

Evergreen @ LAKE MICHELLE Aloe Aloe



02 June – 08 June
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 ('Eye in the sky') – 05 June
@15H00

Opera- 04 June @14h00

Kind 2 Hearing- 05 June @10h00

Wine Pairing Evening- 06 June
@17h30

Development Information Session-
03 June @15h00

Upcoming events

Classical Music Group-10 June
Bingo- 19 June

"No music is so pleasant to my ears as that word—father." —Lydia Maria Child

Dear Residents of Evergreen Lake Michelle,

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

Upcoming Highlights

– **Opera:** Experience the powerful story of faith, sacrifice and devotion in "Dialogues of the Carmelites". This gripping opera explores the struggles of the Carmelite nuns during the french revolution, set to a hauntingly beautiful score. Don't miss this thought-provoking and emotionally charged performance that will leave you spellbound.

– **Wine Pairing Evening:** Indulge in a sophisticated evening with the big5 wine company. Join us for a wine pairing evening where expertly curated wines meet exquisite cuisine. Savor the perfect pairing of wine and food , and discover new favorites. Please book your spot with the bistro on ext. 2404 or 021 001 4312.

– **Men's Health Awareness Month:** The purpose of men's health awareness month is to raise awareness, promote healthy habits and to focus on key health areas, please refer to page 10.

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 02 June	TUE 03 June	WED 04 June	THUR 05 June	FRI 06 June	SAT 07 June	SUN 08 June
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 FOR ENJOYMENT CINEMA ROOM 2	09h00 CALLINETICS 1ST FLOOR	09h00 TÁI CHI ACTIVITY ROOM 1	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	12h00 RIAAN'S FRUITVAN Parking	09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1			12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP ACTIVITY ROOM 2			10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	14h00 OPERA CINEMA ROOM 1	10h00 KIND 2 HEARING MAIN LOUNGE	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM	16H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	10h30 TÁI CHI ACTIVITY ROOM 1	17H30 WINE PAIRING EVENING BISTRO		
	15h00 DEVELOPMENT INFORMATION SESSION BISTRO	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

ARTS FOR ENJOYMENT

This is an invitation to anyone who would enjoy a free of cost creative arts class.

Judy: EXT.2141

Marie: EXT. 22125

WHAT'S HAPPENING?

MOVIE

'Eye in the Sky'



Where: **Cinema Room 1**

When: **Thursday 5 June at 3pm sharp**

RSVP: **Booking form on notice board**

Colonel Katherine Powell (Dame Helen Mirren) is a U.K.-based military officer in command of a top secret drone operation to capture terrorists in Kenya. Through remote surveillance and on-the-ground intel, Powell discovers the targets are planning a suicide bombing and the mission escalates from "capture" to "kill". But as American pilot Lieutenant Steve Watts (Aaron Paul) is about to engage, a nine-year old girl enters the kill zone triggering an international dispute, reaching the highest levels of U.S. and British government, over the moral, political, and personal implications of modern warfare.

Filming began in South Africa in September 2014. The film premiered at the 2015 Toronto International Film Festival on 11 September 2015.

WHAT'S HAPPENING?

OPERA



DIALOGUES DES CARMÉLITES

(Dialogues of the Carmelites)

(Francis Poulenc)

Date: Wednesday 4 June 2025

Time: 2pm

Venue: Cinema Room 1

Francis Poulenc's "Dialogues des Carmélites" tells the story of Blanche de la Force (Isabel Leonard), a young aristocrat who joins a Carmelite convent seeking refuge from her debilitating fear. Set during the French Revolution's Reign of Terror, Blanche finds herself under the guidance of the elderly

Prioress (Karita Mattila), who dies a painful death that shakes Blanche's faith, and later also that of the new Prioress (Adrianne Pieczonka) and Mother Marie (Karen Cargill).

As revolutionary forces gain power, the nuns face increasing persecution. When ordered to abandon their vocation, they take a collective vow of martyrdom, led by the formerly timid Sister Constance (Erin Morley). Blanche initially flees in terror but ultimately finds the courage to rejoin her sisters.

The opera culminates in its famous final scene where the Carmelite nuns march one by one to the guillotine while singing the "Salve Regina", their voices diminishing with each execution. Blanche, having conquered her fear, is the last to ascend the scaffold, achieving spiritual transcendence through her sacrifice. The Metropolitan Opera's 2019 production was particularly noted for the power and simplicity of this devastating finale.



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?

