



08 DEC - 14 DEC 2025

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- 9 December

Mobeewash- 10 December

Movie - 11 December

SPCA - 12 December

Upcoming Events:

Christmas Carols through the Village - 15 December

Noordhoek Christmas Market
- 17 December

Christmas Lunch - 25 December

"You know you're getting old when Santa starts looking younger."

- Robert Paul

Dear Evergreen Lake Michelle Residents,

Mobeewash will be in the village on the 10th December. To book your timeslot, kindly contact Reception on Ext.2400 or 021 001 4312.

The **SPCA** will be here for their final visit of the year on the 12th December.

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

Please note that the **Christmas Lunch**, hosted by our Fynbos Bistro, has had a few double- bookings and still has a few spots open. If you would like to book, please contact the Bistro on Ext.2404.

Lastly, thank you for every Donation we got for the **Douglas Murray Home** - we had a wonderful turnout!

Best regards and Seasonal blessings,
Village Team

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WEEKLY EVENTS


Wednesday
IS RECYCLING

MON 08 DEC	TUE 09 DEC	WED 10 DEC	THUR 11 DEC	FRI 12 DEC	SAT 13 DEC	SUN 14 DEC
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	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL		09h15 AQUA AEROBICS POOL	09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	10h00 ARTS FOR ENJOYMENT CREATIVE HUB		12h00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM	10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	10h00 SPCA LAWN		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI ACTIVITY 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		14h00 BRIDGE ACTIVITY ROOM 2	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 DINNER BISTRO	14h00 MOVIE CINEMA ROOM	18h30 DINNER BISTRO	16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



<p>STRETCH CLASS</p> <p>Stretching exercises suitable for any level of fitness and ability.</p> <p>Sue - 072 212 0277</p>	<p>AQUA AEROBICS</p> <p>Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome.</p> <p>Renate - 082 519 1873 Linda - 082 410 9443</p>	<p>CALLANETICS</p> <p>Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.</p> <p>Louise- ext. 2143</p>	<p>TÁI CHI</p> <p>Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.</p> <p>Roy - ext. 22129 Fiona-082 920 1818</p>
<p>BACKCARE YOGA</p> <p>All level yoga class with a focus on mobility and strengthening of the back.</p> <p>Claire- 083 453 5539</p>	<p>LOW IMPACT CARDIO</p> <p>Stay active and fit with this slightly more active exercise class.</p> <p>Louise- ext. 2143</p>	<p>GOLF/CROQUET</p> <p>Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.</p> <p>Brian - ext. 2089</p>	<p>LINE DANCING</p> <p>A little exercise, a little mobility and a whole lot of fun for beginners and regulars.</p> <p>Shereen-071 471 3624 Glenda - ext. 2073</p>
<p>TABLE TENNIS</p> <p>Social table tennis for beginners or more experienced players.</p> <p>Ronnie A - ext. 2035</p>	<p>MOSAIC GROUP</p> <p>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.</p> <p>June H- ext. 2107 Cora - ext. 2051</p>	<p>SNOOKER & POOL</p> <p>Get together and enjoy a social game of snooker or pool for beginners or more experienced players.</p> <p>Pat - ext. 22224 Selwyn - ext. 22130</p>	<p>GAMES</p> <p>Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games.</p> <p>Norma - ext. 2089 Rowan - ext. 2150</p>
<p>LIBRARY</p> <p>Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.</p> <p>Johanna - ext. 2112</p>	<p>SWIMMING POOL & GYM</p> <p>Heated indoor swimming pool and state of the art gym for your enjoyment.</p> <p>Contact Reception for Access Code</p>	<p>PILATES</p> <p>Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome.</p> <p>Getanya- 071 173 7843</p>	<p>SALON</p> <p>Ladies & gents are welcome at Janine's Hair Studio</p> <p><u>Hours</u> Tue – Sat 09h00 – 16h00</p> <p>Janine - 073 294 9655</p>



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



EVENTS & ACTIVITIES CLOSE OFF DATES

GROUP/ ACTIVITY	CLOSING DATE	OPENING DATE
STRETCH CLASSES	22 DECEMBER	04 JANUARY 2026
AQUA AEROBICS	14 DECEMBER	17 JANUARY 2026
CALLANETICS	09 DECEMBER	13 JANUARY 2026
BACK CARE YOGA	19 DECEMBER	09 JANUARY 2026
LOW IMPACT CARDIO	11 DECEMBER	15 JANUARY 2026
ABS AND BUTT CLASS	11 DECEMBER	15 JANUARY 2026
LINE DANCING	28 NOVEMBER	16 JANUARY 2026
PILATES	18 DECEMBER	06 JANUARY 2026
CHRISTIAN FELLOWSHIP	10 DECEMBER	21 JANUARY 2026
OPERA	02 DECEMBER	06 JANUARY 2026
MOVIES	11 DECEMBER	22 JANUARY 2026
CLASSICAL MUSIC	09 DECEMBER	13 JANUARY 2026
KNITTING GROUP	NOT BREAKING UP	
WEDNESDAY WALKERS	26 NOVEMBER	14 JANUARY 2026



