

Evergreen @ LAKE MICHELLE Aloe Aloe



07 July – 13 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 ('Apollo 11') – 10 July @15H00

Mosaic Group- 08 July

Classical Music Group- 08 July
@14h00

Christian Fellowship- 09 July
@10h00

Optimal Ageing Talk- 11 July @10h00

Upcoming events

Quiz- 17 July

Mid- Winter Market- 23 July
Cruising Presentation-30 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

-Optimal Ageing Talk: Join our informative talk and discover the keys to ageing well. Get expert insights and practical tips to help you thrive at every stage of life. Book your seat with reception on ext.2400 or 021 001 4312.

-Classical Music Group: "Beethoven's genius", Join our classical music group and immerse yourself in the masterful works of Ludwig van Beethoven. Come and discover new pieces, share your passion and connect with fellow music lovers. Booking sheet is available on the village notice board.

-Rugby: Join us for an electrifying match on July 12th as Italy takes on South Africa! Cheer on the springboks with fellow fans and enjoy the excitement of live rugby in our lifestyle centre. The Fynbos bar will be open.

-Mosaic Group: Join our vibrant community, the mosaic group is where diversity meets creativity! We welcome individuals from all walks of life to share, learn and grow together. Please contact June Hutcheson on ext.2107 or Cora Verlaan on ext.2051 for more information.

-Cruising Presentation: The cruising presentation date has been moved to the 30 July 2025. Please book your spot with reception on ext.2400 or 021 001 4312.

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 07 July	TUE 08 July	WED 09 July	THUR 10 July	FRI 11 July	SAT 12 July	SUN 13 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		
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	10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	09h00 HEALTH COACHING TALK CINEMA ROOM	10h00 OPTIMAL AGEING TALK UPSTAIRS LOUNGE		12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSIAC GROUP CREATIVE HUB		10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM	12h00 RIAAN'S FRUITVAN Parking	10h30 TÁI CHI ACTIVITY ROOM 1			
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h30 TABLE TENNIS TABLE TENNIS ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	17h10 South Africa VS Italy Lifestyle Centre	
	14h30 TABLE TENNIS TABLE TENNIS ROOM	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.

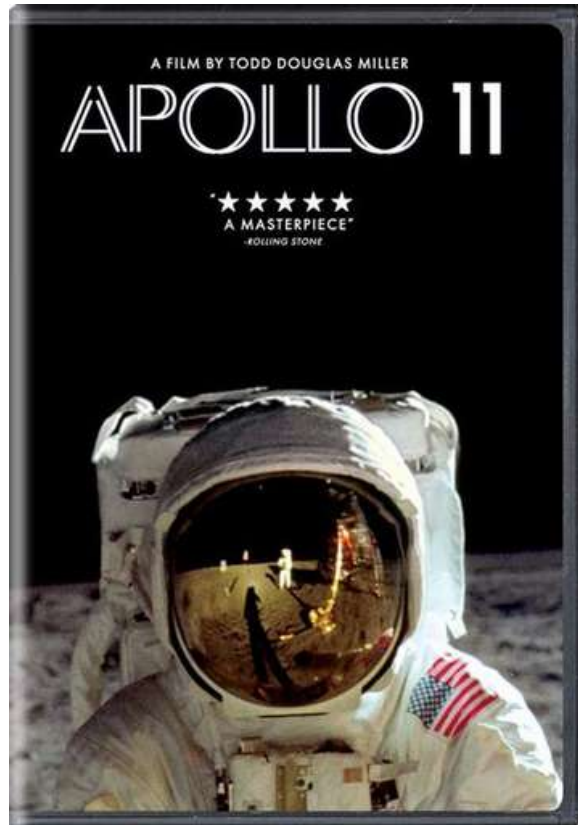
Judy: EXT.2141

Marie: EXT. 22125

WHAT'S HAPPENING?

MOVIE

'Apollo 11'



Where: **Cinema Room 1**

When: **Thursday 10 July at 3pm sharp**

RSVP: **Booking form on notice board**

For all of us here who remember the moon landing!

From director Todd Douglas Miller comes a cinematic event fifty years in the making. Crafted from a newly discovered trove of 70mm footage, and more than 11,000 hours of uncatalogued audio recordings, Apollo 11 takes us straight to the heart of NASA's most celebrated mission – the one that first put men on the moon, and forever made Neil Armstrong and Buzz Aldrin into household names.

