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17 Nov - 23 Nov 2025

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Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Mobeewash - 26 November

Christian Fellowship - 26 November

Antique Warehouse - 27 November

Movie - 27 November

Val de Vie Christmas Market - 29 November

AA Badenhorst Wine tasting - 04 December @16h00

Upcoming Events:

Wol Aan Die Rol - 04 December

Kind 2 Hearing - 04 December

Noordhoek Christmas Market - 17 December

"If you want to be happy, be."

- Leo Tolstoy

Dear Evergreen Lake Michelle Residents,

Mobeewash will be here on the 26th November - to book your timeslot, kindly contact Reception on Ext.2400 Or 021 001 4312.

Antique Warehouse will be visiting our village on the 27th November, please see details below on page 8.

Join us this Wednesday at 10h00 for a refreshing **Christian Fellowship** service as we step into the holiday season, all residents are welcome. Come and enjoy a moment of peace and community.

Christmas Time is nearing! Our annual **Christmas Market** will be held on Wednesday, 17th December - please make note of the date; we'd love to see you there!

Best regards,
Village Team

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WEEKLY EVENTS


Wednesday
IS RECYCLING

MON 24 Nov	TUE 25 Nov	WED 26 Nov	THUR 27 Nov	FRI 28 Nov	SAT 29 Nov	SUN 30 Nov
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 JOJO TANKS	09h00 STRETCH CLASS 1ST FLOOR 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL	10h30 DRAWING & SKETCHES CREATIVE HUB	
10h15 AQUA AEROBICS POOL		09h15 AQUA AEROBICS POOL	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ARTS FOR ENJOYMENT CREATIVE HUB		12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSAICS CREATIVE HUB	10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	10h30 TÁI CHI ACTIVITY 1			
	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
14h00 BRIDGE /CARD GAMES 1ST FLOOR	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

26th November

Ian Vogel- Noordhoek

Phillip Van Blerk- Noordhoek

28th November

Brenda Day- Noordhoek

29th November

Marieta Parker- Noordhoek

30th November

Monica Jooste- Noordhoek

Lesley Wood- Noordhoek

ANNIVERSARIES

29th November

Tony & Sally Kromberg-
Noordhoek

NEW RESIDENTS

No new residents this week



GREEN BOOK

Dr. Don Shirley is a world-class African-American pianist who's about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

This is a deftly scripted comedy with a message. Anchored by two outstanding performances, this true story of an unlikely friendship will warm even the most jaded of hearts with its comic look on a dark chapter of American history.



Where: Cinema Room 1

When: Thursday, 27 November 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.



Valuation and buying day.

Evergreen lifestyle centre
Thursday 27th November 10am-2pm

No appointment needed.
Bring along your hidden treasures!



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.



Christmas MARKET

Evergreen Noordhoek - Glencairn Expressway

WEDNESDAY **17** DECEMBER

10H30 - 16H00

@ the Lifestyle Centre



No rushing from one busy shop to another - you can do all your Christmas shopping in one place! What more could you wish for?

Hand-crafted, quality gifts made with love and care by
passionate artisans!

FOOD:

Christmas Cakes, Nuts, Chocolates, German Pastries,
Charcutery, Cheeses, Honey, Jams, Rusks, Samosa's, Fresh
Bread, Pickles

