



**22 DEC - 28 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 Eve Dinner- 24 December

**Christmas Lunch - 25 December**

**Public holiday- 25 & 26 December**

New years eve Juke box jol- 31 December

### **Upcoming Events:**



*"Dont count he days, make the days count."  
- Muhammad Ali*

*Dear Evergreen Lake Michelle Residents,*

**Christmas Carolers-** We wish to thank Mrs. Mary Ann Syfret and her team for the excellent evening, thank you to each and everyone who supported this initiative.

**Christmas Library Draw-** The support of this draw was a huge success and with that being said we wish to congratulate the winners who has won that amazing hamper. Kindly see on page 9.

Please note that the **Christmas Eve Dinner and Lunch** are now fully booked, thank you once again to everyone who has booked.

As we reached the end of another year, we wish each and every resident a Merry Christmas and a Happy New Year.

*Best regards and Seasonal blessings,  
Village Team*

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# WEEKLY EVENTS

MON 22 DEC	TUE 23 DEC	WED 24 DEC	THUR 25 DEC	FRI 26 DEC	SAT 27 DEC	SUN 28 DEC
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB			<b>Public Holiday - Christmas Day</b>	<b>Public Holiday - Day Of Goodwill</b>		
			13h00 <b>Christmas Lunch</b> Bistro	10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB		
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB				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			15h00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
		18h00 <b>Christmas Eve Dinner</b> Bistro			16h00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	

# ACTIVITIES & FACILITIES

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

## GROUPS & EVENTS

<p><b>CHRISTIAN FELLOWSHIP</b> Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p>John - ext. 2018</p>	<p><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.</p> <p>Ron - ext. 2068</p>	<p><b>OPERA APPRECIATION</b> Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.</p> <p>Willem - ext. 22220</p>
<p><b>KNITTING GROUP</b> Knitting while socializing for an amazing cause.</p> <p>Avril - ext. 2049</p>	<p><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)</p> <p>Ron - ext. 2068</p>	<p><b>MOVIES</b> Enjoy classics and award winning movies of all genres with fellow residents.</p> <p>Clare - ext. 2039</p>
<p><b>GARDENING GROUP</b> Passionate about gardening? Join a "green finger" network for talks and events.</p> <p>Val - ext. 2056</p>	<p><b>CLASSICAL MUSIC</b> Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p>Peter - ext. 2055</p>	<p><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.</p> <p>Vicky- ext. 22229</p>
<p><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.</p> <p>Rowan - Ext. 2150</p>	<p><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.</p> <p>Mel - ext. 2008</p>	<p><b>AVIATION TALKS</b> Come and listen to Pete tell us more on anything and everything airplane related.</p> <p>Pete - ext. 2065</p>
<p><b>ART CLASSES</b> Water colour lessons: 1<sup>st</sup> and 3<sup>rd</sup> Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing &amp; Sketches: 2<sup>nd</sup> and 4<sup>th</sup> Saturdays @ 09h45-12h45 Judy - ext. 2141</p>	<p><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.</p> <p>Johanna - ext. 2112</p>	<p><b>ARTS FOR ENJOYMENT</b> This is an invitation to anyone who would enjoy a free of cost creative arts class.</p> <p>Judy - ext. 2141 Marie - ext. 22125</p>

# EVENTS & ACTIVITIES CLOSE OFF DATES

GROUP/ ACTIVITY	CLOSING DATE	OPENING DATE
STRETCH CLASSES	22 DECEMBER	04 JANUARY 2026
AQUA AEROBICS	12 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
<b>BRIDGE</b>	NOT BREAKING UP	
<b>CATHOLIC GROUP</b>	15 DECEMBER	19 JANUARY 2026
<b>ART CLASSES - ROZ HOEK</b>	06 DECEMBER	10 JANUARY 2026
<b>ART CLASSES - JUDY MOOLENSCHOT</b>	22 NOVEMBER	14 FEBRUARY 2026
<b>BOOK CLUB</b>	16 DECEMBER	20 JANUARY 2026
<b>ARTS FOR ENJOYMENT</b>	NOT BREAKING UP	
<b>BINGO</b>	NOVEMBER	15 JANUARY 2026
<b>SALON</b>	1 JANUARY 2026	16 JANUARY 2026
<b>FYNBOS BISTRO</b>	26 DECEMBER	12 JANUARY 2026



# IT'S A CELEBRATION

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

## BIRTHDAYS

**22nd December**

**Merle Bezer- Noordhoek**

**25th December**

**Christina Rautenbach- Noordhoek**

**Jen Eidelman- Noordhoek**

**24th December**

**Kathy Duncan- Noordhoek**

**26th December**

**Crystal Scholtz- Noordhoek**

## ANNIVERSARIES

**23rd December**

**Mike & Jane Lamb**  
- Lake Michelle

## NEW RESIDENTS

**No new residents this week**

# Christmas Raffle

We would like to thank each and everyone who has made a great donation to this amazing raffle, The winner of the raffle was **Ian & Amanda Simpson**.

