



19 JAN - 25 JAN 2026

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Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

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Alida's Fashions- 22nd January

Kind 2 Hearing- 22nd January

Upcoming Events:

Mobeewash- 28th January

Andrew Young Concert - 7th
February

"Don't be your age in retirement, be the young person you always were." – J.A WEST ."

Dear Evergreen Lake Michelle Residents,

A real sense of community comes from feeling at home and knowing you belong. It's in the shared moments, friendly faces, and the joy of coming together at social events, big or small. We'd like to say a heartfelt thank you to our residents and social committees who so generously give their time and energy to create these special moments for others. Your efforts bring people together and help make our village a place where a sense of community is truly felt

With everyone being back to their daily lives, the bistro operating and social gatherings that's back we kick off the year with our first Christian fellowship for the year 2026 on 21st January @10h00 in the lifestyle centre, all is welcome to join.

Cheers to a great week!!!

Village Team

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WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 19 JAN	TUE 20 JAN	WED 21 JAN	THUR 22 JAN	FRI 23 JAN	SAT 24 JAN	SUN 25 JAN
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1		07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ARTS FOR ENJOYMENT CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR		08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1			
			09h00 STRETCH CLASS 1ST FLOOR	10h00 ARTS FOR ENJOYMENT CREATIVE HUB	10h30 WATER COLOUR LESSONS CREATIVE HUB	
			09h30-10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h00 KNITTING GROUP MAIN LOUNGE		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM		10h30 TÁI CHI ACTIVITY 1	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h00 TABLE TENNIS TABLE TENNIS ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



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



<p align="center">CHRISTIAN FELLOWSHIP</p> <p>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p align="center">John - ext. 2018</p>	<p align="center">BIRD WATCHING</p> <p>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 align="center">Ron - ext. 2068</p>	<p align="center">OPERA APPRECIATION</p> <p>Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.</p> <p align="center">Willem - ext. 22220</p>
<p align="center">KNITTING GROUP</p> <p>Knitting while socializing for an amazing cause.</p> <p align="center">Avril - ext. 2049</p>	<p align="center">TUESDAY HIKERS</p> <p>Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)</p> <p align="center">Ron - ext. 2068</p>	<p align="center">MOVIES</p> <p>Enjoy classics and award winning movies of all genres with fellow residents.</p> <p align="center">Clare - ext. 2039</p>
<p align="center">GARDENING GROUP</p> <p>Passionate about gardening? Join a "green finger" network for talks and events.</p> <p align="center">Val - ext. 2056</p>	<p align="center">CLASSICAL MUSIC</p> <p>Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p align="center">Peter - ext. 2055</p>	<p align="center">WEDNESDAY WALKERS</p> <p>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 align="center">Vicky- ext. 22229</p>
<p align="center">BRIDGE</p> <p>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 align="center">Rowan - Ext. 2150</p>	<p align="center">EVERGREEN CATHOLIC GROUP</p> <p>Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.</p> <p align="center">Mel - ext. 2008</p>	<p align="center">AVIATION TALKS</p> <p>Come and listen to Pete tell us more on anything and everything airplane related.</p> <p align="center">Pete - ext. 2065</p>
<p align="center">ART CLASSES</p> <p>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 align="center">BOOK CLUB</p> <p>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. Johanna - ext. 2112</p>	<p align="center">ARTS FOR ENJOYMENT</p> <p>This is an invitation to anyone who would enjoy a free of cost creative arts class. Judy - ext. 2141 Marie - ext. 22125</p>



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

BIRTHDAYS

19th January

Ben Raubenheimer- Noordhoek
Davina Van Der Westhuizen- Lake Michelle

21st January

Marion Johnson-Noordhoek
Garth Joyner-Lake Michelle
Allan Raaff- Lake Michelle

22nd January

Jackie Davies- Noordhoek
Ingrid Rindfuss- Noordhoek

23rd January

Cheryl Bain- Noordhoek

24th January

Edith Botha- Noordhoek
Dawn Bryant- Noordhoek
Lynn Carneson- Lake Michelle

25th January

Joy Veale- Noordhoek
Nicolette Andreae- Noordhoek

ANNIVERSARIES

19th January

Eddie & Margaret Byrne- Noordhoek

20th January

Irvine & Jen Eidelman- Noordhoek

22nd January

Alan & Fabienne Deuchar- Noordhoek
Hennie & Maria Koen- Noordhoek

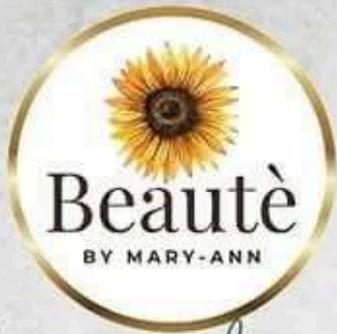


ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON THURSDAY 22 JANUARY 2026
FROM 10h00
LOVELY SUMMER TOPS, BLOUSES,
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



Spa and
Beauty



Hello everyone!

