



Aloe Aloe

22-28 September 2025

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Kind2Hearing - 2 October

"Don't count the days. Make the days count."

– Muhammad Ali

Dear Evergreen Lake Michelle Residents,

Happy Heritage Week to all of our wonderful residents!

*This year, to celebrate Heritage Day, the Bistro is hosting a, '**Bring and Braai**' on Wednesday. For more information and prices, kindly see the Heritage Braai page.*

*There will be a **Quiz Night** on Thursday evening - To book your spot, contact Norma Roos on Ext. 2089 or 084 207 6829.*

The Dragon Boat Racing event dates have been changed- New date to be confirmed.

Refuse and Recycling will not be operational on Wednesday, 24th September. Normal operations to continue on Thursday, 25th.

We wish all our residents an incredible week ahead!

*Best regards,
Village Team*

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WEEKLY EVENTS

 **Wednesday
IS RECYCLING**

MON 22 Sept	TUE 23 Sept	WED 24 Sept	THUR 25 Sept	FRI 26 Sept	SAT 27 Sept	SUN 28 Sept
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h00 TÁI CHI ACTIVITY ROOM 1	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	09h15 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR 09h30–10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 DOTTING ART CREATIVE HUB		10h00 KNITTING GROUP MAIN LOUNGE	10h00 ARTS FOR ENJOYMENT CREATIVE HUB		12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM		12h00 HERITAGE DAY BRAAI BISTRO	10h30 TÁI CHI ACTIVITY ROOM 1 14h00 BRIDGE ACTIVITY ROOM 2	11h00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	17h10 RUGBY MAIN LOUNGE SA vs ARG	
		18h00 DINNER BISTRO	18h00 QUIZ NIGHT MAIN LOUNGE	18h30 DINNER BISTRO	16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



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. Roy - ext. 22129 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 A - ext. 2035	MOSAIC GROUP 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. 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. Contact Reception for Access Code	PILATES Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome. Getanya- 071 173 7843	SALON Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00 Janine - 073 294 9655



CHRISTIAN FELLOWSHIP Meeting to worship God, hear His word and sharing a time of fellowship over coffee. John - ext. 2018	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	OPERA APPRECIATION Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing. Willem - ext. 22220
KNITTING GROUP Knitting while socializing for an amazing cause. Avril - ext. 2049	TUESDAY HIKERS Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting) Ron - ext. 2068	MOVIES Enjoy classics and award winning movies of all genres with fellow residents. Clare - ext. 2039
GARDENING GROUP Passionate about gardening? Join a "green finger" network for talks and events. Val - ext. 2056	CLASSICAL MUSIC Once a month video concert of Classical Music lasting approximately 1 hour. Peter - ext. 2055	WEDNESDAY WALKERS Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us. Vicky- ext. 22229
BRIDGE This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis. Rowan - Ext. 2150	EVERGREEN CATHOLIC GROUP Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome. Mel - ext. 2008	AVIATION TALKS Come and listen to Pete tell us more on anything and everything airplane related. Pete - ext. 2065
ART CLASSES Water colour lessons: 1 st and 3 rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2 nd and 4 th Saturdays @ 09h45-12h45 Judy - ext. 2141	BOOK CLUB This is an invitation to all new and old residents to come and chat about books with other readers on the 3 rd Tuesday of each month at 14H30. Johanna - ext. 2112	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



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

BIRTHDAYS

22nd September

Jo Cullingworth - Noordhoek

Ingrid Schefermann - Lake Michelle

24th September

Odile Norton - Noordhoek

Jenny Brooks - Noordhoek

Lyndon Phillips - Noordhoek

25th September

Brian Dreyer - Noordhoek

26th September

Wendy Van Der Niet - Noordhoek

Mike Lamb - Lake Michelle

27th September

Shirley Bosman - Noordhoek

28th September

Sally Ball - Noordhoek

Carryl Frost - Noordhoek

ANNIVERSARIES

No Anniversaries this week

NEW RESIDENTS

House 26

Duncan & June McSporran

Noordhoek



SOUTH AFRICA

Heritage Day

SEPTEMBER 24



Dear Evergreen Residents,

Please note that Wednesday, 24th September is a Public Holiday and Refuse/Recycling collection will not be in operation.

