

Evergreen @ LAKE MICHELLE Aloe Aloe

30 June – 06 July
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 ('Shirley Valentine') – 03 July
@15H00

Opera- 01 July @14H00

Riaan's Fruit Van- 02 June @12h00

Health Coaching Talk- 03 July
@09h00

Upcoming events

Christian Fellowship- 09 June

Mobeewash- 02 July

Mosaic Classes- 08 July

"Don't watch the clock; do what it does. Keep going." – Sam Levenson

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 breathtaking beauty of Vincenzo Bellini's iconic opera, Norma! This tragic tale of love, loyalty and sacrifice will transport you to ancient Gaul. Please see below on page 16 for more information.

-Rugby: Catch all the upcoming rugby games on our big screen in the lifestyle centre! Bring your friends and family to cheer on your favorite teams in a lively atmosphere. Our Fynbos Bar will be open during the game times, where you'll find a great selection to complement the action on screen.

-Health Corner: "Get Ready for Wellness!", Join Desiree Pule on July 3rd as she brings her rejuvenating health and wellness sessions back to our village. Boost your energy, relax your mind and nourish your body with Desiree's expert guidance. Don't miss this opportunity to prioritize your well-being. Mark your calendars and join us for a refreshing experience.

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 30 June	TUE 01 July	WED 02 July	THUR 03 July	FRI 04 July	SAT 05 July	SUN 06 July
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	09h45 ROZ HOEK- ART CLASSES CREATIVE HUB	
10h00 ARTS FOR ENJOYMENT CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR	09h00 TÁI CHI ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR 09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	09h00 MOBEEWASH PARKING	09h00 HEALTH COACHING TALK CINEMA ROOM	11h00 LINE DANCING ACTIVITY ROOM 1		12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 OPERA CINEMA ROOM		10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN Parking	10h30 TÁI CHI ACTIVITY ROOM 1			
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	17h10 South Africa VS Italy Lifestyle Centre	
		18H00 DINNER BISTRO	15H00 MOVIE CINEMA ROOM	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

'Shirley Valentine'



Where: **Cinema Room 1**

When: **Thursday 3 July at 3pm sharp**

RSVP: **booking form on notice board**

Feeling trapped in a world of domesticity, Shirley (Pauline Collins), a housewife from Liverpool, England, needs a change in her life before she has another conversation with the walls.

When her friend Jane (Alison Steadman) invites her on a trip to a Greek island, Shirley jumps at the chance. Upon landing, Jane ditches Shirley for a fling, which means Shirley is left to her own devices.

Shirley wanders the island, meets a taverna owner (Tom Conti) and begins to find the joy in life again.

WHAT'S HAPPENING?

ALIDA'S FASHIONS



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 14 JULY 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?

HEALTH CORNER



Health and Wellness Sessions

Join our health and wellness sessions that are designed specifically for older adults. In these sessions we explore what it means to live a healthy life as we age.

Every Thursday we cover a variety of topics from maintaining physical fitness, improving diet, understanding chronic health conditions, fostering emotional well-being and strong social connections. Discover practical tips and valuable insights to empower you on your journey to healthy aging.

The group is free to attend.

These sessions are for informational purposes only and are not intended to replace any medical advice.

Sessions by Desiree Pule

Date: 3rd July 2025 Time:

9h30 to 10h30 Cinema

Room 1

WHAT'S HAPPENING?

CRUISING PRESENTATION



LET'S TALK CRUISING!

JOIN US FOR AN INFORMAL CHAT AND Q&A
AROUND ALL THINGS CRUISING.

WHEN: WEDNESDAY 23 JULY

TIME: 14H00 – 15H30

VENUE: EVERGREEN LIFESTYLE VILLAGES
NOORDHOEK, LIFESTYLE CENTRE

ADDRESS: CORNER GLENCAIRN EXPRESSWAY &
KOMMETJIE ROAD, FISH HOEK

SNACKS & DRINKS PROVIDED



*Exclusive Offers
Available!*

RSVP

FOR CATERING PURPOSES **Before Thursday,
10 July 2025**
StephanL@evergreenlifestyle.co.za

WHAT'S HAPPENING?



