



16 FEB - 22 FEB 2026

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SPCA Village Visit- 20 February

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Mobeewash- 25 February

Kind 2 Hearing- 05 March

"You are never too old to set a new goal."

— Audrey Hepburn

Dear Evergreen Lake Michelle Residents,

A celebration of love was shared, please see below on page 10-14.

Join us this Tuesday afternoon @14h30 in the Library as we dive into different book topics, sharing our thoughts on what we read and connecting over our love for reading. All are welcome to join.

This week we also have our Christian Fellowship gathering where we can come together, share our faith, share testimonies and support one another. All are welcome.

Join us for a fun quiz night of trivia and laughs, where people come together to test their knowledge and have a blast, it's always fun learning new things and enjoying time with friends or making new ones! Kindly get in touch with Mrs. Norma Roos on ext. 2089 or 084 207 6829 to book your seat.

SPCA will be in our village to care for our furry friends. Kindly pop around on Friday 20th February @10h00 along with your furry friends.

Cheers to an amazing week!!!

Village Team

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WEEKLY EVENTS

 Wednesday
IS RECYCLING

MON 16 FEB	TUE 17 FEB	WED 18 FEB	THUR 19 FEB	FRI 20 FEB	SAT 21 FEB	SUN 22 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		10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	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 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI ACTIVITY 1	10h00 SPCA LSC SECOND ENTRANCE		
	14h30 Book Reading Club LIBRARY	12h00 RIAAN'S FRUITVAN TOP PARKING	14h00 TABLE TENNIS TABLE TENNIS ROOM	11h00 LINE DANCING ACTIVITY ROOM 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		14h30 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	17h00 WHISKEY TASTING CREATIVE HUB	18h00 RESIDENT SOCIAL & DINNER BAR AREA	18h00 QUIZ BISTRO	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>Hours 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

16 February

Roy Robertson- Noordhoek

18 February

Alan Ferguson- Noordhoek

Clare Yeowell- Noordhoek

Monika Graser- Noordhoek

20 February

Eddie Byrne- Noordhoek

Ian Wrench- Noordhoek

17 February

Richard Bertie- Noordhoek

19 February

Mike Vermaak- Noordhoek

Patricia Belger- Noordhoek

Sally Kilbey- Noordhoek

Ian Thomson- Lake Michelle

21 February

Renee Parker- Noordhoek

ANNIVERSARIES

16 February

John & Jenny Wyllie- Noordhoek



"FIND" YOURSELF IN THE MOMENT




LIVE PURPOSEFULLY






Miller TIME Join my Sip n Dot "fun-day" where you get to immerse your soul in some creative magic.
Live Purposefully

HAVEN'T GONE DOTTY WITH US YET?

A MORNING OF MAGIC. MINDFUL. MOMENTS.

Join us for a fabulous morning of creative crafting with **dot art** and immerse your soul in a little **magic...**

....And find out why going "**Dotty**" is the best experience ever!!



- Wednesday 25 February 2026
- 10:00 - 12:30pm
- Evergreen Creative Hub
- R350 p/p (Inc demo, rock, paints, tools & all materials)
(Rocks & starter packs for sale).

Call or WhatsApp **Lynn** on **083 648 9211** TODAY to book your "dot spot".

Full payment is required to reserve your dotspot.

For more information visit us at www.millertime.co.za





Wellness Assessment

Wellness Assessment

16-20th March 2026

from 8am-5pm (daily)

Discovery Health &Gems medical aid

Discovery andGems members may complete the questionnaire in advance. Please use the links below, complete it via the Discovery or Gems app, alternatively assistance will be provided on the day of the assesment.

[Discovery Website](#) / [GEMS Website](#)

These assessments will not be deducted from members' Medical Savings Accounts. They are fully covered under Screening and Preventative Benefits.

Discovery Health

Blood Pressure Total
Cholesterol Blood
Glucose HIV
Screening BMI Body
Fat Percentage



Gems

Blood Pressure Total
Cholesterol Blood
Glucose HIV
Screening BMI Body
Fat Percentage

Bookings to be made with reception on extension 2400 before or on 6th of March.





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)



SONG FOR SOPHIATOWN

SONG FOR SOPHIATOWN is Michael Charton's new story-show tracing the dramatic arc of 1950s and '60s South Africa, through the lens of popular culture and an extraordinary, interwoven generation of artists and leaders: Henry Nxumalo, Miriam Makeba, Arthur Goldreich, Hugh Masekela, Todd Matshikiza, Trevor Huddleston, and Desmond Tutu.