EVENTS & ACTIVITIES CLOSE OFF DATES

GROUP/ ACTIVITY	CLOSING DATE	OPENING DATE
BRIDGE	NOT BREAKING UP	
CATHOLIC GROUP	15 DECEMBER	19 JANUARY 2026
ART CLASSES - ROZ HOEK	06 DECEMBER	10 JANUARY 2026
ART CLASSES - JUDY MOOLENSCHOT	22 NOVEMBER	14 FEBRUARY 2026
BOOK CLUB	16 DECEMBER	20 JANUARY 2026
ARTS FOR ENJOYMENT	NOT BREAKING UP	
BINGO	NOVEMBER	15 JANUARY 2026
SALON	1 JANUARY 2026	16 JANUARY 2026
FYNBOS BISTRO	26 DECEMBER	12 JANUARY 2026



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

BIRTHDAYS

8th December

Graham Kilbey- Noordhoek

9th December

Muriel Smith- Noordhoek

10th December

Lucia Holvec- Noordhoek

Milton Kirsten- Noordhoek

Jennifer Raaff - Lake Michelle

11th December

Marianne Jabbusch- Noordhoek

ANNIVERSARIES

10th December

Megan & Roger Bagshaw
- Noordhoek

12th December

Mel & Bob Ball
- Noordhoek

14th December

Mandi & Dough Harris
- Lake Michelle

NEW RESIDENTS

No new residents this week



A Christmas Carol

Ebenezer Scrooge is a hard-nosed, single-minded businessman in Victorian London. He has no friends, has disowned his only living relative--his nephew Fred Hollywell--and generally treats everyone he meets with extreme contempt. He despises Christmas, only cares about making money and only grudgingly gives his loyal clerk Bob Cratchit the day off. However on Christmas Eve, he is visited by the ghost of his long-dead partner Jacob Marley, who warns him to change his miserly ways. He is shown the true meaning and spirit of Christmas by three ghosts who show him his own past and present--and what the future holds for him if he doesn't improve his behaviour.

Starring George C. Scott, Frank Finlay and Angela Pleasance.



Where: Cinema Room 1

When: Thursday, 11 December
(2pm sharp)

RSVP: Booking form on
notice board

This is the last movie of the year, starting again on the 15th January 2026. Anybody who wants to show movies in the meantime, can do so as there are lots of DVD's in the library.

Please note: If you booked and are not personally in your seat by 1.55pm, 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.



Classical Music Group

Ludwig van BEETHOVEN

Rondo a Capriccio in G Major, Op. 129

"Rage Over a Lost Penny"

Pianist: Sergey Belyavsky

Georges BIZET

Symphony No. 1 in C Major

Netherlands Chamber Orchestra

Gordan Nikolić, violin / musical director

Niccolò PAGANINI

Variations on One String on a Theme from

"Moses" by Rossini

Cellist: Cameron Renshaw

Pianist: Susanne Ruberg-Gordon

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

Tuesday, 9 December
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.



A few pictures taken of our Tuesday Hikers on the side of the mountain from above St James towards Kalk Bay, then up towards the Spes Bona indigenous forest.





A lovely lunch was held at the Lifestyle Centre to celebrate a great year of gardening. Our club has been running for four years. The hard work it takes fighting very poor soil and wind is such a challenge but the results are so rewarding.

Happy Christmas all!





A few pictures of the AA Badenhorst wine tasting event:





Wash Type	Service Provided	Pricing (ex VAT)	
		Small & Medium Vehicles & SUV	Large Vehicles & SUV
Express Wash	Full exterior wash and wax Wheels – Wheel hubs, rims & tyres and application of tyreshine Exterior windows	R 160,00	R 160.00
Deluxe Wash	Full exterior wash and wax Wheels – Wheel hubs, rims & tyres and application of tyreshine Windows – Interior & exterior Vacuum of interior, car seats and boot area Full Interior wipe down	R 220,00	R 250.00
Premium Mini Valet	As for the Deluxe wash including a hand polish and buff using a high-quality carnauba wax based polish. Includes removal of bodywork marks and paint blemishes using high quality scratch removal creams.	R 350,00	R 400.00



The SPCA mobile clinics offer a variety of essential veterinary services, including:

- Dipping
- Deworming
- Vaccinations
- Sterilization
- Free Rabies Vaccinations
- Educational Programmes
- Affordable Care

These clinics aim to provide primary veterinary care and education to underserved communities, addressing common animal health issues and promoting responsible pet ownership.

