



**15 DEC - 22 DEC 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?

Christmas carols through the village  
- 15 December

Public holiday- 16 December

Christmas Market - 17 December

### Upcoming Events:

Christmas Eve Diner- 24 December

**Christmas Lunch** - 25 December

New years eve Juke box jol-  
31 December

*"Dont count he days, make the days count."*

**- Muhammad Ali**

*Dear Evergreen Lake Michelle Residents,*

**Christmas Carols** - We Kick off the new week with our very 1<sup>st</sup> walk about Christmas carol singers on 15 December 2025 @ 19h00, be on the lookout for them.

*The Annual Christmas market will be hosted here at the Lifestyle Centre on 17 December 2025 from 10h30 onwards; see you all there!*

Please note that the **Christmas Eve Dinner and Lunch**, hosted by our Fynbos Bistro, If you would like to book for Christmas Eve Dinner, please contact the Bistro on Ext.2404.

*Lastly, Raffel tickets for the library fundraiser will be on sale at the Market, the draw will follow thereafter.*

*Best regards and Seasonal blessings,  
Village Team*

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# WEEKLY EVENTS

**Wednesday  
IS RECYCLING**

MON 15 DEC	TUE 16 DEC	WED 17 DEC	THUR 18 DEC	FRI 19 DEC	SAT 20 DEC	SUN 21 DEC
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1		09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB			09h00 <b>STRETCH CLASS</b> 1ST FLOOR			
				10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB		12h00 <b>LUNCH</b> BISTRO
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM		 10h30 <b>CHRISTMAS MARKET</b> LIFESTYLE CENTRE	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE			
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB		10h30 <b>TÁI CHI</b> ACTIVITY 1		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	15h00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
 19h00 <b>Christmas carols through the village</b>				18h30 <b>DINNER</b> BISTRO	16h00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	



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





<b>CHRISTIAN FELLOWSHIP</b> Meeting to worship God, hear His word and sharing a time of fellowship over coffee.  <b>John - ext. 2018</b>	<b>BIRD WATCHING</b> Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.  <b>Ron - ext. 2068</b>	<b>OPERA APPRECIATION</b> Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.  <b>Willem - ext. 22220</b>
<b>KNITTING GROUP</b> Knitting while socializing for an amazing cause.  <b>Avril - ext. 2049</b>	<b>TUESDAY HIKERS</b> Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)  <b>Ron - ext. 2068</b>	<b>MOVIES</b> Enjoy classics and award winning movies of all genres with fellow residents.  <b>Clare - ext. 2039</b>
<b>GARDENING GROUP</b> Passionate about gardening? Join a "green finger" network for talks and events.  <b>Val - ext. 2056</b>	<b>CLASSICAL MUSIC</b> Once a month video concert of Classical Music lasting approximately 1 hour.  <b>Peter - ext. 2055</b>	<b>WEDNESDAY WALKERS</b> Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.  <b>Vicky- ext. 22229</b>
<b>BRIDGE</b> This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.  <b>Rowan - Ext. 2150</b>	<b>EVERGREEN CATHOLIC GROUP</b> Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.  <b>Mel - ext. 2008</b>	<b>AVIATION TALKS</b> Come and listen to Pete tell us more on anything and everything airplane related.  <b>Pete - ext. 2065</b>
<b>ART CLASSES</b> Water colour lessons: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays @10h30 -12h30 <b>Roz - ext. 22220</b> Drawing & Sketches: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays @ 09h45-12h45 <b>Judy - ext. 2141</b>	<b>BOOK CLUB</b> 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.  <b>Johanna - ext. 2112</b>	<b>ARTS FOR ENJOYMENT</b> This is an invitation to anyone who would enjoy a free of cost creative arts class.  <b>Judy - ext. 2141</b> <b>Marie - ext. 22125</b>



