



Aloe Aloe

11 August - 15 August

In this issue:

Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Opera - 12 Aug @14H00

Nature Lovers- 13 Aug @ 15H00

Photographic Essays

Movie (Blackfish) - 14 Aug @ 15H00

Mick's Malt Mates - 14 Aug @ 17H00

SPCA Noordhoek Clinic - 15 Aug

Upcoming Events:

Rugby: SA vs Aus - 16 Aug

MobeeWash - 20 Aug

Christian Fellowship - 20 Aug

Bingo - 21 Aug

"Today, we are celebrating the strength, determination, and resilience of women everywhere."

– **Michelle Obama**

Dear Evergreen Lake Michelle Residents,

Happy women's month to all of our beautiful women – we see your spirit, your resolve and your brilliance. Here's to you: the women we appreciate endlessly.

Please note that the Photographic Competition is still running (see page 7 for more information). SPCA Mobile Clinic will be here on the 15th August, please book your slot with Reception on ext. 2400 or 021 0014312.

For our Opera enthusiasts, the programme for the Classical Music Group includes Beethoven's Piano Concerto No. 3 in C minor. This work has been specially included in the programme as a tribute to Alfred Brendel, the classical pianist, poet, author, composer and lecturer known for his performances of music by Beethoven. Brendel died in June of this year at the age of 94. If you have an interest in booking, please check the notice board.

We wish all our residents a blessed week ahead. Stay warm and stay well.

*Best regards,
Village Team*



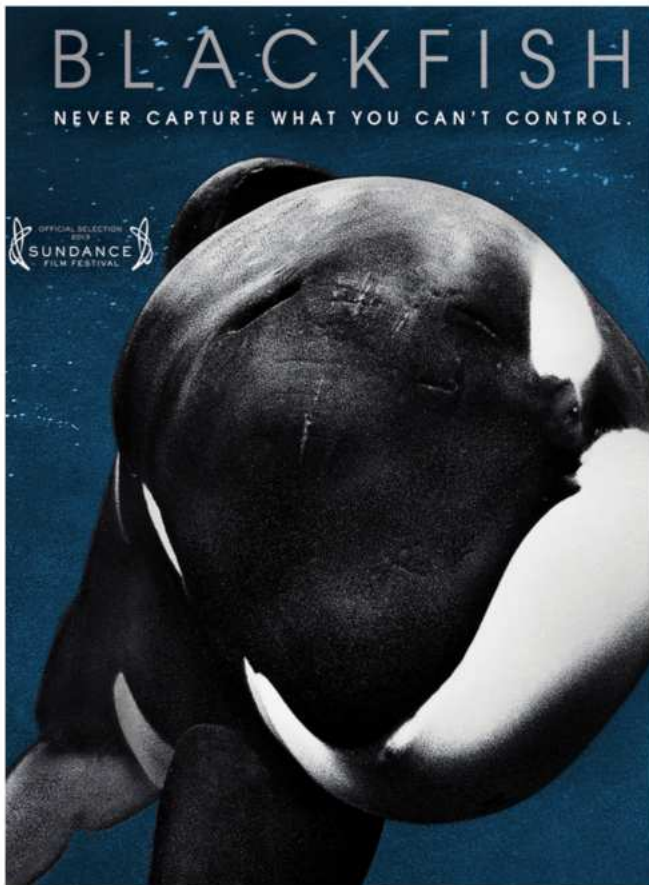
Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 11 Aug	TUE 12 Aug	WED 13 Aug	THUR 14 Aug	FRI 15 Aug	SAT 16 Aug	SUN 17 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		
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 KNITTING GROUP MAIN LOUNGE	10h00 SPCA VILLAGE VISIT TBC LAWN OR POOL	10h30 ROZ- ART CLASSES CREATIVE HUB	12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSIACS CREATIVE HUB	12h00 RIAAN'S FRUITVAN PARKING	10h30 TÁI CHI ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		
	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM	14h00 PHOTOGRAPHY ESSAYS MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 NATURE LOVERS MEZZANINE LEVEL	15h00 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	17h00 RUGBY LIFESTYLE CENTRE SA vs Aus	
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18h00 DINNER BISTRO	17h00 WHISKY TASTING ACTIVITY ROOM 2	18h30 DINNER BISTRO	16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