TRANSPORT & ACCOMMODATION

~Chapmans House and Hakuna Matuktuk are offering our residents a reasonable discount on all day-to-day trips and accomodation.

LEKKER LOCAL TRANSPORT

067 913 1590

Now At Blue Route Mall

Need a ride?

SCAN ME

Call a Tuk Tuk

SCAN ME

Locations: Muizenberg, St James, Kalk Bay, Fish Hoek, Clovelly, Glencairn, Harbour Bay Mall, Simon's Town, Seaforth, Murdock Valley, Millers Point, Smitswinkel, Cape Point, African Penguin Tour, Cape Point Safari Tour, Chapman's Peak Scenery Tour, South Peninsula Tour, Tailored Tours, Scarborough, Masey Cliffs, Kommetjie, Imhoff Farm, Sun Valley, Longbeach Mall, Noordhoek, Noordhoek Farm Village.

~Chapman's House, Guesthouse
A 15% discount on accommodation.

~Hakuna Matuktuk
A 20% discount on all day-to-day trips (tours not included).

NEED A RIDE? CALL A TUK TUK



067 913 1590

OPERATING HOURS:

9:00 AM - 9:00 PM

TUESDAY TO SATURDAY

9:00 AM - 6:00 PM

SUNDAY AND MONDAY



WHAT'S HAPPENING?

KIND 2 HEARING



**KIND2HEARING
BLAAUWBERG**

**KIND2HEARING IS VISITING
EVERGREEN**

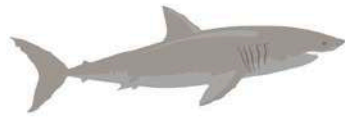
Date: Thursday, 5 June

Time: 10 am – 12h00

**Free Hearing Screenings
Please book a time at reception.**

WHAT'S HAPPENING?

WHALE WATCHING SEASON



GREAT WHITE SHARK



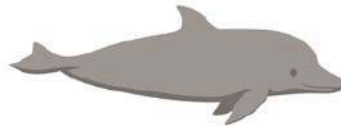
SOUTHERN RIGHT WHALE



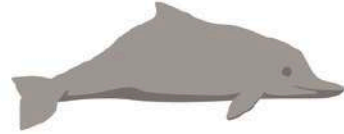
BRYDE'S WHALE



HUMPBACK WHALE



HUMPBACKED DOLPHIN



BOTTLENOSE DOLPHIN



CAPE FUR SEAL



AFRICAN PENGUIN



CORMORANT



CAPE GANNET

Every year between June and December, southern right and humpback whales can be seen along the south coast from Cape Town to Mossel Bay.

During this period, both species are frequently seen with calves, as they use South African waters for calving and rearing their young. The whales' annual visits are so predictable, and whales often so close to shore, that that south coast is also known as the 'whale route' and a whale festival is held every year at Hermanus.

In Knysna and Plettenberg Bay cetaceans can be sighted all year round with most sightings being those of Bryde's whales and dolphins. These areas also offer a spectacular scenery of the Tsitsikamma and Robberg nature reserves.

WHAT'S HAPPENING?

MEN'S HEALTH AWARENESS MONTH



High suicide rates:

Men are disproportionately affected by suicide, with statistics indicating a significantly higher rate of suicide among men compared to women.

Stigma and barriers to help-seeking:

Men often face societal pressure to be strong and self-reliant, which can discourage them from acknowledging mental health struggles or seeking support.

Impact of traditional masculinity:

Traditional gender roles and expectations that place men under pressure to be providers and breadwinners can lead to emotional neglect and the suppression of feelings.

Limited access to mental health resources:

Despite growing awareness, access to mental health services and support for men remains a challenge, particularly in marginalized communities.

Factors contributing to men's mental health challenges:

Societal expectations of masculinity:

These expectations can lead to men suppressing their emotions, fearing judgment or appearing weak.

Lack of positive male role models:

Men may struggle to find supportive figures to help them navigate mental health issues and build healthy coping mechanisms.

Substance abuse:

Men may turn to alcohol or drugs as a way to cope with emotional distress, further complicating their mental health.

Financial stress:

Economic hardships can contribute to mental health challenges, particularly for men who are expected to be the primary breadwinners.