SONG FOR SOPHIATOWN
SOUTH AFRICA IN THE FIFTIES AND SIXTIES THROUGH THE LENS OF POPULAR CULTURE

THE NEW STORY BY MICHAEL CHARTON
(MY FATHER'S COAT; THE MESSENGER; LEAVE SOME FOR THE HONEY BADGER)

CAFÉ ROUX
NOORDHOEK
TUESDAY, FEBRUARY 24TH 2026
TICKETS (R220)

ARTHUR GOLDREICH HENRY NXUMALO HUGH MASEKELA MIRIAM MAKEBA DESMOND TUTU TREVOR HUDDLESTON

INHERIT SOUTH AFRICA

The story contrasts the warmth of humanity with the cold machinery of the state, as these protagonists are all drawn (unwillingly) into politics through a series of seminal moments which remain foundational to our national identity: the Defiance Campaign through Sophiatown and the Freedom Charter; the Treason Trial; Sharpeville; Liliesleaf; and the Rivonia Trial. Tickets can be bought on [Webticket.com](https://www.webticket.com)

SONG FOR SOPHIATOWN is an ode to a generation of creative talent, whose work and resilience carried the baton of hope against overwhelming odds, so inviting our generation to do the same.



$E=m.c^2$

QUIZ NIGHT

19th 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 INTOUCHABLES'

Sometimes you have to reach into someone else's world to find out what's missing in your own. A true story of two men who should never have met - a quadriplegic aristocrat who was injured in a paragliding accident and a young man from the projects.

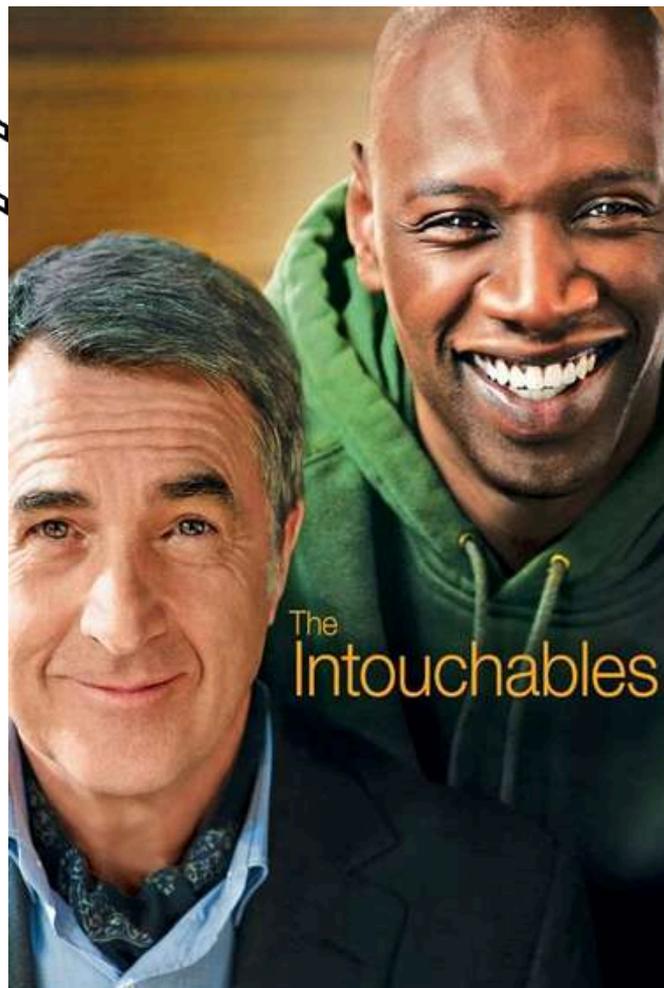
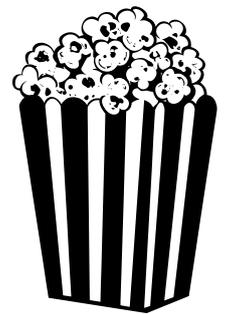
Despite their incredible differences, Philippe a quadriplegic millionaire hires Driss an Algerian as his caregiver, and the pair embark on an unlikely but heartwarming friendship across multiple divides.

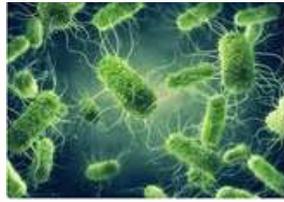
The Intouchables is a 2011 French comedy-drama film and was a huge box office success and won several awards, including the César Award for Best Actor for Omar Sy. It is in French with English subtitles.

Where: Cinema Room 1

When: Thursday 19 February at 2.30pm sharp

RSVP: Booking form notice board





Dear Residents

Please allow us to introduce "The Nurses Corner". This initiative once a month will include a short health awareness snippet on a relevant topic. Due to the number of residents recently affected by gastrointestinal illness, this month's topic focus on foodborne illness, specifically Salmonella Enteritidis.