<p>STRETCH CLASS</p> <p>Stretching exercises suitable for any level of fitness and ability.</p> <p>☎ Sue - 072 212 0277</p>	<p>AQUA AEROBICS</p> <p>Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome.</p> <p>☎ Renate - 082 519 1873 ☎ Linda - 082 410 9443</p>	<p>CALLANETICS</p> <p>Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.</p> <p>☎ Louise- ext. 2143</p>
<p>TÁI CHI</p> <p>Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.</p> <p>☎ Roy - ext. 22129 ☎ Fiona - 082 920 1818</p>	<p>BACKCARE YOGA</p> <p>All level yoga class with a focus on mobility and strengthening of the back.</p> <p>☎ Claire - 083 453 5539</p>	<p>LOW IMPACT CARDIO</p> <p>Stay active and fit with this slightly more active exercise class.</p> <p>☎ Louise- ext. 2143</p>
<p>GOLF CROQUET</p> <p>Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.</p> <p>☎ Brian - ext. 2089</p>	<p>LINE DANCING</p> <p>A little exercise, a little mobility and a whole lot of fun for beginners and regulars</p> <p>☎ Shereen - 071 471 3624 ☎ Glenda - ext. 2073</p>	<p>TABLE TENNIS</p> <p>Social table tennis for beginners or more experienced players</p> <p>☎ Ronnie A - ext. 2035</p>
<p>MOSAIC GROUP</p> <p>A group for creativity and fun, open to all skill levels. All help and a start up pack will be provided to get you going.</p> <p>☎ June H- ext. 2107 ☎ Cora - ext. 2051</p>	<p>SNOOKER & POOL</p> <p>Get together and enjoy a social game of snooker or pool for beginners or more experienced players</p> <p>☎ Pat - ext. 22224 ☎ Selwyn - ext. 22130</p>	<p>GAMES</p> <p>Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games</p> <p>☎ Norma - ext. 2089 ☎ Rowan - ext. 2150</p>
<p>LIBRARY</p> <p>Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.</p> <p>☎ Johanna - ext. 2112</p>	<p>SWIMMING POOL & GYM</p> <p>Heated indoor swimming pool and state of the art gym for your enjoyment</p> <p>Access Code: #357*</p>	<p>SALON</p> <p>Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue - Sat 09h00 - 16h00</p> <p>☎ Janine - 073 294 9655</p>

<p>CHRISTIAN FELLOWSHIP</p> <p>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p>☎ John - ext. 2018</p>	<p>BIRD WATCHING</p> <p>Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.</p> <p>☎ Ron - ext. 2068</p>	<p>OPERA APPRECIATION</p> <p>Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.</p> <p>☎ Mike - ext. 2112</p>
<p>KNITTING GROUP</p> <p>Knitting while socializing for an amazing cause.</p> <p>☎ Avril - ext. 2049</p>	<p>TUESDAY HIKERS</p> <p>Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)</p> <p>☎ Ron - ext. 2068</p>	<p>MOVIES</p> <p>Enjoy classics and award winning movies of all genres with fellow residents.</p> <p>☎ Clare - ext. 2039</p>
<p>GARDENING GROUP</p> <p>Passionate about gardening? Join a "green finger" network for talks and events.</p> <p>☎ Val - ext. 2056</p>	<p>CLASSICAL MUSIC</p> <p>Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p>☎ Peter - ext. 2055</p>	<p>WEDNESDAY WALKERS</p> <p>Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.</p> <p>☎ Vicky- ext. 22229</p>
<p>BRIDGE</p> <p>This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.</p> <p>☎ Rowan - Ext. 2150</p>	<p>EVERGREEN CATHOLIC GROUP</p> <p>Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.</p> <p>☎ Mel - ext. 2008</p>	<p>AVIATION TALKS</p> <p>Come and listen to Pete tell us more on anything and everything airplane related.</p> <p>☎ Pete - ext. 2065</p>
<p>ART CLASSES</p> <p>Water colour lessons: 1st and 3rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2nd and 4th Saturdays @ 09h45-12h45 Judy - ext. 2141</p>	<p>BOOK CLUB</p> <p>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.</p> <p>☎ Johanna - ext. 2112</p>	<p>ARTS FOR ENJOYMENT</p> <p>This is an invitation to anyone who would enjoy a free of cost creative arts class.</p> <p>Judy - ext. 2141 ☎ Marie - ext. 22125</p>



