

Evergreen @ LAKE MICHELLE Aloe Aloe

28 July – 03 August
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

Cruising Presentation – 30 July
@14H00

Antique Roadshow – 31 July @ 10H00

Movie (The Great Escape) – 31 July
@ 14H30

SPCA Village Visit– 01 Aug @10h00

Upcoming events

Opera–05th Aug
Classical Opera–12th Aug
Photographic Essays– 13th Aug
Mick's Malt Mate–14th Aug
Bingo–21st Aug

"Give every day the chance to become the most beautiful day of your life "
—Mark Twain

Dear Evergreen Lake Michelle Residents,

As we reach the midpoint of winter, the cold, crisp air of July takes on a sophisticated tone. We're excited about upcoming events that promise to add luxury and excitement to the season.

Our "Let's Talk Cruising" presentation offers a tantalizing escape to warmer climes, with more details on page 7. Meanwhile, our Whiskey Tasting event is perfect for enthusiasts and newcomers alike, with rich flavors complementing the invigorating winter air (see page 6 for details).

This week's movie will start a half hour earlier than usual, as it's a 3-hour film. We'd also like to extend a big thank you to Claire for organizing the fantastic 1st Winter Market.

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 28 July	TUE 29 July	WED 30 July	THUR 31 July	FRI 01 Aug	SAT 02 Aug	SUN 03 Aug
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	10h30 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		
	10h00 BRIDGE ACTIVITY ROOM 2		09h30 HEALTH COACHING TALK CINEMA ROOM	10H00 SPCA VILLAGE VISIT LSC 2 ND ENTRANCE		12H00 LUNCH BISTRO
10h15 AQUA AEROBICS POOL			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 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 RIAAN'S FRUITVAN Parking	14h30 TABLE TENNIS TABLE TENNIS ROOM			
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO	14H30 MOVIE CINEMA ROOM	18H30 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 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

'THE GREAT ESCAPE'



Where: **Cinema Room 1**

When: **Thursday 31 July at 2.30pm sharp. The film is almost three hours.**

RSVP: **booking form on the notice board**

Imprisoned during World War II in a German POW camp, a group of Allied soldiers are intent on breaking out, not only to escape, but also to draw Nazi forces away from battle to search for fugitives. Among the prisoners determined to escape are American Captain Virgil Hiltz and British Squadron Leader Roger Bartlett. Outwitting their captors by digging a tunnel out of the prison grounds, the soldiers find the stakes much higher when escape becomes a reality.

Starring Steve McQueen, James Garner and Richard Attenborough, and featuring James Donald, Charles Bronson, Donald Pleasence, James Coburn and Hannes Messemer, this film is a classic.

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



CUNARD



*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

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

LIBRARY CORNER

The Winner of Library fundraiser



Shirley Bosman, The lucky winner of the hamper.

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

R3,877.10 was collected at our library fundraiser – many thanks for all the donations and to Clare Yeowell who kindly gave us half the Winter Fair table fees. These funds will be used to buy new titles.

WHAT'S HAPPENING

WINTER MARKET



WHAT'S HAPPENING

WINTER MARKET



IT'S A CELEBRATION

Count your age by friends, not years.

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

BIRTHDAYS

28 July

Harmina Pontier- Noordhoek

Peter Phillips-Noordhoek

02 August

Jane Bodin- Noordhoek

03 August

Marjorie Lever- Noordhoek

Carine Salter- Noordhoek

ANNIVERSARIES

NEW RESIDENTS

No new residents

Weekly Menu: 28 July – 3 August 2025

House menu available on order same day before 10am

Monday: 28 July

Indian 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 and garden peas
N: R90 // L: R70 // K: R60 and Family: R285

Tuesday: 29 July

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

Legendary Pork Ribs: with chips
N: R90 // L: R70 // K: R60 and Family: R285

Wednesday: 30 July

Chicken breyani: Traditional South African dish, with a side sambal
N: R95 // L: R75 // K: R65 and Family: R300

OR

Texas pulled pork: served with mash, gravy, butternut and baby marrows
N: R90 // L: R70 // K: R60 and Family: R285

Thursday: 31 July

Tomato bredie: Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavours intermingle. With rice, carrots and peas
N: R90 // L: R70 // K: R60 and Family: R285

Or

Thai chicken stir fry: With basmati rice and veggies
N: R95 // L: R75 // K: R65 and Family: R300

Friday: 1 August

Beef burger: Our homemade beef patty with lettuce and tomato, topped with balsamic onions and cheddar cheese. Served with chips
N: R95

OR

Hannah Chicken: BBQ chicken breast topped with bacon bits, ham and mushrooms then oven baked with cheese, served with green beans, carrots and sauteed potatoes
N: R95 // L: R75 // K: R65 and Family: R300

Saturday: 2 August

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

Sunday: 3 August

Roast Lamb or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.
Dessert: Malva pudding with custard or ice cream R180 Lamb // R150 Beef



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
28 JULY - 3 AUG 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				
Roast Lamb or Roast Beef	Mushroom stroganoff (or) Spaghetti bolognaise	Chicken parmesan (or) Braised pork in sweet soy	Traditional meatloaf (or) Thai chicken curry	Chicken Marsala (or) Pork adobo	Beef ragu (or) Sweet n sour chicken	Broc bacon mac n cheese (or) Chicken cacciatore				
Sunday Roast Chicken or Roast Beef	Pork potjie (or) Chicken pasta bake	Savoury bake potato (or) Arrabiatta pasta	Beef casserole (or) Chicken a la king	Butter chicken (or) Traditional bobotie	Tikka chicken burger (or) Beef ragu	Grilled Hake (or) Rosemary infused Chicken				
Sunday Roast Pork or Roast Beef	Chicken broc bake (or) Chilli con carne	Cottage pie (or) Asian beef stir fry	Chicken lemons (or) Mild pork curry	Monterrey chicken bake (or) Korean BBQ pork	Mongolian beef (or) New Chicken & chorizo jambalaya	Eggplant parmesan (or) Pork sliders				
Sunday Roast Beef	Chicken stroganoff (or) Baked penne bake	Penne a la vodka (or) Glazed sticky pork	Pork schnitzel (or) Gourmet mac n cheese	Alfredo pasta (or) Coconut Beef marsala	Beef curry (or) New Chicken supreme	Coronation chicken (or) Chicken lemons				
Sunday Roast Gammon or Roast Beef	Meatball curry (or) Creamy Chicken salsa	Chicken carbonara pasta (or) Pork Ribs	Chicken bryani (or) Texas pulled pork	Tomato bredie (or) Thai chicken stir fry	Beef burger (or) Hannah chicken	Chicken & mushroom (or) Pork sausages & mash				
							1 AUG		2 AUG	
							Beef burger (or) Hannah chicken		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 **R90**

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
<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-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