



25 August - 31 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?

Mosaics - 26 August

Catholic Group - 25 August

Bistro Closed (Day) - 27 August

Movie: Murder on the Orient Express - 28 August

Upcoming Events:

Opera- 02 Sep

Kind 2 Hearing- 04 Sep

Rugby - 06 Sept & 13 Sept
(SA vs NZ)

"Everything is within your power, and your power is within you."
— **Janice Trachtman**

Dear Evergreen Lake Michelle Residents,

As Women's Month comes to a close, we take a moment to celebrate the incredible women in our lives. Your strength, resilience, and unwavering spirit inspire us all. To every woman, we wish you a Happy Women's Day, acknowledging the extraordinary journey you're on. Your contributions, courage, and determination make a lasting impact, and we're honored to recognize your awesomeness. Cheers to you!

Please note that the Fynbos Bistro will be closed for Breakfast & Lunch service on Wednesday, 27 August 2025, however residents are welcome to order Take-Away meals for lunch. Dinner service will be as normal on Wednesday evening.

Kind2Hearing will be here on the 4th September from 10am. To book your timeslot, contact Reception on 021 001 4312 or Ext.2400.

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





















*Best regards,
Village Team*

















Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 25 Aug	TUE 26 Aug	WED 27 Aug	THUR 28 Aug	FRI 29 Aug	SAT 30 Aug	SUN 31 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 AGM NOORDHOEK BISTRO	10h00 KNITTING GROUP MAIN LOUNGE			12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSAICS CINEMA		10h30 TÁI CHI ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		
		12h00 RIAAN'S FRUITVAN PARKING	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	13h00 AGM LAKE MICHELLE BISTRO	15H00 MOVIE CINEMA ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO		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>Contact Reception for Access Code</p>	<p>SALON</p> <p>Ladies & gents are welcome at Janine's Hair Studio</p> <p><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

RSVP: Form on Notice Board

Date: Thurs, 28 Aug

Time: 3pm sharp

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- is on hand to interrogate all passengers and search for clues before the killer can strike again.

This version was made in 2017 and directed by Kenneth Branagh. The film stars an ensemble cast with Branagh as Hercule Poirot, alongside Tom Bateman, Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Derek Jacobi, Leslie Odom Jr, Michelle Pfeiffer, and Daisy Ridley.



**KIND2HEARING
BLAAUWBERG**

**IS VISITING
EVERGREEN NOORDHOEK**

Date: 4 September

Time: 10h00

Place: Main Lounge

**To Service current patients
Book a free Hearing Screening**

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?



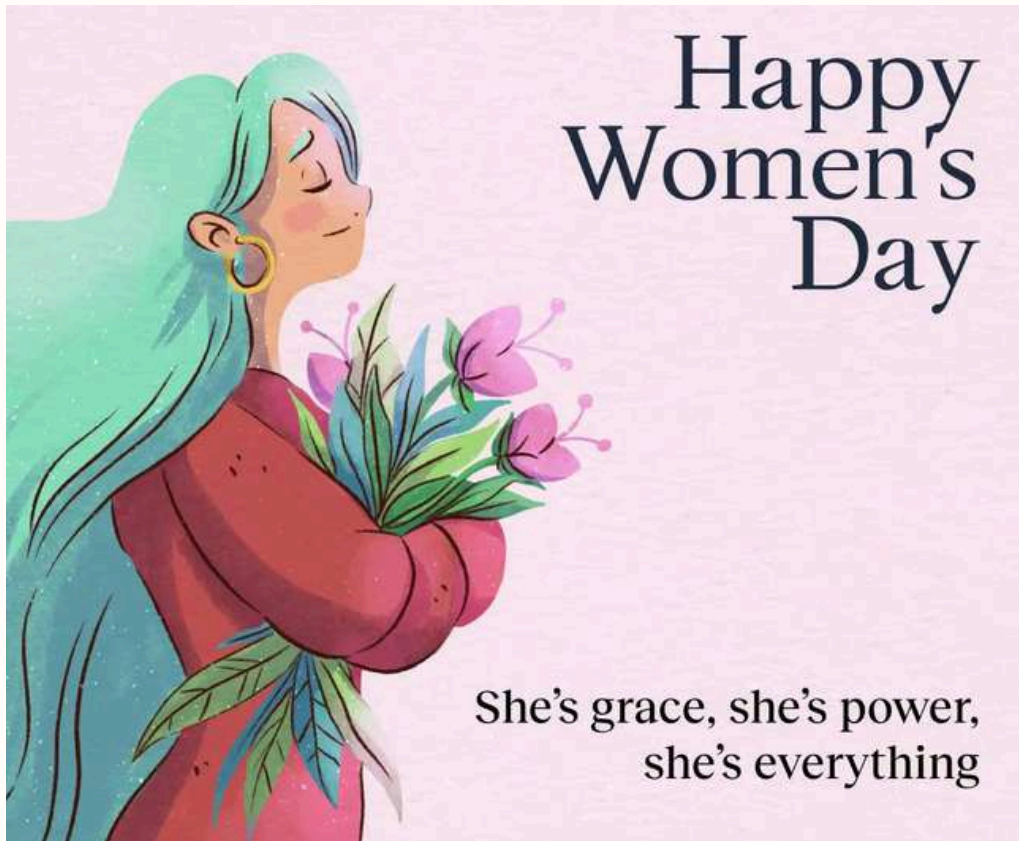
Planes, Trains and Automobiles

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.



“I raise up my voice—not so that I can shout, but so that those without a voice can be heard. ... We cannot all succeed when half of us are held back.”