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

02nd June

Robert Mutlow- Noordhoek
Peter Gilchrist- Noordhoek

04th June

Gail Maclellan- Noordhoek

06th June

Helen Berthold- Noordhoek
Ian Simpson- Noordhoek

07th June

Jennifer Knott- Noordhoek

03rd June

Tony Kromberg- Noordhoek
Val Heard- Noordhoek

05th June

Margaret Reid- Noordhoek
Gael Culhane- Lake Michelle
Josephine Foad- Lake Michelle

08th June

June Hutcheson- Noordhoek

ANNIVERSARIES

05th June

Peter & Susan Van Der Spek- Noordhoek

06th June

Koos & Shirley Reynders- Noordhoek

08th June

Peter & Josephine Foad- Lake Michelle

Weekly Menu: 2-8 June 2025

House menu available on order same day before 10am

Monday: 2 June

Pork potjie: With rice and veggies
N: R90 // L: R70 // K: R60 and Family: R285

OR

New Chicken pasta bake: Delicious creamy cheese and chicken pasta bake
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Chicken noodle soup R45

Tues: 3 June

Savoury bake potato Bake potato topped with savoury mince and cheese, served with garden peas and butternut
N: R90 // L: R70 // K: R60 and Family: R285

OR

Arrabiatta pasta: Bacon, chilli, tomato and cream over penne. Served with a side of parmesan
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Tomato basil soup R45

Wed: 4 June

Beef casserole: Served with rice, baby marrows and carrots
N: R95 // L: R75 // K: R60 and Family: R300

OR

Chicken a la king: Served with savoury rice, butternut and green beans
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Butternut soup R45

Thursday: 5 June

Butter chicken: Served with basmati rice and side sambal
N: R90 // L: R70 // K: R60 and Family: R285

Or

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 6 June

New Tikka chicken burger: served with chips
N: R90 // L: R70 // K: R60 and Family: R285

OR

Smokey beef ragu: with rice and veggies
N: R95 // L: R75 // K: R60 and Family: R300
Soup of the day: Mushroom soup R45

Saturday: 7 June

Beef stroganoff: Served with mash, carrots and garden peas
N: R95 // L: R75 // K: R60 and Family: R300

OR

Rosemary infused chicken: With a bake potato, broccoli and cauliflower
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 8 June

Sunday Roast – Roast beef or Pork with rice, roast potatoes, Yorkshire pudding and gravy.
Served with a sticky toffee pudding 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
2-8 JUNE 2025

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection
Cash, card and efc 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

June

Homemade bread available every Thursday and Friday R35

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Roast Chicken or Roast Beef	2 Pork potjie <i>New</i> Chicken pasta bake	3 Savoury bake potato or Arrabiatta pasta	4 Beef casserole or Chicken a la king	5 Butter chicken or Traditional bobotie	6 <i>BBQ</i> Wine Tasting Tikka chicken burger or Smokey beef ragu	7 Beef stroganoff or Rosemary infused Chicken
8 Sunday Roast Pork 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 Mongolian beef or <i>New</i> Chicken & chorizo jambalaya	14 Eggplant parmesan or Frikkadels mash & gravy
15 <i>HAPPY Fathers Day</i>	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 Beef curry or <i>New</i> Chicken supreme	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 bryani or Texas pulled pork	26 Tomato bredie or Thai chicken stir fry	27 Beef burger or Hannah chicken	28 <i>New</i> Chicken & mushroom or Pork sausages & mash
29 Roast Lamb or Roast Beef	30 Mushroom stroganoff or Spaghetti bolognese	Chicken parmesan or Braised pork in sweet soy	Traditional meatloaf or Thai chicken curry	Chicken Marsala or Pork adobo	Beef ragu or Sweet n sour chicken	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–Chicken Noodle Soup

Tuesday– Tomato Basil Soup

Wednesday– Butternut Soup

Thursday– Creamy Bacon and Broccoli Soup

Friday– Mushroom Soup



THE FYNBOS BISTRO

WINE PAIRING MENU



*Wine
Pairing*

Friday 6 June 2025

Starting from 5.30pm at the Bistro

Canape's:

Prawn with citrus sauce on a cracker
Asian spring roll with red pepper mayo dipping sauce

SIT DOWN

Soup starter:

Broccoli, bacon and cheddar cheese with homemade bread

MAINS: Choose one from the choice below

Smokey Beef Ragu with garlic parmesan mash and winter veggies

OR

Grilled Yellowtail line fish with lemon butter sauce, savoury rice
and winter veggies

OR

(Veg option) Eggplant parmesan with savoury rice and winter veggies

DESSERTS:

Chocolate brownie fondant with a berry compote and
vanilla ice cream

- R210 a ticket -



THE
FYNBOS
Bistro