



02 MARCH - 08 MARCH 2026

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Birthdays, Anniversaries & New Residents

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Wellness Assessment- 16-20 March

In Conversation- 18 March

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"The best way to cheer yourself up is to try to cheer somebody else up." – Mark Twain

Dear Evergreen Lake Michelle Residents,

Last week the village held an exciting Snooker event in the form of a short Apartments vs Houses competition. Kindly see below on page 13.

On Thursday 05th March @10h30 Harry Goemans has invited our residents for a talk on our water shortage and impending drought and the choice of suitable plants and soil maintenance, those who are interested in going may contact Val Stockden on ext. 2056 or 083 260 9764.

Residents are reminded to book for the wellness assessment that will be taking place this month at our village clinic, kindly get in contact with reception on ext.2400 or 021 001 4312, details are below on page 8.

Kind 2 Hearing will be in the village this week Thursday, kindly book your slot with reception on 2400 or 021 001 4312.

A new initiative "IN CONVERSATION" will be launched on Wednesday 18th March @16h00. More details to follow in the next edition of our Aloe Aloe.

*Cheers to an amazing week!!!
Village Team*

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WEEKLY EVENTS

 Wednesday
IS RECYCLING

MON 02 MARCH	TUE 03 MARCH	WED 04 MARCH	THUR 05 MARCH	FRI 06 MARCH	SAT 07 MARCH	SUN 08 MARCH
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 TOP LOUNGE	09h00 STRETCH CLASS 1ST FLOOR	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		10h00 KNITTING GROUP MAIN LOUNGE 10h00 Kind 2 Hearing BOARDROOM			
	14h00 OPERA CINEMA ROOM	12h00 RIAAAN'S FRUITVAN TOP PARKING	10h30 TÁI CHI ACTIVITY 1	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		14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		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>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

03 March

Colin Burke- Noordhoek

Nancy Brown- Noordhoek

04 March

Joy Lawrence- Noordhoek

Louie Rushby- Noordhoek

Gaylene Miller-Noordhoek

Brian Gold- Lake Michelle

05 March

Michael Sanders-

Noordhoek

Cedric Jackson-

Noordhoek

06 March

Toni Van Der Westhuizen-

Noordhoek

Gill Smith-Cox- Noordhoek

ANNIVERSARIES

07 March

Colin & Margaret Reid- Noordhoek



'PRIDE AND PREJUDICE'

Pride and Prejudice by Jane Austen was first published in 1813 and is a classic romantic novel set in early 19th-century England.

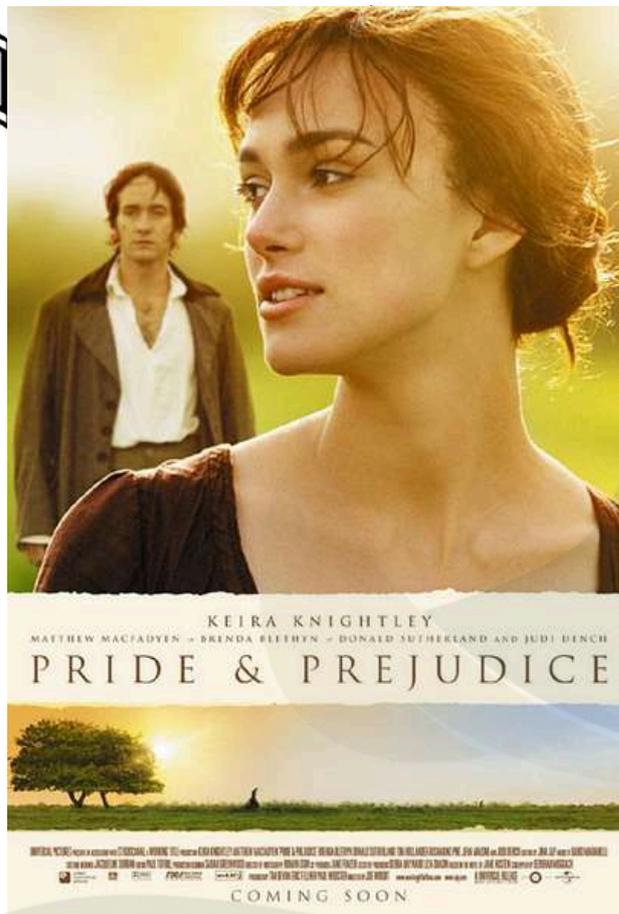
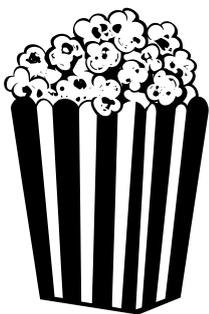
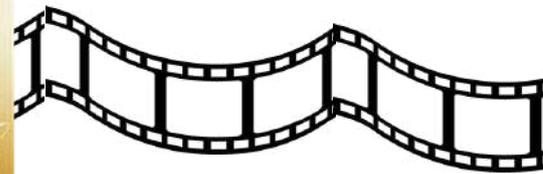
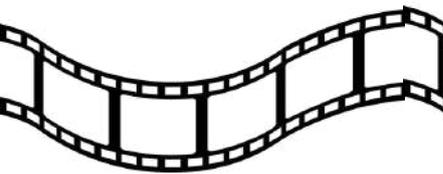
When Elizabeth Bennet meets the handsome Mr. Darcy, she believes he is the last man she could ever marry, but as their lives become intertwined, she finds herself captivated by the man she has sworn to hate forever. The story explores the complexities of love, class, and social expectations.

