

Evergreen @ LAKE MICHELLE Aloe Aloe



14 April – 20 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 ('Shakespeare in love') – 17 April @15H00

Book Club- 15 April @ 14h30

Mobeewash- 16 April @09h00

Christian Fellowship- 16 April @10h00

Upcoming events

Bingo- 24 April

Classics Lite – 06 May

"Remember the gift of hope that Easter brings, and may it guide you through the coming days."

Dear Residents,

We're excited to announce the arrival of new books, thrilling stories and fascinating topics to explore. Visit our village library and uncover your next great read, for more details on the new books please refer to pages 6 & 7. We also wish to invite all book readers to our book reading club on 15 April at 14:30 in the main lounge, where we discuss some interesting reading topics.

Join us this Wednesday 16 April, 10h00 at our Christian fellowship where we worship, learn and grow in faith, all is welcome.

Mobeewash will be in our village this week, please book your slot with reception on ext.2400 or 021 001 4312.

Regards,
Village Team



WEEKLY EVENTS

| MON 14 April | TUE 15 April | WED 16 April | THUR 17 April | FRI 18 April | SAT 19 April | SUN 20 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 ROZ HOEK- ART CLASSES Cinema Room 2 | |
| | 10h00 BRIDGE ACTIVITY ROOM 2 | 09h00 TÁI CHI ACTIVITY ROOM 1 | 08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 | | | |
| 10h15 AQUA AEROBICS POOL | 10h00 Book club MAIN LOUNGE | 09h00 MOBEEWASH PARKING | 09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1 | | | 12H00 SUNDAY LUNCH BISTRO |
| 10h30 CATHOLIC GROUP ACTIVITY ROOM 2 | | 10h00 Christian Fellowship UPSTAIRS LOUNGE | 10h00 KNITTING GROUP MAIN LOUNGE | | 14h30 TABLE TENNIS TABLE TENNIS ROOM | |
| | 14h00 GOLF CROQUET FISH HOEK BOWLING CLUB | 12h00 RIAN'S FRUITVAN Parking | 10h30 TÁI CHI ACTIVITY ROOM 1 | | | |
| | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE | | | | |
| 14h00 BRIDGE /CARD GAMES 1ST FLOOR | | 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

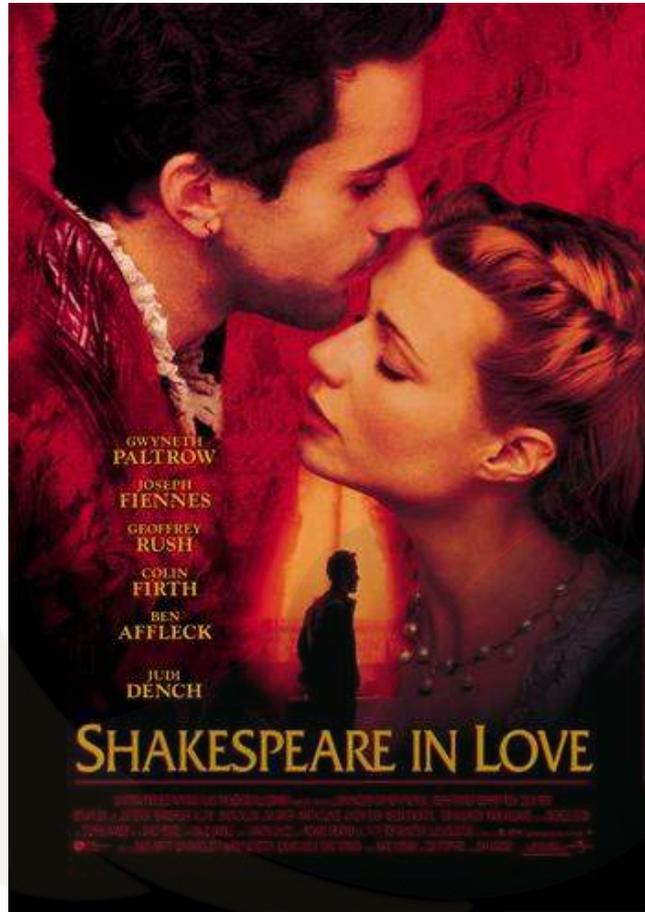
Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

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

WHAT'S HAPPENING?