12 December @ 10am





DOUGLAS MURRAY APPRECIATION



*A big thank- you to all the residents who
dropped off Donations for the Douglas Murray
Home. We appreciate you endlessly.*

***You really did help make it the best Christmas
ever!***





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!





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 in 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: 8– 14 December 2025

Low carb meals are available daily

House menu available on order same day before 10am

Monday: 8 December

Chicken Stroganoff: Served with basmati rice, green beans and butternut

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

OR

Arrabiatta pasta: A bacon, chilli, tomato and cream over penne. Served with a side of parmesan

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

Salad of the day: Strawberry chicken salad R85

Tuesday: 9 December

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: 10 December

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: 11 December

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: 12 December

Pork schnitzel: With a fried egg, sautéed potatoes and braised cabbage with carrots

N: R95 // L: R75 // K: R65 and 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: 13 December

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 and Family: R300

OR

Gourmet mac n cheese: Creamy cheese sauce with peppers, corn and onions

N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 14 December

Roast Chicken: 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





MONTHLY MENU DECEMBER 2025

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection

Card and o/e available

FREEDOM FOODS
Catering Kitchen

021 785 7199
082 603 3518

Evergreen Retirement Village
GlenCairn Expressway

www.freedomfoodsk.co.za
orders@freedomfoodsk.co.za

Find us on Facebook



New Salads now available!

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SALADS Daily: →	Chicken Salad with bacon	Street corn pasta salad	Chicken caesar Salad	Melon basil bacon salad	Bacon & mozzarella Salad	
1 Sunday Roast Pork or Roast Beef	1 Chicken broc bake or Chilli con carne	2 Cottage pie or Moroccan chicken	3 Monterrey chicken bake or Korean BBQ pork	4 Chicken lemongrass or Mild pork curry	5 Mushroom stroganoff or Chicken burger	6 Eggplant parmesan or Chicken kebabs
7 Sunday Roast Beef	8 Chicken stroganoff or Arrabiatta pasta	9 Beef curry or Chicken supreme	10 Penne a la vodka or Glazed sticky pork	11 Alfredo pasta or Coconut Beef marsala	12 Pork schnitzel or Grilled fish	13 Coronation chicken or Gourmet mac n cheese
14 Sunday Roast Chicken	15 Chicken carbonara pasta or Asian pork stir fry	16 Braised pork in sweet soy or Creamy Chicken salsa	17 Savoury bake potato or Thai chicken stir fry	18 Chicken breyani or Texas pulled pork	19 Pork Chop or Hannah chicken	20 Traditional meatloaf or Chicken a la king
21 Roast Chicken or Roast Beef	22 Chicken Parmesan or Baked penne bake	23	24 Christmas Eve Dinner	25 Christmas Day Lunch	26 Closed for the holidays	27 Closed for the holidays
28 Closed for the holidays	29 Closed for the holidays	30 Closed for the holidays	31 Closed for the holidays Back in the kitchen 12 Jan 2026			

Standard House Menu: Choice of mash, rice or roast potato's with veg of the day

Chicken Schnitzel Topped with cheese sauce **R95**
Chicken or Beef Curry Served with rice and sambal salad **R95**
Cottage Pie with garden peas **R90**
Beef Stroganoff **R95**
Tender beef strips served in a sour cream and mushroom sauce
Lemongrass Chicken **R90**
Chicken breast cooked soft and tender in a buttery lemon broth
Chicken Penne a la Vodka **R90**
Eggplant Parmesan **R90**

These can be ordered from daily if you dont feel for the meals of the day

PRICE LIST

Normal meals	R90-R95
Low Carb / Gluten free	R95
Elderly / ladies	R70-R75
Vegan	R90-R95
Family Normal (2 adults/2 kids)	R285-R300
Family Low carb	R290
Free Range:	
N R95 / L R75 / Family R320	

BOX MEAL PRICES

For the freezer	
10 meals per pack	R900
Normal meals	R920
Normal LC/GF	R700
Elderly / Ladies	R720
Elderly / Ladies LC	R450
Soup box (10)	

They can be made up to your meal preferences and all labelled & dated