I'm Mary-Ann, the founder of Beautè by Mary-Ann, where beauty and care come together. With 15 years of experience as an internationally certified beauty therapist, I'm dedicated to providing personalized treatments that enhance your natural beauty and well-being.

I offer a variety of services tailored to your needs, including:

- Manicures & Pedicures
- Gel Applications
- Waxing
- Massages
- Facials
- Lash, Lift & Curl
- Lash & Brow Tinting
- Threading
- Body Exfoliation



My passion is to help you feel confident and rejuvenated. I stay up-to-date with the latest trends and techniques to ensure you receive the highest level of care. I'm excited to work with you on your beauty journey!

Looking forward to meeting you all!



081 287 3781



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





EVERGREEN NOORDHOEK BOOK CLUB

Please join fellow book lovers on the third Tuesday of the month at 14h30 pm in the Library

20 January

17 February

17 March

21 April

19 May

16 June

Johanna de Beer, ext. 2112



THE FYNBOS BISTRO

Monday: 19 January

Thai chicken stir fry: over spaghetti and stir fry veg
N: R90 // L: R70 // Family: R285

OR

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, carrots and baby marrows
N: R95 // L: R75 // Family: R300

Salad of the day: Chicken salad with bacon R85

Tuesday: 20 January

NEW Tuscan Chicken: Tender chicken breasts with tomatoes and spinach, fresh basil and onions, simmered in a light smoked paprika and cream sauce, finished with parmesan. Served on rustic mashed baby potatoes and broccoli
N: R95 // L: R75 // Family: R300

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut
N: R90 // L: R70 // Family: R285

Salad of the day: Street corn pasta salad R85

Wednesday: 21 January

Cottage pie: Served with garden peas
N: R90 // L: R70 // Family: R285

OR

Chicken supreme: Pan-fried chicken breast nestled in a creamy sauce with mushrooms and bacon. Enjoy this creamy chicken supreme with mashed potato and steamed green veggies
N: R95 // L: R75 // Family: R300

Salad of the day: Chicken Caesar salad R85

Thursday: 22 January

Broc bacon mac n cheese: Creamy bacon pasta with broccoli and topped with cheddar cheese
N: R90 // L: R70 // Family: R285

Or

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut
N: R90 // L: R70 // Family: R285

Salad of the day: Melon basil bacon salad R85

Friday: 23 January

Hungarian goulash: Creamy slow cooked beef with mushrooms, then served with rice, garden peas and carrots
N: R95 // L: R75 // K: R65 and Family: R300

OR

Chicken limone: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccoli, butternut and lemon roasted potatoes
N: R90 // L: R70 // Family: R285

Salad of the day: Bacon and mozzarella salad R85

Saturday: 24 January

Asian beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg
N: R95 // L: R75 // K: R60 and Family: R300

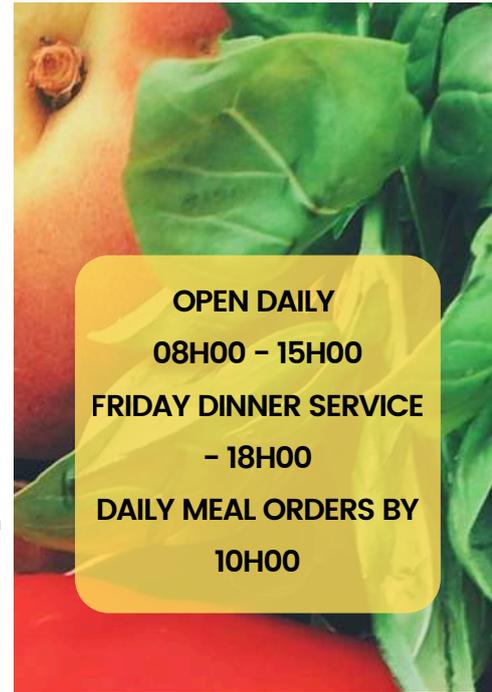
OR

Thai chicken curry: Served with basmati rice and baby marrows with butternut
N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 25 January

Roast Lamb or Beef: Served with rice Yorkshire pudding, roast potatoes, gravy and veggies

Dessert: Malva pudding with custard R180



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

