



**09 FEB - 15 FEB 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-** 10 February

**Mobeewash-** 11 February

**Photographic View-** 11 February

**Author Talk-** 13 February

### **Upcoming Events:**

**Mick MacDonald Whiskey Tasting-** 17 February

**Mobeewash-** 18 February

**Quiz -** 19 February

**SPCA-** 20 February

*"The greatest adventure is what lies ahead. Each day brings new possibilities for exploration and discovery." — J.R.R Tolkien*

*Dear Evergreen Lake Michelle Residents,*

*Mobeewash will be in our village on Wednesday 11<sup>th</sup> February. Kindly book your slot with reception on ext. 2400 or 021 001 4312.*

*Barbara Mutch will be in our village this week on Friday 13<sup>th</sup> February to chat to us about her work & her 4 novels, Barbara has also agreed to sign your own personal copy after the talk, kindly add your name to the booking sheet on the noticeboard.*

*Mick's Malt Mates presents a "World Tour of Scotland" with various flavours of whiskey. Kindly RSVP to Mick MacDonald on ext.2069 or 083 263 4822.*

*Mr. Pete Van Der Spek is inviting all wildlife enthusiasts to his photographic view on the Welgevonden Game Reserve, which is known for being home to mammal species, bird species and species of reptiles, frogs and fishes. Kindly see below on page 7 for more information.*

*Cheers to an exciting week!!!*

*Village Team*

*Happy  
Valentine's Day*

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# WEEKLY EVENTS

 Wednesday  
IS RECYCLING

MON 09 FEB	TUE 10 FEB	WED 11 FEB	THUR 12 FEB	FRI 13 FEB	SAT 14 FEB	SUN 15 FEB
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES ACTIVITY</b> ROOM 1	09h00 <b>MOBEEWASH JOJO TANKS</b>	07h30-08h30 <b>PILATES ACTIVITY</b> ROOM 1	09h00 <b>BACK CARE YOGA ACTIVITY</b> ROOM 1	<i>Happy Valentine's Day</i>	
10h00 <b>ART CLUB CREATIVE HUB</b>	09h00 <b>CALLINETICS</b> 1ST FLOOR	09h15 <b>AQUA AEROBICS</b> POOL AREA	08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1  09h30-10h00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL AREA		
10h15 <b>AQUA AEROBICS</b> POOL AREA	14h00 <b>MOSIACS CREATIVE HUB</b>		09h00 <b>STRETCH CLASS</b> 1ST FLOOR	10h00 <b>ART CLUB CREATIVE HUB</b>	09h45 <b>DRAWING &amp; SKETCHES</b> CREATIVE HUB	12h30 <b>Sunday Lunch</b> Bistro
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	14h00 <b>CLASSICAL MUSIC</b> CINEMA ROOM		10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	10h30 <b>TALK BY BARBARA MUTCH</b> CINEMA ROOM		
	14h00 <b>GOLF CROQUET FISH HOEK BOWLING CLUB</b>	12h00 <b>RIAAAN'S FRUITVAN</b> TOP PARKING	10h30 <b>TÁI CHI</b> ACTIVITY 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	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		14h00 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15h00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
		18h00 <b>RESIDENT SOCIAL &amp; DINNER</b> BAR AREA	14h30 <b>MOVIE</b> CINEMA ROOM	18h00 <b>RESIDENT SOCIAL &amp; DINNER</b> BAR AREA	16h00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	



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



<p align="center"><b>CHRISTIAN FELLOWSHIP</b></p> <p>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p align="center"><b>John - ext. 2018</b></p>	<p align="center"><b>BIRD WATCHING</b></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"><b>Ron - ext. 2068</b></p>	<p align="center"><b>OPERA APPRECIATION</b></p> <p>Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.</p> <p align="center"><b>Willem - ext. 22220</b></p>
<p align="center"><b>KNITTING GROUP</b></p> <p>Knitting while socializing for an amazing cause.</p> <p align="center"><b>Avril - ext. 2049</b></p>	<p align="center"><b>TUESDAY HIKERS</b></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"><b>Ron - ext. 2068</b></p>	<p align="center"><b>MOVIES</b></p> <p>Enjoy classics and award winning movies of all genres with fellow residents.</p> <p align="center"><b>Clare - ext. 2039</b></p>
<p align="center"><b>GARDENING GROUP</b></p> <p>Passionate about gardening? Join a "green finger" network for talks and events.</p> <p align="center"><b>Val - ext. 2056</b></p>	<p align="center"><b>CLASSICAL MUSIC</b></p> <p>Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p align="center"><b>Peter - ext. 2055</b></p>	<p align="center"><b>WEDNESDAY WALKERS</b></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"><b>Vicky- ext. 22229</b></p>
<p align="center"><b>BRIDGE</b></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"><b>Rowan - Ext. 2150</b></p>	<p align="center"><b>EVERGREEN CATHOLIC GROUP</b></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"><b>Mel - ext. 2008</b></p>	<p align="center"><b>AVIATION TALKS</b></p> <p>Come and listen to Pete tell us more on anything and everything airplane related.</p> <p align="center"><b>Pete - ext. 2065</b></p>
<p align="center"><b>ART CLASSES</b></p> <p>Water colour lessons: 1<sup>st</sup> and 3<sup>rd</sup> Saturdays @10h30 -12h30 <b>Roz - ext. 22220</b> Drawing &amp; Sketches: 2<sup>nd</sup> and 4<sup>th</sup> Saturdays @ 09h45-12h45 <b>Judy - ext. 2141</b></p>	<p align="center"><b>BOOK CLUB</b></p> <p>This is an invitation to all new and old residents to come and chat about books with other readers on the 3<sup>rd</sup> Tuesday of each month at 14H30. <b>Johanna - ext. 2112</b></p>	<p align="center"><b>ART CLUB</b></p> <p>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></p>