We welcome any suggestion for future topics from your side. We hope that our residents will find these snippets informative & helpful.

Salmonella Enteritidis

Is a Bacteria that causes food poisoning

Sources : In raw undercooked d eggs , poultry , hollandaise , sauce / mayonnaise , pork , and beef. Raw dairy and unpasteurized milk. Fresh fruits and vegetables irrigated with conaminated water

Transmission Infection

Occurs when we consume food or water contaminated with an infected person or pets.

Cross- Contamination

The Infection can spread in the kitchen from raw meat to other food and cutting boards, utensils, unwashed hands. It is more common during hot weather and in areas

People at risk: with poor sanitation.

- Children
- Elderly
- People with low immune system
- Pregnant woman

Symptoms:

- Diarrhea
- Stomach Cramps
- Nausea & Vomiting
- Fever



Prevention

Wash hands with water and soap before food handling after handling pets and bathroom use. Wash kitchen surfaces, cutting boards, utensils frequently before.



Mr and Mrs Judge – House 111 Evergreen Noordhoek

My special valentine is my husband for 49 years of unquestioning love and support even when I am being my most difficult! Secondly love to all the wonderful staff of Evergreen Noordhoek for their ongoing helpfulness, kindness and politeness no matter what is asked of them by the residents - it must be very difficult dealing with those of us of 'advanced age' with all our foibles!

Ann Judge, House 111





Mr & Mrs Harvey – House 104 Evergreen
Noordhoek

The best things in life are the people you love, the places you've been, and the memories you've made. It's not what we have in life, but who we have in our life that matters.





**Mr and Mrs Zazeraj - House 136 Evergreen
Noordhoek**

"Love doesn't make the world go 'round,
love makes the ride worthwhile" Franklin
P. Jones

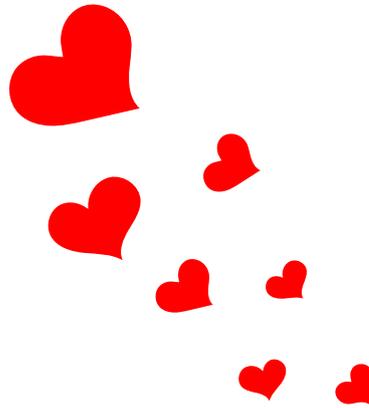
53 years anniversary last Tuesday. Kind
regards. Roy & Sharon





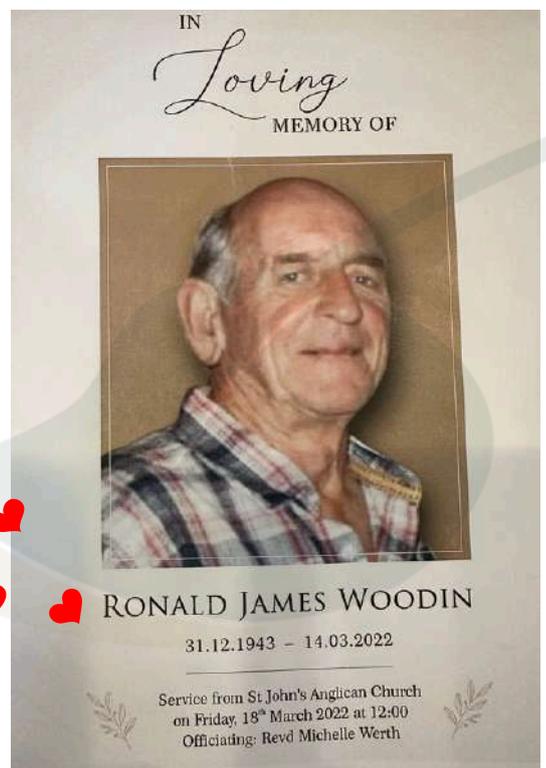
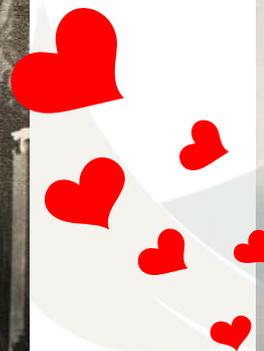
**Mrs. Gaylene Miller – Unit 38 Evergreen
Noordhoek**

Thank you to my husband Brian and son's Andrew and Timothy for making my life complete.



Mrs. Jane Woodin – Unit 38 Evergreen Noordhoek

A Magical love that lasted for 50 years with 3 lovely children later.