The film has been praised for its stunning visuals and emotional impact, making it a significant historical document.

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?

CalLenetics Classes

Callanetics classes are a great way to tone and sculpt your body without building bulk. This exercise method uses tiny, three-dimensional movements that target the deepest muscle layers, combined with stretching and relaxation.



WHAT'S HAPPENING?

CRUISING PRESENTATION



LET'S TALK CRUISING!

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

WHEN: WEDNESDAY 30 JULY

TIME: 15H00 – 16H30

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 Friday, 18
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?

CLASSICAL MUSIC GROUP

Classical Music Group

Richard WAGNER

Overture to Tannhäuser Opera

Cape Town Philharmonic

Conductor: Adam Szmids

Ludwig van BEETHOVEN

*Fantasy for Piano, Vocal Soloists, Chorus
and Orchestra, Op 80*

Berlin Philharmonic and Berlin Radio Choir

Conductor: Seiji Ozawa

Soloist: Peter Serkin (piano)

Ludwig van BEETHOVEN

Overture – Leonore N°3 in C-Major

Rehearsal Performance by Leopold Stokowski

*(There will be a short contextual introduction by
Peter Lever before each work is played)*

Tuesday, 8 July
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.

WHAT'S HAPPENING?

QUIZ EVENING

QUIZ NIGHT

17 July 2025

18:00



R20 per person
(cash only)

Book your spot with Norma
Roos

on Ext. 2089/ 084 207 6829

WHAT'S HAPPENING?

QUIZ MENU



The Fynbos Bistro
Quiz night platter
for **one** person

Cheese and Charcuterie Platter:
Including a variety of cheeses (cheddar, brie, goat
cheese), salami, crackers, and accompanied with
olives, grapes, and chutney.

R75

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

OPTIMAL AGEING

A talk by Dr Rayne Stroebel will be presented on Friday 11 July from 10am until 12pm.

The title of the talk is: Optimal ageing (against all odds).

Dr Stroebel, the founder and managing director of Geratec is driven by a profound mission: to enhance, understand, and redefine the quality of life for older individuals.

Rayne's upbringing in an aged care home, where his mother served as a matron, instilled in him a deep appreciation for the complexities of elder care from a young age. His international experience in the field, coupled with his role as South Africa's Eden Alternative Regional Director and his attainment of a PhD in Dementia Studies from the University of Stirling in Scotland, has equipped him with a unique blend of expertise and insight.

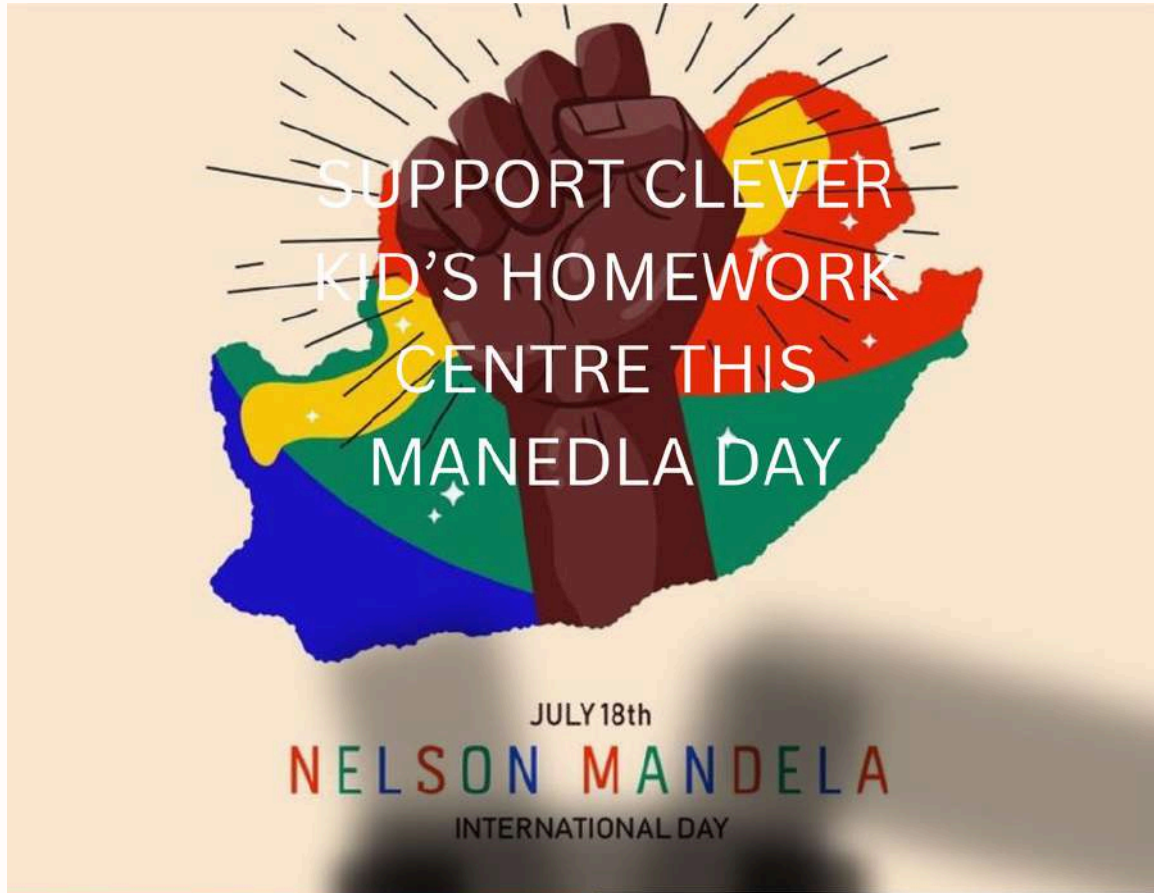
Rayne's philosophy is one of relationship-directed support, a distinctive approach that positions GERATEC as a pioneer in elderly care across South Africa. Leveraging his extensive knowledge and life experiences, Rayne is dedicated to revolutionizing the care industry. His unwavering commitment to excellence and innovation continues to make a profound impact on the lives of older individuals and their caregivers.