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

## BIRTHDAYS

**11 February**

**Marlene Gunning- Noordhoek**

**12 February**

**Lynn Harding- Noordhoek**

**13 February**

**Neels Botha- Noordhoek**

**Willem Hoek- Noordhoek**

**Jean Dickinson- Noordhoek**

**Megan Bagshaw- Noordhoek**

**15 February**

**Gordon Spence- Noordhoek**

**Rachelle Meskin- Noordhoek**

**Pamela Leach- Lake Michelle**

## ANNIVERSARIES

**10 February**

**Michael & Benita Van Den Bos- Lake Michelle**



And now for something completely  
different

Not many people have been to or even  
heard of

**Welgevonden Game Reserve**

Come and see my photographic view of the  
reserve. A must for wildlife enthusiasts

Where: Upstairs lounge, Evergreen Noordhoek

When: 11 February

Time: 10:00



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.

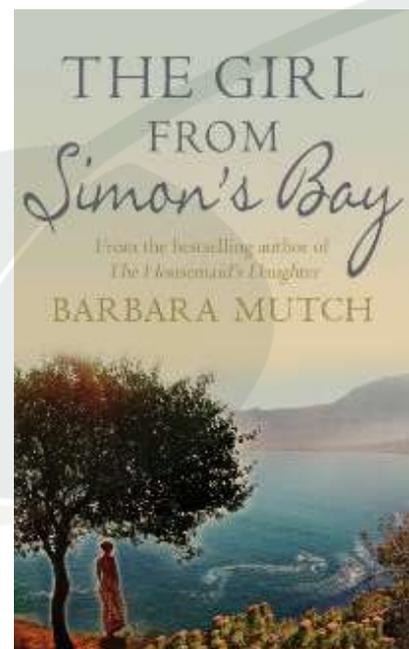
Barbara will sign your own personal copy after the talk.

**Date: Friday, 13 February**

**Time: 10.30 am**

**Venue: Cinema Room**

**Please add your name to the list on the noticeboard.**





Wolfburn 12yo  
Northern Highlands

Scapa 16yo  
Orkney Isles

Balblair 1995 16yo  
Edrington

## *mick's malt mates*



The Glenlivet 21yo  
Speyside

Ailsa Bay (cask strength)  
Ayrshire

Johnnie Walker 15yo  
Blended Malt

### Mick's Malt Mates

presents a

## “World Tour of Scotland”

Sample the flavours of whisky from the various distinct regions of Scotland.

Date: **Tuesday 17th February**  
Venue: Evergreen Lifestyle Village  
Time: 5 for 5.30pm  
Cost: R500 (cash) per head  
includes canapes to complement each whisky

RSVP: **Mick Macdonald 083 263 4822**  
(before the 13th February please)



### “Slainte mhath”

(Scottish toast | pronounced Slange-var | meaning good health)



# Classical Music Group

## **Gioachino ROSSINI**

Semiramide: Overture

*Moscow Philharmonic Orchestra*

Conductor: Igor Manasherov

## **Ludwig van BEETHOVEN**

Symphony no. 4 in B-flat major, Op. 60

*Camerata Vitilo*

Yuki Kasai, Violin and direction

## **Ludwig van BEETHOVEN**

'Cello Sonata No. 3 in A major, Op. 69

III. Adagio cantabile - Allegro vivace

Jacqueline du Pré - 'Cello

Daniel Barenboim - Piano

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

**Tuesday, 10 February**

**2.00pm sharp**

**Cinema Room**

**RSVP: On the booking**

**form on the notice**

**board.**



Discovery Health and GEMS Wellness  
Programme

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## ***Discovery Health & GEMS Wellness Programme***

**When:** 16-20 March 2026

**Where:** Evergreen Noordhoek Clinic

**Booking:** Kindly RSVP with Sister June Koopman on ext.2403 or 021 001 4312. Or email Sister Koopman on [SylviaK@evergreenlifestyle.co.za](mailto:SylviaK@evergreenlifestyle.co.za)

Discovery Health & GEMS are coming to our village to do a full wellness assessment on all their members.