We kindly ask that Residents put out any refuse/recycling/dirt collection on Tuesday, 23rd September before 8.30am.

Normal operations to continue from Thursday, 25th September.



Refuse Collection happens daily, aside from Public Holidays & Weekends, between 07h00 and 08h30



Grease

"A musical about teens in love in the 1950s. It's California 1958 and greaser Danny Zuko (John Travolta) and Australian Sandy Olsson (Olivia Newton-John) are in love. They spend time at the beach, and when they go back to school, what neither of them knows is that they both now attend Rydell High. Danny's the leader of the T-Birds, a group of black leather jacket-wearing greasers while Sandy hangs with the Pink Ladies, a group of pink-wearing girls led by Rizzo (Stockard Channing). When they clash at Rydell's first pep rally, Danny isn't the same Danny from the beach. They try to be like each other so they can be together".



Starring:

John Travolta

Olivia Newton-John

Michael Tucci

Stockard Channing

"Electrifying
performances and
vibrant depiction of
1950's culture"



Where: Cinema Room 1

When: Thursday, 25 September at 3pm sharp

RSVP: Booking form on notice board

Please note: If you booked and are not personally in your seat by 2.55pm, and there are people at the cinema who have not booked a seat, your seat will be given to the next person on the waiting list. The movie will start promptly at the advertised time. Latecomers will have forfeited their seats.



$$E=mc^2$$

QUIZ NIGHT

25th September

18:00

R20 per person (cash only)

*Book your spot with Norma Roos on
Ext. 2089/ 084 207 6829*

Snack Platters

Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

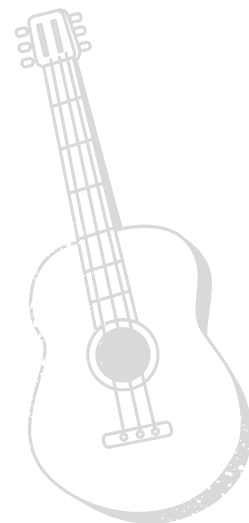
Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip



"Nostalgia 100"

*Join us for an evening of Music, Fun and Surprises
in an Interactive Music Show featuring John Fryer*



On Piano and Guitar, John will touch on up to 100 popular songs, likely to be our favourites. In earlier years, John performed internationally, including in Las Vegas

Tuesday, 30th September at 19H00

R20 Per Person

Organise your own Table Groups

**Bring your own snack/drinks; platters will be available from the
Bistro**

*To book a table, Whatsapp Norma Roos on
084 207 6829 or phone on Ext. 2089*



Passing on the Baton

Residents of Evergreen Noordhoek have long enjoyed and appreciated opera. The first club was started by June Pitterman's late husband Karl during Phase 1 with movies being shown in the first clubhouse, in House 9. And then time and Covid intervened ...

The club was re-established in 2022 by Mike Jacklin. Mike has an extensive knowledge of opera, with a considerable collection of books, programmes and DVDs. Over the years, he travelled to many of the major opera houses throughout the world to pursue his passion. With this experience and avuncular speaking style, his introductions to each opera were a real treat!

And of course the cinema room in the Lifestyle Centre provides the ideal venue. The monthly opera movie showings, 2 pm on the first Tuesday of the month, are afternoons of inspiration and beauty as we have watched (and continue to watch) the very best that the most important opera houses in Europe and America have to offer. We've enjoyed incredible voices in the most stunning productions. AND a special sense of friendship and fellowship.

It's now time for Mike to hand over his opera baton to Willem Hoek, a real opera enthusiast. He can be contacted on ext. 22220. Mike would like to thank everyone, especially Mike Chiles for technical support and advertising each opera and the Evergreen staff for setting up the venue.

-Johanna de Beer



THE ORIGINAL
Rummikub®
BRINGS PEOPLE TOGETHER

*Interested in learning how to play Rummikub?
Perhaps you already know how and would like to
play again?*

*We are potentially looking at starting a Rummikub
Group - If you're interested, kindly contact Lea on
Lead@evergreenlifestyle.co.za*





EVERGREEN
lifestyle

THE ART OF DOTTING

HAVEN'T GONE "DOTTY" YET?

