

# Evergreen @ LAKE MICHELLE Aloe Aloe

23 June - 29 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 ('The Last King of Scotland') -  
26 June @15H00

Book Club- 24 June @14h30

Riaan's Fruit Van- 25 June @12h00

Mobeewash- 25 June

Christian Fellowship- 25 June  
@10h00

Wol aan die rol- 26 June

## Upcoming events

Spcavillage visit- 27 June

Opera- 1 July

***"There is a whole new kind of life ahead, full of experiences just waiting to happen. Some call it 'retirement.' I call it bliss."***  
—Betty Sullivan

Dear Residents of Evergreen Lake Michelle,

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

Upcoming Highlights

**-Book Club:** Calling all book lovers in our Evergreen community. Come together to discuss your favorite reads, discover new authors and connect with like-minded neighbors. Please refer to the weekly events on page 2 for time and venue.

**-SPCA Village Visit:** The SPCA will be visiting our village this coming Friday to provide care and support for our furry friends. Let's work together to ensure our animals receive the attention they need.

**-Chelsea Display Presentation-** On Friday 27 June at 10h30 a Chelsea display presentation will be held. The South African stand and a walk through the Pavilion viewing the most beautiful displays of David Austin roses and other exotics. It will be held in the cinema room. For further details contact Val Stockden on ext.2056.

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 23 June	TUE 24 June	WED 25 June	THUR 26 June	FRI 27 June	SAT 28 June	SUN 29 June
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL	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	09h00 <b>STRETCH CLASS</b> 1ST FLOOR  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	09h00 <b>MOBEEWASH</b> Parking	10h00 <b>WOL AAN DIE ROL</b> MAIN LOUNGE	10h00 <b>SPCA VILLAGE VISIT</b> LAWN		12H00 <b>LUNCH</b> BISTRO
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	14h30 <b>BOOK CLUB</b> MAIN LOUNGE	12h00 <b>CHRISTIAN FELLOWSHIP</b> Parking	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	10h30 <b>CHELSEA DISPLAY PRESENTATION</b> CINEMA ROOM	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	12h00 <b>RIAAN'S FRUITVAN</b> Parking	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
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	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
		18H00 <b>DINNER</b> BISTRO	15H00 <b>MOVIE</b> CINEMA ROOM	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 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

## 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



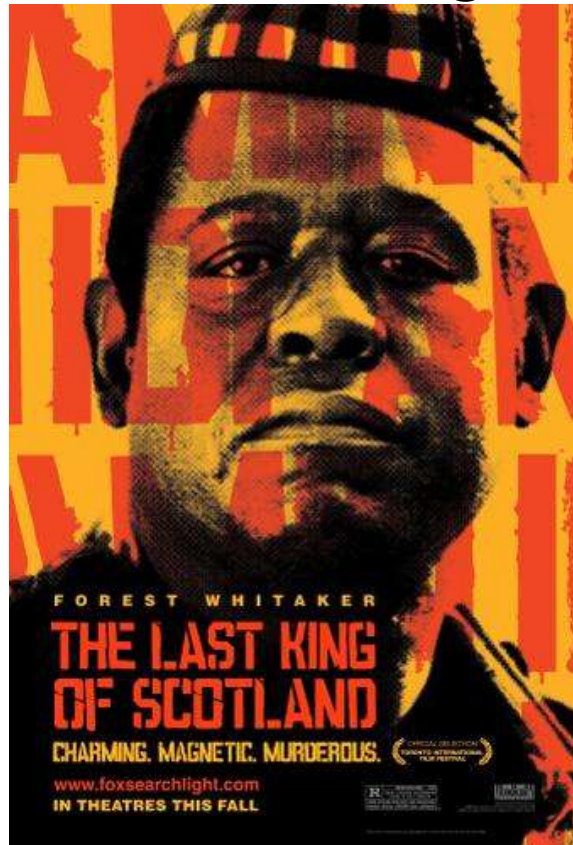
# WHAT'S HAPPENING?

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## MOVIE

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### 'The Last King of Scotland'



Where: **Cinema Room 1**

When: **Thursday 26 June at 3pm sharp**

RSVP: **Booking form on notice board**

"The Last King of Scotland" is a 2006 historical drama film directed by Kevin Macdonald, focusing on the life of Ugandan dictator Idi Amin through the eyes of a Scottish doctor, Nicholas Garrigan.