MOVIE 'Shakespeare in Love'



Where: **Cinema Room 1**

When: **Thursday 17 April at 3pm sharp**

RSVP: **Booking form on notice board**

"Shakespeare in Love" is a romantic comedy for the 1990s set in the 1590s. It imaginatively unfolds the witty, sexy and timeless tale behind the creation of the greatest love story ever told. A young Shakespeare (Joseph Fiennes) is out of cash and ideas, he meets his ideal woman and she inspires him to write one of his most famous plays.

Endlessly witty, visually rapturous, and sweetly romantic, Shakespeare in Love is a delightful romantic comedy that succeeds on nearly every level.

The film received critical acclaim and won several awards, including the Academy Award for Best Picture. Starring Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush, Colin Firth, Ben Affleck and Judi Dench.

WHAT'S HAPPENING?

LIBRARY CORNER APRIL 2025

The following books have just been bought for the library.

Baldacci, David. **To die for**. Character driven thriller featuring former Army Ranger and Wall Street whizz Travis Devine. Here he is employed to protect the orphaned Betsy Odom whose parents died under suspicious circumstances.

Coben, Harlan. **Nobody's fool**. In this sequel to the Netflix series Fool me once, the past comes back to haunt PI Sami Kierce. In his class of wannabe sleuths he recognizes a face at the back of his classroom – the girlfriend from his youth who died in the bed next to him on a backpacking trip to Spain.

Connelly, Michael. **The waiting**. In this 5th spin-off of the Harry Bosch series, Detective Renee Ballard who runs a cold case unit, entirely staffed by volunteers, gets a new lead in a series of brutal rapes that ended in murder. She enlists the help of her former colleague Bosch and his daughter also joins in to kick-start her own career. Densely plotted and compelling.

Fox, Justin. **The Cape raider**. Local author Justin Fox has produced three naval adventure stories set during World War II, featuring naval officer Jack Pembroke. He has done an immense amount of research and each stand-alone novel brings to light a little known aspect of South Africa's role in the war with authentic historical detail. Followed by **Wolf pack** (a donation) and **Hell run Tobruk**.

Joseph, Joanne. **Children of sugarcane**. Fourteen-year-old Shanti who is betrothed to a man she finds abhorrent. Determined to escape her fate, she leaves her Indian village for Madras where she is recruited to work in the sugarcane fields of Natal. For those who enjoy undemanding local historical fiction.

WHAT'S HAPPENING?

LIBRARY CORNER APRIL 2025

McAllister, Gillian. **Famous last words.** Camilla's first day back at work after maternity leave, is shattered when she sees on the television news that her husband is the gunman in a hostage situation...