There would be no cost to any Gems or Discovery Members

Daily capacity ranges from 64-80 assessments per day, depending on site size and nurse allocation.

***Do not miss this wonderful opportunity which is at no additional costs.***



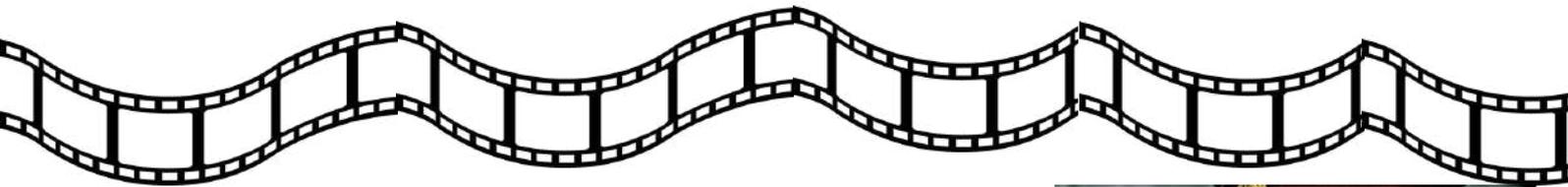
## "DOWNFALL"



"Downfall" is a 2004 historical war drama film directed by **Oliver Hirschbiegel**, depicting the final days of **Adolf Hitler** during **World War II**.

**Based on** eyewitness accounts and historical sources, the film depicts Hitler's delusions, rages, and suicide in the Führerbunker.

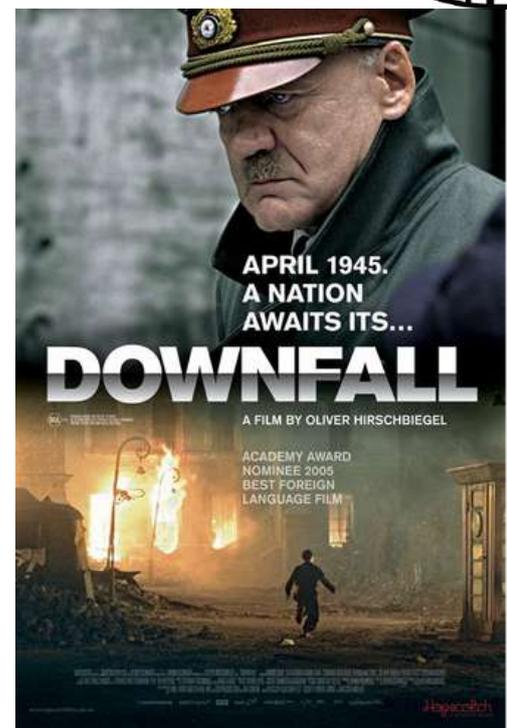
**The film is notable** for its portrayal of Hitler's last moments in the Führerbunker and has sparked discussions about its humanization of the dictator and the Nazi regime.

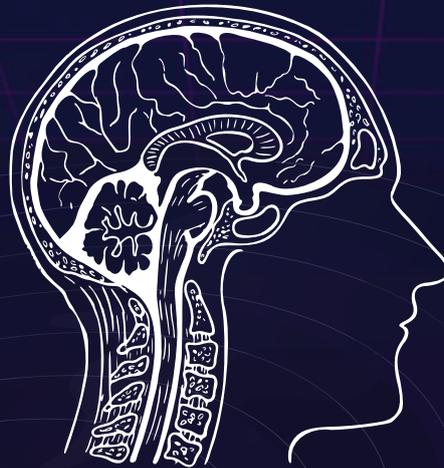


**Where:** Cinema Room 1

**When:** Thursday 12 February at 2.30pm sharp

**RSVP:** Booking form on notice board





# QUIZ NIGHT

19<sup>th</sup> FEBRUARY

@18:00

*R20 per person (cash only)*

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

## Snack Platters

### Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

### Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip



# THE FYNBOS BISTRO

## Monday: 9 February

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

Veg of the day: Broccoli mac n cheese

## Tuesday: 10 February

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

Veg of the day: Mushroom, lentils and broccoli bake: Served with rice, carrots and garden peas

## Wednesday: 11 February

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

Veg of the day: Eggplant parmesan served with mash, garden peas and butternut

## Thursday: 12 February

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

Veg of the day: Vegetable bryani with lentils, served with a side sambal salad

## Friday: 13 February

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 Peri-peri chicken: Peri-peri chicken, served with chips and a side salad

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

Salad of the day: Bacon and mozzarella salad R85

Veg of the day: Spicy chickpea bowl served with couscous and roasted veg

## Saturday: 14 February

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**

Veg of the day: Bean stew: A hearty bean and veg stew served with rice

## Sunday: 15 February

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

Dessert: Apple crumble with custard

**R180**

Veg of the day: Stuffed gem squash with meat free mince



**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)