

Evergreen @ LAKE MICHELLE Aloe Aloe



05 May – 11 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 ('Catch me if you can') -
08 May @15H00

Classics Lite Concert- 06 May
@19h00

Opera- 06 May @14h00

Kind2Hearing- 08 May @10h00

Upcoming events

Alida's Fashions- 12 May @10h00
Classical Music Group- 13 May
@14h00
Quiz- 15 May

"Youth fades; love droops; the leaves of friendship fall; A mother's secret hope outlives them all." –Oliver Wendell Holmes

Dear Residents,

This Sunday we celebrate Mother's Day!

Mother's Day was first celebrated on May 10, 1908, by Anna Jarvis, at St. Andrew's Methodist Church in Grafton, West Virginia, and has evolved into a global celebration, recognizing the profound impact of mothers, grandmothers, caregivers, and mother figures in our lives. No doubt that their love, guidance, and sacrifices shape families and communities.

Kind-2-Hearing will be visiting our village on 8 May at 10h00 in the lifestyle centre. Both old and new residents are more than welcome to pop around for a free hearing screening.

Warm up your winter with a free Pilates class. Join us to boost your energy, flexibility and overall well-being. Let's get moving and feel the warmth from the inside out, please refer to page 8 for more details.

Wishing all of our residents a blessed week ahead.

Village Team



WEEKLY EVENTS

MON 5 May	TUE 6 May	WED 7 May	THUR 8 May	FRI 9 May	SAT 10 May	SUN 11 May
09h00 STRETCH CLASS 1st Floor	09h00 CALLINETICS 1ST FLOOR	08h30 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	09h45 JUDY MOOLENSCHOT-ART CLASSES Cinema Room 2	
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 TÁI CHI ACTIVITY ROOM 1	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	10h15 AQUA AEROBICS POOL		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	11h30 FREE PILATES TRIAL CLASS ACTIVITY ROOM 1	12h00 RIAAN'S FRUITVAN Parking	10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1		12H00 LUNCH BISTRO
	14H00 OPERA CINEMA ROOM 1		10h00 KiND-2-HEARING MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 AVIATION TALK MEZZANINE LEVEL	10h30 TÁI CHI ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE				
14h00 BRIDGE /CARD GAMES 1ST FLOOR	19H00 CLASSICS LITE CONCERT 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

'Catch Me If You Can'



Where: **Cinema Room 1**

When: **Thursday 8 May at 3pm sharp**

RSVP: **Booking form on notice board**

The movie on Thursday 1 May will be 'Catch Me If You Can' ia a comedy-drama produced and directed by Steven Spielberg and starring Leonardo de Caprio and Tom Hanks with Christopher Walken, Martin Sheen, Nathalie Baye, Amy Adams, and James Brolin in supporting roles

Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday.

A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.



MOTHER'S DAY



To our Evergreen Noordhoek & Lake Michelle Mother's:



HAPPY



Mother's



DAY



Thank you for your unwavering love, support and sacrifices. Your dedication, patience and kindness shape the lives of your children and inspire us all.

A mother's love is a selfless, loving and guiding light in our lives. On Mother's Day and every day, we want to express our deepest gratitude for all that you do.

With Love - THE EVERGREEN NOORDHOEK TEAM



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?

