



02 FEB - 08 FEB 2026

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Author Talk- 13 February

Quiz - 19th February

"Though February is short, it is filled with lots of love and sweet surprises." – Charmaine T Forde

Dear Evergreen Lake Michelle Residents,

As we kick off February – the month of love, adventure and new beginnings we are excited to share with you what this upcoming week holds for all to participate in.

Join us for "The Merry Widow" opera in the cinema room this coming Tuesday 03rd February where you are free to think vintage glam.

Feel free to join our Christian Fellowship group this Wednesday 04th February where we connect, grow and share each other's faith.

Kind 2 Hearing will be in our village this coming Thursday 05th February, book your slot with reception on ext. 2400 or 021 001 4312.

Tickets are still available for the Andrew Young concert, kindly get in touch with Mary-Ann Syfret on ext. 22007 or 071 261 2771 to book your seat.

Barbara Mutch, author of "The Girl from Simon's Bay" and other books will talk about her work and take questions, on the 13th of February @10h30, kindly follow page 8 for more information on the author.

Cheers to an exciting week!!!

Village Team

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WEEKLY EVENTS

 Wednesday
IS RECYCLING

MON 02 FEB	TUE 03 FEB	WED 04 FEB	THUR 05 FEB	FRI 06 FEB	SAT 07 FEB	SUN 08 FEB
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1		07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR	09h15 AQUA AEROBICS POOL AREA	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30-10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA		
10h15 AQUA AEROBICS POOL AREA			09h00 STRETCH CLASS 1ST FLOOR 10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB	10h30 WATER COLOUR LESSONS CREATIVE HUB	12h30 Sunday Lunch Bistro
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 OPERA CINEMA ROOM	10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	10h00 KIND 2 HEARING BOARDROOM	11h00 LINE DANCING ACTIVITY ROOM 1		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAAN'S FRUITVAN TOP PARKING	10h30 TÁI CHI ACTIVITY 1		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE	19h00 ANDREW YOUNG CONCERT LSC	
		18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h30 MOVIE CINEMA 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">ART CLUB</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

03 February

Daphne Kew- Noordhoek
Stella Morison- Noordhoek

05 February

Sharon Zazeraj- Noordhoek

07 February

Helen De Klerk- Noordhoek

08 February

Adelheid Hoellermann- Noordhoek
Arnie Behrmann- Noordhoek

04 February

Sylvia Preston-Noordhoek
Trevor Jones- Noordhoek
Guy Couvreur- Lake Michelle

06 February

Veronica Fraser- Noordhoek
Sally Smith- Noordhoek
Norma Roos- Noordhoek

ANNIVERSARIES

02 February

Adrian & Stella Morison- Noordhoek
Fred & Marion Nelson- Noordhoek
Trevor & Sue Douglas- Noordhoek
John & Brenda Day- Noordhoek

03 February

Victor & Joan Pollachi- Noordhoek
Roy & Sharon Zazeraj- Noordhoek

NEW RESIDENTS

Mr. Ian & Mrs. Rosemary Hare- House 137 Noordhoek



Photo credit goes to Alaster & Jen of the Tuesday Hikers for these lovely photos. A hike through the Spaansgemacht and Grootboschkloof trails this week.

If you are looking at joining the group, kindly contact Ron Jones on ext.2068 or 084 588 8187.





We are thrilled that South African born author, **Barbara Mutch** has agreed to come and chat to us about her work.

Barbara is the author of 4 novels: **The housemaid's daughter** (also published as *Karoo plainsong*), **The girl from Simon's Bay**, **The fire portrait** and **The case against Fili Du Bois**. Her books have sold world-wide, and been translated into 15 languages.

The local setting of *The girl from Simon's Bay* and the fact that we have three of her titles in our library mean that this talk will interest all our readers.

Born and brought up in South Africa, she now lives with her family in the UK, but spends time every year at their home in the Cape.

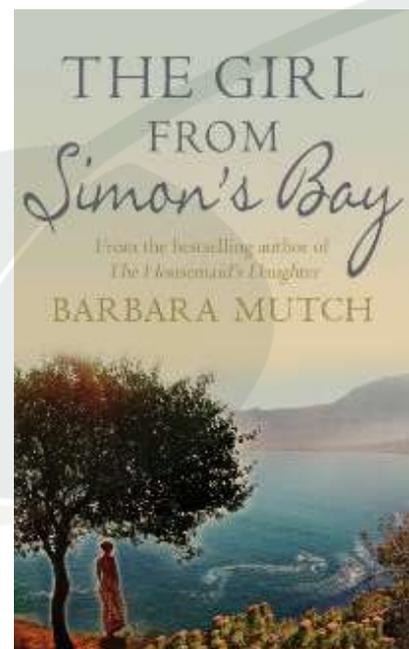
Barbara will sign your own personal copy after the talk.

