

Evergreen @ LAKE MICHELLE Aloe Aloe



19 May – 25 May
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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 ('Bohemian Rhapsody') –
15 May @15H00

Mobeewash– 21 May @09h00

Arts & Crafts Meeting– 19 May
@10h00

Upcoming events

Christian Fellowship– 28 May
@10h00

Bingo– 19 June @18h00

***"The pessimist sees difficulty in every opportunity;
the optimist sees opportunity in every difficulty." –
Winston Churchill***

Dear Residents of Evergreen Lake Michelle,

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

Upcoming Highlights

– **Mobeewash:** will be in our village this week. Book your mobile car wash slot now with reception (ext.2400 or 021 001 4312).

– **Pilates Classes:** "Get fit with pilates". Classes are now available in our village. To join or learn more, contact Getanya at (071 173 7843), or check page 6 for details.

– **Tuesday Hikers:** Our group recently completed a challenging 13km hike. New members are welcome– contact Ron Jones on (ext.2068) to join the adventure.

– **Arts & Crafts Meeting:** "Unleash your creativity" Join our arts and crafts group. If you're artistic, crafty or just love to create , come and join us. Contact Marie Rowe (082 373 8779) or Judy Moolenschot (084 584 4415) to get involved.

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 19 May	TUE 20 May	WED 21 May	THUR 22 May	FRI 23 May	SAT 24 May	SUN 25 May
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	08h30 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR	09h00 BACK CARE YOGA ACTIVITY ROOM 1	09h45 JUDY MOOLENSCHOT-ART CLASSES Cinema Room 2	
10h00 ARTS & CRAFTS MEETING CINEMA ROOM 2	09h00 CALLINETICS 1ST FLOOR	09h00 TÁI CHI ACTIVITY ROOM 1	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	10h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 MOBEEWASH PARKING	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 BOOK READING CLUB MAIN LOUNGE	12h00 RIAAN'S FRUITVAN Parking	10h00 KNITTING GROUP 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		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	15H00 MOVIE CINEMA ROOM 1			
		18H00 DINNER 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

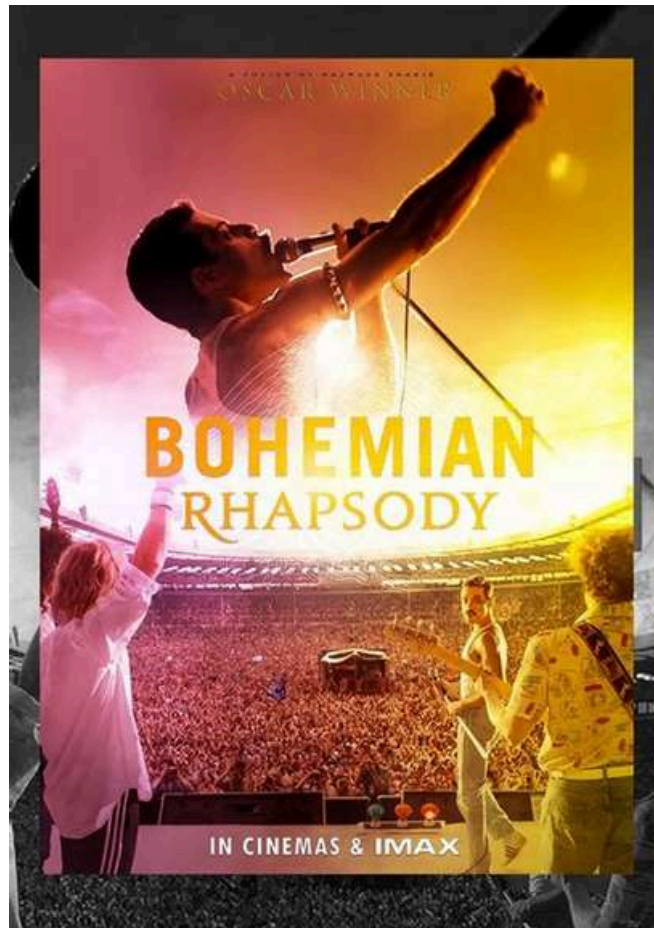
Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

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

WHAT'S HAPPENING?

MOVIE 'Bohemian Rhapsody'



Where: **Cinema Room 1**

When: **Thursday 22 May at 3pm sharp**

RSVP: **Booking form on notice board**

Bohemian Rhapsody is an enthralling celebration of Queen, their music, and their extraordinary lead singer Freddie Mercury, who defied stereotypes and convention to become one of history's most beloved entertainers.