CUNARD




WHITESTAR
CRUISE & TRAVEL

QUEEN MARY 2

QUEEN VICTORIA

QUEEN ELIZABETH

QUEEN ANNE

WHAT'S HAPPENING?

PHASE ONE MEMORIES

The first village reunion was held, where the residents who moved in the village in the early months of 2018 had a reunion. Jenny Wyllie took some unforgettable pictures.



WHAT'S HAPPENING

UPCOMING RUGBY GAMES



MATCHES

South Africa Italy	05 Jul 17:10	South Africa Italy	12 Jul 17:10
South Africa Georgia	19 Jul 17:10	South Africa Australia	16 Aug 17:10
South Africa Australia	23 Aug 17:10	New Zealand South Africa	06 Sept 09:05
New Zealand South Africa	13 Sept 09:05	South Africa Argentina	27 Sept 25 17:10
Argentina South Africa	04 Oct 25 15:00	France South Africa	08 Nov 25 22:10
Italy South Africa	15 Nov 25 14:40	Ireland South Africa	22 Nov 25 19:40
Wales South Africa	29 Nov 25 17:10		

WHAT'S HAPPENING

BOK FRIDAYS

EVERGREEN lifestyle

GEAR UP FOR
Bok Fridays

WEAR YOUR GREEN AND GOLD PROUDLY
ON BOK FRIDAYS AND MATCH DAYS

BARBARIANS  28 JUNE	ITALY  5 JULY	ITALY  12 JULY	GEORGIA  19 JULY
AUSTRALIA  16 AUGUST	AUSTRALIA  23 AUGUST	NEW ZEALAND  6 SEPTEMBER	NEW ZEALAND  13 SEPTEMBER
ARGENTINA  27 SEPTEMBER	ARGENTINA  4 OCTOBER	FRANCE  8 NOVEMBER	ITALY  15 NOVEMBER
IRELAND  22 NOVEMBER		WALES  29 NOVEMBER	

WHAT'S HAPPENING

YOGA CLASSES

Find your inner peace with Yoga!

Join our Yoga classes, specially designed for residents. Discover the numerous health benefits of yoga, including:

- ~Reduced stress and anxiety
- ~Improved flexibility and balance
- ~Increased strength and energy
- ~Enhanced mental clarity and focus

Come breathe, stretch and relax with us. Let's cultivate wellness together. Join us on this journey to inner peace and overall well-being. See you on the mat.



WHAT'S HAPPENING

KIND 2 HEARING



**KIND2HEARING
BLAAUWBERG**

**KIND2HEARING IS VISITING
EVERGREEN**

**Date: Thursday, 3 July
Time: 10 am – 12h00**

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

WHAT'S HAPPENING

IRISH DANCING WORLD CHAMPIONSHIPS 2025

The Ramsay School of Irish Dance had at the Irish Dancing World Championships 2025 in Dublin. They've sent a beautiful email to thank our residents for their support.

