



Aloe Aloe

6 Oct - 12 Oct 2025

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Your weekly guide to sport & recreational activities in the Village

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Movie: 'Crocodile Dundee' - 9 October

SPCA - 10 October

Christmas Gift Drive - Until 5th December

Upcoming Events:

Classical Music Group - 14 October

MobeeWash - 15 October

Bingo - 16 October

*"Never let the fear of striking out keep you from playing the game" — **Babe Ruth***

Dear Evergreen Lake Michelle Residents,

Happy New Week to you all!

The SPCA will be here on the 10th October.

One of our lovely residents, Mrs. Judy Moolenschot, has been asked to be the featured artist at the Art Point Gallery in Noordhoek. If you'd like to see more of her art, have a look at page 9.

The Christmas Donation Drive has just started -if you will be participating in our annual Donation Drive for the residents of Douglas Murray Home, please drop your donations/gifts off at Reception before the 5th December. Let's make their Christmas unforgettable together!

We also have Bingo coming up - more information to follow in next week's Aloe Aloe.

We wish all our residents an incredible week ahead!

*Best regards,
Village Team*

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WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 06 Oct	TUE 07 Oct	WED 08 Oct	THUR 09 Oct	FRI 10 Oct	SAT 11 Oct	SUN 12 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 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	09h45 DRAWING & SKETCHES CREATIVE HUB	12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 OPERA CINEMA ROOM	12h00 RIAAN'S FRUITVAN BASEMENT		10h00 SPCA LAWN		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI ACTIVITY ROOM 1 14h00 BRIDGE ACTIVITY ROOM 2	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM		15h00 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 DINNER BISTRO		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

6th October

Deidre Plane - Noordhoek

7th October

Jenny Wyllie - Noordhoek

Joan Pollachi - Noordhoek

8th October

Daniel Nel - Noordhoek

9th October

Sally Johnson - Noordhoek

Mary Smit - Noordhoek

Mick MacDonald - Noordhoek

11th October

Tammy Vogel - Noordhoek

ANNIVERSARIES

6th October

Gordon & Sandra Spence-
Noordhoek

NEW RESIDENTS

Apartment 24

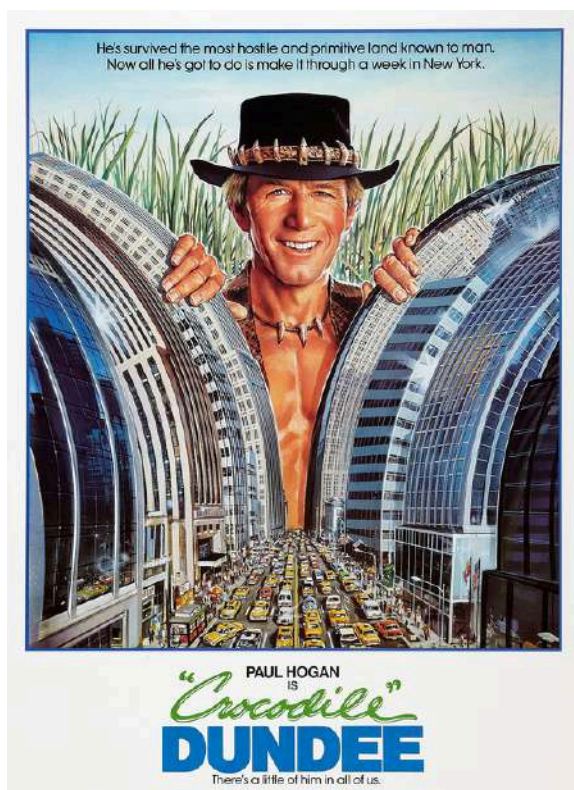
Elizabeth Graham - Noordhoek



Crocodile Dundee

"A New York reporter heads to Australia to interview the living legend Mike Dundee. When she finally locates him, she is so taken with him that she brings him back with her to New York. In New York, Mike Dundee is amazed by the wonders of the city and the interesting people there."