Following Queen's meteoric rise, their revolutionary sound and Freddie's solo career, the film also chronicles the band's reunion, and one of the greatest performances in rock history- the legendary Live Aid concert at Wembley Stadium in 1985.

WHAT'S HAPPENING?

PILATES CLASSES

New Pilates Classes Tuesdays @ 8am in Clubhouse Room 1



Bookings Essential
please contact
Getanya 071 1737 843



WHAT'S HAPPENING?

ARTS & CRAFTS

Calling all Creative & Arty People

This is an invitation to anyone who would enjoy working with and getting to know other residents who have enjoyed creating interesting and beautiful objects and art works of any kind to meet up next week on Monday Morning 19th May at 10h00 in Cinema Room 2 Have you currently or previously enjoyed Painting, Drawing, Scrapbooking, Cardmaking, Beading, Embroidery, Sewing, Wood Carving, Model Building, Illustration, Bookmaking etc. and would enjoy having a place to meet informally with other interesting people who love to do things with their hands?

There is no cost involved and no official teaching. The idea is that we take advantage of the Cinema Room2 which has been set up with 6 large tables and is currently being used for Drawing, Water Colour and Mosaic Classes.

If this sounds like your sort of thing, please join this informal gathering and see where it leads us? Questions? Call Marie' Rowe at (082)373-8779 Or Judy Moo' at (084)584-4415

WHAT'S HAPPENING?

TUESDAY HIKERS



This week the Tuesday hikers tackled a 13 km hike which started and ended at the Catholic Church in Kommetjie. The circular route included hiking up to Cobra Camp, the military WW2 observation radar post, then along the mountain top towards Scarborough, down to the coast, through the coastal camping and caravan resorts to the board walks that pass the Kommetjie lighthouse to the town.

WHAT'S HAPPENING?

HEALTH TALK



Let's talk about gut health

No one notices their gut until they're either constipated or have an upset tummy! Join Carrie-Ann from Sally-Ann Creed as she discusses how to keep your gut healthy and functioning optimally simply by eating well.

**Join us in the Mezzanine lounge
Thursday 29 May at 11:00am All
products on sale less 30%!**



Sally-Ann
CREED®
Wellness through nutrition

WHAT'S HAPPENING?

CLASSICS LITE EVENT:



Better late than never, a special Thanks to our organizers and those who has assisted in making the Classics Lite Event a success, fun was had and memories were created.



IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

20th May

Rod Wilson- Noordhoek

22nd May

Ronnie Stead- Noordhoek

23rd May

Janet Potter- Noordhoek

Denni Duff- Noordhoek

24th May

Sue Payne- Lake Michelle

25th May

Ivan Van Der Westhuizen- Lake Michelle

ANNIVERSARIES

20th May

Peter & Nancy Brown- Noordhoek

NEW RESIDENTS

Alan Ferguson- House 02

Weekly Menu: 19–25 May 2025

House menu available on order same day before 10am

Monday: 19 May

Meatball curry: With Basmati Rice, butternut and green beans
N: R90 // L: R70 // K: R60 and Family: R285

OR

Creamy chicken salsa: 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 // K: R60 and Family: R285

Soup of the day: Chicken noodle soup R45

Tues: 20 May

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

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

OR

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

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

Soup of the day: Tomato basil soup R45

Wed: 21 May

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

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

OR

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

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

Soup of the day: Butternut soup R45

Thursday: 22 May

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 // K: R60 and Family: R300

Or

Thai chicken stir fry: With basmati rice and veggies

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

Soup of the day: Creamy bacon and broccoli soup R45

Friday: 23 May

Beef burger: Our homemade beef patty with lettuce, tomato and topped with cheese. Served with chips

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

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 // K: R60 and Family: R300

Soup of the day: Mushroom soup R45

Saturday: 24 May

Creamy tomato pasta: with a side parmesan cheese

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

OR

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

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

Sunday: 25 May

Sunday Roast – Roast beef or Lamb with rice, roast potatoes, Yorkshire pudding and gravy. Served with Ice-cream and chocolate sauce or cinnabon rolls 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
19-25 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 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	1 Traditional meatloaf or Thai chicken curry	2 Chicken Marsala or Pork adobo	3 Beef ragu or Sweet n sour chicken	4 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