# EVENTS & ACTIVITIES CLOSE OFF DATES

GROUP/ ACTIVITY	CLOSING DATE	OPENING DATE
<b>STRETCH CLASSES</b>	22 DECEMBER	04 JANUARY 2026
<b>AQUA AEROBICS</b>	12 DECEMBER	17 JANUARY 2026
<b>CALLANETICS</b>	09 DECEMBER	13 JANUARY 2026
<b>BACK CARE YOGA</b>	19 DECEMBER	09 JANUARY 2026
<b>LOW IMPACT CARDIO</b>	11 DECEMBER	15 JANUARY 2026
<b>ABS AND BUTT CLASS</b>	11 DECEMBER	15 JANUARY 2026
<b>LINE DANCING</b>	28 NOVEMBER	16 JANUARY 2026
<b>PILATES</b>	18 DECEMBER	06 JANUARY 2026
<b>CHRISTIAN FELLOWSHIP</b>	10 DECEMBER	21 JANUARY 2026
<b>OPERA</b>	02 DECEMBER	06 JANUARY 2026
<b>MOVIES</b>	11 DECEMBER	22 JANUARY 2026
<b>CLASSICAL MUSIC</b>	09 DECEMBER	13 JANUARY 2026
<b>KNITTING GROUP</b>	NOT BREAKING UP	
<b>WEDNESDAY WALKERS</b>	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

**15th December**

**Michael Cotton-** Noordhoek

**16th December**

**Marina Hoffman-** Noordhoek

**20th December**

**Irmgard Ronge-** Noordhoek

**21th December**

**Maria Rowe-** Noordhoek

**22th December**

**Merle Bezer-** Noordhoek

## ANNIVERSARIES

**17th December**

**Richard & Sophia Bertie**  
- Noordhoek

## NEW RESIDENTS

**No new residents this week**





## Christmas Raffle

**DATE: MONDAY, 17<sup>TH</sup> DECEMBER 2025**

*Monetary donations, no matter how big or small, can be placed in our box – you'll find our table near the entrance to the Lifestyle Centre.*

*At the end of the day the name of a lucky donor will be drawn and they'll receive a hamper of wonderful goodies, including wine, chocolates, olive oil, preserves....*



*During the morning, we'll also be randomly handing out vouchers for a free cup of coffee and mince pie at the Bistro.*





# ***NEW YEARS EVE Juke Box Jol***



***The social committee want to thank you for all  
your support this year.***

***B. Y. O***

***Decorate your table***

***More details to follow***

☆ Happy ☆  
New Year  
2026  
\* ☆



## 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**





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Roast Beef

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*Dessert:* (R60)

Christmas trifle

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or

Cassata ice cream

**Book a table on 082 603 3518**

## Weekly menu: 15– 22 December 2025

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

### Monday: 15 December

**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: 16 December (PUBLIC HOLIDAY)

**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  
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: 17 December

**Savoury bake potato:** Bake potato topped with savoury mince and cheese, served with garden peas and butternut

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: 18 December

**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: 19 December

**Pork chop:** Grilled Pork chops flame grilled topped with pine-apple, and served with braised cabbage and potato salad

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

**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

### Sunday: 21 December

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

Dessert: Waffles and ice cream

R150 Lamb // R120 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





# December

New Salads now available!

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 Making sets of Box meals to tie you over while we closed	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	R285-R300
(2 adults/2 kids)	
Family Low carb	R290
Free Range:	
N R95 / L R75 / Family R320	

## BOX MEAL PRICES

For the freezer	R900
10 meals per pack	R920
Normal meals	R700
Normal LC/GF	R720
Elderly / Ladies	R450
Elderly / Ladies LC	
Soup box (10)	
They can be made up to your meal preferences and all labelled & dated	



## MONTHLY MENU DECEMBER 2025

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

Card and gift available

## FREEDOM FOODS Catering Kitchen

021 785 7199  
082 603 3518

Evergreen Retirement Village  
GlenCairn Expressway

www.freedomfoodscck.co.za  
orders@freedomfoodscck.co.za

Find us on Facebook





# THE FYNBOS BISTRO BOX MEALS



**The Gift of Meals  
for the holidays**

**FF Catering  
KITCHEN**

10 Normal meals: R900  
10 Ladies meals: R700  
10 Kiddies meals: R600

## BOX MEALS

Spaghetti Bolognaise  
Beef Stroganoff  
Chefs Chicken Curry  
Cottage Pie  
Chicken Lemone  
Chicken Schnitzel  
Glazed Sticky Pork  
Chicken a la King  
Mongolian Beef Stir Fry  
Thai Chicken Stir Fry

Custom  
choose your  
meals to  
make up  
a Box

Gift  
Vouchers  
available  
too!

If you have specific meals you would like  
for when we closed, just let us know

Let us take the stress off of having to cook  
over the holidays. Our meals are dated and  
labelled, and our containers are microwave  
friendly!

**Order on: 082 603 3518**