

# Evergreen @ LAKE MICHELLE Aloe Aloe



28 April – 04 May  
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 ('Driving Miss Daisy') – 01 May @15H00

Christian Fellowship- 30 April @10h00

Mobeewash- 30 April @09h00

## Upcoming events

Classics Lite Concert- 06 May

Opera- 06 May

Classical Music Group- 13 May  
Quiz- 15 May

***"A healthy outside starts from the inside." – Robert Urich***

Dear Residents,

You're invited to a joint health talk, where experts will share valuable insights on maintaining healthy joints and managing joint-related conditions. For more information on the talk please refer to page 6.

This week we have our Christian Fellowship meeting where we worship, pray and fellowship. Come and connect with others who share your faith and values. All is welcome.

Mobeewash will be in our village Wednesday 30 April, please book your slot well in advance with reception at ext.2400 or 021 001 4312.

The Classic Lite Concert are in full swing as tickets will be available from Monday 28 April between 16h00- 17h30.

Wishing all of our residents a fantastic week ahead.  
Village Team

# WEEKLY EVENTS



Wednesday  
IS RECYCLING

MON 28 April	TUE 29 April	WED 30 April	THUR 1 May	FRI 2 May	SAT 3 May	SUN 4 May
	09h00 <b>CALLINETICS</b> 1ST FLOOR	08h30 <b>AQUA AEROBICS</b> POOL		09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1	09h45 <b>ROZ HOEK- ART CLASSES</b> Cinema Room 2	
09h00 <b>STRETCH CLASS</b> 1st Floor	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1  09h00 <b>MOBEEWASH</b> TOP PARKING	08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	10h15 <b>AQUA AEROBICS</b> POOL		
		11h00 <b>JOINT HEALTH TALK</b> CINEMA ROOM 1	09H30 -10H00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		12H00 <b>LUNCH</b> BISTRO
		10h00 <b>CHRISTIAN FELLOWSHIP</b> MEZZANINE LEVEL	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	12h00 <b>RIAAN'S FRUITVAN</b> Parking		15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	16H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1			
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR		18H00 <b>DINNER</b> BISTRO	15H00 <b>MOVIE</b> CINEMA ROOM 1	18H00 <b>DINNER</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> 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

---

### "Driving Miss Daisy"



Where: **Cinema Room 1**

When: **Thursday 1 May at 15h00 sharp**

RSVP: **Booking form on notice board**

It is the story of an old Jewish widow named Miss Daisy Werthan, a proud old Southern lady, and Hoke Colburn, her chauffeur. From an initial mere work relationship grew, in 25 years, a strong friendship between the two very different characters, in a time when those types of relationships were shunned.

"Driving Miss Daisy" is a film of great love and patience, telling a story that spans a quarter century in the lives of its two characters, from 1948, when Miss Daisy's son decides it is time she stop driving herself and employ a chauffeur, to 1973, when two old people acknowledge the bond that has grown up between them. It is an immensely subtle film, in which hardly any of the most important information is carried in the dialogue and in which body language, tone of voice or the look in an eye can be the most important thing in a scene.

Starring Jessica Tandy, Morgan Freeman and Dan Ackroyd.

# 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 Cinema Room 1 Wednesday  
30 April at 11:00am**

**Sally-Ann  
CREED®**  
Wellness through nutrition

# WHAT'S HAPPENING?

## ALIDA'S FASHIONS



ALIDA'S FASHIONS WILL BE VISITING  
EVERGREEN NOORDHOEK  
ON MONDAY 12 MAY 2025  
FROM 10h00am  
LOVELY TOPS, JERSEYS, JACKETS, GILETS  
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888  
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



# WHAT'S HAPPENING?

---

## KIND 2 HEARING

---



**KIND2HEARING  
BLAAUWBERG**

**IS VISITING  
EVERGREEN NOORDHOEK**

**Date: 8 May**

**Time: 10h00 – 11h45**

**Place: Dining Hall**

**To Service current patients  
Book a free Hearing Screening**



**Featuring**  
**Khayakazi Madlala & Phenye Modiane**  
Soprano Tenor

Accompanied on piano by Samantha Riedell on Tuesday evening **6 May at 19h00.**

**WHERE: BISTRO AREA, LIFESTYLE CENTRE**  
**TICKET COSTS: R50 PER TICKET (CASH ONLY)**  
**Bar will be open between 16h30- 18h30.**  
**Pre- performance cocktails on sale.**

Khayakazi is an award-winning soprano contracted to Cape Opera Company.

