

Evergreen @ LAKE MICHELLE Aloe Aloe



14 July – 20 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

Alida's Fashions-14 July @10H00

Movie ('CODA') - 17 July @15H00

Quiz Evening- 17 July @18H00

Mandela Day- 18 July

South Africa VS Georgia- 19 July
@17H10

Christmas in July - 25 July

Upcoming events

Mid- Winter Market- 23 July

Mobeewash-23 July

Cruising Presentation-30 July

"The journey of a thousand miles begins with a single step." - Lao Tzu

Dear Residents of Evergreen Lake Michelle

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

Upcoming Highlights

-Nelson Mandela Day: Mrs. Vicky Falls like every year does a Nelson Mandela charity drive to celebrate Mandela's legacy of selflessness. This drive helps those in need and it's a meaningful way to celebrate Mandela's life and impact. To support this drive please do get in contact with Mrs. Falls on ext.22229.

-Quiz Evening: "Get Ready for a brainy night out". Join us for a thrilling Quiz evening and challenge your knowledge with friends and foes. To secure your spot, please book with Mrs. Norma Roos on ext.2089 or 084 207 6829. Don't miss out on the fun and competition.

-Alida's Fashions: Alida's Fashions is coming to our village this week. They offer various clothing options for women. Please come and show your support in numbers.

-Rugby: The Fynbos bar will be open to all for the South Africa vs Georgia match! Come and cheer on your favorite rugby team and enjoy the excitement of rugby in our lifestyle centre.

We wish all our residents a blessed week ahead, filled with joy, connection and community spirit.

Best regards,
Village Team

WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 14 July	TUE 15 July	WED 16 July	THUR 17 July	FRI 18 July	SAT 19 July	SUN 20 July
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	 NELSON MANDELA DAY		
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	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ALIDA'S FASHIONS MAIN LOUNGE	10h00 BRIDGE ACTIVITY ROOM 2		09h00 HEALTH COACHING TALK CINEMA ROOM 10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		12H00 LUNCH BISTRO
10h15 AQUA AEROBICS POOL		12h00 RIAAN'S FRUITVAN Parking	10h30 TÁI CHI ACTIVITY ROOM 1		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 BOOK-READING CLUB MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	11h00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		15H00 MOVIE CINEMA ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	17h10 South Africa VS Georgia Lifestyle Centre	
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO	18H00 QUIZ EVENING BISTRO	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 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?

MOVIE

'CODA'



Where: **Cinema Room 1**

When: **Thursday 17 July at 3pm sharp**

RSVP: **Booking form on notice board**

As a Child of Deaf Adults (CODA) and the only hearing person in her family, high school senior Ruby Rossi always has a lot on her plate. Indeed, trying to juggle back-breaking work on her father's fishing boat, schoolwork, social life, and the family's expectations can be too much for a teenager. But do her parents know Ruby loves to sing? When Ruby signs up for the school choir, singing becomes a passion, and suddenly, the talented young girl finds herself at a crossroads: should Ruby spread her wings and follow her dreams, or should she keep fighting everyday battles as a member of the proud Rossi clan?

The movie uses deaf actors to play the deaf characters, who, along with Emilia Jones, communicate using American Sign Language.

The film received critical acclaim and won three Academy Awards, including Best Picture and Best Supporting Actor for Troy Kotsur.

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?

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



CUNARD



*Exclusive Offers
Available!*

RSVP

FOR CATERING PURPOSES **Before Friday, 18
July 2025**
StephanL@evergreenlifestyle.co.za

WHAT'S HAPPENING?



