

# Evergreen @ LAKE MICHELLE Aloe Aloe

16 June – 22 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 ('Leave No Trace') – 19 June @15H00

Bingo– 19 June @18h00

Book Club– 17June @14h30

Riaan's Fruit Van– 18 June @12h00

## Upcoming events

Mobeewash– 25 June

Wol aan die rol– 26 June

Spca village visit– 27 June

Opera– 1 July

***"Life is a masterpiece, constantly in progress, with each brushstroke adding color and meaning."***

Dear Residents of Evergreen Lake Michelle,

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

Upcoming Highlights

**-Fun Games Afternoon:** Gather your friends for an afternoon of classic board games and friendly competition. From strategic Canasta to wordplay Scrabble, there's something for everyone. Get ready to roll the dice, draw cards and show off your skills. All are welcome.

**-Bingo Evening:** Get ready for a fun filled evening of excitement. Invite a friend or a neighbour to this coming bingo evening, please contact Norma Roos on ext.2089 or 084 207 6829 to book your seat now.

**-Facilities-** The lifestyle centre, is the place to be, where friends meet and memories are made! Enjoy our state-of-the-art facilities and activities. Dive into our indoor swimming pool, Catch the latest blockbuster at our cinema room, Serve up excitement with table tennis and snooker, get fit and feel great at our gym. Explore new worlds through our vast library.

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 16 June	TUE 17 June	WED 18 June	THUR 19 June	FRI 20 June	SAT 21 June	SUN 22 June
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	08h30 <b>AQUA AEROBICS</b> POOL	09h00 <b>STRETCH CLASS</b> 1ST FLOOR  08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1	09h45 <b>JUDY MOOLENSCHOT-ART CLASSES</b> CREATIVE HUB	
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	09h00 <b>CALLINETICS</b> 1ST FLOOR	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	09H30 -10H00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL		
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2		10h00 <b>KNITTING GROUP</b> MAIN LOUNGE			12H00 <b>LUNCH</b> BISTRO
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	14h30 <b>BOOK CLUB</b> MAIN LOUNGE	12h00 <b>RIAAN'S FRUITVAN</b> Parking	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	16H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE	15H00 <b>MOVIE</b> CINEMA ROOM			
		18H00 <b>DINNER</b> BISTRO	18H00 <b>BINGO EVENING</b> BISTRO	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 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

### 'Leave No Trace'



Where: **Cinema Room 1**

When: **Thursday 19 June at 3pm sharp**

RSVP: **Booking form on notice board**

An emotionally broken Iraq war veteran Will (Ben Foster) and his teen daughter Tom (Thomasin Harcourt McKenzie) have lived off the grid in Forest Park, a beautiful nature reserve near Portland, Oregon, and survived well, and happy.

One day, they are found by park police and re-homed. He tries his best to make it work, taking a job on a Christmas tree farm, trading his labor for housing, but feels more comfortable working with the animals than the humans.

She wants to stay, she's made a friend, sees what life is like in the "real" world, and wants to grow and evolve. Freedom calls him, and they disappear to another state to find peace again until he falls and is barely alive when found. While he is rehabbing his leg, she has the biggest decision of her life to make.

# WHAT'S HAPPENING?

## MONDAY GAMES

Join in on the fun every Monday afternoon at 14h00. All is welcome to come and enjoy a cup of coffee and unstoppable games.





# WHAT'S HAPPENING?

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## KNITTING GROUP

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Join our knitting group every Thursday morning at 10h00, in the Lifestyle Centre (Main Lounge).



## CHRISTIAN FELLOWSHIP

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Join our Christian Fellowship every second Wednesday morning at 10h00, in the Lifestyle Centre (Mezzanine Level).





# WHAT'S HAPPENING?

## TAI CHI CLASSES

Join our Tai Chi Classes every Wednesdays & Thursdays, where we boost upper and lower body flexibility. Please contact Roy De Vos on ext. 22129 or Fiona on 082 920 1818.



## LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class. Please contact Louise Jackson on ext.2143 for more information.





# WHAT'S HAPPENING?

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## WINE PAIRING EVENING

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Cheers! To another successful wine pairing evening. The Big5 did their thing and here's the memories of the unforgettable evening.





# WHAT'S HAPPENING?

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## ARTS FOR ENJOYMENT

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DOING ANYTHING CREATIVE PAINTING, DRAWING, CALLIGRAPHY, SCRAPBOOKING, DOODLING, ORIGAMI, EMBROIDERING, etc.