Date: Friday, 13 February

Time: 10.30 am

Venue: Cinema Room

Please add your name to the list on the noticeboard.





kind²
Hearing

 *Clear Sounds, Happy Life*

BOOK YOUR FREE HEARING SCREENING AND FIND OUT

No Cost. No Commitment. Just Clarity

Date: 5 February 2026

Venue: EVERGREEN NOORDHOEK-BOARDROOM

Time: 10h00 - 12h30

 *Appointments filling Fast!!!*

PLEASE MAKE A BOOKING AT RECEPTION



The Merry Widow (Franz Lehár)

Date: Tuesday 3 February 2026

Time: 2pm

Venue: Cinema Room 1

The Merry Widow (*Die Lustige Witwe*), that premiered in 1905, is Franz Lehár's most famous operetta and a cornerstone of the Viennese operetta tradition. Set in Paris during the early 1900s, it combines romance, comedy, and politics with Lehár's enchanting melodies.

The plot centers on Hanna Glawari (Renée Fleming), a wealthy young widow from the fictional Balkan nation of Pontevedro. When her husband died, she inherited his vast fortune of twenty million francs. The Pontevedrian government faces

financial ruin if Hanna marries a foreigner and takes her fortune abroad, so Baron Zeta (Sir Thomas Allen), the Pontevedrian ambassador to France, devises a plan to ensure she marries a fellow countryman.

Zeta assigns Count Danilo Danilovitch (Nathan Gunn), a charming but dissolute attaché at the embassy, to court Hanna. The task proves complicated because Danilo and Hanna were former lovers whose relationship ended years ago when Danilo's family forbade their marriage due to Hanna's lack of wealth at the time. Both still harbour feelings for each other, but pride and misunderstandings keep them apart. Danilo refuses to appear as a fortune hunter, while Hanna yearns for genuine love rather than someone seeking her money.

Meanwhile, a subplot involves the flirtatious Valencienne (Kelli O'Hara), Baron Zeta's young wife, and her admirer Camille de Rosillon (Alek Shrader), a French aristocrat. Their near-scandal provides comic relief and nearly derails the main romance.

Through a series of elegant balls, witty exchanges, and romantic mishaps, Danilo and Hanna eventually overcome their obstacles. In the final act, set at Hanna's estate, the truth emerges: Hanna's late husband's will stipulates that she loses her fortune if she remarries—but it would then pass to her new husband. This revelation proves Danilo loves her for herself, not her money, allowing them to reunite.

The operetta features unforgettable music, including the "Viña Song," the sparkling "Waltz," and numerous infectious dance numbers. *The Merry Widow* remains popular worldwide, celebrating love, wit, and the glittering world of Belle Époque society.



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



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



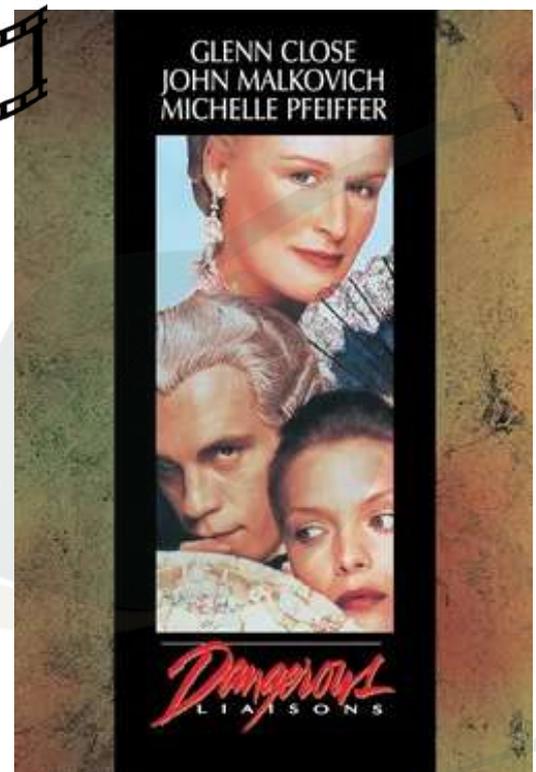
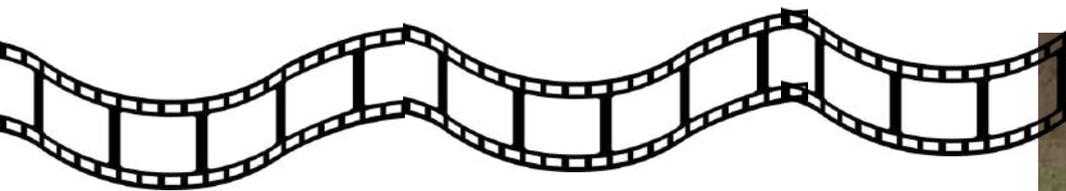


'DANGEROUS LIAISONS'



"Dangerous Liaisons" is a 1988 American period romantic drama film directed by Stephen Frears, based on the 1782 French novel by Pierre Choderlos de Laclos.

The film features a star-studded cast including Glenn Close, John Malkovich, and Michelle Pfeiffer, and explores themes of manipulation and seduction in 18th-century France where anything goes. A predatory, wealthy widow (Glenn Close) challenges a notorious rake (John Malkovich) to seduce a beautiful, young newlywed (Michelle Pfeiffer). But this time, a cardinal rule will be broken: two players will fall in love - with tragic results.