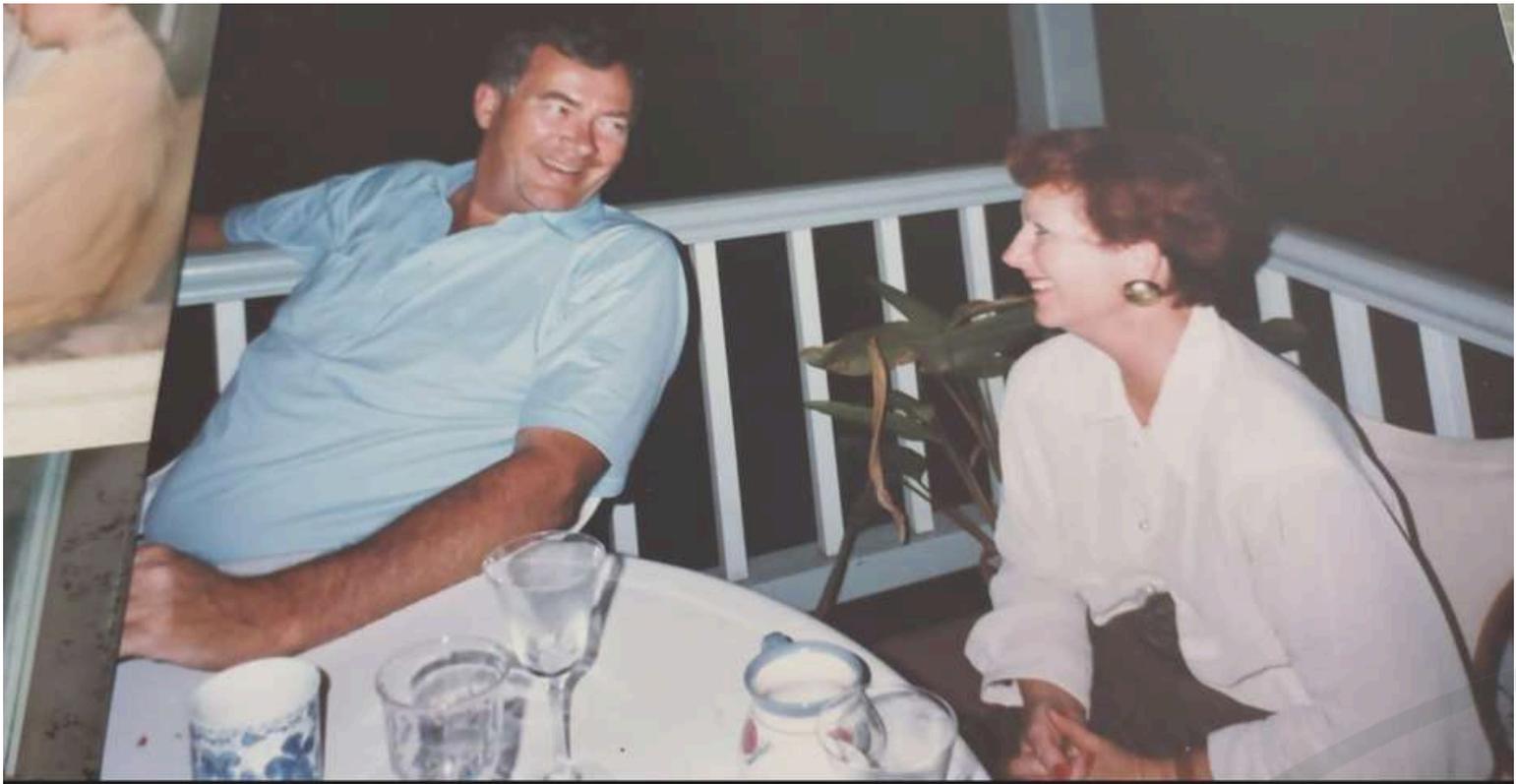




Mr. and Mrs. McLeroth – House 140

QUOTE

“I Believe in Love
What else can I do
I am so in Love with you”





THE FYNBOS BISTRO

Monday: 16 February

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

Veg of the day: Veg stir fry with meat free chicken over spaghetti pasta

Tuesday: 17 February

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

Veg of the day: Sweet n sour falafels served with rice

Wednesday: 18 February

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

Veg of the day: Lentil mushroom shepards pie with side veggies

Thursday: 19 February

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

Veg of the day: Pesto pasta with side parmesan cheese

Friday: 20 February

Hungarian goulash: Creamy slow cooked beef with mushrooms, then served with rice, garden peas and carrots

N: R95 // L: R75 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

Veg of the day: Baby marrow limone with lemon roast potatoes, butternut and broccoli

Saturday: 21 February

Asian beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg

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

OR

Thai chicken curry: Served with basmati rice and baby marrows with butternut

N: R90 // L: R70 Family: R285

Veg of the day: Butter bean potjie with rice

Sunday: 22 February

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

Dessert: Malva pudding with custard R180

Veg of the day: Italian style roasted cabbage



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