FREE PILATES CLASSES

Free Pilates Trial Class

6 May @ 11.30am

Evergreen Room 1



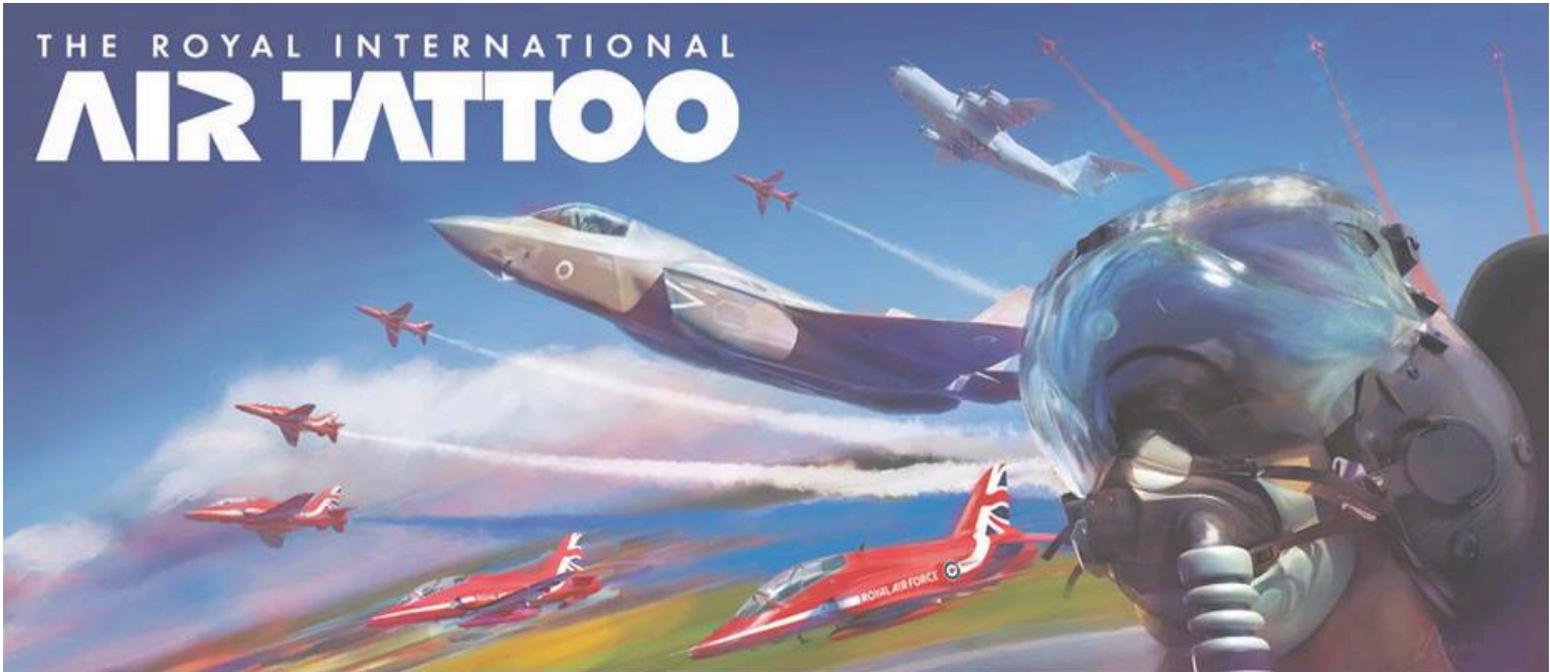
Please bring a mat &
hand towel if you have.

Getanya McClean 071 1737 843



WHAT'S HAPPENING?

AVIATION TALK



Join me to view my next Airshow Talk - this one is about the Royal International Air Tattoo (RIAT) held each year at Fairford Air Base in Gloucestershire in the UK.

It is the largest military airshow in the world (and the best) - held in July each year.

Come and see photos of the best fast jets and other aircraft.

Place: Upper lounge area (usual place)

When: 7 May 2025

Time: 15:00

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**

WHAT'S HAPPENING?

CLASSICS LITE CONCERT

Why didn't somebody tell me?!

Well, here's telling you, Babe !!

“Don't Miss Out”

This Tuesday evening 6 May 19h00.
Lifestyle Centre

First ever at Evergreen Noordhoek
a **Professional Classics Lite Concert**
Featuring

Khayakazi Madlala (Cape Town Performing Arts)
Phenye Modiane (Joburg Performing Arts)

Singing, amongst many others, classics such as

You'll never walk alone

Hallelujah

Nessun dorma

The Click Song

Romanza

Some enchanted evening

My Way

O sole mio

Funiculi funicula

Perfect Symphony

Some seats (R50) are still available.

On sale daily 16h00 p.m. – 17h30 p.m.

Lifestyle Centre

Don't delay – buy your ticket today

WHAT'S HAPPENING?

TUESDAY HIKERS

Our Tuesday Hikers recent hike to Elsie's Peak, between Fish Hoek and Glencairn, To join these hikers please do contact Ron Jones on ext.2068.



**The photo
Above shows
the
communication
tower being
constructed on
the peak.**



WHAT'S HAPPENING?

OPERA



L'heure Espagnole (The Spanish Hour) (Maurice Ravel)

Date: Tuesday 6 May 2025

Time: 2pm

Venue: Cinema Room 1

The composer, Maurice Ravel, is best known for the famous Bolero and other pieces, but he also composed two short operas, today's opera is the best; it is a light, happy opera set

to superb music.

The action takes place in the shop of clockmaker, Torquemada, in Toledo and is a farcical one act show. Concepción, the unfaithful wife of the old clockmaker arranged his appointments to give her a clear hour every week to spend with her latest lover.

While the canny old clockmaker is out setting the town's clocks lots of activity takes place in the shop.

It ends happily with a Habanero chorus from the cast.

The choice of a short opera (52 min) is to make sure the audience has ample time to prepare for the live Classics Lite concert in the LifeStyle Centre later in the evening.



Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool

WHAT'S HAPPENING?

Classical Music Group

Antonín DVOŘÁK

Cello Concerto in B minor

Calgary Philharmonic Orchestra

Conductor: Rune Bergmann

Soloist: Yo-Yo Ma (Cello)

George GERSHWIN

Rhapsody in Blue

Sächsische Staatskapelle Dresden

Conductor: Christian Thielemann

Soloist: Lang Lang (Piano)

(There will be a short contextual introduction by Val Stockden before each work is played)

Tuesday, 13 May
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

05th May

Hugh Preston- Noordhoek

6th May

John Payne- Noordhoek

08th May

Eric Jennings- Noordhoek

ANNIVERSARIES

No Anniversaries this week.

