast Pork or Roast Beef	Chicken broc bake or Chilli con carne	2 Cottage pie or Asian beef stir fry	3 Cashew nut chicken s/fry or Mild pork curry	4 Monterrey chicken bake or Korean BBQ pork	5 Braised steak or Chicken kebabs	6 Spaghetti bolognese or Frikkadels mash & gravy
7 Sunday Roast Chicken or Roast Beef	8 Beef bolog penna bake or Chicken lemons	9 Penne a la vodka or Glazed sticky pork	10 Chicken schnitzel or Alfredo pasta	11 Tarragon chicken pasta or Pork kebabs	12 Chicken pad thai or Grilled line fish	13 Coronation chicken or Coconut Beef marsala
14 Sunday Roast Gammon or Roast Beef	15 Meatball curry or Creamy Chicken salsa	16 Chicken carbonara pasta or Beef curry	17 Chicken breyani or Texas pulled pork	18 Tomato bredie or Thai chicken stir fry	19 <i>Good Friday</i> Beef kebabs or Beef kebab	20 Creamy tom pasta or Pork sausages & mash
21 <i>Easter Sunday</i> Roast Pork or Roast Beef	22 <i>Closed for Easter Monday</i>	23 Chicken parmesan or Braised pork in sweet soy	24 Traditional meatloaf or Thai chicken curry	25 Chicken Marsala or Pork adobo	26 Beef ragu or Sweet n sour chicken	27 Broc bacon mac n cheese or Chicken cacciatore
28 Sunday Roast Chicken or Roast Beef	29 Pork potjie or Mongolian beef	30 Savoury bake potato or Arrabiatto pasta	31 Traditional bobotie or Chicken a la king	2 Chicken korma or Beef casserole	3 Jap chicken burger or Hungarian goulash	4 Beef stroganoff or Rosemary infused Chicken

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 & dated</i>	

Table reservations are now open

Julie Blundell and the Roundabout Singers

Tuesday 8 April 2025

From 6.30pm in the downstairs Dining area

Bring your own snacks or order a platter from the Bistro

Bar will be OPEN

Book your table at the Bistro

R20
a ticket



The Fynbos Bistro
Singing platter
for **two** people

2 x Mini Chicken burgers
with basil mayo
2 x Beef kebabs
2 x Crumbed chicken
strips
2 x Chicken spring rolls
with a sweet chilli dip

R130

WHAT'S HAPPENING?

SPCA PRICELIST



Service render :

Minor Treatments – R200

Vaccination / Rabies / Dewormers – (dogs and cats) – R200

Microchips – (dogs and cats) – R200

Flea and Tick control :

Fiprotec spot – on up to 8kg for cats – R60

Fiprotec spot – on for dogs:

Up to 10kg – R60

10 – 20 kg – R70

20 – 40 kg – R 80

40 – 60 KG – R100