Where: Cinema Room 1

RSVP: Form on Notice
Board

Date: Thurs, 14 Aug

Time: 3pm sharp

"In February 2010, reports of the accidental death of a killer whale trainer, Dawn Brancheau, at SeaWorld, Orlando featured in newspapers and TV bulletins across the globe. How could such a tragedy occur? What on earth was Brancheau thinking? How could she make such a silly mistake? Then the story changed and it appeared this very experienced trainer was attacked by the orca, Tilikum. Shockwaves rippled. What? A gentle giant killed a human that cared for it? Suddenly killer whales lived up to their fearsome moniker and became the villains of the moment.

Then the story changed again and the truth began to emerge..."



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
some rare and exclusive malts.

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)

Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

- EUDORA WELTY

THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

HOW TO SUBMIT:

- Please include the following per submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even.... A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.



"Here's to strong women. May we know them, may we be them, may we raise them."

Nature Lovers, Birders, Outdoor Enthusiasts, Photographers and Lovers of Beautiful Music

YOU DO NOT WANT TO MISS THIS

Ronnie Hazell, a retired geologist from Hermanus, award winning photographer and Chair of the Hermanus Photographic Club, an outstanding Birder having travelled widely in Southern Africa finding and photographing the most elusive birds. He will be presenting a series of 5-minute Photo Essays each of which matches Beautiful Photo Images with Beautiful Music in order to Tell a Story or Evoke an Emotion

Subjects range from Deep Space, through Europe, through the Middle East and into our Back Yard

WHEN: Wednesday 13 August at 15:00 p.m.

WHERE: Mezzanine Level Lifestyle Centre

*No need to book a slot, this talk is open to all who wish to attend





A look at what our
Knitting Group has
been up to

Classical Music Group

Richard WAGNER

Overture to The Flying Dutchman Opera

Hong Kong Philharmonic Orchestra

Conductor: Anja Bihlmaier

Ludwig van BEETHOVEN

Piano Concerto No. 3 in C minor, Op. 37

Lucerne Festival Orchestra

Conductor: Claudio Abbado

Soloist: Alfred Brendel (piano)

Edward ELGAR

Enigma Variations - Variation IX (Nimrod)

Boston Philharmonic Youth Orchestra

Conductor: Benjamin Zander

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

Tuesday, 12 August
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.