Please RSVP with Reception by no later than Wednesday 09 July 2025

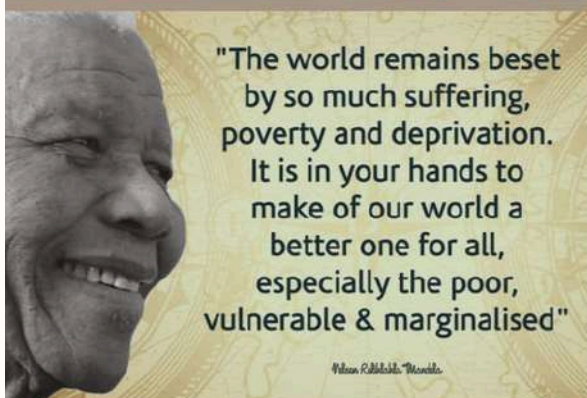
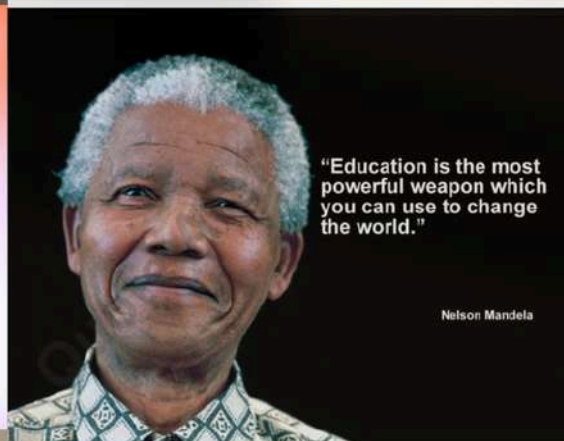
WHAT'S HAPPENING

NELSON MANDELA DAY CHARITY DRIVE

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



Support Clever
Kids Homework
Centre this
Mandela Day!



WHAT'S HAPPENING

CHRISTMAS IN JULY DINNER-DANCE



When: 18h30 Friday 25 July

Music and Cabaret by "Elvision Entertainment"

Monique Cassels and James Marais

Three Course Dinner R260

- Please note that this is a "residents only" event. Should there be table space still available closer to the event, it will be opened to residents' invitees.
- Reservations are now open at the Bistro. When making your reservation you will be asked to specify your choice of Starter, Main and Dessert
- Payment is in advance. Dinner-dance tickets will be issued to you when you make payment.
- Please arrange your own table groups and inform Bistro staff of these to facilitate seating arranging.
- Please decorate your own tables. There will be prizes for the best decorated table.

