



Aloe Aloe

29 Sept- 5 Oct 2025

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?

Nostalgia 100 - 30 September

MobeeWash - 1 October

Whisky Extravaganza - 2 October

Kind2Hearing - 2 October

Movie: "All The President's Men" - 2 October

Upcoming Events:

Opera - 7 October

SPCA - 10 October

*"We do not remember days, we remember moments."
— Cesare Pavese*

Dear Evergreen Lake Michelle Residents,

Happy Heritage Month to all of our wonderful residents!

*Please note that **MobeeWash** will be here on Wednesday, 1 October. To book your slot, contact Reception on Ext. 2400 or on 021 001 4312.*

*The last day to book your tickets for the **Whisky Extravaganza** is the end of the day on Tuesday, 30 September. Contact Mick Macdonald on 083 263 4822 for bookings.*

***Kind2Hearing** will be here on the 2 October from 10h00-12h00. To book a timeslot, please contact Reception on Ext. 2400 or on 021 001 4312.*

*This is the last week to submit your **Spring Photography Challenge** Pictures. Please send to Lead@evergreenlifestyle.co.za*

We wish all our residents an incredible week ahead!

*Best regards,
Village Team*

IN THIS ISSUE

PAGE

WEEKLY EVENTS

3

Your weekly guide to sport & recreational activities in the Village

ACTIVITIES AND FACILITIES

4

GROUPS AND EVENTS

5

IT'S A CELEBRATION

6

Birthdays, Anniversaries & New Residents

RESIDENT EVENTS

7-9

Movie: 'All the President's Men'

7

Whisky Extravaganza

8

Nostalgia 100

9

VILLAGE EVENTS

10-12

Kind2Hearing

10

CleverKids Appreciation

11-12

INTERNAL ADVERTISEMENTS

13-18

Wednesday Walkers

13

Spring Photography Challenge

14

Spring Photography Resident Showcase

15

Photographic Competition

16

Brass Band Concert

17

RedRabbit

18

EXTERNAL ADVERTISEMENTS

19

Springbok Rugby Fixtures

19

BISTRO MENU

20

** To use the Hyperlink, please click on an underlined title above to take you to the corresponding page groupings.



WEEKLY EVENTS


Wednesday
IS RECYCLING

MON 29 Sept	TUE 30 Sept	WED 01 Oct	THUR 02 Oct	FRI 03 Oct	SAT 04 Oct	SUN 05 Oct
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	09h00 MOBEEWASH BASEMENT	09h00 STRETCH CLASS 1ST FLOOR 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL		09h15 AQUA AEROBICS POOL	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ARTS FOR ENJOYMENT CREATIVE HUB	10h30 WATER COLOUR LESSONS CREATIVE HUB	12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM		10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	10h00 KIND2 HEARING LIFESTYLE CENTRE	11h00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN BASEMENT	10h30 TÁI CHI ACTIVITY ROOM 1 14h00 BRIDGE ACTIVITY ROOM 2		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	15h00 RUGBY LIFESTYLE CENTRE SA vs ARG	
	10h00 NOSTALGIA 100 LIFESTYLE CENTRE	18h00 DINNER BISTRO	17h00 WHISKY TASTING 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

29th September

Patricia Morris - Noordhoek

1st October

**Philine Van Blommestein -
Noordhoek**

Michael Van Den Bos - Lake Michelle

2nd October

Val Stockden - Noordhoek

3rd October

Elizabeth Cotton - Noordhoek

5th October

Linda Van Swelm - Noordhoek

Irene Uffhaus - Noordhoek

Dave Frost - Noordhoek

Michael McLeroth - Noordhoek

ANNIVERSARIES

30th September

Roger & Dawn Bryant- Noordhoek

2nd October

Neels & Edith Botha - Noordhoek

3rd October

Gerd & Ena Stotzel - Noordhoek

Ed & Wendy Van Der Niet - Noordhoek

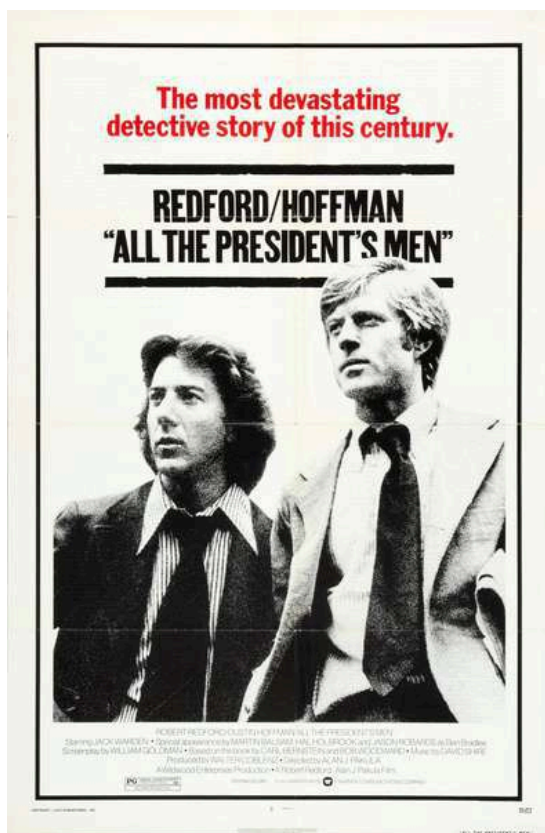
NEW RESIDENTS

No New Residents this week



All The President's Men

“Two green reporters and rivals working for the Washington Post, Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman), research the botched 1972 burglary of the Democratic Party Headquarters at the Watergate apartment complex. With the help of a mysterious source, code-named Deep Throat (Hal Holbrook), the two reporters make a connection between the burglars and a White House staffer. Despite dire warnings about their safety, the duo follows the money all the way to the top”.