Phenye is a tenor and founder of the Johannesburg Opera Company.

**Tickets will be on sale as from Monday 28 April, daily in the Lifestyle Centre, Ticket sales will take place between 16h00-17h30 daily.**

# WHAT'S HAPPENING?

---

## CHARITY CLOTHS:

---



Mrs. Ing at House nr.6 at Evergreen Noordhoek has a charity drive whereby she sells cotton dishcloths at a price of R50.

The proceeds of this project will be donated to families that are in need.

Those who wishes to support this drive please contact Mrs. Ing on ext.2006.

# IT'S A CELEBRATION

---

*Count your age by friends, not years.*

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

## BIRTHDAYS

**29th April**

Dianne Chiles- Noordhoek

**30th April**

Rose Meny-Gibert- Noordhoek

**1<sup>st</sup> May**

Jennifer Morkel- Noordhoek

**3<sup>rd</sup> May**

Peter Foad- Noordhoek

## ANNIVERSARIES

**04th May**

Clive & Merle Bezer- Noordhoek

Chris & Rose Meny-Gibert- Noordhoek



## Weekly Menu: 28 April – 4 May 2025

House menu available on order same day before 10am

### Monday: 28 April

Pork Potjie: With rice and veggies  
N: R90 // L: R70 and Family: R285

**OR**

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice  
N: R95 // L: R75 and Family: R300

### Tuesday: 29 April

Savoury bake potato: Bake potato topped with savoury mince and cheese, served with garden peas and butternut  
N: R90 // L: R70 and Family: R285

**OR**

Arrabiatta pasta: Bacon, chilli, tomato and cream over penne. Served with a side of parmesan  
N: R90 // L: R70 and Family: R285  
Soup of the day: Tomato basil soup R45

### Wednesday: 30 April

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal  
N: R90 // L: R70 and Family: R285

**OR**

Chicken a la king: Served with rice, butternut and green beans  
N: R90 // L: R70 and Family: R285  
Soup of the day: Chicken noodle soup R45

### Thursday: 1 May

Chicken korma: Chicken breast with a mix of aromatic spices, yoghurt and butter. Served with basmati rice  
N: R90 / L: R70 / FS: R285

**Or**

Beef casserole: with braised beef and country style veg in a deeply flavoured gravy served with rice  
N: R95 / L: R75 / FS: R300  
Soup of the day: Creamy bacon and broccoli soup R45

### Friday: 2 May

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 and Family: R285

**OR**

Hungarian goulash: Slow cooked beef served with rice, garden peas and carrots  
N: R95 / L: R75 / FS: R300  
Soup of the day: Mushroom soup R45

### Saturday: 3 May

Beef stroganoff: with rice, garden peas and carrots  
N: R95 // L: R75 and Family: R300

**OR**

Rosemary infused chicken: Grilled chicken breast with a bake potato and side sour cream, carrots  
N: R90 / L: R70 / FS: R285

### Sunday: 4 May

Roast Pork or Roast Beef served with roast potatoes, rice, gravy and veggies  
Dessert: Malva pudding 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**  
28 APR-4 MAY 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
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	Good Friday 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**

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*

## WEEKLY SOUP MENU :

**Tuesday**– Tomato Basil Soup

**Wednesday**– Chicken Noodle Soup

**Thursday**– Creamy Bacon and Broccoli Soup

**Friday**– Mushroom Soup