

# Evergreen @ LAKE MICHELLE Aloe Aloe



**29 DEC 2025- 04 JAN 2026**

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Your weekly guide to sport  
& recreational activities in the  
Village

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New years eve Juke box jol-  
31 December

### **Upcoming Events:**



*"The Magic in new beginnings is truly the most powerful  
of them all ."*

**- Josiah Martin**

*Dear Evergreen Lake Michelle Residents,*

*Juke Box Jol- Join fellow residents as we welcome  
the New Year together. see page 9 for further detail*

*Library Corner -A selection of new books has been  
added to our library. Thank you to Johanna De Beer  
and the library team Kindly see on page 10.*

*As 2025 draws to a close, it offers us a moment to  
pause and reflect on a year of resilience and  
shared experiences.*

*This year brought both challenges and  
achievements.*

*As we look ahead, we carry forward the  
relationships built, special moments, and the hope  
for continued growth. May the experiences of 2025  
serve as a foundation for renewed purpose, fresh  
beginnings, and a positive outlook for the year to  
come.*

*Best regards and Seasonal blessings,  
Village Team*

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# WEEKLY EVENTS

 **Wednesday  
IS RECYCLING**

MON 29 DEC	TUE 30 DEC	WED 31 DEC	THUR 01 JAN	FRI 02 JAN	SAT 03 JAN	SUN 04 JAN
						
10h00 ARTS FOR ENJOYMENT CREATIVE HUB			Public Holiday - NEW YEARS DAY			
				10h00 ARTS FOR ENJOYMENT CREATIVE HUB		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB				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 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 NEW YEARS EVE JUKEBOX JOL  Bistro				



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





<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 3 <sup>rd</sup> 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

**29th December**

**Alison Searle** - Noordhoek

**Ingrid Messerli** - Noordhoek

**Graham Futch** - Lake Michelle

**30th December**

**Elsona Raeside** - Noordhoek

**Belinda Plimsoll** - Noordhoek

**03rd January**

**Veronica Robertson** - Noordhoek

**Peter Carbis** - Noordhoek

### ANNIVERSARIES

**04th January**

**Colin & Beverley Gale**

- Noordhoek

### NEW RESIDENTS

**No new residents this week**





# ***JUKE BOX JOL***



**Wednesdays 31<sup>st</sup> December 2025**

**Time: 18H00**

**Bistro**

**B.Y.O**

**Decorate your table**



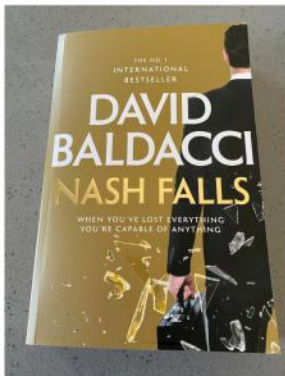
**TO BOOK YOUR TABLE PLEASE CONTACT  
NOMA ROOS 2089 OR MARY SYFRET 22007**



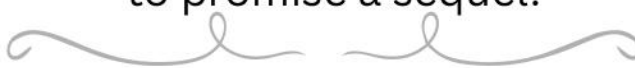


**David Baldacci**

**Nash Falls**

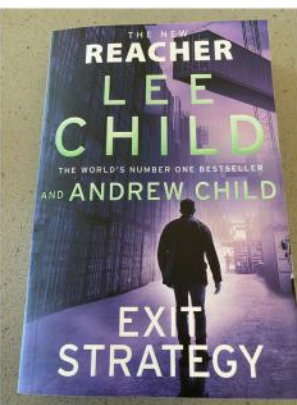


Walter Nash is a business executive with a happy family life. He never lived up to his father's expectations, so when the FBI asks him to be a mole for the organization he works for which is actually a criminal enterprise, he jumps at the chance to prove himself like his Vietnam Vet father. This first title in the Walter Nash series ends with enough cliffhangers to promise a sequel.



**Andrew Child**

**Exit Strateg**



*30<sup>th</sup> title in the Jack Reacher series. This is the second title that Andrew, Lee's younger brother, has solely authored. A stranger puts a note in Reacher's pocket, asking for help. Needless to say Reacher steps up and soon finds himself involved in another mission of vigilante justice.*



**Morgan Dick**

**Favourite Daughter**

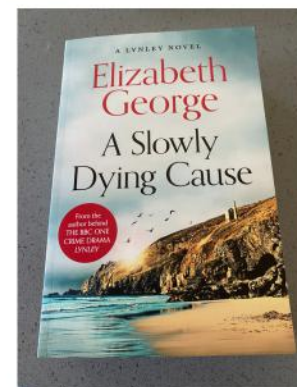


*Humorous debut novel in which two half-sisters, who don't know about each other, are brought together by their father's dying wish.*



**Elizabeth George**

**A slowly dying cause**



Full of twists and turns, the latest Lynley/Havers novel is set in Cornwall where DI Beatrice Hannaford is called in to investigate the death of a man who is an obstacle in a mining company's attempt to buy his family's land.





**Clare Leslie Hall**  
**Broken Country**

A story of grief, love and murder set in Dorset. Beth is a contented farmer's wife, but still grieving for her son Bobby who dies two years previously. Now, her first love, Gabriel returns and she still has feelings for him. Lyrical prose and an unforgettable protagonist.



**Wally Lamb**  
**River is waiting**

The river is waiting. This story of grief, guilt and healing, centres on Corby Ledbetter, a stay at home father with an addiction problem, who accidentally drives over his toddler son and is imprisoned for manslaughter.



**Heather Morris**  
**The Wish**

Morris, Heather. The wish. From the author of The tattooist of Auschwitz, comes this moving story of a dying teenager and the connection she makes with an alienated loner through their shared love of video games.



**John Sandford**  
**Rough Country**

Third title in the Virgil Flowers series. Flowers is called in to help investigate a murder at a women's only resort where it appears others have been murdered before...