These clubs have been formed to encourage creative people to meet in the Creative Hub and work together. It is intended to encourage people to practise their skills with other Arty/Crafty friends and talk about their various interests and already members are sharing their knowledge. There are no official teachers and that means there are no fees.



~Art Club - Meet up with other Artists Creative Hub - Monday 10am

~Art Club - Meet up with other Artists Creative Hub - Friday - 10am

Everyone very welcome! Call Judy on 0845844415 or 2141. Or Marie Rowe on 082 373 8779.



# WHAT'S HAPPENING?

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## SWIMMING POOL AREA

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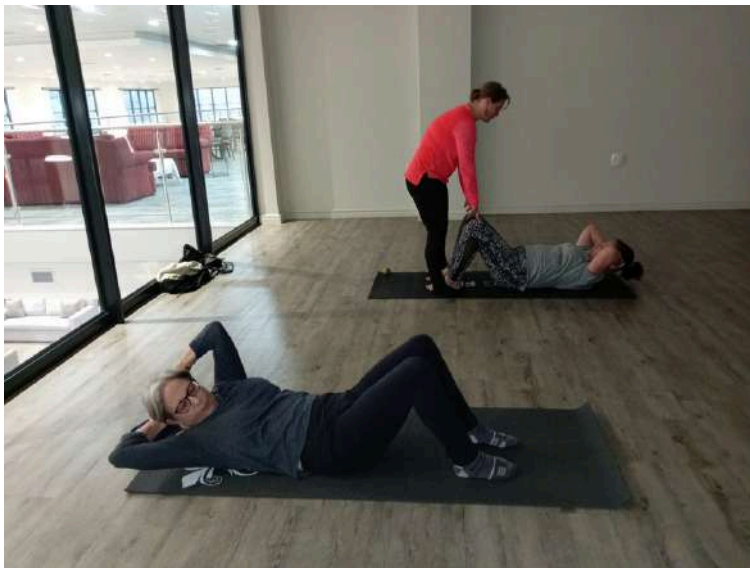


Our Indoor- heated swimming pool.  
To access the swimming pool a  
code is required code is: #357\*



## PILATES CLASSES:

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Join our pilates class on a Tuesday morning in Activity  
room 1. Please book your spot with Getanya on 071 173  
7843.



welcome2@getanyam.com  
+27 71 1737 843  
@getanyamclean

Pilates • Chakra-Lates • Holistic lifestyle  
holistic membership/ course  
Online & in Person

Holistic Living with *Getanya*

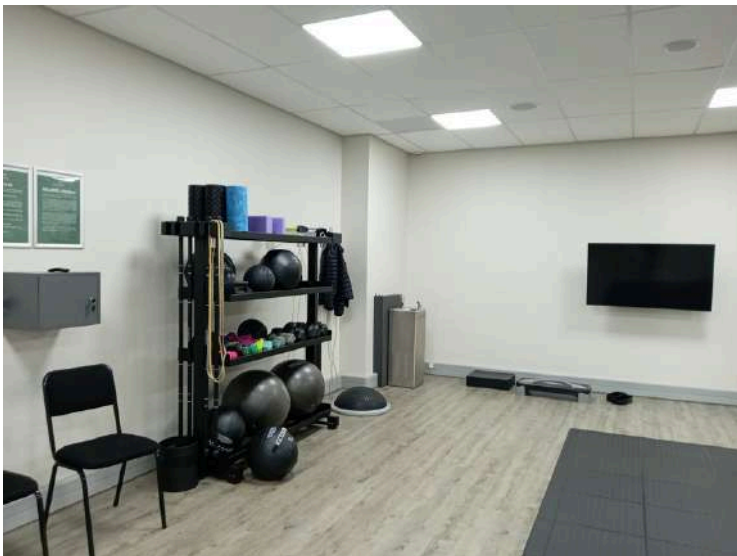
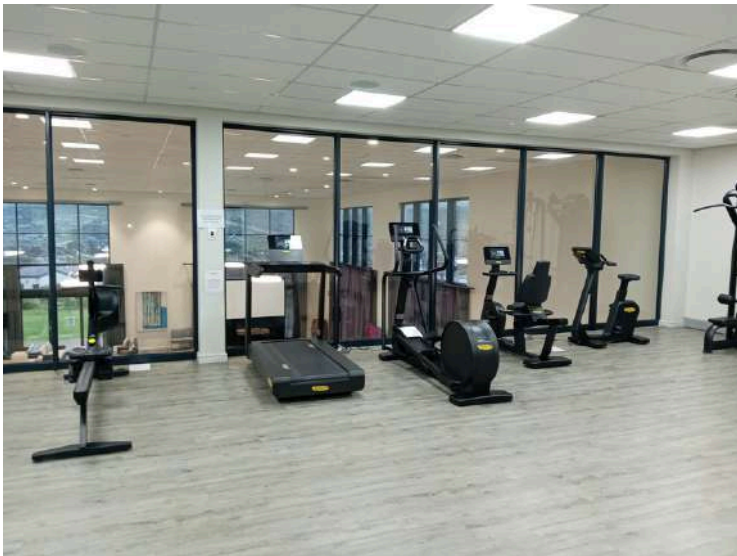