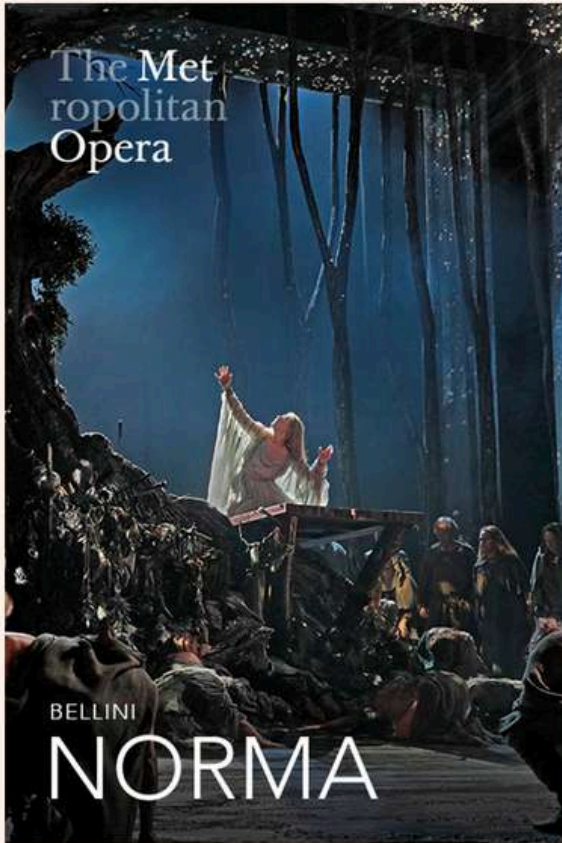
The atmosphere and dancing were absolutely spectacular! Please find below photos of our dancers, along with a huge thank you from them. This was an experience that they will never forget.



Thank you again for your incredible support in helping us get them onto the World Stage in Dublin!

WHAT'S HAPPENING

OPERA



NORMA

(Vincenzo Bellini)

Date: Tuesday 1 July 2025

Time: 2pm

Venue: Cinema Room 1

"Norma," an Italian opera by Vincenzo Bellini, tells the story of a forbidden love triangle set against the backdrop of Roman-occupied Gaul. Norma (Sonya Yoncheva, soprano), the high priestess of the Druids, has secretly borne two children with Pollione (Michael Spyres, baritenor), the Roman proconsul, violating her sacred vows. Pollione abandons Norma for the young

priestess Adalgisa (Ekaterina Gubanova, mezzo-soprano), leading to Norma's heartbreak and a desire for revenge. Ultimately, Norma's love for her children and her nobility lead her to a tragic, yet ultimately redemptive, end with Pollione.