This 2005 version stars Keira Knightley, Matthew Macfadyen and Brenda Blethyn among others.

Where: Cinema Room 1

When: Thursday 05 March at 2.30pm sharp

RSVP: Booking form notice board





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.





La Bohème (Giacomo Puccini)

Date: Tuesday 3 March 2026

Time: 2pm

Venue: Cinema Room 1

La Bohème, composed by Giacomo Puccini and first performed in 1896, is a four-act opera set in Paris in the 1830s. It portrays the lives, loves, and hardships of a group

of young bohemians struggling with poverty while pursuing artistic ideals.

The opera opens in a garret in the Latin Quarter, where the poet Rodolfo (Ramón Vargas) and the painter Marcello (Ludovic Tézier) attempt to keep warm by burning Rodolfo's manuscript. They are joined by their friends Colline (Oren Gradus), a philosopher, and Schaunard (Quinn Kelsey), a musician, who brings food and fuel after earning some money. The group prepares to celebrate Christmas Eve at the Café Momus, but Rodolfo remains behind to finish an article.

Mimi (Angela Gheorghiu), a frail seamstress living in the same building, knocks on Rodolfo's door when her candle goes out. In the darkness, their hands meet, and they share their dreams and identities in the celebrated arias "Che gelida manina" and "Mi chiamano Mimi". They fall instantly in love and leave together for the café.

At the bustling Café Momus, Marcello encounters his former lover Musetta (Ainhoa Arteta), now accompanied by the wealthy but elderly Alcindoro. Musetta attempts to rekindle Marcello's affection, singing the flirtatious "Quando me'n vo". She succeeds, dismisses Alcindoro under a pretext, and rejoins the bohemians.

Act III shifts to a snowy tollgate on the outskirts of Paris. Mimi confides to Marcello that Rodolfo's jealousy and volatile behavior have made her unhappy. Rodolfo reveals he fears Mimi's worsening illness—tuberculosis—and believes separation might save her from further suffering. Overhearing him, Mimi agrees they should part in spring. Meanwhile, Musetta and Marcello quarrel and separate.

In the final act, the friends are again in the garret, pretending lightheartedness despite their circumstances. Musetta brings in the gravely ill Mimi, who has come to die near Rodolfo. The friends sell their few possessions to buy medicine. After tender farewells and memories of their first meeting, Mimi quietly passes away. Rodolfo, unaware at first, realizes the truth and collapses in grief.

Blending lyrical intimacy with moments of exuberant ensemble writing, *La Bohème* remains one of the most frequently performed operas in the repertory, celebrated for its emotional immediacy and poignant depiction of youthful love confronted by mortality.



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



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 23 MARCH 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



kind²
Hearing

 *Clear Sound!! Happy Life!!*

BOOK YOUR FREE HEARING SCREENING

No Cost! No Commitment! Just Clarity!

Date: 5 March 2026

Venue: EVERGREEN - BOARDROOM

TIME: 10H00 - 12H00

PLEASE MAKE A BOOKING WITH RECEPTION



Apartments vs Houses Comp. 2026

Last week the village held an exciting Snooker event in the form of a short Apartments vs Houses competition. Three, two player teams from each group played three matches to decide a winner. Two matches were played on Wednesday and the third which became a tie breaker because of a one all result on Wednesday was played on Friday.

Great excitement surrounded the game and drew a supportive audience which made the afternoon particularly exciting. Good sportsmanship saw the Apartments win in a close encounter. The Apartments were represented by: **Eddie Byrne (not in pic) and Rudi Syfret, Trevor Harding and Pat Kelly and Colin Reid and Roy De Vos.** This team is seen with their congratulatory glass of wine.

The Houses were represented by **Brian Roos and Milton Kirsten, Ingrid Messerli and John Wyllie and Paul Nuttal and Trevor Douglas.**

Additional news is that ladies who may be interested in learning the basics of Pool and Snooker are invited to contact Jackie Davies who is offering an introduction to the games in a non-intimidating environment. Contact Jackie on 22115 or 072 289 0675.





Table 11 &

Meet Someone New

We invite all Single Residents to join us daily for lunch at Table 11

There is a standing reservation Daily in the Bistro at 12:30, come and join other singles and make new friends over a delicious meal



Monday: 2 March

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 March

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 March

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 Veg curry with chickpeas, served with rice, butternut and peas

Thursday: 5 March

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 March

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 day: Bacon and mozzarella salad R85

Veg of the day: Vegetarian burger served with chips

Saturday: 7 March

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 March

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

