



## ALOE ALOE

**12 JAN - 18 JAN 2026**

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Your weekly guide to sport & recreational activities in the Village

#### **It's a Celebration:**

Birthdays, Anniversaries & New Residents

#### **What's Happening?**

**Classical Music-13<sup>th</sup> Jan**

**Bingo-15<sup>th</sup> Jan**

**Andrew Young Concert - 7<sup>th</sup> Feb**

#### **Upcoming Events:**

Alidas Fashions -22<sup>nd</sup> Jan

*"Start where you are. Use what you have. Do what you can." — **Arthur Ashe** ."*

*Dear Evergreen Noordhoek Residents,*

*Welcome back to Everyone who had a long Festive Season break, we missed you All.*

*We start the week off with a Bang and I am sure everyone could not wait for the Bistro to open again, the Lifestyle Centre is just not the same without all of you here.*

*On Tuesday 13 January Peter Lever will introduce a great lineup on Classical music, featuring pieces from ROSSINI, MOZART & BORODIN.*

*On Thursday 15 January will also be the first Bingo of the year. Please be sure to book your entry with Norma*

*Cheers to a great week!!!*

*Village Team*

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# WEEKLY EVENTS

 **Wednesday  
IS RECYCLING**

MON 12 JAN	TUE 13 JAN	WED 14 JAN	THUR 15 JAN	FRI 16 JAN	SAT 17 JAN	SUN 18 JAN
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1		08h45–09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	09h00 <b>CALLINETICS</b> 1ST FLOOR		09h00 <b>STRETCH CLASS</b> 1ST FLOOR  09h30–10h00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1			
	14h00 <b>MOSAIC GROUP</b> CREATIVE HUB		10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	10h30 <b>WATER COLOUR LESSONS</b> CREATIVE HUB	
	14h00 <b>OPERA CINEMA</b>		10h30 <b>TÁI CHI</b> ACTIVITY 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB		14h00 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		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>RESIDENT SOCIAL &amp; DINNER</b> MAIN LOUNGE	18h00 <b>BINGO</b> MAIN LOUNGE	18h00 <b>RESIDENT SOCIAL &amp; DINNER</b> MAIN LOUNGE	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
AQUA AEROBICS	12 DECEMBER	17 JANUARY 2026
CALLANETICS	09 DECEMBER	13 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
CHRISTIAN FELLOWSHIP	10 DECEMBER	21 JANUARY 2026
MOVIES	11 DECEMBER	22 JANUARY 2026
CLASSICAL MUSIC	09 DECEMBER	13 JANUARY 2026
WEDNESDAY WALKERS	26 NOVEMBER	14 JANUARY 2026
CATHOLIC GROUP	15 DECEMBER	19 JANUARY 2026
ART CLASSES - JUDY MOOLENSCHOT	22 NOVEMBER	14 FEBRUARY 2026
BOOK CLUB	16 DECEMBER	20 JANUARY 2026
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

12<sup>th</sup> January

**Vera Harvey-** Noordhoek

16<sup>th</sup> January

**Jennifer Van Der Westhuizen-**  
Noordhoek

**Aletta Knox-**Noordhoek

17<sup>th</sup> January

**Chris Dickinson-** Noordhoek

18<sup>th</sup> January

**Bridget Scholter-** Noordhoek  
**Marie McEvoy-**Noordhoek

## ANNIVERSARIES

14<sup>th</sup> January

**Peter & Carine Salter-** Noordhoek

## NEW RESIDENTS

**No new residents this week**



# 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, 15<sup>th</sup> 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 14<sup>th</sup> January.





# ANDREW YOUNG CONCERT

International Recording Artist - Saxophonist

# ANDREW YOUNG

Ft. Tony Drake - Piano/Keyboards

## Roll Over Beethoven

7 February | 19:00

Evergreen Noordhoek  
Lifestyle Centre

Book your tickets at the  
The Lifestyle Centre  
Dates: 26th-30th January  
Time: 4:30 - 6pm  
Cost: R100 each



The Best of  
Rhythm & Blues  
Blues & Soul

[www.andrewyoung.net](http://www.andrewyoung.net)



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Menu for Thursday,  
15<sup>th</sup> January

## BURRITO BINGO BOWLS – R85



Burrito bowls loaded with slow-cooked chilli con carne mince, basmati rice and some favourite taco toppings!

