



ALOE ALOE

12 JAN - 18 JAN 2026

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Your weekly guide to sport & recreational activities in the Village

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Birthdays, Anniversaries & New Residents

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Bingo-15th Jan

Andrew Young Concert - 7th Feb

Upcoming Events:

Alidas Fashions -22nd 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 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1		08h45- 09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ARTS FOR ENJOYMENT CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR		09h00 STRETCH CLASS 1ST FLOOR 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1			
	14h00 MOSAIC GROUP 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	11h00 LINE DANCING ACTIVITY ROOM 1		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 TABLE TENNIS TABLE TENNIS ROOM		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 RESIDENT SOCIAL & DINNER MAIN LOUNGE	18h00 BINGO MAIN LOUNGE	18h00 RESIDENT SOCIAL & DINNER MAIN 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 All level yoga class with a focus on mobility and strengthening of the back. Claire- 083 453 5539	LOW IMPACT CARDIO Stay active and fit with this slightly more active exercise class. Louise- ext. 2143	GOLF/CROQUET Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy. Brian - ext. 2089	LINE DANCING 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 Social table tennis for beginners or more experienced players. Ronnie A - ext. 2035	MOSAIC GROUP 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	SNOOKER & POOL Get together and enjoy a social game of snooker or pool for beginners or more experienced players. Pat - ext. 22224 Selwyn - ext. 22130	GAMES Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games. Norma - ext. 2089 Rowan - ext. 2150
LIBRARY Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection. Johanna - ext. 2112	SWIMMING POOL & GYM Heated indoor swimming pool and state of the art gym for your enjoyment. Contact Reception for Access Code	PILATES Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome. Getanya- 071 173 7843	SALON 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
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



IT'S A CELEBRATION

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

BIRTHDAYS

12th January

Vera Harvey- Noordhoek

16th January

**Jennifer Van Der Westhuizen-
Noordhoek**
Aletta Knox-Noordhoek

17th January

Chris Dickinson- Noordhoek

18th January

Bridget Scholter- Noordhoek
Marie McEvoy-Noordhoek

ANNIVERSARIES

14th 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.**



BINGO NIGHT



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.



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



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BINGO NIGHT MENU



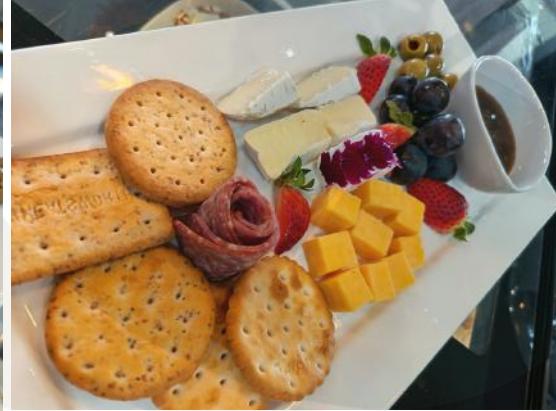
Menu for Thursday,
15th January

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, 14th January. Ext 2404

Weekly menu: 12th – 18th 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



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





THE FYNBOS BISTRO

January 2026

SUNDAY	Sunday Roast Pork or Roast Beef	Sunday Roast Beef or Chicken	Sunday Roast Beef or Pork	Sunday Roast Gammon or Roast Beef	Roast Lamb or Roast Beef
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					



MONTHLY MENU JANUARY 2026

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

FREEDOM FOODS
Catering Kitchen

DOM FOODS
Catering Kitchen

FREE

021 785 7199
082 603 3518



GlenCairn Expressway
www.freedomfoodsck.co.za
orders@freedomfoodsck.co.za

Find us on Facebook

Standard House Menu: Choice of mash, rice or roast potato's with veg of the day
Chicken Schnitzel Topped with cheese sauce **R95**

Choice of mash, rice or roast potato's with veg of the day served with cheese sauce **R95**

Standard House Menu:
Chicken Schnitzel Topp

PRICE LIST	Normal meals	R90-R95
B		Fo

PRICE LIST

BOX MEAL PRICES

BOX MEAL PRICES

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

Free Range.
N R95 / L R75 / Family R320

Eggplant Parmesan R90
These can be ordered from daily if you dont feel for the meals of the day