Starring Paul Hogan as Crocodile Dundee and Linda Kozlowski as Sue Charlton"



Starring:

Paul Hogan

Linda Kozlowski

"One of the most iconic films of the 80s, a unique comedy like nothing that had come before it. It's a great piece of light entertainment that gets the balance of adventure and comedy spot on."



Where: Cinema Room 1

When: Thursday, 9 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.



Dive into the Christmas spirit by participating in our annual Christmas Gift Drive for the residents of Douglas Murray Home!

Please drop off your thoughtful gifts at Reception before December 5th, and we'll ensure they reach the Home by December 15th, bringing happiness to each resident during this magical season.

Gift ideas: Personal Hygiene Products / Clothing for Female and Male Residents / Adult Incontinence Products / Sweets and Chocolates

Let's make their Christmas unforgettable together!



Judy Moolenschot, our Resident Village drawing teacher, is the Featured Artist this month at Art Point Gallery in Noordhoek Main Road. Her Oil Paintings will be up for the month of October.

Opening at 11am - 1pm on Saturday 4th Oct

All are welcome!

"Stormtide"



Oil on Canvas

"Utah Beach Normandy"

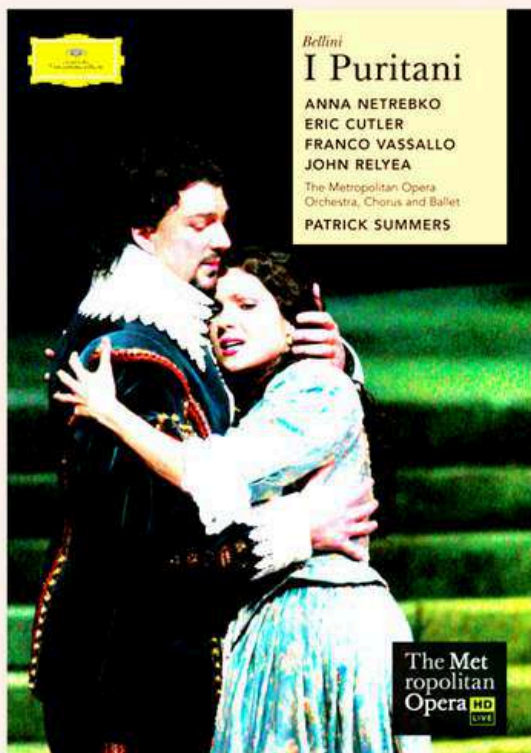


Oil on Canvas



"Through the Windscreen"

Oil on Canvas



I Puritani (Vincenzo Bellini)

Date: Tuesday 7 October 2025

Time: 2pm

Venue: Cinema Room 1

Bellini's *I Puritani* is an opera set during the English Civil War that follows the doomed romance between Elvira (Anna Netrebko), the daughter of a Puritan leader, and Arturo (Eric Cutler), a Royalist cavalier. Though their union bridges a political divide, it has been approved by Elvira's father after her uncle, Giorgio (John Relyea), intervened on her behalf. However, their happiness is shattered when Arturo learns that Queen Henrietta, a Royalist

prisoner, is to be executed. In a chivalrous act, he helps the queen escape the Puritan fortress by disguising her in Elvira's bridal veil. Elvira, upon seeing Arturo flee with a veiled woman, is heartbroken and, believing she has been abandoned, descends into madness.

Elvira's family, including her uncle Giorgio and the Puritan officer Riccardo (Franco Vassallo), mourn her fragile mental state. Elvira wanders the fortress, singing haunting melodies about her lost love, her mind lost in a state of delusion. The Puritans, believing Arturo is a traitor and responsible for Elvira's madness, condemn him to death. The act builds to a powerful climax of sorrow and despair, with Elvira's grief and the Puritans' fury reaching their peak.