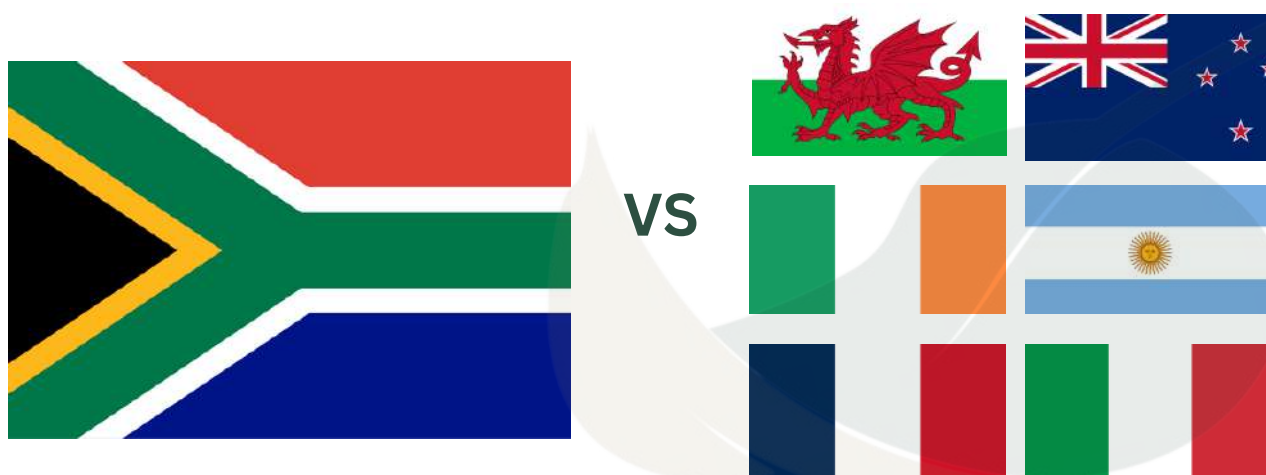
-Malala Yousafzai



A reminder of the upcoming South African Rugby games:

AUGUST- OCTOBER: THE RUGBY CHAMPIONSHIP			
16 AUG	South Africa vs. Australia	17:10	Johannesburg
23 AUG	South Africa vs. Australia	17:10	Cape Town
06 SEPT	New Zealand vs. South Africa	09:05	Auckland
13 SEPT	New Zealand vs. South Africa	09:05	Wellington
27 SEPT	South Africa vs. Argentina	17:10	Durban
04 OCT	Argentina vs. South Africa	15:00	Twickenham
NOVEMBER: END-OF-YEAR TOUR			
08 NOV	France vs. South Africa	22:10	Paris
15 NOV	Italy vs. South Africa	14:40	Turin
22 NOV	Ireland vs. South Africa	19:40	Dublin
29 NOV	Wales vs South Africa	17:10	Cardiff

The Bar will be open again for Rugby celebrations on the 27th September from 5pm



**CAPE TOWN
CONCERT BRASS
SPRING EVENING CONCERT**

Performing a Variety of Light Classical and Popular Tunes



**EVERGREEN LIFESTYLE CENTRE
On THURSDAY, 18th SEPTEMBER
starting at 19.00**

*FUNDRAISING FOR “CLEVER KIDS”
AFTER-SCHOOL CARE CENTRE IN MASIPHUMELELE*
R 50 per ticket

Book the date

Ticket Sales and Seating: details to follow

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

BIRTHDAYS

25th August

Lorna Kirsten - Noordhoek

26th August

Willem Van Zyl - Noordhoek

28th August

Roy De Vos - Noordhoek

Lynette Tinker - Noordhoek

30th August

Jane Woodin - Noordhoek

31st August

Michael Judge - Noordhoek

ANNIVERSARIES

27th August

Tony and Marie Hockly -
Noordhoek

NEW RESIDENTS

No New Residents this week

Weekly Menu: 25–31 August 2025

Low carb meals are available daily

House menu available on order same day before 10am

Monday: 25 August

Chicken stroganoff: Served with basmati rice, green beans and butternut

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

OR

Baked penne bake: Creamy bolognaise with penne pasta topped with cheese and baked

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

Soup of the day: Chicken noodle soup R45

Tues: 26 August

Beef curry: Served with yellow rice, garden peas and carrots with side sambal salad

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

Soup of the day: Mushroom soup R45

Wed: 27 August

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

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

Soup of the day: Butternut soup R45

Thursday: 28 August

Alfredo pasta: served over penne pasta with side parmesan cheese

N: R90 // L: R70 // 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 // Family: R300

Soup of the day: Creamy bacon and broccoli soup R45

Friday: 29 August

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots

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

OR

Gourmet mac n cheese: Creamy cheese sauce with peppers, bacon, corn and onions

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

Soup of the day: Tomato basil soup R45

Saturday: 30 August

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 // Family: R300

OR

Grilled fish: Grilled line fish served with savoury rice, veggies and lemon wedge

N: R110 // L: R90

Sunday: 31 August

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

Dessert: Malva pudding with ice cream or 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
25-31 AUGUST 2025

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection
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							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 Lemon Chicken R90 Chicken breast cooked soft and tender in a buttery lemon broth R90 Chicken Penne a la Vodaka R90 Eggplant Parmesan R90 <i>These can be ordered from daily if you dont feel for the meals of the day</i>						
							PRICE LIST Normal meals R90-R95 Low Carb / Gluten free R95 Elderly / ladies R70-R75 Vegan R90-R95 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 R900 Normal LC/GF R920 Elderly / Ladies R700 Elderly / Ladies LC R720 <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