

Evergreen @ LAKE MICHELLE Aloe Aloe

12 May – 18 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 ('All is lost') – 15 May
@15H00

Alida's Fashions- 12 May @10h00

Classical Music Group- 13 May
@14h00

Quiz- 15 May @18h00

Upcoming events

Christian Fellowship- 14 May
@10h00

Mobeewash- 21 May @09h00

"Life is a succession of lessons which must be lived to be understood." – Ralph Waldo Emerson

Dear Residents of Evergreen Lake Michelle,

We are excited to share with you the upcoming events and activities in our vibrant community!

Upcoming Highlights

- Alida's Fashions: Discover affordable and stylish clothing at our village this week.
- Classical Music Group: Join our music enthusiasts for a delightful evening of classical music (see page 9 for details).
- Mosaic Group: Explore your creativity with our FREE mosaic classes – all welcome! (see page 8 for details).
- Quiz Evening: Get ready for a fun-filled evening of friendly competition and socializing. Book your spot with Norma Roos: ext. 2089 or 084 207 6829.
- Christian Fellowship Gathering: Join us for a warm and welcoming community experience, open to all. Connect with like-minded individuals and deepen your sense of belonging.

We wish all our residents a blessed week ahead, filled with joy, connection, and community spirit.

Best regards,
Village Team



Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 12 May	TUE 13 May	WED 14 May	THUR 15 May	FRI 16 May	SAT 17 May	SUN 18 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 ROZ HOEK- 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		
10h00 ALIDA'S FASHIONS MAIN LOUNGE		10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1		12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM 1	12h00 RIAAN'S FRUITVAN Parking	10h00 WOL AAN DIE ROL MAIN LOUNGE		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	16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	15H00 MOVIE CINEMA ROOM 1			
14h00 BRIDGE /CARD GAMES 1ST FLOOR		18H00 DINNER BISTRO	18H00 QUIZ 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 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.

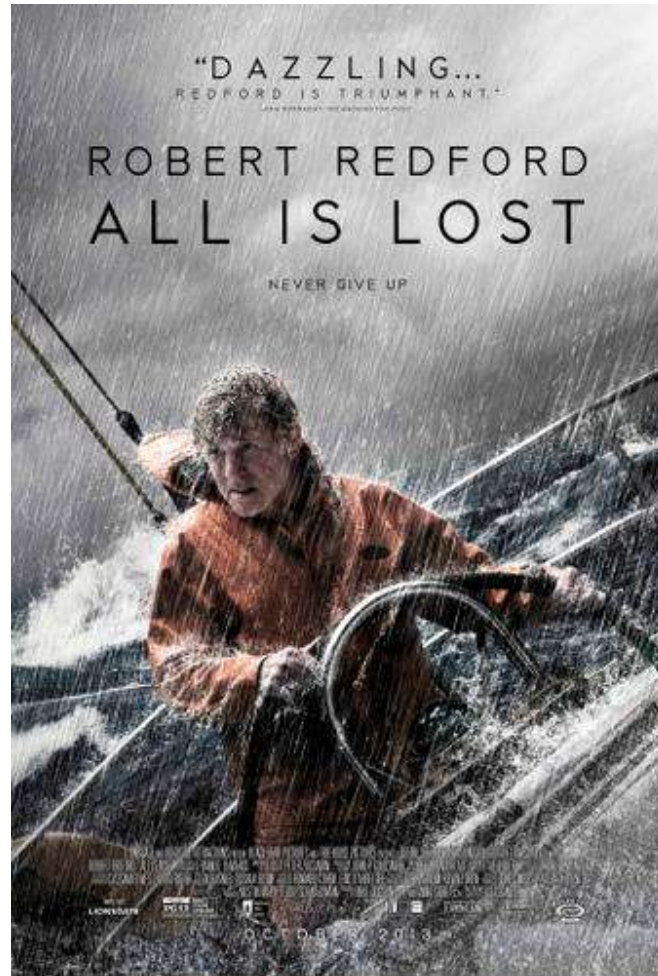
Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE

‘ALL IS LOST’



Where: **Cinema Room 1**

When: **Thursday 15 May at 3pm sharp**

RSVP: **Booking form on notice board**

The movie for Thursday 15 May is ‘All is Lost’. During a solo voyage in the Indian Ocean, a veteran mariner (Robert Redford) awakes to find his vessel taking on water after a collision with a stray shipping container.