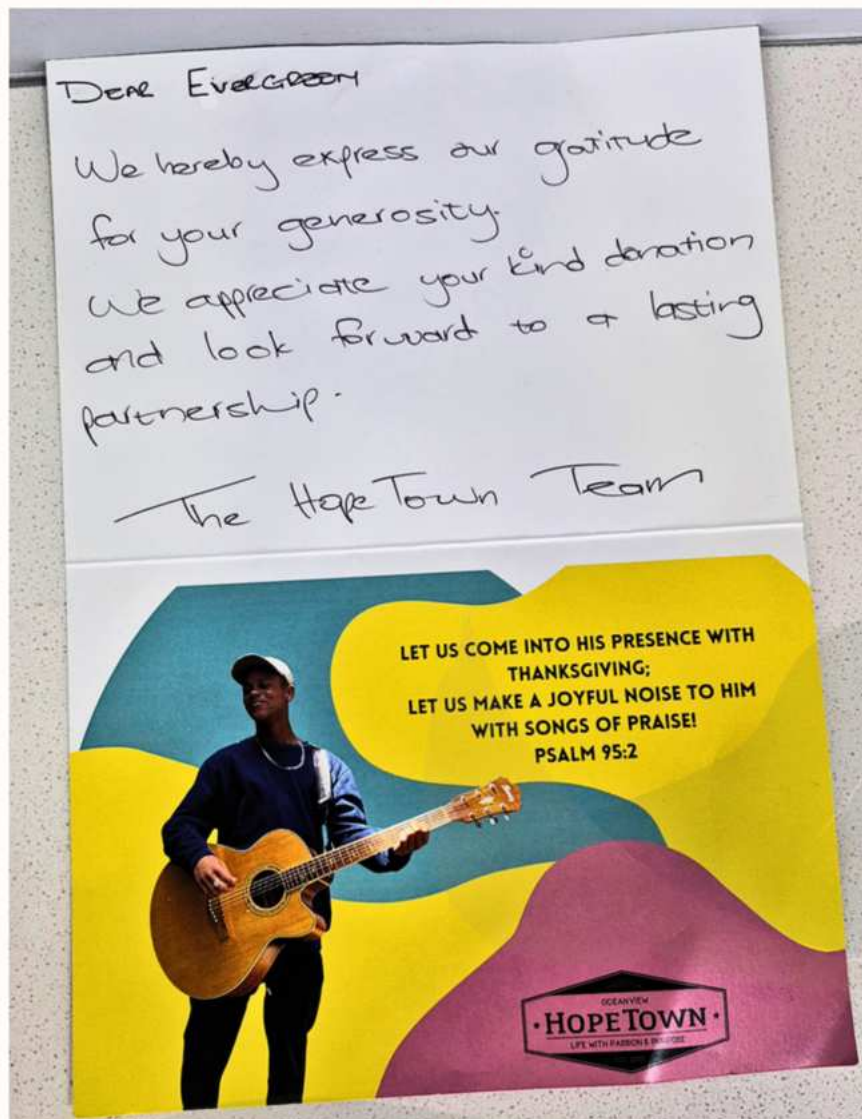
"Dearest Vicky and Roger

I just want to say thank you for the donations that we received from the lovely people of Evergreen. All the clothes were distributed and received with grateful hearts. The one lady that received clothes specifically came to show me the next day how beautiful she looks with her new clothes.

The food were given to a few households that we usually help as well as into our own kitchen to feed the kids.

Can you please thank the donors and kind people for us. We are so grateful for everything..even the paper is being used daily. Have a wonderful blessed day

-Rita"



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

BIRTHDAYS

12th August

Peter Lever - Noordhoek

15th August

Peter Smith-Cox - Noordhoek

Janice Grant - Noordhoek

Amanda Simpson - Noordhoek

16th August

Wendy Dicks - Noordhoek

Daphne Raubenheimer - Noordhoek

17th August

Noel De Klerk - Noordhoek

ANNIVERSARIES

No Anniversaries this week

NEW RESIDENTS

Weekly Menu: 11-17 August 2025

Low carb meals are available daily
House menu available on order same day before 10am

Monday: 11 August

Pork potjie: With rice, baby marrows and butternut

N: R90 // L: R70 // Family: R285

OR

Chicken pasta bake: Delicious creamy cheese and chicken pasta

N: R90 // L: R70 // Family: R285

Soup of the day: Chicken noodle soup **R45**

Tues: 12 August

Beef casserole: Served with rice, green beans and carrots

N: R95 // L: R75 // Family: R300

OR

Chicken a la king: Served with savoury rice, butternut and green beans

N: R90 // L: R70 // Family: R285

Soup of the day: Mushroom soup **R45**

Wed: 13 August

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

N: R95 // L: R75 // Family: R300

OR

Arrabiatta pasta: Bacon, chilli, tomato and cream over penne. Served with a side of parmesan