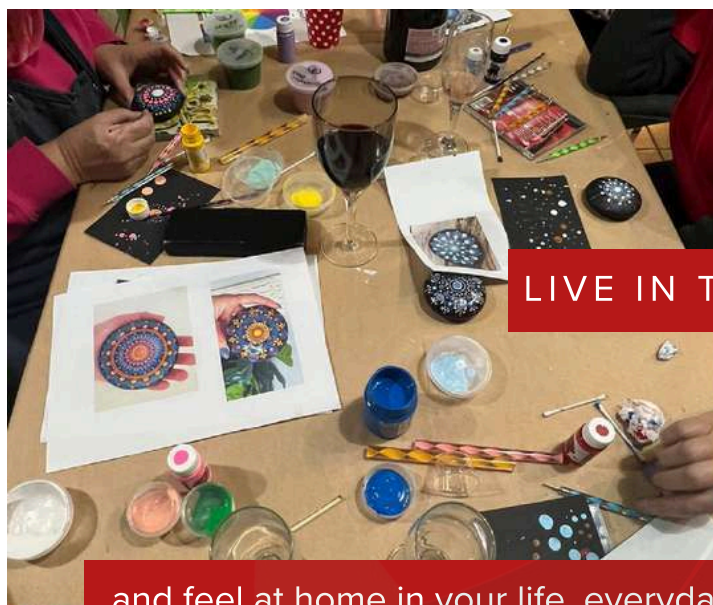
A MORNING OF MAGIC.MINDFUL.MOMENTS



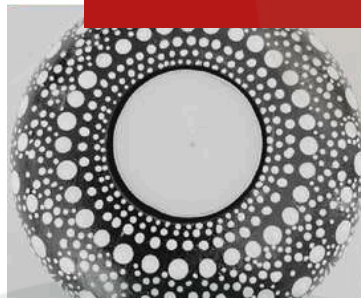
MillerT.I.M.E is an entity that is passionate about conscious living. The practice of Mandala Art (dotting)- truly allows you to be immersed in the practice of simply "being in the moment". So join us and find out why going "Dotty" is the best experience ever!!

- ✓ Date - 23 September
- ✓ 10:00 - 12:30 am
- ✓ Creative Hub Room
Evergreen Lifestyle Estate
- ✓ R350 (all materials incl)

Full payment is required to secure your 'dot spot'
Call Lynn TODAY to reserve your spot on 0836849211



and feel at home in your life, everyday.





SPRING PHOTOGRAPHY CHALLENGE

See something beautiful? We'd like to see it too!

This Spring, we challenge our Residents to send us their best Spring Pictures to be featured in our Aloe Aloe. The winners of each category will be displayed throughout the month of September.

What do we need from you?

A picture and a short explanation of where you took it (in your garden, on a walk, etc) as well as why it struck you as so beautiful.

CATEGORIES:

Trail Views
Flowers in Bloom
Birds in Flight
Budding Plants
Something Yellow

**Please email your pictures to Lea at Reception
(Lead@evergreenlifestyle.co.za)**



SPRING PHOTOGRAPHY CHALLENGE

Flowers in Bloom

Submitted by Shirley Reynders



Birds in Flight

Submitted by Ali Sayers



Something Yellow

Submitted by Dr. Reed



Flowers in Bloom

Submitted by Jenny Morkel



"Photo's from the
West Coast Park from
last week"

Submitted by Pete Van Der Spek



"Credit, again, goes to my beautiful wife"



CHELSEA FLOWERS IN STANFORD

SPONSORED BY



GROOTBOS

Private Nature Reserve



10 - 24 SEPT 2025

A big thank-you to Mark Wilson, who sent us these lovely photographs from the show:





