



Aloe Aloe

"You miss 100% of the shots you don't take."

– Wayne Gretzky

13 Oct - 19 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?

Classical Music Group - 14 October

MobeeWash - 15 October

Movie: 'The Help' - 16 October

Bingo - 16 October

Dragon Boat Racing - 18 October

Open Gardens - 18 & 19 October

Upcoming Events:

Book Reading Club - 21 October

Wol aan die Rol - 23 October

Dear Evergreen Lake Michelle Residents,

Classical Music Group will be on the 14th October - to indicate your interest, please RSVP on the Notice Board.

MobeeWash will be here on the 15th October - to book your time slot, please contact Reception on Ext. 2400 or on 021 001 4312.

The **Christmas Donation Drive** has started - kindly drop off your donations at Reception. This donation drive will be on until the 5th December - Let's make it the best Christmas ever for Douglas Murray Home!

Bingo will be on the 16th October - to book your seat, contact Norma Roos on Ext. 2089 / 084 207 6829. See pages 9 & 10 for more information.

Resident **Open Gardens** will be on Saturday, 18th and Sunday, 19th October.

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

7-11

Classical Music Group

7

Movie (The Help)

8

Bingo Night

9-10

Art Point Gallery

11

VILLAGE EVENTS

12-13

Dragon Boat Racing

12

Open Gardens

13

Christmas Gift Drive

14

INTERNAL ADVERTISEMENTS

15

Photographic Competition

15

EXTERNAL ADVERTISEMENTS

BISTRO MENU

16

** 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 13 Oct	TUE 14 Oct	WED 15 Oct	THUR 16 Oct	FRI 17 Oct	SAT 18 Oct	SUN 19 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 TBC	09h00 STRETCH CLASS 1ST FLOOR 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		10h00 OPEN GARDENS PARTICIPATING HOUSES
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	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM	10h00 CHRISTIAN FELLOWSHIP LOUNGE	10h30 TÁI CHI ACTIVITY ROOM 1		14h00 OPEN GARDENS PARTICIPATING HOUSES	
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN BASEMENT	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 LINE DANCING ACTIVITY ROOM 1	15h00 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 DINNER BISTRO	18h00 BINGO 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 3rd 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

14th October

Mel Ball - Noordhoek

15th October

Mark Wilson - Noordhoek

Brian Brooks - Noordhoek

17th October

Bill Harding - Noordhoek

Greg Culhane - Lake Michelle

18th October

Manfred Hollermann - Noordhoek

James McChesney - Noordhoek

ANNIVERSARIES

13th October

David Van Blerk & Marie McEvoy

- Noordhoek

Ian & Amanda Simpson

- Noordhoek

17th October

Stuart & Pamela Leach

- Lake Michelle

NEW RESIDENTS

Apartment 103

Petra Deja

- Noordhoek



Classical Music Group

Robert SCHUMANN

Concert-piece for Four Horns and Orchestra,
Opus 86

International Academy Orchestra

Conductor: Johannes Klumpp

Johan Sebastian BACH

Harpsichord Concerto No. 1 in D minor,
BWV 1052 (*1st Movement - Allegro*)

Apotheosis Orchestra on Period Instruments

Harpsichordist: Korneel Bernolet

Sergei RACHMANINOV

Piano Concerto No. 1 in F#, Opus 1

St. Gallen Symphony Orchestra

Anna Fedorova (Pianist)

Conductor: Modestas Pitrenas

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

Tuesday, 14 October
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.



The Help

“The Help (2011) is a powerful drama that explores race, inequality, and the strength of friendship in the segregated South of the 1960s. The film follows Skeeter Phelan (played by Emma Stone), an aspiring journalist who decides to write a book that tells the stories of the African American maids working in white households in Mississippi. Through her eyes, the audience witnesses the hardships and struggles faced by these women, as well as the relationships they form with their employers.”

The story centers around Aibileen and Minny, two maids who work for white families and share their personal experiences with Skeeter, despite the risks involved. The film poignantly addresses themes of racial injustice, courage, and the bond between women of different backgrounds. The Help provides a compelling narrative of resilience and empowerment, as these women defy societal expectations to seek justice and a voice for their community”.