N: R90 // L: R70 // Family: R285

Soup of the day: Butternut soup **R45**

Thursday: 14 August

Chicken Tarragon pasta: Chicken, Basil, Butternut, Cherry tomatoes and Tarragon with soya sauce and chicken broth over pasta and topped with shaved parmesan cheese

N: R90 // L: R70 // Family: R285

Or

Beef ragu: Served with rice, broccoli and butternut

N: R95 // L: R75 // Family: R285

Soup of the day: Creamy bacon and broccoli soup **R45**

Friday: 15 August

Butter chicken: with basmati rice, garden peas and carrots

N: R90 // L: R70 // Family: R285

OR

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal

N: R90 // L: R70 // Family: R285

Soup of the day: Tomato basil soup **R45**

Saturday: 16 August

Asian beef stir fry: Beef and Asian stir fry veggies over rice

N: R95 // L: R75 // Family: R300

OR

Rosemary chicken breast: Grilled chicken breast with a bake potato and side sour cream, carrots

N: R90 // L: R70 // Family: R285

Sun: 17 August

Roast Pork or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.

Dessert: Trifle Dessert

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
11-17 AUGUST 2025

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection
Card and of available

FREEDOM FOODS
Catering Kitchen

021 785 7199
082 603 3518

Evergreen Retirement Village
GlenCairn Expressway

www.freedomfoodscck.co.za
orders@freedomfoodscck.co.za

Find us on Facebook

SOUPS NOW AVAILABLE DAILY R45

August

SUNDAY SOUPS Daily: →	MONDAY Chicken noodle	TUESDAY Mushroom soup	WEDNESDAY Butternut soup	THURSDAY Bacon broc soup	FRIDAY Tomato basil soup	SATURDAY
Sunday Roast Gammon or Roast Beef	Meatball curry ³ or Creamy Chicken salsa	Chicken carbonara pasta ⁴ or Pork Ribs	Chicken breyani ⁵ or Texas pulled pork	Tomato bredie ⁶ or Thai chicken stir fry	Beef burger ⁷ or Hannah chicken	Chicken & mushroom ⁸ or Pork sausages & mash
Roast Lamb or Roast Beef	Mushroom stroganoff ⁹ or Spaghetti bolognaise	Chicken parmesan ¹⁰ or Braised pork in sweet soy	Chicken Marsala ¹¹ or Pork adobo	Traditional meatloaf ¹² or Thai chicken curry	Hungarian goulash ¹³ or Sweet n sour chicken	Broc bacon mac n cheese ¹⁴ or Chicken cacciatore
Sunday Roast Chicken or Roast Beef	Pork potjie ¹⁵ or Chicken pasta bake	Beef casserole ¹⁶ or Chicken a la king	Savoury bake potato ¹⁷ or Arrabiatta pasta	Tarragon chicken pasta ¹⁸ or Beef ragu	Butter chicken ¹⁹ or Traditional bobotie	Asian beef stir fry ²⁰ or Rosemary infused Chicken
Sunday Roast Pork or Roast Beef	Chicken broc bake ²¹ or Chilli con carne	Cottage pie ²² or Moroccan chicken	Monterrey chicken bake ²³ or Korean BBQ pork	Chicken lemons ²⁴ or Mild pork curry	Mongolian beef ²⁵ or Chicken & chorizo jambalaya	Eggplant parmesan ²⁶ or Chicken kebabs
Sunday Roast Beef	Chicken stroganoff ²⁷ or Baked penne bake	Beef curry ²⁸ or Chicken supreme	Penne a la vodka ²⁹ or Glazed sticky pork	Alfredo pasta ³⁰ or Coconut Beef marsala	Pork schnitzel ³¹ or Gourmet mac n cheese	Coronation chicken ³² or Grilled fish
Sunday Roast Gammon or Roast Beef						

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 **R90**
 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	R90-R95
Low Carb / Gluten free	R95
Elderly / ladies	R70-R75
Vegan	R90-R95
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	R900
Normal LC/GF	R920
Elderly / Ladies	R700
Elderly / Ladies LC	R720

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 -Bacon and Broccoli Soup

Friday -Tomato Basil Soup