



20 Oct - 26 Oct 2025

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Dancers Love Dogs- 22 October

Sip & Paint- 20 November

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

- Wayne Gretzky

Dear Evergreen Lake Michelle Residents,

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!

Join us this Saturday the 25th October for a fun filled afternoon at the **Oktoberfestival** in the lifestyle centre.

Our **book club** will get together in the lifestyle centre on Tuesday 21st of October to discuss some exciting book titles.

Wol aan die rol will be in the village on Thursday 23rd October, residents are welcome and free to pop around and show their support.

We wish all our residents an incredible week ahead!

*Best regards,
Village Team*

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WEEKLY EVENTS


Wednesday
IS RECYCLING

MON 20 Oct	TUE 21 Oct	WED 22 Oct	THUR 23 Oct	FRI 24 Oct	SAT 25 Oct	SUN 26 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	12h00 Oktober- festival Lifestyle Centre	
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 Book Reading Club Lounge		10h00 Wol aan die rol MAIN LOUNGE			
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN BASEMENT	10h30 TÁI CHI ACTIVITY ROOM 1	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	14h00 BRIDGE ACTIVITY ROOM 2	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 DINNER BISTRO	15h00 MOVIE CINEMA ROOM	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

20th October

Louina Bondi- Noordhoek

22nd October

Wilma Louw- Noordhoek

Dunny Reed - Noordhoek

Manfred Jabbush- Noordhoek

25th October

Rose Hoepner - Noordhoek

26th October

Mel Wong - Noordhoek

Roz Hoek - Noordhoek

ANNIVERSARIES

No Anniversaries

NEW RESIDENTS

No new residents



Something's Gotta Give

When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways.

But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.



Starring:

Keanu Reeves

Frances McDormand

Amanda Peet



Where: Cinema Room 1

When: Thursday, 23 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.



Dancers **LOVE** DOGS

Dancers collaborating for
"mass sterilisation" of animals in need

Wednesday 22nd October 2025
7:30pm | Artscape

Booking at [Webtickets](#)





DANCERS I ♥ ve DOGS

Dancers Love Dogs, which raises funds solely for the sterilization of dogs and other animals in need, was initially launched in 2011 by Brigitte Reeve-Taylor. Brigitte, a dancer, teacher, choreographer, and entrepreneur, was inspired to stage the show after rescuing an emaciated puppy many years ago. Since then, the dynamic fundraiser has raised over R8 million for the cause and sterilized more than 30,000 animals, and DLD continues to strive towards its ultimate goal which is to establish sustainable spay -and-neuter programs in as many remote areas as possible, to combat the overpopulation of canines and felines which often leads to abandonment and neglect.

As a non-governmental organization (NGO) and public benefit organization (PBO) with limited resources, DLD heavily relies on the annual events to raise the necessary funds. Each ticket, contributes to the cost of one sterilization at a reduced rate provided by compassionate veterinarians who support the event time and again. Over the past 3 years, Brigitte's collaboration with the National Sterilization Project and Dancers Love Dogs has enabled the continuation of their work on a national scale, reaching even the most remote areas of South Africa.



The concept work so well as everyone is aware from the start that everything to do with the show & foundation is based on donations. From the performers, printing, prizes and time - we don't pay for anything and we don't receive payment. So everything that is raised will go directly to the animals for sterilisations and we only pay the vets directly.

People come on board with huge hearts and generosity.

When people believe in what you do, the support you receive becomes limitless

In recognition of her passion, philanthropy, and commitment to animal welfare in SA, Brigitte was honoured as Glamour magazine's Woman of the Year in 2016. She also serves as an ambassador for the Animal Welfare Society in Philippi.

The Dancers Love Dogs 2025 event will take place on 22nd October. Tickets can be purchased through Webtickets – one of the Dancers Love Dogs sponsors.

For the latest updates and information, follow @dancerslovedogs on Instagram and Dancers Love Dogs SA on Facebook. www.dancerslovedogs.co.za

Brigitte Reeve Taylor
Founder: Dancers Love Dogs

We have all been designed for something greater than ourselves and our contribution to the world needs to have meaning





You haven't gone DOTTY yet?

Join us for a **Paint n Sip**



R350



The practice of Mandala Art (dotting) – truly allows you to be immersed in the practice of simply “being in the moment”.

Date: Thurs – 20 November 2025

Time: 2.30pm to 4pm

At: The Fynbos Bistro
(Evergreen Lifestyle Noordhoek)

All materials, 2 glasses of wine and delicious snacks all included.

Please Book & pay by Thurs the 13th Nov





EVERGREEN lifestyle

FYNBOS BISTRO

OKTOBERFEST

25
OCT

OPEN
12pm

Celebration
BEER • FOOD • MUSIC

Save the date



Menu

Wiener Schnitzel

Served with a fried egg, lemon wedge, braised cabbage and bradkatoffel

Normal: R95 // Ladies: R75

German Sausage

Served with a roll, mustard, sauerkraut or fried onions

Normal: R75

Smoked Eisbein

Slow cooked and served with mash and veggies

R150

Sides Available to order:

German Potato salad R30 // German green salad R25

Bradkatoffel R30

Dessert: R45

Apple Strudel

Pfannkucken: Thin pancakes topped with fruit and sweet toppings

- Book a table and food choice by Wed the 22nd of October 2025 -



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: 20–26 October 2025

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

Monday: 20th October

Pork potjie: With rice, baby marrows and butternut
N: R90 // L: R70 // Family: R285

OR

Chicken pasta bake: Delicious creamy cheese and chicken pasta
N: R90 // L: R70 // Family: R285
Salad of the day: Strawberry chicken salad R85

Tuesday: 21st October

Traditional meatloaf: Lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with mash, gravy, broccoli & carrots
N: R95 // L: R75 // Family: R300

OR

Chicken a la king: Served with savoury rice, carrots and green beans
N: R90 // L: R70 // Family: R285

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

Wednesday: 22 October

Savoury bake potato: Bake potato topped with savoury mince and cheese, served with garden peas and butternut
N: R95 // L: R75 // Family: R300

OR

Arrabiatta pasta: Bacon, chilli, tomato and cream over penne. Served with a side of parmesan
N: R90 // L: R70 // Family: R285

Salad of the day: Chicken Caesar salad R85

Thursday: 23 October

Butter chicken: with basmati rice, garden peas and carrots
N: R90 // L: R70 // Family: R285

OR

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal

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

Salad of the day: Strawberry spinach salad R85

Friday: 24 October

Hawaiian pork chop: Grilled Pork chops marinated with apple cider, pine apple juice, coriander and red wine vinegar. Flame grilled topped with a pine-apple salsa, and served with braised cabbage and potato salad
N: R95 // L: R75 // Family: R300

OR

Beef ragu: Served with rice, broccoli and butternut
N: R95 // L: R75 // Family: R300

Salad of the day: Bacon and mozzarella salad R85

Saturday: 25 October

Beef casserole: Served with rice, green beans and butternut
N: R95 // L: R75 // Family: R300

OR

Rosemary infused chicken breast: With a bake potato, broccoli and cauliflower
N: R90 // L: R70 // Family: R285

Sunday: 26 October

Roast Pork or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
Dessert: Trifle bowls
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