With his radio and navigation equipment disabled, he sails unknowingly into a violent storm and barely escapes with his life.

With any luck, the ocean currents may carry him into a shipping lane -- but, with supplies dwindling and the sharks circling, the sailor is forced to face his own mortality

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?

QUIZ EVENING

QUIZ NIGHT

15 May 2025

18:00



SNACK PLATTERS (pre- book):
Mixed Platter R130

x2 Mini Chicken
burgers with basil
mayo
x2 Beef Kebabs
x2 Crumbed chicken
strips
x2 Chicken spring
rolls

R20 per person
(cash only)
Book your spot with Norma
Roos
on Ext. 2089/ 084 207 6829

WHAT'S HAPPENING?

MOSAICS GROUP

"Unleash your creativity! Join our FREE Mosaics class, no experience necessary! We'll provide the guidance and a beginner's kit to get you started. Classes are held every 2nd and 4th Tuesday, 2-4pm, in cinema room 2, Lifestyle Centre.



Please contact June(ext.2107) or Cora (ext.2052) for more information. Come and have fun!"

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

13th May

Gavin Brown- Noordhoek

Joy MacDonald- Noordhoek

14th May

Marion Nelson- Noordhoek

15th May

Phillipe Tack- Noordhoek

Robert Hill- Lake Michelle

16th May

Denise Baws- Noordhoek

17th May

Roger Falls- Noordhoek

Anne Stepto- Noordhoek

18th May

Carene Legge- Noordhoek

Jane Lamb- Lake Michelle

ANNIVERSARIES

18th May

Brian & Pam Valentine- Noordhoek

NEW RESIDENTS

No new residents this week.

Weekly Menu: 12-18 May 2025

House menu available on order same day before 10am

Monday: 12 May

Chicken Stroganoff: served with basmati rice, green beans and butternut

N: R90 // L: R70 // K: R60 and Family: R285

OR

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

N: R90 // L: R70 // K: R60 and Family: R285

Soup of the day: Butternut soup R45

Tues: 13 May

Penne a la vodka : served with side parmesan cheese

N: R90 // L: R70 // K: R60 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 // K: R60 and Family: R285

Soup of the day: Tomato basil soup R45

Wed: 14 May

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

N: R95 // L: R75 // K: R60 and Family: R300

OR

Gourmet Mac n cheese: creamy cheese sauce with peppers, corn and onions

N: R90 // L: R70 // K: R60 and Family: R285

Soup of the day: Chicken noodle soup R45

Thursday: 15 May

Alfredo pasta: served with side parmesan cheese

N: R90 // L: R70 // K: R60 and Family: R285

Or

Coconut Beef marsala: A creamy curry of with tomato, coconut milk & masala gravy.

Served with basmati rice, peas and carrots

N: R95 // L: R75 // K: R60 and Family: R300

Soup of the day: Creamy bacon and broccoli soup R45

Friday: 16 May

Chicken pad thai: over rice noodles

N: R95 // L: R75 // K: R60 and Family: R300

OR

Grilled line fish: Grilled line fish served with savoury rice, veggies and lemon wedge

N: R110 // L: R90 // K: R60 and Family: R285

Soup of the day: Mushroom soup R45

Saturday: 17 May

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: R90 // L: R70 // K: R60 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 // K: R60 and Family: R285

Sunday: 18 May

Sunday Roast – Roast beef or gammon with rice, roast potatoes, Yorkshire pudding and gravy. Served with a dessert Apple crumble with custard or ice-cream 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
12-18 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						
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 lemons
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 tom pasta or Pork sausages & mash
29 Roast Lamb or Roast Beef	30 Mushroom stroganoff or Spaghetti bolognaise	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

Lemone Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodaka **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 R285-R300

(2 adults/2 kids)

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

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

WEEKLY SOUP MENU :

Monday-Butternut Soup

Tuesday- Tomato Basil Soup

Wednesday- Chicken Noodle Soup

Thursday- Creamy Bacon and Broccoli Soup

Friday- Mushroom Soup