

Evergreen @ LAKE MICHELLE Aloe Aloe



21 July – 27 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 ('Woodstock') – 24 July
@14H30

Mobeewash–23 July @09h00

Mid- Winter Market– 23 July

Christmas in July – 25 July

Christian Fellowship– 23 July
@10h30

SPCA Village Visit– 25 July @10h00

Upcoming events

Cruising Presentation–30 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

–Mid- Winter Market: Our village is hosting it's first market of the year and you're invited! It will be fantastic as we have local stores showcasing their products, quality food products available for purchase as well as innovative crafts on display. It's a great opportunity to support local businesses.

–Christmas in July Dinner Dance: You are invited to our Christmas in July dinner dance! Let's get into the festive spirit mid-year. To book your table please contact the Fynbos Bistro on ext. 2400 or 021 001 4312. Get ready for a fun evening, please refer to pages 15 & 16 for more information.

–Mobeewash: This Wednesday we have mobeewash in our village, please book your slot with reception on ext. 2400 or 021 001 4312.

–Movie: Please note that this week's movie will start a half an hour before the original time, as it's a 3-hour long film.


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 21 July	TUE 22 July	WED 23 July	THUR 24 July	FRI 25 July	SAT 26 July	SUN 27 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		
	10h00 BRIDGE ACTIVITY ROOM 2	09h00 MOBEEWASH PARKING	09h00 HEALTH COACHING TALK CINEMA ROOM	10H00 SPCA VILLAGE VISIT LSC 2 ND ENTRANCE		12H00 LUNCH BISTRO
10h15 AQUA AEROBICS POOL	14h00 MOSIACS CREATIVE HUB	10h00 CHRISTIAN FELLOWSHIP TOP LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
10h30 CATHOLIC GROUP CINEMA ROOM		10h30 MID WINTER MARKET LIFESTYLE CENTRE	10h30 TÁI CHI ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAAN'S FRUITVAN Parking	14h30 TABLE TENNIS TABLE TENNIS ROOM			
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO	14H30 MOVIE CINEMA ROOM	18H30  CHRISTMAS IN JULY DINNER DANCE 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

‘WOODSTOCK’



Where: **Cinema Room 1**

When: **Thursday 24 July at 2.30pm. NB: the film is 3 hours long so will start at 2.30 sharp.**

RSVP: **Booking form on notice board**

For those of us who went to Woodstock, wished they had and didn't get there, this is for you!

In 1969, 500,000 people descended on a small patch of field in a little-known town in upstate New York called Woodstock. In this documentary, the iconic event is chronicled in unflinching detail, from the event's inception all the way through to the unexpected air-delivery of food and medical supplies by the National Guard.

The film contains performances, interviews with the artists and candid footage of the fans in a defining portrait of 1960s America. This Oscar-winning musical chronicle brilliantly captures the three-day rock concert and celebration of peace and love that became a capstone for the Sixties.

WHAT'S HAPPENING?

WHISKEY EXTRAVAGANZA



mick's malt mates

“Keeper of the Quaich” Jonathan Miles
will take you around the world on a whisky
extravaganza with an opportunity to taste

Venue: Evergreen Lifestyle Centre

Date: 14th August 2025

Time: 5.00 pm

Price: R400 per person

Six different whiskies accompanied by snacks
to compliment each individual whisky.

Please SMS **Mick Macdonald 083 263 4822** to book your seat

“Slainte mhath”

(Scottish toast | pronounced Slange-var | meaning good health)

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

TUESDAY HIKERS



Our hiking group has recently gone on a hike to Cecilia Forest on Table Mountain. Here are some scenic pictures that was shared with us by Ron Jones. Please do contact Mr. Ron Jones on ext. 2068 if interested in joining.

WHAT'S HAPPENING

LOW IMPACT CARDIO CLASSES

Stay active and fit with our low- impact classes, led by one of our talented in-house residents.

Class Details:

- ~ Low impact classes
- ~ Instructor: Louise Jackson
- ~ To join contact Mrs. Jackson on ext.2143

Benefits:

- ~ Stay active and fit in a supportive environment.
- ~ Low impact exercises suitable for all fitness levels.
- ~ Opportunity to connect with fellow residents.