The young Scottish doctor, Nicholas Garrigan decides it's time for an adventure after he finishes his formal education, so he decides to try his luck in Uganda, and arrives during the downfall of President Obote. General Idi Amin comes to power and asks Garrigan to become his personal doctor.

The film stars Forest Whitaker, who won an Academy Award for his portrayal of Amin, and explores themes of power, corruption, and moral conflict and James McAvoy as the doctor.



# WHAT'S HAPPENING?

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## TUESDAY HIKERS

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# WHAT'S HAPPENING?

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## WOL AAN DIE ROL

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**Wol aan die Rol will be visiting your lovely facility  
on:**

**Thursday, 26 June 2025**

**from**

**10.00 to 11.15**

**LOCATION: Main Lounge**

We look forward to meet you!

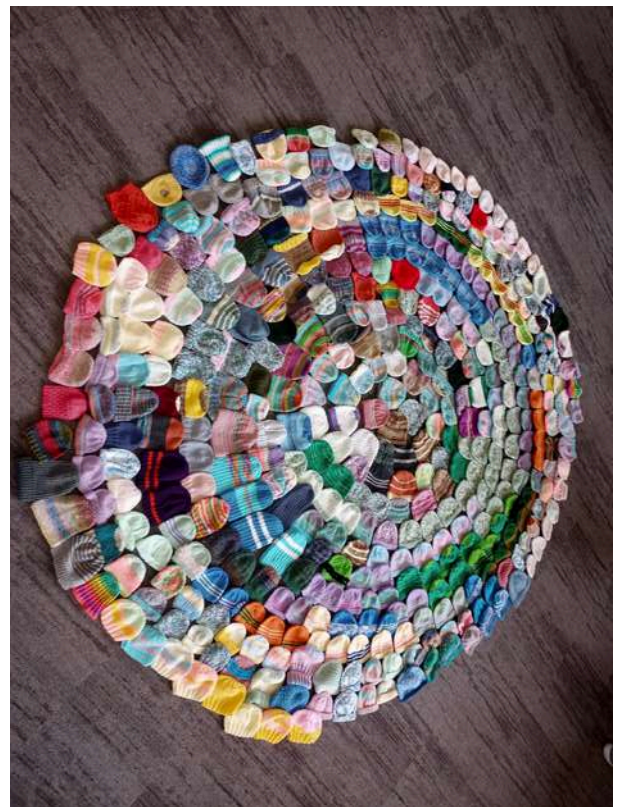
Ons sien uit daarna om ons passie met julle te deel!



# WHAT'S HAPPENING?

## EVERGREEN KNITTING COMPETITION

Our Knitting Group has outdone themselves. A huge congratulations to the ladies. A special thanks to rescom for the generous donation towards the group.



They have knitted just over 600 beanies which will be donated to the below listed organizations:

- Tygerberg Children's Trust
- Somerset Hospital – Antenatal ward
- Miracle kids – Meadow Ridge
- Kensington Old Age home
- Protea Old age home Goodwood



# WHAT'S HAPPENING?

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## PHASE ONE REUNION

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### **CELEBRATING 'THE ORIGINALS' OF PHASE 1 EVERGREEN NOORDHOEK**

On Tuesday 17th June, the original residents who moved into our village around 1 March 2018, gathered to remember our early days on site.

At that time, 46 houses had been completed. House 8 was the office, number 9 was our clubhouse and House 23 was a showhouse.

Maps and memories were captured from residents' personal photographs and from relevant images in an archive kindly shared by all who had photos.

A .pdf version of the slide presentation can be downloaded from the following hyperlink and scan.

<https://bit.ly/ELV-TheOriginals>



Opening the files in an App or the Browser. If you have a Dropbox account you could open it with that by simply selecting "Open in app". Those who does not have a Dropbox account should select "The open in browser" option.

There's also a QR code that could be used. If you have a QR reader app on your phone they could use that to open the file.