NEW RESIDENTS

Isobel Firmin- Apartment 22 Noordhoek

Weekly Menu: 28 April – 4 May 2025

House menu available on order same day before 10am

Monday: 5 May

Chicken broccoli bake: with rice, carrots and garden peas
N: R90 // L: R70 // K: R60 and Family: R285

OR

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Butternut soup R45

Tues: 6 May

Cottage pie : served with side garden peas
N: R90 // L: R70 // K: R60 and Family: R285

OR

Asian Beef stir fry: With rice and stir fry veggies
N: R95 // L: R75 // K: R60 and Family: R285
Soup of the day: Tomato basil soup R45

Wed: 7 May

Chicken cashew nut stir fry: with noodles and stir fry veg
N: R90 // L: R70 // K: R60 and Family: R285

OR

Mild Pork curry: with rice, butternut and garden peas ved with yellow rice, cinnamon pumpkin, green beans and side sambal
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Chicken noodle soup R45

Thursday: 8 May

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows
N: R90 // L: R70 // K: R60 and Family: R285

Or

Korean BBQ pork : With egg fried rice and broccoli
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 9 May

Braised Steak: In a delicious gravy with peppers, onion and mushrooms, served with mash and veggies
N: R95 // L: R75 // K: R60 and Family: R300

OR

Chicken kebabs: Served with savoury rice, broccoli and butternut
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Mushroom soup R45

Saturday: 10 May

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 // K: R60 and Family: R285

OR

Frikkadels: Served with mash and gravy
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 11 May

Mother's Day – Menu to be confirmed
Provisionally keep in mind a special Mother's Day breakfast
Sunday lunch – a 3 course special Sunday Roast



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
5-11 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

SOUPS NOW AVAILABLE DAILY R45

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Roast Chicken or Roast Beef	2 Pork potjie (or) Mongolian beef	3 Savoury bake potato (or) Arrabiatta pasta	4 Traditional bobotie (or) Chicken a la king	5 Chicken korma (or) Beef casserole	6 Jap chicken burger (or) Hungarian goulash	7 Beef stroganoff (or) Rosemary infused Chicken
8 Sunday Roast Chicken or Roast Beef	9 Chicken broc bake (or) Chilli con carne	10 Cottage pie (or) Asian beef stir fry	11 Cashew nut chicken s/fry (or) Mild pork curry	12 Monterrey chicken bake (or) Korean BBQ pork	13 Braised steak (or) Chicken kebabs	14 Glazed sticky pork (or) Frikkadels mash & gravy
15 Sunday Roast Pork or Roast Beef	16 Chicken stroganoff (or) Baked penne bake	17 Penne a la vodka (or) Glazed sticky pork	18 Chicken schnitzel (or) Gourmet mac n cheese	19 Alfredo pasta (or) Coconut Beef marsala	20 Chicken pad thai (or) Grilled line fish	21 Coronation chicken (or) Chicken lemongrass
22 Sunday Roast Gammon or Roast Beef	23 Meatball curry (or) Creamy Chicken salsa	24 Chicken carbonara pasta (or) Beef curry	25 Chicken breyani (or) Texas pulled pork	26 Tomato bredie (or) Thai chicken stir fry	27 Beef burger (or) Hannah chicken	28 Creamy tomato pasta (or) Pork sausages & mash
29 Roast Lamb or Roast Beef	30 Mushroom stroganoff (or) Spaghetti bolognese	31 Chicken parmesan (or) Braised pork in sweet soy	32 Traditional meatloaf (or) Thai chicken curry	33 Chicken Marsala (or) Pork adobo	34 Beef ragu (or) Sweet n sour chicken	35 Broc bacon mac n cheese (or) Chicken cacciatore

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
 Lemongrass Chicken **R90**
 Chicken breast cooked soft and tender in a buttery lemon broth
 Chicken Penne a la Vodka **R90**
 Eggplant Parmesan **R90**

These can be ordered from daily if you dont feel for the meals of the day

PRICE LIST	
Normal meals	R85-R95
Low Carb / Gluten free	R95
Kiddies	R60
Elderly / ladies	R70-R75
Vegan	R90
Family Normal (2 adults/2 kids)	R285-R300
Family Low carb	R290
Free Range:	N R95 / L R75 / Family R320

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	R580
<i>They can be made up to your meal preferences and all labelled & dated</i>	

WEEKLY SOUP MENU :

Monday- Butternut Soup

Tuesday- Tomato Basil Soup

Wednesday- Chicken Noodle Soup

Thursday- Creamy Bacon and Broccoli Soup

Friday- Mushroom Soup