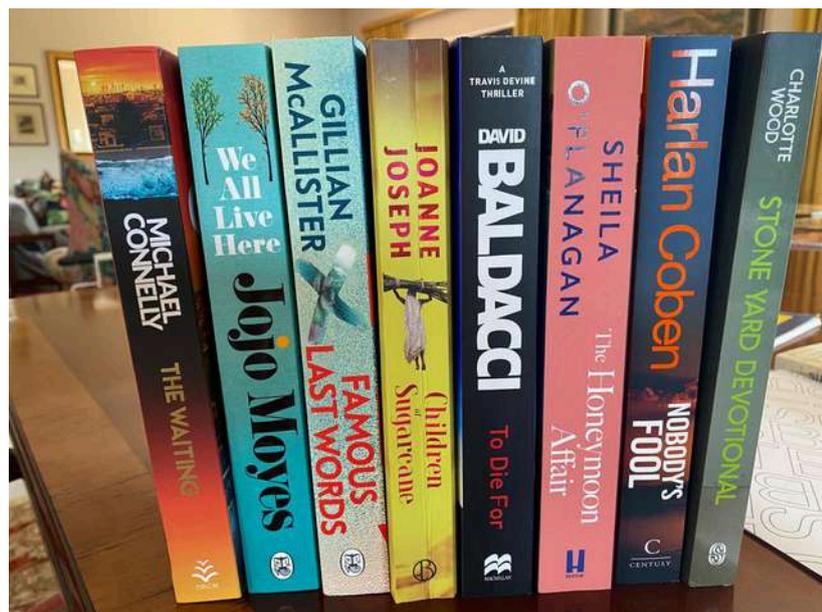
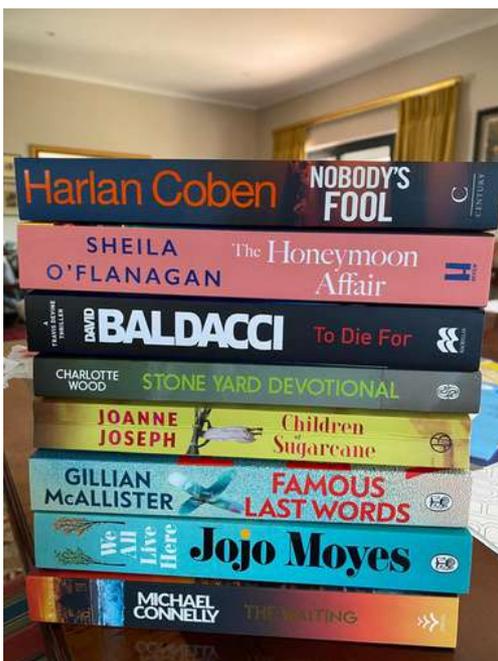
Moyes, Jojo. **We all live here.** Realistic, moving, funny and poignant are just some of words being used to describe Moyes's latest novel about recently divorced Lila's life with two daughters and a live-in stepdad. And then her real father turns up, having left the family 35 years ago for Hollywood.

O'Flanagan, Sheila. **The honeymoon affair.** Broken-hearted Izzy is in the Caribbean on what was supposed to be her honeymoon. She's definitely not looking for a new man, but she can't deny her feeling when she meets a successful writer. But Charles's ex-wife still wants to be part of a power couple...

Wood, Charlotte. **Stone yard devotional.** The unnamed narrator has left the world and her life behind to live in a Catholic abbey in the Australian outback. Shortlisted for the Book Prize last year, this is a powerful and moving meditation on grief, forgiveness and what it is to be human in a world of change.

Thank you all for supporting our library. Happy reading!

Johanna de Beer



IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

16th April

Elke Rudzinske- Noordhoek

17th April

Lionel Snell- Lake Michelle

18th April

Hennie Koen- Noordhoek

Peter Brown- Noordhoek

Heather Mcleroth- Noordhoek

ANNIVERSARIES

15th April

Willem & Irene Van Zyl- Noordhoek

16th April

Colin & Philomena Burke- Noordhoek

18th April

Graham & Joyce Fitcher- Lake Michelle

19th April

Brian & Belinda Plimsoll- Lake Michelle

Weekly Menu: 14–20 April 2025

House menu available on order same day before 10am

Monday: 14 April

Indian meatball curry: With Basmati Rice, butternut and green beans
N: R90 // L: R70 and Family: R285

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 and Family: R285

🥗 Salad of the day: Chicken Caesar salad R85

Tuesday: 15 April

Chicken carbonara pasta: A creamy chicken pasta with mushrooms over pasta. Served with parmesan cheese