Starring:

Dustin Hoffman

Robert Redford

Hal Holbrook

Jack Warden

“It speaks to the importance of having a Free Press and Investigative Journalists, while remaining one of the most important films in cinematic history”



Where: Cinema Room 1

When: Thursday, 2 October 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.



“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: **Thursday, 02 October 2025**
Time: 5.00 pm
Price: R400 per person

Six different whiskies accompanied by snacks
to compliment each individual whisky.

Please message **Mick Macdonald 083 263 4822** to book your seat

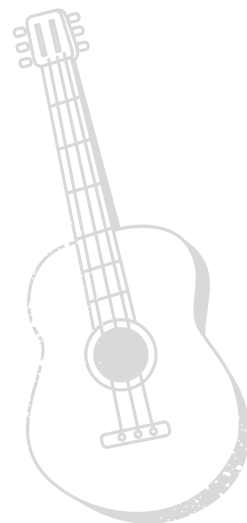


**Please note that for Catering purposes, the last day to
book tickets is end of day Tuesday, 30th September**



"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*



**KIND2HEARING
BLAAUWBERG**

**KIND2HEARING IS VISITING
EVERGREEN**

DATE: Thursday, 2 October

TIME: 10h00 - 12h00

**Free Hearing Screenings
Please book a time at reception.**



Dear Evergreen Family,

On Mandela Day, your generosity shone brightly through the food and clothing you collected for the children of Clever Kids. Today, with the wonderful brass band concert you organised, you have again shown your deep care and commitment to our community.

Your kindness not only provides for the practical needs of our children but also inspires them with the knowledge that others believe in their future.

Thank you for standing with us, for giving so generously of your time and resources, and for bringing joy and hope to many young hearts.

With appreciation and warm regards,
Clever Kids Homework Centre

Karin Dreier





Thank you to Vicki Falls, who sent us these lovely pictures of the Wednesday Walker's Group



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

Something Yellow

Submitted by Tuscany Watson



Flowers in Bloom

Submitted by Jenny Morkel



Something Yellow

Submitted by Eddie Wesselo



"I took this photograph on the way back from a trip to Darling about a week ago. The countryside was filled with the yellow blooms as was the country going to the Eastern Cape a week before".

Something Yellow

Submitted by Dr. Reed



"Flowers picked from house 125 and house 126 (the yellow pincushins)"

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.



Thank you to Mr. Van Der Spek for sending us these incredible pictures of the Brass Band 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: 29 September – 5 October

Monday: 29 September

Chicken Stroganoff: Served with basmati rice, green beans and butternut
N: R90 // L: R70 // Family: R285

OR

Chicken pasta bake: Creamy chicken with penne pasta topped with cheese and baked
in the oven

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

Salad of the day: Strawberry chicken salad R85

Tuesday: 30 September

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

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

Wednesday: 1 October

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

Salad of the day: Chicken Caesar salad R85

Thursday: 2 October

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

Salad of the day: Strawberry spinach salad R85

Friday: 3 October

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots
N: R95 // L: R75 // K: R65 // Family: R300

OR

Grilled fish: Grilled hake served with savoury rice, broccoli and carrots with a lemon
wedge

N: R120 // L: R90 // Family: R360

Salad of the day: Bacon and mozzarella salad R85

Saturday: 4 October

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 // K: R60 // Family: R300

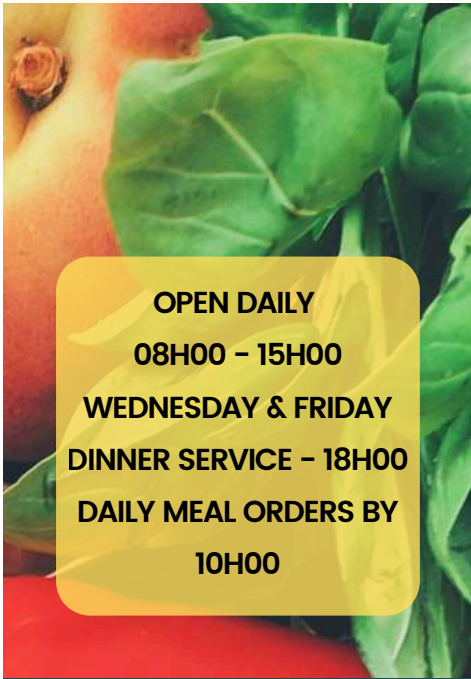
OR

Gourmet mac n cheese: Creamy cheese sauce with peppers, corn and onions
N: R90 // L: R70 // K: R60 // Family: R285

Sunday: 5 October

Roast Gammon or Roast Beef: Served with rice Yorkshire pudding, roast potatoes, gravy
and veggies

Dessert: Malva pudding with custard R150



OPEN DAILY
08H00 – 15H00
WEDNESDAY & FRIDAY
DINNER SERVICE – 18H00
DAILY MEAL ORDERS BY
10H00

Price List

Normal Meals..... R90-R95
Low Carb/Gluten Free..R90
Kiddies..... R60- R65
Ladies Portion.....R70-R75
Vegan.....R90
Family Normal (2 Adult, 2
Kids)..... R285-
R300
Family Low Carb..... R320
Free Range:
N R105/ L R90/ Family... R320



FRIDAY FISH & CHIPS
Fried Hake and Chips,
served with tartare
sauce and a lemon
wedge
R110
standard portion
R90
ladies portion