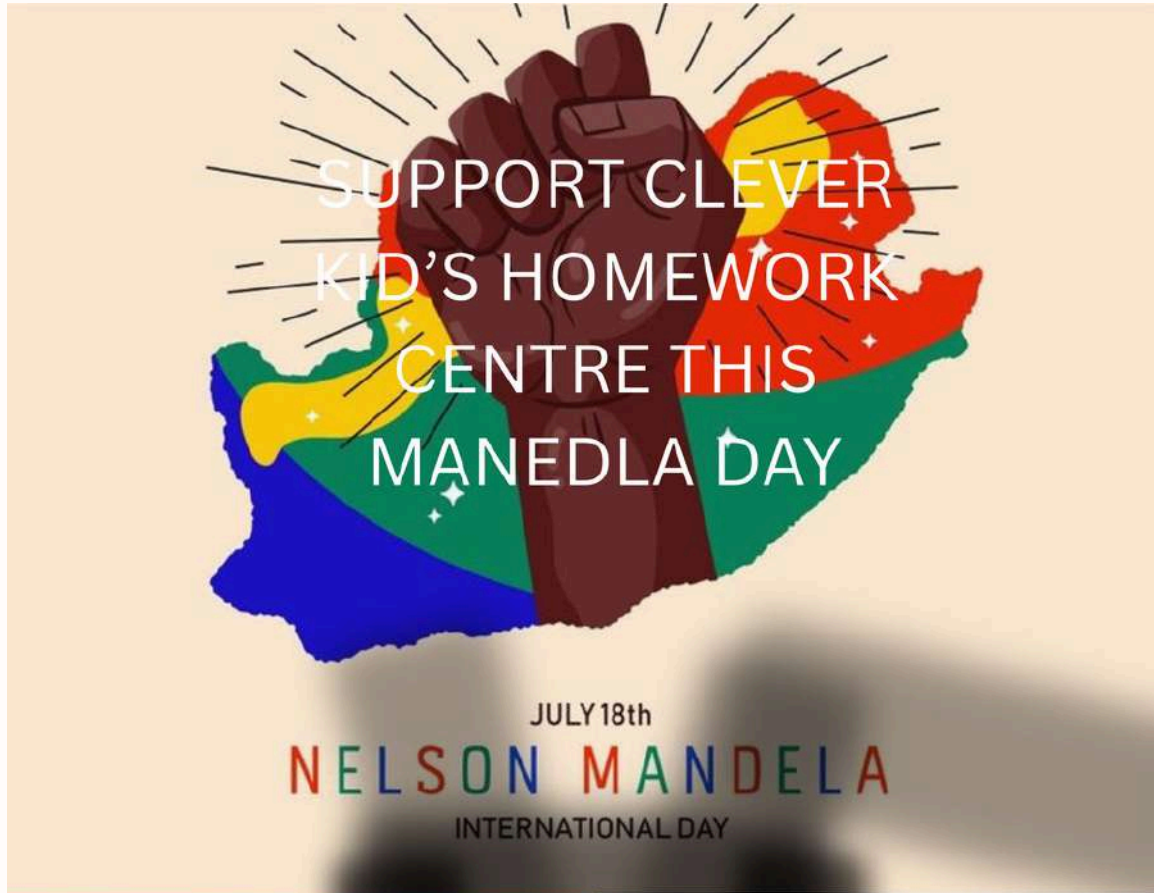


Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool

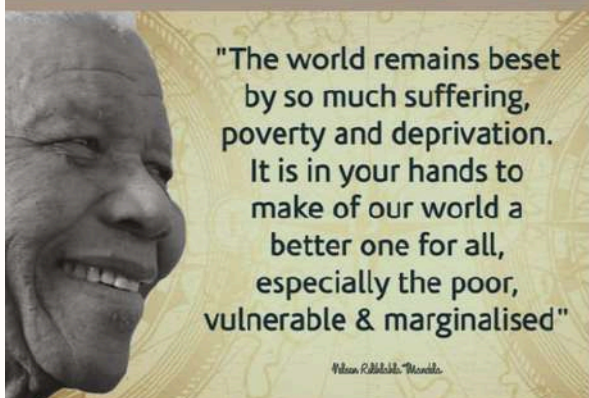
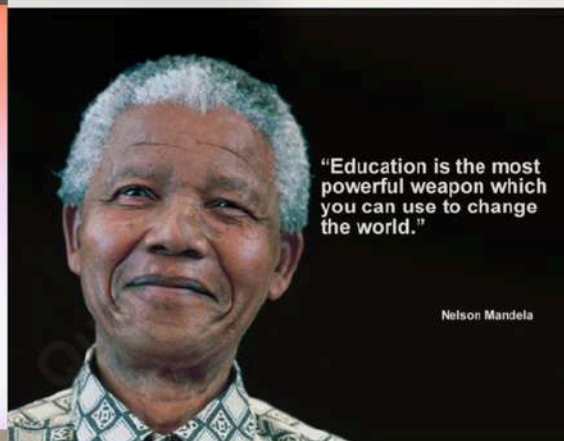
WHAT'S HAPPENING

NELSON MANDELA DAY CHARITY DRIVE

For more information, please contact Vicky Falls on ext.22229.



Support Clever
Kids Homework
Centre this
Mandela Day!



IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

02 July

Ian MacHutchon- Noordhoek

03 July

Mary Delcuore- Noordhoek

ANNIVERSARIES

02 July

Keith & Linda Van Swelm -Noordhoek

05 July

Malte & Valerie Hauptmann- Noordhoek

06 July

Mark & Ellinor Wilson- Noordhoek

NEW RESIDENTS

No new residents this week.