# 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 you 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



# WHAT'S HAPPENING

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# UPCOMING RUGBY GAMES

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## WEEKEND MATCHES

**Friday, 27 June 2025**

International Rugby

Namibia



15:00



Italy

**Saturday, 28 June 2025**

The British & Irish Lions

Force



12:00



British Lions

**Sunday, 29 June 2025**

World Rugby U20 Championship

England U20



15:30



Scotland U20

Australia U20



15:30



South Africa U20

France U20



18:00



Spain U20

Ireland U20



18:00



Georgia U20

Argentina U20



20:30



Wales U20

New Zealand U20



20:30



Italy U20

# 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

### **23 June**

David Van Blerk- Noordhoek  
Anne Tingley- Noordhoek

### **24 June**

Eileen Swartz- Noordhoek  
Louise Jackson- Noordhoek  
June Pittermann- Noordhoek

### **26 June**

Nigel Gilbert- Noordhoek  
Ingrid Jolley- Noordhoek  
Fiona Hutcheon- Noordhoek

### **27 June**

Florence Wright- Noordhoek

### **28 June**

Gillian Alexander- Noordhoek

## ANNIVERSARIES

### **24 June**

Richard & Judy Moolenschot- Noordhoek  
Roger & Sue Payne- Lake Michelle

### **25 June**

Eddie & Daphne Wesselo- Noordhoek

## NEW RESIDENTS

No new residents this week.



Weekly Menu: 23–29 June 2025

House menu available on order same day before 10am

Monday: 23 June

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

OR

Creamy Chicken salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice, carrots and baby marrows  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Chicken noodle soup R45

Tues: 24 June

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: A Soft tender meat curry with yellow rice, garden peas and side sambal  
N: R95 // L: R75 // K: R65 and Family: R300  
Soup of the day: Tomato basil soup R45

Wed: 25 June

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: 26 June

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: R65 and Family: R300

Or

Thai chicken stir fry: With basmati rice and veggies  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 27 June

Beef burger: Our homemade beef patty with lettuce, tomato and topped with balsamic onions and cheese. Served with chips  
N: R90 // 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: R65 and Family: R300  
Soup of the day: Mushroom soup R45

Saturday: 28 June

NEW Chicken & mushroom: Sauteed chicken breast with bacon and mushrooms slightly creamy with rice and green vegetables  
N: R95 // L: R75 // K: R65 and Family: R300

OR

Pork sausages and mash: Grilled pork sausages served with mash, gravy, garden peas and carrots  
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 29 June

Roast Beef or Roast Lamb with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.  
Dessert: Malva pudding with custard 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**  
23-29 JUNE 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**

*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 <i>or</i> Arrabiatta pasta	4 Beef casserole <i>or</i> Chicken a la king	5 Butter chicken <i>or</i> Traditional bobotie	6 <i>Wine Tasting</i> Tikka chicken burger <i>or</i> Smokey beef ragu	7 Beef stroganoff <i>or</i> Rosemary infused Chicken
8 Sunday Roast Pork or Roast Beef	9 Chicken broc bake <i>or</i> Chilli con carne	10 Cottage pie <i>or</i> Asian beef stir fry	11 Cashew nut chicken s/fry <i>or</i> Mild pork curry	12 Monterrey chicken bake <i>or</i> Korean BBQ pork	13 Mongolian beef <i>or</i> <i>New</i> Chicken & chorizo jambalaya	14 Eggplant parmesan <i>or</i> Frikkadels mash & gravy
15 <i>HAPPY Father's Day</i>	16 Chicken stroganoff <i>or</i> Baked penne bake	17 Penne a la vodka <i>or</i> Glazed sticky pork	18 Chicken schnitzel <i>or</i> Gourmet mac n cheese	19 Alfredo pasta <i>or</i> Coconut Beef marsala	20 Beef curry <i>or</i> <i>New</i> Chicken supreme	21 Coronation chicken <i>or</i> Chicken lemons
22 Sunday Roast Gammon or Roast Beef	23 Meatball curry <i>or</i> Creamy Chicken salsa	24 Chicken carbonara pasta <i>or</i> Beef curry	25 Chicken bryani <i>or</i> Texas pulled pork	26 Tomato briedie <i>or</i> Thai chicken stir fry	27 Beef burger <i>or</i> Hannah chicken	28 <i>New</i> Chicken & mushroom <i>or</i> Pork sausages & mash
29 Roast Lamb or Roast Beef	30 Mushroom stroganoff <i>or</i> Spaghetti bolognese	Chicken parmesan <i>or</i> Braised pork in sweet soy	Traditional meatloaf <i>or</i> Thai chicken curry	Chicken Marsala <i>or</i> Pork adobo	Beef ragu <i>or</i> Sweet n sour chicken	Broc bacon mac n cheese <i>or</i> 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 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

*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