Don't miss out on this fantastic opportunity! Reach out to Mrs. Jackson on EXT. 2143 to join the class and start your fitness journey.

WHAT'S HAPPENING

MID WINTER MARKET

The Evergreen Noordhoek Mid-Winter Market is upon us. Let us dress up warmly and cozy and come and support local vendors in our Lifestyle centre this coming Wednesday.

EVERGREEN MID-WINTER MARKET

WHAT'S BETTER ON A WINTERSDAY THAN INDOOR SHOPPING AT OUR ARTISANAL MARKET

EVERGREEN NOORDHOEK, GLENCAIRNEXPRESSWAY.

WEDNESDAY 23 JULY FROM 10.30 UNTIL 16.00

Quality food products – cheese, jams, breads, nuts, rusks, samosas and

Innovative Crafts – crochet work, draught stoppers, art glass, jewellery, soap.....



You can expect various quality food products starting from Fresh local produce, organic veggies and fruits. To Baked goods and dairy products. For more information, please get in touch with Mrs. Claire Yeowell on ext. 2039.

WHAT'S HAPPENING

LIBRARY CORNER

Library fundraiser



Our first fund raiser for the year will be held on 23 July at the Winter Fair.

All those who use and appreciate our library are kindly requested to make a donation and at the end of the day the lucky winner of a delicious food hamper will be announced. No donation is too great or too small.

All funds raised will be used to purchase the latest books.

See you in the Lifestyle Centre on the 23rd between 11 am and 4 pm.

Johanna de Beer

WHAT'S HAPPENING

NELSON MANDELA DAY CHARITY DRIVE



Thank you to everyone who has supported the Nelson Mandela Charity Drive. It's wonderful to see the Evergreen community come together for a great cause.

If you're still looking to contribute, you can:

- ~Donate financially to support the Clever Kids Wishlist.
- ~Bring food items to help those in need.

Every bit counts and your generosity will make a difference. Let's continue to show our support and kindness.

WHAT'S HAPPENING

ANTIQUUE ROADSHOW

Valuation and buying day.

In the Evergreen Lifestyle Centre
Thursday the 31st of July 10am-2pm

No appointment needed.
Bring along your hidden treasures!



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

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

EVERGREEN
lifestyle

082 829 6208

IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

21 July

Gillian Vigne- Noordhoek

22 July

Maria Nulty- Noordhoek

23 July

Gloria Bryen- Noordhoek

24 July

Jill Turner- Noordhoek
Koos Reynders- Noordhoek

25 July

Bev MacHutchon- Noordhoek
Jean Thomas- Lake Michelle

27 July

Lionel Soule- Noordhoek
Dermott Magowan-
Noordhoek

ANNIVERSARIES

25 July

Bob & Jean Thomas-Lake Michelle

26 July

Robert & Ally Sayers- Noordhoek

NEW RESIDENTS

No new residents

Weekly Menu: 21-27 July 2025

House menu available on order same day before 10am

Monday: 21 July

Chicken stroganoff: served with basmati rice, green beans and butternut
N: R90 // L: R70 // K: R60 and Family: R285

OR

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

Tuesday: 22 July

Penne a la vodka: One of our Signature dishes, topped with parmesan cheese and BBQ chicken breast
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: Mushroom soup R45

Wednesday: 23 July

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots
N: R95 // L: R75 // K: R65 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: 24 July

Alfredo 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: R95 // L: R75 // K: R65 and Family: R300
Soup of the day: Creamy bacon and broccoli soup R45

Friday: 25 July

Beef curry: With yellow rice, garden peas and side sambal
N: R95 // L: R75 // K: R65 and Family: R300

OR

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: R65 and Family: R300
Soup of the day: Tomato basil soup R45

Saturday: 26 July

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: R65 and Family: R300

OR

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: 27 July

Roast Gammon or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.
Dessert: Waffle and ice cream 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
21-27 JULY 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

SUNDAY SOUPS Daily: →

MONDAY Chicken noodle

TUESDAY Mushroom soup

WEDNESDAY Butternut soup

THURSDAY Bacon broc soup

FRIDAY Tomato basil soup

SATURDAY

July

Homemade bread available every Thursday and Friday R35

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