## CHEESE PLATTERS – R85



Please place your orders with the Bistro by Wednesday, 14<sup>th</sup> January. Ext 2404

## Weekly menu: 12<sup>th</sup> – 18<sup>th</sup> January

### Monday: 12 January

- Chicken carbonara pasta:** A creamy chicken pasta with mushrooms over pasta, served with parmesan cheese  
**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 salad with bacon R85**

### Tuesday: 13 January

- Chicken broccoli bake:** Creamy chicken breast and broccoli topped with cheese and baked in the oven, served with rice, carrots and garden peas  
**N: R90 // L: R70 // Family: R285**  
**OR**  
**NEW Korean Beef sesame noodles:** Noodles tossed in a sweet and spicy Korean chili stir-fried sauce with caramelized beef, onions, summer peppers, baby marrows, shredded carrots, mushrooms and broccoli. Topped with sesame seeds  
**N: R95 // L: R75 // Family: R300**  
**Salad of the day: Street corn pasta salad R85**

### Wednesday: 14 January

- Mild pork curry:** Pork fillet in a mild curry with veggies and potatoes. Served with rice, butternut and green beans and side sambal  
**N: R90 // L: R70 // Family: R285**  
**OR**  
**Chicken parmesan:** Crumbed chicken breast topped with Italian red sauce and cheeses and served with mash, garden peas and butternut  
**N: R95 // L: R75 // Family: R300**  
**Salad of the day: Chicken Caesar salad R85**

### Thursday: 15 January

- Chicken breyani:** A Traditional South African dish, consisting of chicken breast, rice and topped with diced potato. Served with a side sambal  
**N: R95 // L: R75 // Family: R300**  
**OR**  
**Texas pulled pork:** Slow cooked pork fillet then shredded in a smokey sauce. Served with mash, gravy, butternut and baby marrows  
**N: R90 // L: R70 // Family: R285**  
**Salad of the day: Melon basil bacon salad R85**

### Friday: 16 January

- Mongolian Beef:** Beef sauteed with carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice  
**N: R95 // L: R75 // Family: R300**  
**OR**  
**NEW Lemon Chicken skewers:** Chicken skewers marinated with a honey-lemon vinaigrette. Served with garlic and herb baby potatoes and vegetable medley  
**N: R95 // L: R75 // Family: R300**  
**Salad of the day: Bacon and mozzarella salad R85**

### Saturday: 17 January

- Spring chicken pot:** Chicken breast stew with green veggies and potatoes, served with rice and carrots  
**N: R90 // L: R70 // Family: R285**  
**OR**  
**Pork Adobo:** Pork fillet braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut  
**N: R90 // L: R70 // Family: R285**

### Sunday: 18 January

- Roast Beef or Gammon** with rice, roast potatoes, Yorkshire pudding and gravy and veg medley  
**Dessert:** Apple crumble with custard  
**R150**

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

## Price List

Normal Meals..... R90-95  
 Low Carb/Gluten Free..R95  
 Kiddies..... R50  
 Ladies Portion.....R70-75  
 Vegan.....R90-95  
 Family Normal (2 Adult, 2 Kids)..... R285-300  
 Family Low Carb..... R290  
 Free Range:  
 N R95/ L R75/ Family... R320

### FRIDAY FISH & CHIPS

Fried Hake and Chips, served with tartare sauce and a lemon wedge

**R110**

standard portion

**R90**

ladies portion





January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Roast Pork or Roast Beef				1	2	3
4	5	6	7	8	9	10
Sunday Roast Beef or Chicken	Chicken carbonara pasta Glazed sticky pork	Chicken broc bake Korean Beef <i>New</i> Sesame Noodles	Mild pork curry Chicken parmesan	Chicken breyani Texas pulled pork	Mongolian Beef Lemon Chicken Skewers <i>New</i>	Spring Chicken Pot Pork adobo
11	12	13	14	15	16	17
Sunday Roast Gammon or Roast Beef	Eggplant parmesan Thai chicken stir fry	Tuscan Chicken Braised pork in sweet soy	Cottage pie Chicken supreme	Broc bacon mac n cheese Chicken cacciatore	Hungarian goulash Chicken lemons	Asian beef stir fry Thai chicken curry
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Roast Lamb or Roast Beef	Monterrey chicken bake Baked penne bake	Traditional meatloaf Chicken a la king	Savoury bake potato Korean BBQ pork	Chicken stroganoff Pork schnitzel	Grilled Pork Chop Creamed Corn Chicken <i>New</i>	Mongolian beef Chicken pasta bake
SALADS Daily: → Chicken Salad with bacon    Chicken caesar salad    Chicken & mozzarella salad    Melon basil bacon salad						

**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

Lemone Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodaka **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) R450

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




## MONTHLY MENU JANUARY 2026

Open MONDAY to FRIDAY

Text **082 603 3518** for orders

Delivery or Collection

*Card and oft available*

**FREEDOM FOODS**  
*Catering Kitchen*

021 785 7199

082 603 3518

Evergreen Retirement Village  
GlenCairn Expressway

[www.freedomfoodsk.co.za](http://www.freedomfoodsk.co.za)

[orders@freedomfoodsk.co.za](mailto:orders@freedomfoodsk.co.za)

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