Guiding women to build confidence in themselves, & start living their dream life style



# WHAT'S HAPPENING?

## GYM, LIBRARY, TABLE TENNIS FACILITIES



These facilities are available within our lifestyle centre, all residents are welcome to make use of it.



# WHAT'S HAPPENING?

## BINGO NIGHT

Thursday June 19th 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash  
only)



### Snack Platters

Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip

Book at the Bistro on  
Ext 2404 before  
Tuesday afternoon



# WHAT'S HAPPENING?

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## HEALTH CORNER

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### Full body assessments

Carrie-Ann from Sally-Ann Creed is offering free assessments using her InBody scale. This incredible machine offers insights into your body make-up, including body composition, muscle mass and body fat.

**Join us in the lounge Wednesday 25 June  
at 11:00am No pacemakers unfortunately.  
Bookings at reception on ext.2400 or 021  
001 4312**

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



# IT'S A CELEBRATION

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*Count your age by friends, not years.*

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

## BIRTHDAYS

### **16th June**

### **17th June**

Susan Van Der Spek- Noordhoek   Gregory Taylor- Noordhoek  
Roger Bagshaw- Noordhoek

### **12th June**

### **19th June**

Sheila Mclean- Noordhoek   Peter Van Der Spek-Noordhoek  
Ron Jones- Noordhoek

### **20th June**

### **21st June**

Nomusa Madlala- Noordhoek   June Davies- Noordhoek  
Margaret Byrne- Noordhoek

## ANNIVERSARIES

### **19<sup>th</sup> June**

Ian & Aldyth Thomas- Lake Michelle

### **22<sup>nd</sup> June**

Bill & Lynn Harding- Noordhoek

## NEW RESIDENTS

Friedrich & Annette Snyckers- House 11 Noordhoek

Weekly Menu: 16–22 June 2025

House menu available on order same day before 10am

Monday: 16 June

Chicken stroganoff: with rice, garden peas and butternut  
N: R90 // L: R70 // K: R60 and Family: R285

OR

Baked penne bake: Creamy bolognaise bake topped with cheese  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Chicken noodle soup R45

Tues: 17 June

Penne a la vodka: A signature dish! Penne pasta topped with a tomato, cream, parmesan and vodka sauce with grilled chicken breast pieces served with a side of parmesan  
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: 18 June

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: Butternut soup R45

Thursday: 19 June

Alfredo pasta: A creamy ham and mushroom 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: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 20 June

Beef curry: Served with yellow rice, garden peas and butternut  
N: R95 // L: R75 // K: R60 and Family: R300

OR

NEW Chicken Supreme: Pan-fried chicken breast nestled in a creamy sauce with mushrooms and bacon. Enjoy this creamy chicken supreme with mashed potato and steamed green veggies  
N: R95 // L: R75 // K: R60 and Family: R300  
Soup of the day: Mushroom soup R45

Saturday: 21 June

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

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: 22 June

Roast Beef or Roast Gammon with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.  
Dessert: Apple crumble with custard 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**  
16-22 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 or New 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 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 New Chicken & chorizo jambalaya	14 Eggplant parmesan or Frikkadels mash & gravy				
15 <b>HAPPY Fathers Day</b>	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 New 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 New 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

Lemons 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		BOX MEAL PRICES	
Normal meals	R85-R95	For the freezer	
Low Carb / Gluten free	R95	10 meals per pack	
Kiddies	R60	Normal meals	R880
Elderly / ladies	R70-R75	Normal LC/GF	R920
Vegan	R90	Elderly / Ladies	R680
Family Normal (2 adults/2 kids)	R285-R300	Elderly / Ladies LC	R700
Family Low carb	R290	Kiddies meals	R580
Free Range:		<i>They can be made up to your meal preferences and all labelled &amp; dated</i>	
N R95 / L R75 / Family R320			

## WEEKLY SOUP MENU :

**Monday**-Chicken Noodle Soup

**Tuesday**- Tomato Basil Soup

**Wednesday**- Butternut Soup

**Thursday**- Creamy Bacon and Broccoli Soup

**Friday**- Mushroom Soup