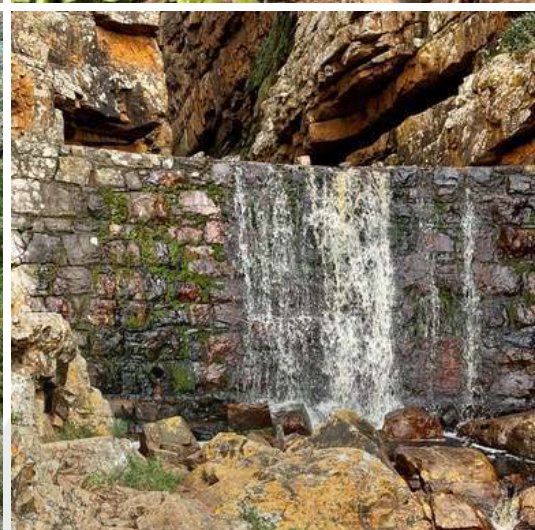
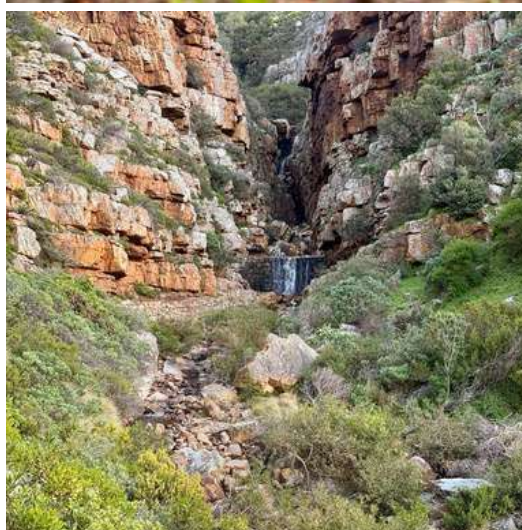
As Spring has sprung, it's time for our Open Gardens weekend. This year it is being held on the 18th & 19th October. I'd be obliged if those keen to open could contact Val Stockden at house 56.





A big thank-you to White Cliff's for their beautiful work in our Communal Garden's!





This week, the Tuesday Hikers walked to Admiral's Waterfall above Simonstown and then on to a coastal walk, which included the path alongside the penguin colony.
Thanks to Jen and Alaster, our travelling photographers



BRASS BAND CONCERT

CAPE TOWN CONCERT BRASS

at Evergreen, Noordhoek - 18th September 2025 7pm



Thank-you to Dr. Eidelman for sending in these pictures from the concert



RED RABBIT

Dear Residents,

NOTICE: MAINTENANCE REQUEST LOGGING PROTOCOL – EVERGREEN NOORDHOEK & LAKE MICHELLE

In our commitment to continuously improve your experience in the Village and your interaction with us, we are going to implement the following changes on how residents log maintenance requests, on a trial basis.

Over the past year, Evergreen has successfully implemented a maintenance management program known as “Red Rabbit”.

As part of the trial, residents will have the chance to submit their own maintenance requests through a simple online form. This will automatically create a ticket for your request, assigning you a (Maintenance Request) MR-number. You can use this MR-number as a reference to follow up and track the progress of any logged requests.

Residents without email access or smartphones can still submit maintenance requests directly at reception.

By following the link below, you will find step-by-step instructions on how to log your maintenance request. (Please note that this process is specifically for maintenance requests, and not for general village services like garden services etc.) <https://evergreen.redrabbit.app/maintenance>

Below is also a QR code, that can be scanned with your Smartphone. This will automatically take you to the logging page.

The trial will commence on Monday, 30 June. Our reception staff has been trained on this system, thus if you experience any difficulty in using the system, or if you have any questions, reach out to reception for assistance.

Kind regards,

Stephan Lloyd
Village Manager



Scan from phone to enter details there instead



A reminder of the upcoming South African Rugby games:

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



Weekly menu: 22–28 September

Monday: 22 September

Chicken broc bake: with rice, carrots and garden peas

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

OR

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese

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

Salad of the day: Strawberry chicken salad R85

Tuesday: 23 September

Cottage pie: served with side garden peas

N: R95 // L: R75 // Family: R30

OR

Moroccan chicken: with Couscous and served with sautéed spinach and roasted veggies

