

Evergreen @ LAKE MICHELLE Aloe Aloe



21 April – 27 April
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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 ('Spotlight') - 24 April @15h00

Wol aan die rol- 24 April @10h00

Bingo- 24 April @18h00

Upcoming events

Classics Lite Concert- 06 May

Opera- 06 May

Classical Music Group- 13 May
Quiz- 15 May

"Easter spells out beauty, the rare beauty of new life."

Dear Residents,

A concert of light classics on 6 May in the lifestyle centre at 19h00. Phenye Modiane and Khayakazi Madlala have delighted audiences nationally and internationally by their renditions of light classical songs such as Some Enchanted Evening, The Click Song and O Sole Mio. They will perform for us on the evening of 6 May in the Lifestyle Centre. Phenye is the founder of Johannesburg Opera (Jozi Opera) and performed in The Star For Life International Concert in Sweden.

Khayakaze has recently joined Cape Town Opera, having moved from Johannesburg. She performed in the Inaugural Concert of Johannesburg Opera and also participated in the Voices of South Africa International Singing Competition where she was awarded the Andrea Catzel Prize. They will be accompanied by Samantha Riedell on piano. Keep a lookout for the posters that will give the price of tickets and the times when they can be purchased. We are privileged to have artists of this calibre to entertain us.

This week Thursday 24 April we invite all new and old residents for an exciting game of bingo, where you can relax and have a great time.


Regards,
Village Team



WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 21 April	TUE 22 April	WED 23 April	THUR 24 April	FRI 25 April	SAT 26 April	SUN 27 April
	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	
09h00 STRETCH CLASS 1st Floor	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI ACTIVITY ROOM 1	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	10h15 AQUA AEROBICS POOL		
			10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
			10h00 WOL AAN DIE ROL MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	
	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 TABLE TENNIS TABLE TENNIS ROOM	16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	15H00 MOVIE CINEMA ROOM 1			
14h00 BRIDGE /CARD GAMES 1ST FLOOR		18H00 DINNER BISTRO	18H00 BINGO 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.

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 and 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

"Spotlight"



Where: **Cinema Room 1**

When: **Thursday 24 April at 3pm sharp**

RSVP: **Booking form on notice board**

Spotlight is a true story of how in 2001, editor Marty Baron of The Boston Globe assigns a team of journalists to investigate allegations against John Geoghan, an unfrocked priest accused of molesting more than 80 boys. Led by editor Walter "Robby" Robinson (Michael Keaton), reporters Michael Rezendes (Mark Ruffalo), Matt Carroll and Sacha Pfeiffer interview victims and try to unseal sensitive documents. The reporters make it their mission to provide proof of a cover-up of sexual abuse within the Roman Catholic Church.

The film won the Academy Award for Best Picture and features an ensemble cast of Mark Ruffalo, Michael Keaton, Rachel McAdams, and others.

WHAT'S HAPPENING?



BINGO NIGHT

Thursday April 24th 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)



Snack Platters

Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip

Book at the Bistro on
Ext 2404 before
Tuesday afternoon

WHAT'S HAPPENING?



HEALTH TALK



Prizes
galore

Let's talk about joint health

They say you're only old when you start noticing your body. Don't wait until it's too late—there are ways to look great and keep those aches and pains at bay. Join Tanya and dietitian Carrie from Sally-Ann Creed with any and all questions you may have about how to feel younger, and walk away with Sally-Ann Creed products while you're at it!

**Join us in the lounge Wednesday 30
April at 11:00am**

**Sally-Ann
CREED**
Wellness through nutrition

IT'S A CELEBRATION



Count your age by friends, not years.

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

BIRTHDAYS

21st April

Geoffrey Stedall- Noordhoek
Paul Nuttal- Noordhoek

22nd April

Carlos Benkunskas- Noordhoek
Valerie Hauptmann- Noordhoek

23rd April

Guy Wilson- Noordhoek
Robert Sayers- Noordhoek

25th April

Jane Vermaak- Noordhoek
Bob Thomas- Lake Michelle

26th April

Shona Farquharson- Noordhoek
Janet Jackson- Noordhoek

ANNIVERSARIES

22nd April

Michael & Elizabeth Cotton- Noordhoek

26th April

Rudi & Mary-Ann Syfret- Noordhoek

New Residents

Hugh & Sylvia Preston- House 58 Noordhoek

Weekly Menu: 14-20 April 2025

House menu available on order same day before 10am

Monday: 21 April

-Closed for the holiday-

Tuesday: 22 April

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: R95 // L: R75 and Family: R300

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut
N: R90 // L: R70 and Family: R285
Soup of the day: Tomato basil soup R45

Wednesday: 23 April

Traditional meatloaf: Lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with mash, gravy, garden peas & carrots
N: R90 // L: R70 and Family: R285

OR

Thai chicken curry: Served with basmati rice and garden peas with butternut
N: R90 // L: R70 and Family: R285
Soup of the day: Chicken noodle soup R45

Thursday: 24 April

Chicken marsala: with mash, garden peas and butternut
N: R90 / L: R70 / FS: R285

Or

Pork adobo: Braised chicken breast with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut
N: R90 / L: R70 / FS: R285
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 25 April

Beef Ragù: served with rice, broccoli and butternut
N: R95 // L: R75 and Family: R285

OR

Sweet n sour chicken: with stir fry rice
N: R90 / L: R70 / FS: R285
Soup of the day: Mushroom soup R45

Saturday: 26 April

Broc bacon mac n cheese
N: R85 // L: R65 and Family: R270

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: R90 / L: R70 / FS: R285

Sunday: 27 April

Roast Chicken or Roast Beef served with roast potatoes, rice, gravy and veggies
Dessert: Apple crumble with custard 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
21-27 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.freedomfoodsch.co.za
orders@freedomfoodsch.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	1 Cottage pie (or) Asian beef stir fry	2 Cashew nut chicken s/fry (or) Mild pork curry	3 Monterrey chicken bake (or) Korean BBQ pork	4 Braised steak (or) Chicken kebabs	5 Glazed sticky pork (or) Frikkadels mash & gravy
6 Sunday Roast Chicken or Roast Beef	7 Beef bolog penne bake (or) ed penne bake	8 Penne a la vodka (or) Glazed sticky pork	9 Chicken schnitzel (or) Alfredo pasta	10 Tarragon chicken pasta (or) Pork kebabs	11 Chicken pad thai (or) Grilled line fish	12 Coronation chicken (or) Coconut Beef marsala
13 Sunday Roast Gammon or Roast Beef	14 Meatball curry (or) Creamy Chicken salsa	15 Chicken carbonara pasta (or) Beef curry	16 Chicken breyani (or) Texas pulled pork	17 Tomato bredie (or) Thai chicken stir fry	18 Beef kebabs (or) Hannah chicken	19 Creamy tom pasta (or) Pork sausages & mash
20 Easter Sunday Roast Lamb or Roast Beef	21 Closed for Easter Monday	22 Chicken parmesan (or) Braised pork in sweet soy	23 Traditional meatloaf (or) Thai chicken curry	24 Chicken Marsala (or) Pork adobo	25 Beef ragu (or) Sweet n sour chicken	26 Broc bacon mac n cheese (or) Chicken cacciatore
27 Sunday Roast Chicken or Roast Beef	28 Pork potjie (or) Mongolian beef	29 Savoury bake potato (or) Arrabiatta pasta	30 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 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			

Pickled Fish Available :



Cape Malay Pickled Fish

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

Order on: 082 603 3518