N: R85 // L: R65 and Family: R275

OR

Beef curry: With yellow rice, garden peas and side sambal

N: R95 // L: R75 and Family: R285

🥗 Salad of the day: Broc bacon salad R85

Wednesday: 16 April

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

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

OR

Texas pulled pork: served with mash, gravy, butternut and baby marrows

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

🥗 Salad of the day: Chicken strawberry salad R85

Thursday: 17 April

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 / FS: R300

Or

Thai chicken curry: With basmati rice and veggies

N: R90 / L: R70 / FS: R285

🥗 Salad of the day: Asian beef salad R85

Friday: 18 April (EASTER FRIDAY)

Cape Malay Pickled Fish: Served with savoury rice, potato salad and a hot cross bun R120

OR

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: R95 / L: R75 / FS: R285

OR

Beef kebabs: Served with savoury rice, broccoli and butternut

N: R95 / L: R75 / FS: R300

🥗 Salad of the day: Bacon mozzarella salad R85

Saturday: 19 April

Creamy tomato pasta: with a side parmesan cheese

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

OR

Pork sausages and mash: Grilled pork sausages served with mash, gravy, garden peas and carrots

N: R90 / L: R70 / FS: R285

Sunday: 20 April (EASTER SUNDAY)

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

Dessert: Cape brandy tart with ice cream or custard OR Trifle available as a pre-order item R180

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
14-20 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.freedomfoodsck.co.za
orders@freedomfoodsck.co.za

Find us on Facebook

April

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| Sunday Roast Pork or Roast Beef | Chicken broc bake (or) Chilli con carne | Cottage pie (or) Asian beef stir fry | Cashew nut chicken s/fry (or) Mild pork curry | Monterrey chicken bake (or) Korean BBQ pork | Braised steak (or) Chicken kebabs | Glazed sticky pork (or) Frikkadels mash & gravy |
| Sunday Roast Chicken or Roast Beef | Beef bolog penne bake (or) ed penne bake | Penne a la vodka (or) Glazed sticky pork | Chicken schnitzel (or) Alfredo pasta | Tarragon chicken pasta (or) Pork kebabs | Chicken pad thai (or) Grilled line fish | Coronation chicken (or) Coconut Beef marsala |
| Sunday Roast Gammon or Roast Beef | Meatball curry (or) Creamy Chicken salsa | Chicken carbonara pasta (or) Beef curry | Chicken breyani (or) Texas pulled pork | Tomato bredie (or) Thai chicken stir fry | <i>Good Friday</i> Beef kebabs (or) Hannah chicken | Creamy tom pasta (or) Pork sausages & mash |
| <i>Easter Sunday</i> Roast Lamb or Roast Beef | <i>Closed for Easter Monday</i> | Chicken parmesan (or) Braised pork in sweet soy | Traditional meatloaf (or) Thai chicken curry | Chicken Marsala (or) Pork adobo | Beef ragu (or) Sweet n sour chicken | Broc bacon mac n cheese (or) Chicken cacciatore |
| Sunday Roast Chicken or Roast Beef | Pork potjie (or) Mongolian beef | Savoury bake potato (or) Arrabiatta pasta | Traditional bobotie (or) Chicken a la king | Chicken korma (or) Beef casserole | Jap chicken burger (or) Hungarian goulash | 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 |

They can be made up to your meal preferences and all labelled & dated

Pickled Fish Available :



*Cape Malay
Pickled Fish*

Accompanied with:
Savoury rice,
Potato salad and a Hot cross bun!
- R120 -

Order on: 082 603 3518



THE FYNBOS BISTRO

GOOD FOOD & GOOD TIMES

*Easter
Sunday Lunch*

At the Fynbos Bistro

Roast Lamb
or
Roast Beef
Served with
roast potatoes,
steamed rice,
veggies,
Yorkshire pudding and gravy

Dessert: Cape Brandy Tart with
ice-cream or custard
or Trifle (please pre-order)

R180
for the
2 course



THE
FYNBOS
Bistro

Book on 082 603 3518