



05 JAN - 11 JAN 2026

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"Cheers to a New Year and all its possibilities it brings, make it a great one."

Dear Evergreen Lake Michelle Residents,

As we enter 2026, we look forward to some exciting events, like the FIFA World Cup hosted in the USA as well as the Winter Olympics. Closer to home, we have Local Government elections coming up, whereof the date is still to be set.

Then "At home", we are looking forward to the commencement of the construction of our 104 new apartments as well as the Care Centre. More information on this will be shared when we know more.

Weekly events and social gatherings will commence with a bang in the first few days of the new year! 🎉

We are delighted to kick things off with Bingo, taking place mid-month on 15 January 2026, please see page 11 for further detail.

We look forward to welcoming you back and sharing many enjoyable moments together.

Village Team

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WEEKLY EVENTS

MON 05 JAN	TUE 06 JAN	WED 07 JAN	THUR 08 JAN	FRI 09 JAN	SAT 10 JAN	SUN 11 JAN
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1		09h00 STRETCH CLASS 1ST FLOOR	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ARTS FOR ENJOYMENT CREATIVE HUB						
			10h00 KNITTING GROUP MAIN LOUNGE	10h00 ARTS FOR ENJOYMENT CREATIVE HUB	10h30 WATER COLOUR LESSONS CREATIVE HUB	
	14h00 OPERA CINEMA		10h30 TÁI CHI ACTIVITY 1			
	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		
					16h00 RESIDENT SOCIAL 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

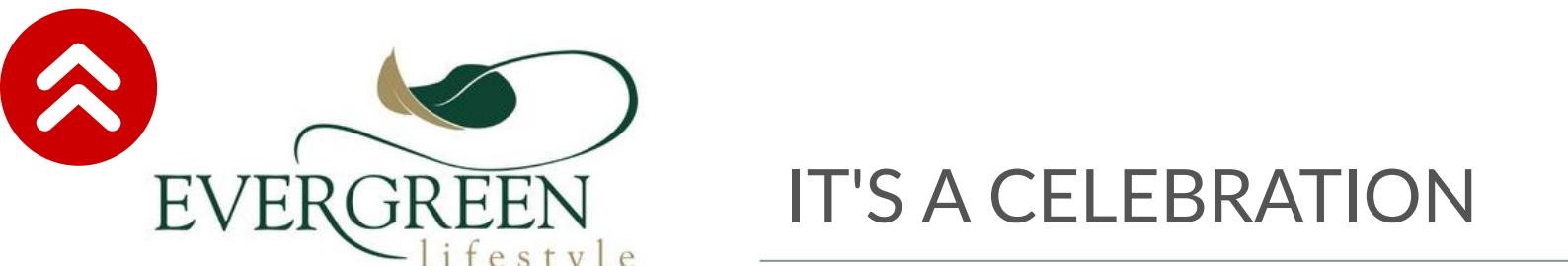
<p>CHRISTIAN FELLOWSHIP Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p>John - ext. 2018</p>	<p>BIRD WATCHING Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.</p> <p>Ron - ext. 2068</p>	<p>OPERA APPRECIATION 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>KNITTING GROUP Knitting while socializing for an amazing cause.</p> <p>Avril - ext. 2049</p>	<p>TUESDAY HIKERS 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>MOVIES Enjoy classics and award winning movies of all genres with fellow residents.</p> <p>Clare - ext. 2039</p>
<p>GARDENING GROUP Passionate about gardening? Join a "green finger" network for talks and events.</p> <p>Val - ext. 2056</p>	<p>CLASSICAL MUSIC Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p>Peter - ext. 2055</p>	<p>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.</p> <p>Vicky- ext. 22229</p>
<p>BRIDGE 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>EVERGREEN CATHOLIC GROUP 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>AVIATION TALKS Come and listen to Pete tell us more on anything and everything airplane related.</p> <p>Pete - ext. 2065</p>
<p>ART CLASSES Water colour lessons: 1st and 3rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2nd and 4th Saturdays @ 09h45-12h45 Judy - ext. 2141</p>	<p>BOOK CLUB 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>ARTS FOR ENJOYMENT 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
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



