# 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

### <u>Upcoming events</u>

Opera-05th Aug Classical Opera-12<sup>th</sup> Aug Photographic Essays- 13th Aug Mick's Malt Mate-14th Aug Bingo-21<sup>st</sup> 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

### WEEKLY EVENTS



MON 28 July	TUE 29 July	WED 30 July	THUR 31 July	FRI or Aug	SAT o2 Aug	SUN o3 Aug
09h00 STRETCH CLASS IST 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 IST FLOOR	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	09h00 STRETCH CLASS IST FLOOR  09H30-10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM I	09h15 AQUA AEROBICS POOL		
	10h00 BRIDGE ACTIVITY ROOM 2		09h30 HEALTH COACHING TALK CINEMA ROOM	10H00 SPCA VILLAGE VISIT LSC 2 <sup>ND</sup> 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 <b>TÁI CHI</b> ACTIVITY ROOM 1	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
14h00 BRIDGE /CARD GAMES IST 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 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 notso-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

#### 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

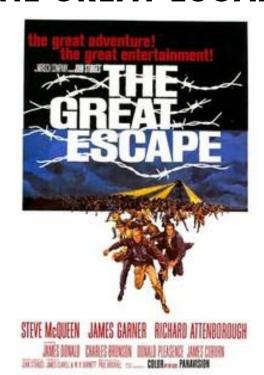
This is an invitation to anyone who would enjoy a free of cost creative arts class.

Judy: EXT.2141 Marie: EXT. 22125

### **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 Hilts 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.

### WHISKEY EXTRAVAGANZA



## "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)

### 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!



FOR CATERING PURPOSES **Before Friday, 18 July 2025** 

StephanL@evergreenlifestyle.co.za



QUEEN MARY 2

QUEEN VICTORIA

QUEEN ELIZABETH

QUEEN ANNE

### ANTIQUE 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.

### LIBRARY CORNER

### The Winner of Library fundraiser





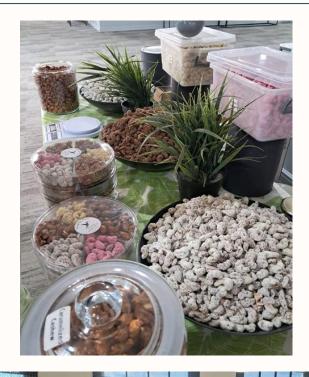


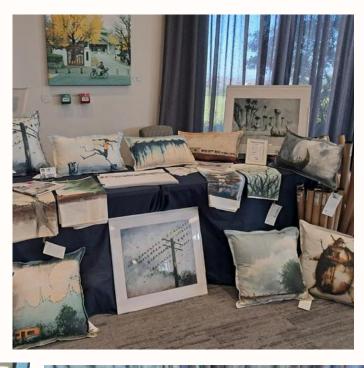
Shirley Bosman, The lucky winner of the hamper.

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.

### WINTER MARKET













### 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



**NEW RESIDENTS** 

No new residents



### THE FYNBOS BISTRO



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

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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



#### **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





### THE FYNBOS BISTRO



### Monthly Menu



### **WEEKLY SOUP MENU:**

Monday-Chicken Noodle Soup
Tuesday- Mushroom Soup
Wednesday- Butternut Soup
Thursday-Bacon and Broccoli Soup
Friday-Tomato Basil Soup



### THE FYNBOS BISTRO





### 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

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