CUNARD



QUEEN MARY 2

QUEEN VICTORIA

QUEEN ELIZABETH

QUEEN ANNE

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



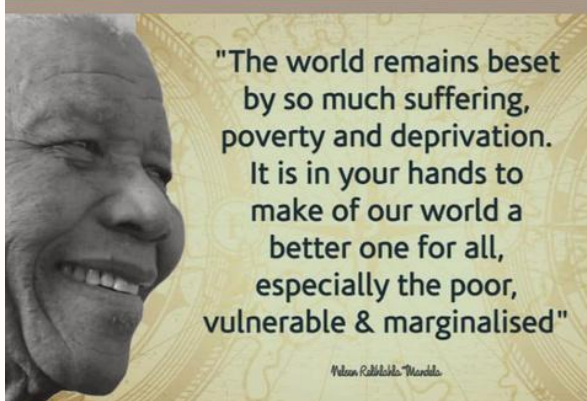
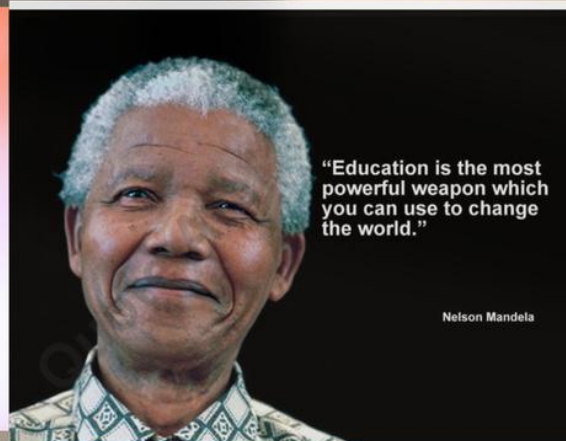
WHAT'S HAPPENING

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

14 July

Sally Kromberg- Noordhoek

15 July

Yvonne Wong- Noordhoek
Susan Robertson-Noordhoek

16 July

Heather Evans- Noordhoek
Roy Zazeraj- Noordhoek

19 July

Alison Weston- Noordhoek
Fabienne Deuchar- Noordhoek

20 July

Orindio Ferriera- Noordhoek

ANNIVERSARIES

18 July

Mike & Heather McLeroth -Noordhoek

NEW RESIDENTS

No new residents

Weekly Menu: 14–20 July 2025

House menu available on order same day before 10am

Monday: 14 July

Chicken broccoli bake : with rice, carrots and garden peas
N: R90 // L: R70 // K: R60 and Family: R285

OR

Chilli con carne : Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day : Chicken noodle soup R45

Tuesday: 15 July

Cottage pie: with side garden peas
N: R90 // L: R70 // K: R60 and Family: R285

OR

Asian beef stir fry: With rice and stir fry veggies
N: R95 // L: R75 // K: R65 and Family: R300
Soup of the day: Mushroom soup R45

Wednesday: 16 July

Lukey's Chicken lemon: 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

OR

Mild pork curry: Served with rice, butternut and green beans and side sambal
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Butternut soup R45

Thursday: 17 July

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows
N: R90 // L: R70 // K: R60 and Family: R285

Or

Korean BBQ pork: With egg fried rice and broccoli
N: R90 // L: R70 // K: R60 and Family: R285
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 18 July

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice
N: R95 // L: R75 // K: R65 and Family: R300

OR

Chicken & chorizo jambalaya: Cajun-inspired rice pot recipe that's bursting with spicy Spanish sausage, sweet peppers and tomatoes
N: R95 // L: R75 // K: R65 and Family: R300
Soup of the day: Tomato basil soup R45

Saturday: 19 July

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, garden peas and butternut
N: R95 // L: R75 // K: R65 and Family: R300

OR

Pork sliders: Juicy, sticky, super tender pulled pork in soft buns and paired with a crunchy slaw, creamy aioli and sweet chilli jam
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 20 July

Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.
Dessert: Cape brandy 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
14-20 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							July		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 lemons (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 lemons				
29 Sunday Roast Gammon or Roast Beef	30 Meatball curry (or) Creamy Chicken salsa	31 Chicken carbonara pasta (or) Pork Ribs	32 Chicken bryani (or) Texas pulled pork	33 Tomato bredie (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 **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– Mushroom Soup

Wednesday– Butternut Soup

Thursday– Creamy Bacon and Broccoli Soup

Friday–Tomato Basil Soup



Vegetarian & Vegan Menu

Lentil and Mushroom shepards pie
Topped with sweet potato mash R90

Coconut Veg curry
With basmati or normal rice and side sambal R85

Veg Stir fry
Over noodles or rice R85

Vegetable or Vegan lasange
R95

Mushroom stroganoff
With basmati rice or mash R90

Eggplant parmesan
With mash and veggies R95

Penne a la vodka
Topped with parmesan cheese R85

Napolitana sauce
over pasta R85

Baby marrows lemone
With roast potatoes with veggies R90

Lentil dahl
With basmati or normal rice R85



Contact Freedom Foods on:
082 603 3518 // 021 785 7199
orders@freedomfoodsck.co.za