Arturo, a fugitive on the run, returns to the fortress to see Elvira one last time, risking his life to find her. His presence briefly brings her back to her senses, but the Puritan soldiers quickly discover him and arrive to carry out his execution. However, a messenger arrives just in time with news of a general amnesty for all Royalist prisoners. The shock of this news, combined with Arturo's presence and the confirmation of his innocence, completely restores Elvira's sanity. The opera ends with the lovers reunited, their love finally triumphant over political strife and personal tragedy.



Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool



Alaster and Jen captured these amazing photo's on our hike to Elephant's Eye Cave. Check out the busy dung beetles hard at work, crafting and rolling a dung ball to a burial site. The female beetle lays her eggs within the dung ball, providing a nourishing food source for the larvae when they hatch.





"On behalf of the patients and staff at St. Joseph's Intermediate Paediatric Care, thank you sincerely for your generous donation of knitted blankets, beanies, jerseys, nappies and soaps. Your support is a blessing and helps bring dignity and comfort to our young patients."

For 90 years, thanks to the support of partners, donors, friends, staff and management, St Joseph's has given South Africa's most medically fragile children the chance to heal, grow and thrive. This legacy of care continues today, ensuring that every child receives the dignity, comfort and opportunity they deserve".

Zachary's Story:
[Click here to read more](#)

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.



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

Weekly menu: 6–12 October 2025

Monday: 6th October

Chicken carbonara pasta: A creamy chicken pasta with mushrooms over pasta. Served with parmesan cheese

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

OR

Asian pork stir fry: Pork sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg

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

Salad of the day: Strawberry chicken salad R85

Tuesday: 7th October

Seasame meatballs: You're going to love these tender, flavourful meatballs topped with seasame seeds and served with basmati rice, steamed green beans and braised cabbage.

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

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

Wednesday: 8th October

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

Or

Thai chicken stir fry: over spaghetti and stir fry veg

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

Salad of the day: Chicken Caesar salad R85

Thursday: 9th October

Chicken breyani: Traditional South African dish, with a side sambal

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

OR

Texas pulled pork: served with mash, gravy, butternut and baby marrows

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

Salad of the day: Strawberry spinach salad R85

Friday: 10th October

Steak Sandwich: Garlic toasted French bread, lettuce, tomato and steak – topped with feta and voila... the best steak sandwich!

N: R100

OR

Spaghetti bolognaise: with a side parmesan cheese

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

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 // Family: R300

Salad of the day: Bacon and mozzarella salad R85

Saturday: 11th October

Chicken pie: Served with gravy and chips

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

OR

Pork adobo : Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut

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

Sunday: 12th October

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

Dessert: Waffles and ice cream

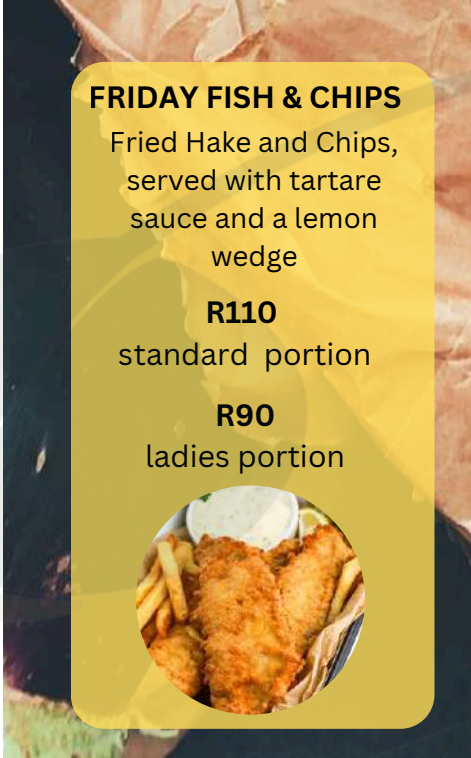
R180 Lamb // R150 Beef



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