Starring:

Emma Stone

Viola Davis

Octavia Spencer

Bryce Dallas Howard



Where: Cinema Room 1

When: Thursday, 16 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.



Thursday, 16th October@

18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)

The Bistro will be offering Cheese Platters and a Bingo Burrito Bowl.

For more information, please see the Bistro Notice Board.

Orders to be placed by the 14th October.



Menu for Thursday,
16th October

BURRITO BINGO BOWLS – R85



Burrito bowls loaded with slow-cooked chilli con carne mince, basmati rice and some favourite taco toppings!

CHEESE PLATTERS – R85



Please place your orders with the Bistro by Wednesday, 15th October. Ext 2404



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



DRAGON BOAT RACING HERITAGE CUP

A successful dragonboat regatta was held at Zeekoevlei on Saturday 20 September. Your host club, Mujaji, won the ladies 200m and came second in the 2000m open races. However, the very strong wind and lack of a jetty or other stable waterside construction for boarding and disembarking, justified the decision not to risk the safety of first-time paddlers.

The venue for the dragonboat guest challenge has been moved to the canals at Canal Walk on 18 October. Final negotiations are still underway between Cape Town Dragonboat Association and Century City. Please save the date. For further details contact Lorraine Innes on 083 702 4003 or at House #15.

Sat, 18 October: 08h00- 15h00
R100 per Entry

Have you ever paddled a dragon boat?
Have you ever visited Zeekoeivlei Nature Reserve?
If you are up for two new experiences in one day, pack:

A picnic basket
Water
A sunhat

An umbrella (shade)
Chairs if you'd like

Participants should wear clothes that can get wet - there will be splashing!
Spectators are very welcome to come and cheer our team!

Evergreen has kindly offered to sponsor the registration of 10 Evergreen residents and/or staff members who participate in the Dragon Boat Racing Heritage Cup



Evergreen Resident Open Gardens

We have some beautiful Gardens that will be opened next weekend for viewing. To welcome you, ribbons will be tied to the garden gates of those participating.



Saturday, 18th October: 14h00 - 17h00

Sunday, 19th October: 10h00 - 12h00



House 6	Nicky Ing
House 45	Aletta & Keith Knox
House 56	Val & Ant Stockden
House 65	Sue & Pete Van Der Spek
House 71	Pauline Hayse-Gregson (Saturday only, viewing done one at a time)
House 74	Gill & Peter Smith-Cox
House 77	John Payne
House 91	Shona Farquharson
House 136	Sharon & Roy Zazeraj (Sunday morning only)
House 141	Judy Moolenschot
House 147	Irene & Willem Van Zyl





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!

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.

Weekly menu: 13 – 19 October 2025

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

Monday: 13th October

Chicken marsala :with mash, baby marrows and butternut
N: R90 // L: R70 // Family: R285

OR

Pork sausages: Grilled Pork sausages served with gravy and mash then served with carrots and green peas

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

Salad of the day: Strawberry chicken salad R85

Tuesday: 14th October

Chicken parmesan : Crumbed chicken breast topped with red sauce and cheeses then baked in the oven. Served with mash, garden peas and butternut

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

OR

Braised pork in sweet soy :Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut

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

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

Wednesday: 15th October

Mushroom stroganoff: Served with mash, butternut and green beans

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

OR

Herb roast chicken: Served with gravy, rice and peas and carrots

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

Salad of the day: Chicken Caesar salad R85

Thursday: 16th October

Broc bacon mac n cheese: Creamy mac n cheese with bacon and broccoli

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

OR

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut

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

Salad of the day: Strawberry spinach salad R85

Friday: 17th October

Hungarian goulash: with rice, garden peas and carrots

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

OR

Sweet n sour chicken: with stir fry veggies over rice

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

Salad of the day: Bacon and mozzarella salad R85

Saturday: 18th October

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

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

Or

Thai chicken curry: Served with basmati rice and garden peas and carrots

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

Salad of the day: Strawberry spinach salad R85

Sunday: 19th October

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

Dessert: Cape brandy pudding with custard or ice cream

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