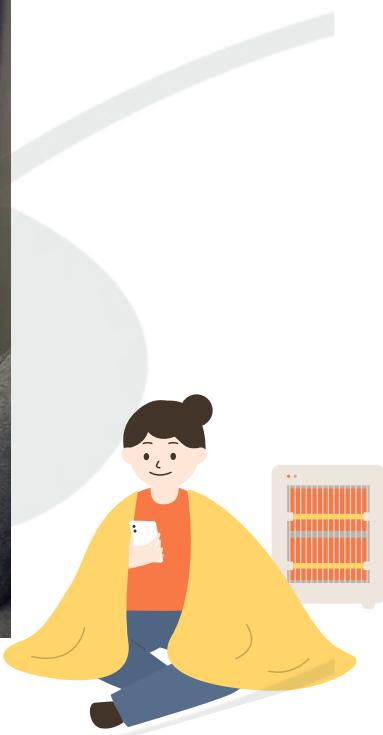
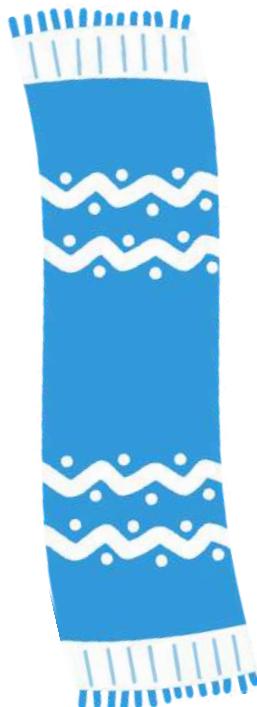


## Knitting Christmas Raffle

# Knitting Raffle

We would like to thank each and everyone who has made a great contribution to this amazing raffle, The winners of the raffle were:

- Irene Uffhaus
- ilse Roos
- Odile Norton
- Phillip Van Blerk
- Marc Kannemeyer
- Kathy Duncan



## Christmas Carols

# Christmas Carols around the village

We would like to thank each and everyone who supported this, it was an amazing turnout, which we would like to make an Evergreen Noordhoek tradition.



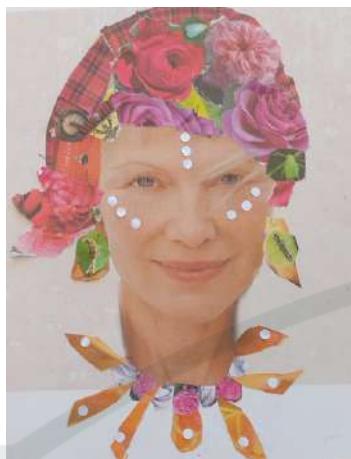
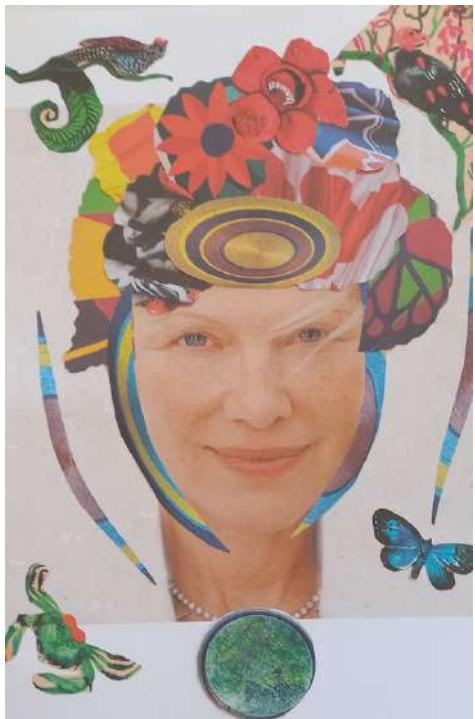
## Christmas Market

# Christmas Market



## Watercolour Class Work

### Roz Hoek watercolour class work



For the final class of the year 2025, Roz decided to try something completely different. Each student was given a “photoshopped” image of a young woman’s head and neck and invited to use their imagination, collaging their ideas with magazine cuttings.

A great deal of fun was had, and everyone produced wonderfully original work. It made a refreshing change from working in the challenging medium of watercolours. Roz was incredibly proud of what they achieved and would love the village to see what was created in just an hour and a half – with a little help from a glass of sparkling white wine!

# CHRISTMAS EVE MENU

## 2025 Christmas MENU



*Starter:* Choice of (R60)

**Baked camembert** with a berry compote and baguette toast

or  
**Gazpachio soup** with homemade bread

or  
**Prawn cocktail** Fresh tender prawns on a bed of lettuce topped with mango 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: 22- 28 December 2025

### Monday: 22 December

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**

Baked penne bake: Bolognaise mince and creamy white sauce with penne pasta and topped with cheese and baked

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

### Salad of the day: Strawberry chicken salad R85

### Wednesday: 24 December

Christmas Eve and the bistro is closed – Christmas Eve open for booked tables

### Thursday: 25 December

Christmas Day – open for booked tables

### Friday: 26th December 2025 – 12th January 2026

As the year ends, we're so very grateful for your support and love to our Family and team. We're closing from 26 December to the 12<sup>th</sup> of January for the holidays.

Warmest wishes for a joyful season!

Love The Fynbos Bistro

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



# THE FYNBOS BISTRO BOX MEALS



10 Normal meals: R900

10 Ladies meals: R700

10 Kiddies meals: R600

## BOX MEALS

Custom  
choose your  
meals to  
make up  
a Box

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

*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**