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

Salad of the day: Goats cheese beetroot and broccoli salad R85

Wednesday: 24 September

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows

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

OR

Korean BBQ pork: With egg fried rice and broccoli

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

Salad of the day: Chicken Caesar salad R85

Thursday: 25 September

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 // Family: R285

OR

Mild pork curry: Served with rice, butternut and green beans and side sambal

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

Salad of the day: Strawberry spinach salad R85

Friday: 25 September

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice

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

OR

Steak Gatsby: 30cm packed steak Gatsby with lettuce, tomato, steak pieces, egg, cheese, chips and basil mayo **R150**

Salad of the day: Bacon and mozzarella salad R85

Saturday: 27 September

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, garden peas and butternut

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

OR

Chicken kebabs: BBQ chicken kebabs with savoury rice, broccoli and carrots

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

Sunday: 28 September

Roast Beef: with rice, roast potatoes, Yorkshire pudding and gravy and veg medley

Dessert: Apple crumble with 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



Bring and Braai Family Heritage Day!



Heritage Day

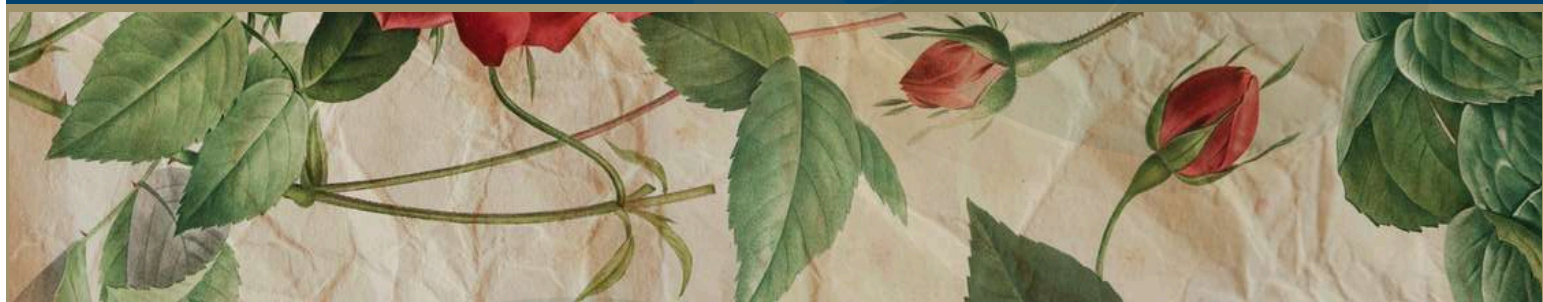
Braai lunch available

**24 September 2025
12pm-3pm**

BOOK NOW

If you have a braai available, we can make arrangements to collect and bring up.

Call: ext 2404 or 082 603 3518



Wednesday 24 September 2025
Heritage Day / National Braai day

If you have your own portable braai, bring it to the brick-paved area alongside the Lifestyle Centre. If you need help transporting it please contact front desk at reception. Wood and charcoal will be available to make your own fires.

The Village provides two barrel drums with coals for those who do not have their own portable braai's. Bring a braai grid if you have one.

Fire will be lit at about midday

Bring folding chairs and table if you have them.

Bring your own potjie if you plan to cook potjie (which would be your own meal)

If you choose to eat from the BISTRO, they will provide the following:

BISTRO order list: A braai master will be available to braai on request

Cheese, tomato and onion braai broodjie **R20**

Boerewors **R20**

Sosaties: Chicken **R25** // Beef **R30**

Fillet steak 150g **R180** // 225g **R200**

Lamb chops: Loin or leg **R50**

Braai packs:

Option 1

- 100g boerewors
 - Leg quarter
 - Lamb loin chops
- R90**

Option 2

- 2 x Pork ribs
 - 1 x Beef kebab
 - Boerewors
- R90**

Salad bar: sold in tubs

Choose from:

Potato salad	R20
Green salad	R20
Pasta salad	R20
Sousboontjies	R20
Caribbean bean salad	R20

Darren will be doing **2 Potjies** on the outdoor braai drums:

Smokey butter chicken potjie **R75**

Beef and bacon potjie **R75**

Both served with rice