CHRISTMAS IN JULY MENU



Christmas

25 July 2025 in JULY

DINNER DANCE MENU

Dinner served from 6.30pm

Starter

Tomato and Basil soup with homemade bread

OR

Chicken peri-peri livers with savoury rice

OR

Pickled fish with savoury rice

Main

Choice of two meats

Roast Gammon with a pine-apple glaze

Roast Turkey

Roast Beef

Served with rice, roast potatoes,
cauliflower broc bake, Peas, carrots, green beans,
butternut, gravy and traditional stuffing

Dessert

Steamed Christmas traditional pudding

Served with brandy and custard

OR

Cassatta ice-cream

- R260 a person -



Book on EXT
2404



082 829 6208

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

07 July

Isobel Firmin- Noordhoek
Daphne Wesselo- Noordhoek

08 July

Cilla Grimmer- Noordhoek

09 July

Brian Roos- Noordhoek

13 July

Peter Scholte- Noordhoek

ANNIVERSARIES

07 July

Ben & Daphne Raubenheimer -Noordhoek

10 July

Ron & Ronnie Adams- Noordhoek

11 July

Derrett & Heather Evans- Noordhoek

NEW RESIDENTS

Apartment 120- Patricia Morris

Weekly Menu: 7-13 July 2025

House menu available on order same day before 10am

Monday: 7 July

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

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

Soup of the day : Chicken noodle soup R45

Tuesday: 8 July

Savoury bake potato: Bake potato topped with savoury mince and cheese, served with garden peas and butternut

N: R95 // L: R75 // K: R65 and Family: R300

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: Mushroom soup R45

Wednesday: 9 July

Beef casserole: Served with rice, baby marrows and carrots

N: R95 // L: R75 // K: R65 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: 10 July

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: 11 July

Tikka chicken burger: Served with chips

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

OR

Beef ragu: with rice and veggies

N: R95 // L: R75 // K: R65 and Family: R300

Soup of the day: Tomato basil soup R45

Saturday: 12 July

Grilled hake: Served with savoury rice, veg medley and a lemon wedge

N: R120 // L: R90

OR

Rosemary infused chicken breast: With a bake potato, broccoli and cauliflower

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

Sunday: 13 July

Roast Beef or Roast Pork 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
7-13 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		
Roast Lamb or Roast Beef	Mushroom stroganoff <i>or</i> Spaghetti bolognaise	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		
Sunday Roast Chicken or Roast Beef	Pork potjie <i>or</i> Chicken pasta bake	Savoury bake potato <i>or</i> Arrabiatta pasta	Beef casserole <i>or</i> Chicken a la king	Butter chicken <i>or</i> Traditional bobotie	Tikka chicken burger <i>or</i> Beef ragu	Grilled Hake <i>or</i> Rosemary infused Chicken		
Sunday Roast Pork or Roast Beef	Chicken broc bake <i>or</i> Chilli con carne	Cottage pie <i>or</i> Asian beef stir fry	Chicken lemons <i>or</i> Mild pork curry	Monterrey chicken bake <i>or</i> Korean BBQ pork	Mongolian beef <i>or</i> New Chicken & chorizo jambalaya	Eggplant parmesan <i>or</i> Pork sliders		
Sunday Roast Beef	Chicken stroganoff <i>or</i> Baked penne bake	Penne a la vodka <i>or</i> Glazed sticky pork	Pork schnitzel <i>or</i> Gourmet mac n cheese	Alfredo pasta <i>or</i> Coconut Beef marsala	Beef curry <i>or</i> New Chicken supreme	Coronation chicken <i>or</i> Chicken lemons		
Sunday Roast Gammon or Roast Beef	Meatball curry <i>or</i> Creamy Chicken salsa	Chicken carbonara pasta <i>or</i> Pork Ribs	Chicken breyani <i>or</i> Texas pulled pork	Tomato bredie <i>or</i> Thai chicken stir fry	Beef burger <i>or</i> Hannah chicken	Chicken & mushroom <i>or</i> 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

Lemons 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 (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
<i>They can be made up to your meal preferences and all labelled & dated</i>	

WEEKLY SOUP MENU :

Monday-Chicken Noodle Soup

Tuesday- Mushroom Soup

Wednesday- Butternut Soup

Thursday- Creamy Bacon and Broccoli Soup

Friday-Tomato Basil Soup