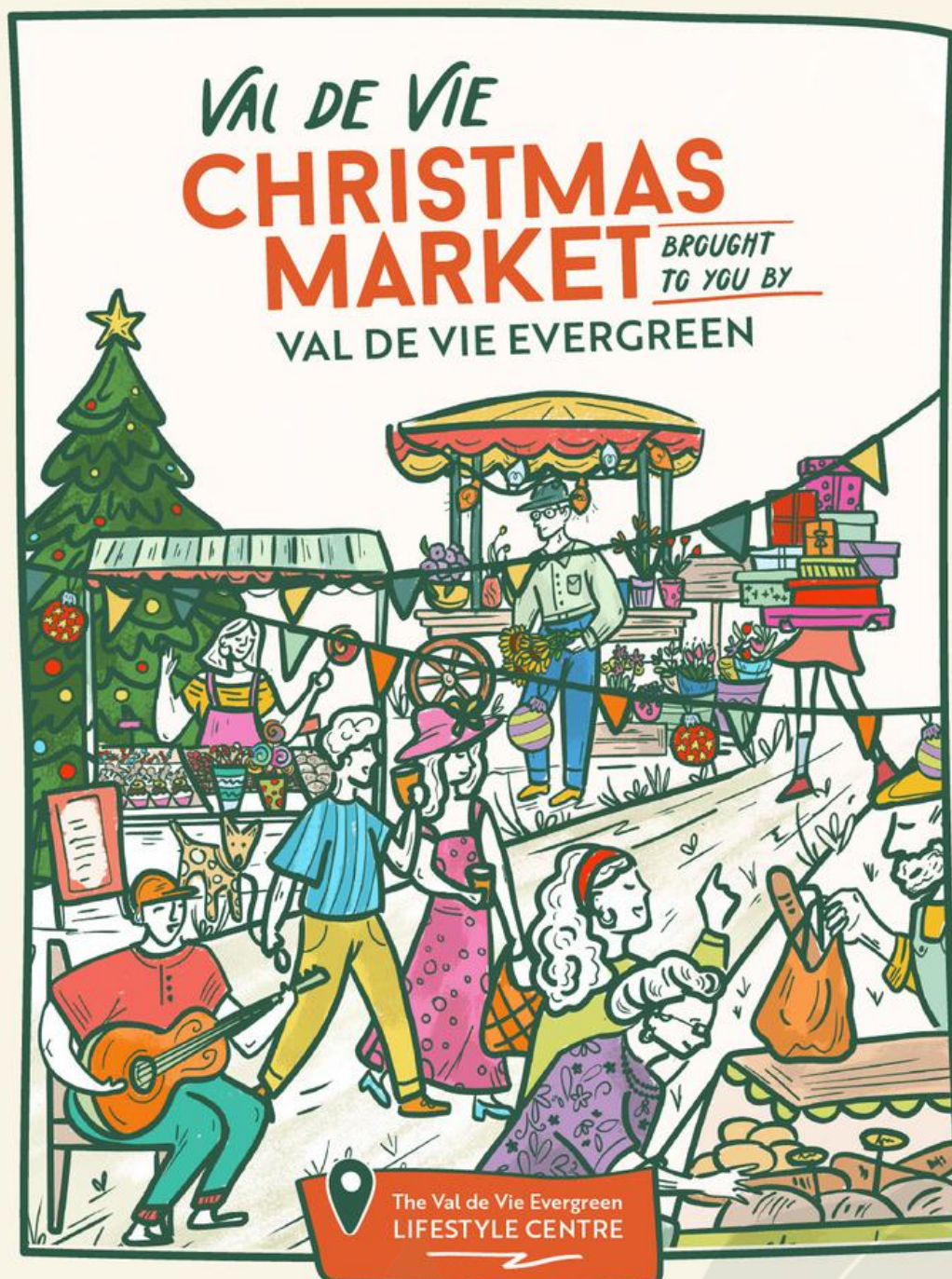
CRAFTS:

Jewellery, Soft Goods, Cards, Wooden Products, Candles,
Pottery, Plants, Paper Crafts, Handmade Soaps

And much, much more!

Join us on this special market day and bring
your family and friends - the more, the merrier!





**OPEN TO
THE PUBLIC**

Invite your friends
and family to join in
the festivities.

**SATURDAY
29 NOVEMBER
2025**

09:00 TO 15:00

Over 50 *VENDORS*
Live *ENTERTAINMENT*
Family-Friendly *ACTIVITIES*
Food and Drinks from the
WIESENHOF Lifestyle
Restaurant
RSG Outside *BROADCAST*

IN SUPPORT OF ATHIGNE HOUSE OF STRENGTH, A SAFE HOUSE FOR WOMEN AND CHILDREN.



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!



'Tis the season
TO BE JOLLY WITH
Christmas Carols
through the village.

DATE: MONDAY, 15TH DECEMBER 2025

TIME: 19H00

The carol singers will be gathering at various points around the village to bring our residents festive joy. The route will be emailed to you early December.

With best festive wishes
The Christmas Carolers



2025 Christmas MENU

Starter: Choice of (R60)

Baked camembert with a berry compote and malva toast

or
Gazpachio soup with homemade bread

or
Prawn cocktail Fresh tender prawns on a bed of lettuce topped
with marie rose sauce

Main: Choice of 3 sides below and 2 meats (R240)

Steamed rice

Roast potatoes

Cauliflower and broccoli bake

Peas and carrots

Sweet potato

Stuffing

(above served with choice of meat below)

Choice of meats (choose 2) with gravy

Succulent Turkey

Glazed Gammon

Roast Beef

Roast Chicken

Dessert: (R60)

Christmas trifle

or

Xmas pudding

or

Cassata ice cream

Book a table on 082 603 3518

Weekly menu: 24– 30 November 2025

Low carb meals are available daily

House menu available on order same day before 10am

Monday: 24th November

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: Chicken salad with bacon R85

Tuesday: 25th November

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: Street corn pasta salad R85

Wednesday: 26th November

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: 27 November

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: Melon basil bacon salad R85

Friday: 28 November

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: 29 November

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: 30 November

Roast 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