Weekly Menu: 30June–06 July 2025

House menu available on order same day before 10am

Monday: 30 June

Mushroom Stroganoff : Served with mash, butternut and green beans
N: R90 // L: R70 // K: R60 and Family: R285

OR

Spaghetti bolognaise : with a side parmesan cheese
N: R90 // L: R70 // K: R60 and Family: R285

Tuesday: 1 July

Chicken parmesan: Crumbed chicken breast topped with red sauce and cheeses then baked in the oven. Served with mash, garden peas and butternut
N: R95 // L: R75 // K: R65 and Family: R300

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut
N: R90 // L: R70 // K: R60 and Family: R285

Wednesday: 2 July

Traditional meatloaf: Lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with mash, gravy, garden peas & carrots
N: R90 // L: R70 // K: R60 and Family: R285

OR

Thai chicken curry: Served with basmati rice and garden peas with butternut
N: R90 // L: R70 // K: R60 and Family: R285

Thursday: 3 July

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

Or

Pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut
N: R90 // L: R70 // K: R60 and Family: R285

Friday: 4 July

Beef Ragù: Served with rice, broccoli and butternut
N: R95 // L: R75 // K: R65 and Family: R300

OR

Sweet n sour chicken: Served with stir fry rice
N: R90 // L: R70 // K: R60 and Family: R285

Saturday: 5 July

Broc bacon Mac n cheese: Creamy cheese sauce with bacon and broccoli
N: R90 // L: R70 // K: R60 and Family: R285

OR

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 6 July

Roast Beef or Roast Chicken with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.
Dessert: Malva pudding 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
30 JUNE-6 JULY 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							Homemade bread available every Thursday and Friday R35	
SUNDAY SOUPS Daily: →	MONDAY Chicken noodle	TUESDAY Mushroom soup	WEDNESDAY Butternut soup	THURSDAY Bacon broc soup	FRIDAY Tomato basil soup	SATURDAY		
1 Roast Lamb or Roast Beef	2 Mushroom stroganoff (or) Spaghetti bolognaise	3 Chicken parmesan (or) Braised pork in sweet soy	4 Traditional meatloaf (or) Thai chicken curry	5 Chicken Marsala (or) Pork adobo	6 Beef ragu (or) Sweet n sour chicken	7 Broc bacon mac n cheese (or) Chicken cacciatore		
8 Sunday Roast Chicken or Roast Beef	9 Pork potjie (or) Chicken pasta bake	10 Savoury bake potato (or) Arrabiatta pasta	11 Beef casserole (or) Chicken a la king	12 Butter chicken (or) Traditional bobotie	13 Tikka chicken burger (or) Beef ragu	14 Grilled Hake (or) Rosemary infused Chicken		
15 Sunday Roast Pork or Roast Beef	16 Chicken broc bake (or) Chilli con carne	17 Cottage pie (or) Asian beef stir fry	18 Chicken lemongrass (or) Mild pork curry	19 Monterrey chicken bake (or) Korean BBQ pork	20 Mongolian beef (or) New Chicken & chorizo jambalaya	21 Eggplant parmesan (or) Pork sliders		
22 Sunday Roast Beef	23 Chicken stroganoff (or) Baked penne bake	24 Penne a la vodka (or) Glazed sticky pork	25 Pork schnitzel (or) Gourmet mac n cheese	26 Alfredo pasta (or) Coconut Beef marsala	27 Beef curry (or) New Chicken supreme	28 Coronation chicken (or) Chicken lemongrass		
29 Sunday Roast Gammon or Roast Beef	30 Meatball curry (or) Creamy Chicken salsa	31 Chicken carbonara pasta (or) Pork Ribs	32 Chicken breyani (or) Texas pulled pork	33 Tomato braise (or) Thai chicken stir fry	34 Beef burger (or) Hannah chicken	35 Chicken & mushroom (or) Pork sausages & mash		

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

Lemongrass 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 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- Mushroom Soup

Wednesday- Butternut Soup

Thursday- Creamy Bacon and Broccoli Soup

Friday-Tomato Basil Soup