Where: Cinema Room 1

When: Thursday 5 February at 2.30pm sharp

RSVP: Booking form on notice board



THE FYNBOS BISTRO

WEEKLY MENU: 02 FEBRUARY – 08 FEBRUARY 2026

Monday: 2 February

Benji Butter chicken: Chicken breast in a mild butter chicken sauce, served with basmati rice, garden peas and butternut

N: R90 // L: R70 // Family: R285

OR

Hawaiian pork stir fry: Tender slices of pork fillet drenched in a sweet, sticky and tangy pineapple sauce with stir fry veg over spaghetti pasta

N: R90 // L: R70 // Family: R285

Salad of the day: Chicken salad with bacon R85

Veg of the day: Cauliflower and chickpeas butter chicken, served with rice, butternut and peas

Tuesday: 3 February

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, carrots and peas

N: R95 // L: R75 // Family: R300

OR

Mushroom stroganoff: Served with mash, butternut and green beans

N: R90 // L: R70 // Family: R285

Salad of the day: Street corn pasta salad R85

Veg of the day: Baked feta pasta

Wednesday: 4 February

Beef curry: Served with yellow rice, garden peas and carrots with side sambal salad

N: R95 // L: R75 // Family: R300

OR

Chicken schnitzel: Our homemade chicken schnitzels topped with cheese sauce, served with roast potatoes, peas and butternut

N: R95 // L: R75 // Family: R300

Salad of the day: Chicken Caesar salad R85

Veg of the day: Mild coconut curry with chickpeas, served with rice, butternut and peas

Thursday: 5 February

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese

N: R95 // L: R75 // Family: R300

OR

Penne a la vodka: One of our signature pasta's topped with BBQ chicken pieces and parmesan cheese

N: R90 // L: R70 // Family: R285

Salad of the day: Melon basil bacon salad R85

Veg of the day: Lentil chilli con carne with couscous topped with sour cream

Friday: 6 February

Beef burger: Our homemade beef patty with caramelized onions and cheese, lettuce and tomato. Served with chips

N: R95 // L: R75 // Family: R300

OR

Creamy chicken salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice, broccoli and garden peas

N: R90 // L: R70 // Family: R285

Salad of the day: Bacon and mozzarella salad R85

Veg of the day: Vegetarian burger served with chips

Saturday: 7 February

Alfredo pasta: Creamy ham and mushroom sauce over penne pasta, served with a side parmesan

N: R90 // L: R70 // Family: R285

OR

Thai chicken curry: Our mild Thai chicken curry is incredibly flavourful, served with basmati rice and veg medley

N: R90 // L: R70 // Family: R285

Veg of the day: Spinach and mushroom alfredo pasta over penne pasta, served with a side parmesan

Sunday: 8 February

Roast Beef or Chicken with rice, roast potatoes, Yorkshire pudding and gravy and veg medley

Dessert: Trifle pudding

R180

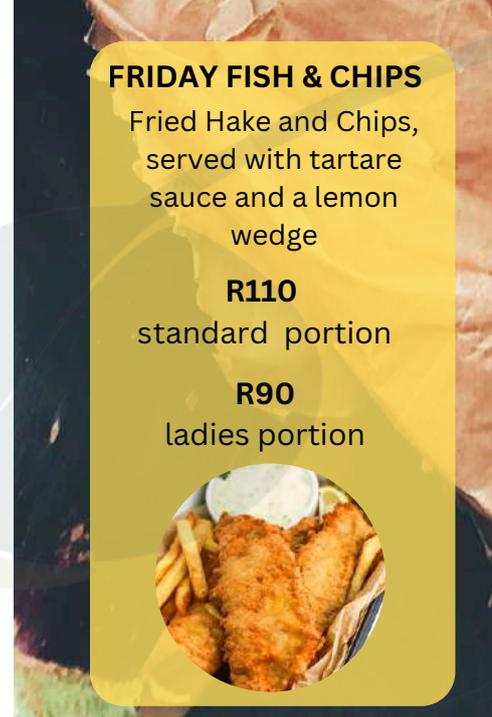
Veg of the day: Stuffed roasted butternut with roast potatoes and veg of the day



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

VALENTINE'S MENU



LET'S
eat



Valentine's Day Dinner
13 February 2026

Starter:
Valentine's charcuterie board with cold meat, cheese's, crackers, dips and fruit **R80**
OR
Pan fried baby prawns with rice and a micro salad **R80**

Main:
Marry-me chicken A creamy sun-dried tomato based chicken breast served with a bake potato, spinach and butternut mash **R90**
OR
Steak Au Poivre Steak crusted in peppercorns and pan fried with a creamy sauce. Served with sauteed potato's, broccoli and butternut mash **R210**
OR
Line fish Tagliatta Grilled linefish, cherry tomatoes, soy sauce, rocket, parmesan and olive oil. Served with savoury rice and broccoli **R160**

Dessert:
Cherries jubilee **R40**
OR
Mini cheese cake topped with berry compote **R50**
OR
Chocolate brownie made with love with ice cream **R50**

(Book a table on 082 603 3518 or ext 2404)