IT'S A CELEBRATION

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

BIRTHDAYS

05th January

Christopher Goldsbury- Noordhoek

07th January

Adrian Morison- Noordhoek
Johanna De Beer- Noordhoek
Aldyth Thomson-Lake Michelle

06th January

Alan Deuchar- Noordhoek

08th January

Tony Taylor- Noordhoek
Roger Payne-Lake Michelle

ANNIVERSARIES

05th January

Roger & Angela Hill- Lake Michelle

06th January

Paul & Sally Johnson-Noordhoek

10th January

Lionel & Maureen Soule- Noordhoek

NEW RESIDENTS

No new residents this week

OPERA APPRECIATION



La Rondine

(Giacomo Puccini)

Date: Tuesday 6 January 2026

Time: 2pm

Venue: Cinema Room 1

La Rondine (The Swallow) is set in Second Empire Paris and tells the bittersweet story of Magda de Civry (Angela Gheorghiu), a beautiful courtesan maintained in luxury by the wealthy banker Rambaldo (Samuel Ramey). The opera opens at an elegant party in Magda's lavish salon, where guests discuss love and romance. During the gathering, a young man named Ruggero Lastouc (Roberto Alagna) arrives with a letter of introduction—he's the son of an old friend of Rambaldo's and has just come to Paris from the provinces. The guests recommend that he visit Bullier's, a fashionable dance hall,

for his first night out in the city. Their conversation stirs something in Magda, who reminisces about a youthful romantic encounter and yearns for the authentic love she once briefly experienced, so different from her current materially comfortable but emotionally empty existence.

Feeling restless and inspired, Magda disguises herself and slips away to Bullier's, where she encounters Ruggero again. Neither recognizing the other from the party, they meet as if strangers and fall passionately in love amid the gaiety of the dancehall. Their connection is immediate and genuine. Abandoning her luxurious life with Rambaldo, Magda and Ruggero escape together to the French Riviera, where they live in idyllic happiness in a modest cottage, existing in their own private paradise far from Parisian society.

However, their joy is shadowed by the secrets Magda keeps about her past. When Ruggero, believing Magda to be an innocent, respectable young woman, writes to his mother requesting permission to marry, the truth becomes inescapable. His mother's letter arrives giving her blessing and expressing joy at welcoming Magda into their traditional, respectable family. Faced with this moment, Magda realizes she cannot build their future on deception—she cannot deceive Ruggero's family or escape who she has been. In the opera's poignant finale, despite their deep love for one another, Magda confesses everything to the devastated Ruggero and leaves him, returning to her former life in Paris. Like the swallow of the title, she returns to where she belongs, sacrificing love for the sake of Ruggero's honour and future.



Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool

Classical Music Group

Gioachino ROSSINI

The Barber of Seville - Overture

The Young Cracow Philharmonic

Conductor: Tomasz Chmiel

Wolfgang Amadeus MOZART

Sinfonia Concertante for Winds and Orchestra

in E Flat Major, K.297b

Royal College of Music Symphony Orchestra

Bassoon: Petr Sedlak * Clarinet: Lewis Graham

Horn: Kristina Yumerska * Oboe: Alec Harmon

Conductor: Thomas Zehetmair

Alexander BORODIN

Prince Igor: Polovtsian Dances

Stanisław Moniuszko School of Music Symphony Orchestra

Conductor: Andrzej Kucybała

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

Tuesday, 13 January

2.00pm sharp

Cinema Room

**RSVP: On the booking
form on the notice
board.**



Thursday, 15th January

@ 18:00

Book your seat with Norma Roos on
Ext. 2089 / 084 207 6829

R20 per person (cash
only)

The Bistro will be offering Cheese Platters and a Bingo Burrito Bowl.
For more information, please see the Bistro Notice Board.
Orders to be placed by the 14th January.