



**09 MARCH - 15 MARCH 2026**

## ***In this issue:***

### **Weekly Activities:**

Your weekly guide to sport & recreational activities in the Village

### **It's a Celebration:**

Birthdays, Anniversaries & New Residents

### **What's Happening?**

**Classical Music- 10 March**

**Mobeewash- 11 March**

**Wellness Assessment- 16-20 March**

**In Conversation- 18 March**

**Bingo- 19 March**

### **Upcoming Events:**

**Opera- 07 April**

**Classical Music Group- 14 April**

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

*Dear Evergreen Lake Michelle Residents,*

*A new initiative "IN CONVERSATION" was birthed by one of our very own residents, Mrs. Vicky Falls. The purpose of this new initiative is to give residents at Evergreen a window to the stories of fellow residents with emphasis placed on the highlights of their life journeys. The stories of those interviewed will be varied, interesting and hopefully with an added touch of humor. Our First interview will take place on Wednesday 18<sup>th</sup> March @16h00 and all is welcome. The first interviewee will be Dr. Dunny Reed.*

*Our Evergreen Lake Michelle residents shared some exciting pictures of their outings. They went on a red bus tour, and a visit to the submarine in Simon's Town, please see below on pages 13 & 14.*

*Mobeewash will be in the village this coming Wednesday 11 March @09:00, kindly book your slot with reception on ext.2400 or 021 001 4312.*

*Last few booking slots available for the wellness assessment, kindly get in contact with reception on ext.2400 or 021 001 4312 to book your slot.*

*Cheers to a happy week!!!  
Village Team*

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# WEEKLY EVENTS

 Wednesday  
IS RECYCLING

MON 09 MARCH	TUE 10 MARCH	WED 11 MARCH	THUR 12 MARCH	FRI 13 MARCH	SAT 14 MARCH	SUN 15 MARCH
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		
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>GOLF CROQUET FISH HOEK BOWLING CLUB</b>		10h00 <b>KNITTING GROUP</b> MAIN LOUNGE			
	14h00 <b>CLASSICAL MUSIC GROUP</b> CINEMA ROOM	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	16h00 <b>IN CONVERSATION</b> MAIN LOUNGE	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><u>Hours</u> 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/Lionel-ext.22126</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.</p> <p align="center"><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.</p> <p align="center"><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

**09 March**

**Andre Gorgens- Lake Michelle**

**10 March**

**June McSporran- Noordhoek**

**14 March**

**Derrett Evans- Noordhoek**

**Elinor Keren- Noordhoek**

**Gwen Hewett- Noordhoek**

**15 March**

**Brigitte Taylor- Noordhoek**

## ANNIVERSARIES

**10 March**

**Trevor & Laurette Harding- Noordhoek**



## 'AUSTRALIA'

"Australia" is an epic adventure drama film directed by Baz Luhrmann, featuring Nicole Kidman and Hugh Jackman. The film is set between 1939 and 1942 and tells the story of Lady Sarah Ashley, an English aristocrat who travels to Australia to manage her late husband's cattle station, Faraway Downs.

The story is set in northern Australia and explores themes of love, racism, and the impact of historical events on indigenous cultures.

**Where:** Cinema Room 1

**When:** Thursday 12 March at 2.30pm sharp. **NB: Length of movie 2hrs and 45 minutes.**

**RSVP:** Booking form on notice board





Wellness Assessment

# Wellness Assessment

## 16-20th March 2026

from 8am-5pm ( daily)

### Discovery Health & Gems medical aid

Discovery and Gems 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 assessment.

[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.**





# Classical Music Group

## **Pyotr Ilyich TCHAIKOVSKY**

1812 Overture

*Royal Concertgebouw Orchestra of Amsterdam*

*Conducted by Antonio Pappano*

## **Edward ELGAR**

'Cello Concerto in E minor, Op. 85

*City of Birmingham Symphony Orchestra*

*Conducted by Mirga Gražinytė-Tyla*

*Sheku Kanneh-Mason ('Cello)*

## **Wolfgang Amadeus MOZART**

Piano Concerto No. 23 in A major, K. 488

III. Allegro assai

*Orchestra of the Opera House, La Scala, Milan*

*Conducted by Carlo Maria Giulini*

*Vladimir Horowitz (Piano)*

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

**Tuesday, 10 March**

**2.00pm sharp**

**Cinema Room**

**RSVP: On the booking**

**form on the notice**

**board.**



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



Join us for an exciting presentation about the (NSRI) National Sea Rescue Institute



**NATIONAL  
SEA RESCUE  
INSTITUTE**

Evergreen Lifestyle - Noordhoek

Glencairn Expy, Fish Hoek

Date:

Wednesday 18 March @ 14:00pm

Speaker: Gerrie Niemand



Topic:

The NSRI Operations and Whale Disentanglement.





Together we can co-create a country where animals are protected and flourish. Our focus is saving and protecting animals by working closely with people to educate and rehabilitate so that we can live in a world without animal cruelty.

The SPCA will be in our village sharing some passionate stories about what they do on **Thursday, 26<sup>th</sup> March 2026 @ 12h00pm**. Kindly RSVP with reception on ext.2400 or 021 001 4312.



## WE BELIEVE

Every living creature has intrinsic value and is a sentient being.

## MISSION

To prevent cruelty and promote the welfare of all animals.

## VISION

To end animal cruelty in South Africa & to engender compassion for all animals.



### Rehoming Pet Friends

We find loving and caring homes for unwanted, strays, and rescued animals.



### Vital Veterinary Care

Premium vet care for domestic, equine, and farm animals at our Animal Hospital.



### Humane Education

Education is fundamental in teaching people to respect and care for animals.



EVERGREEN  
lifestyle

# Cape Town Red Bus Tour



*Our Evergreen Lake Michelle residents went on a city sightseeing tour, seeing the best parts of Cape Town. Another successful outing on the Red Bus from Kirstenbosch, top deck view of our beautiful city, delicious lunch at Den Anker, wander back through the Watershed-back to Kirstenbosch.*





## Submarine Visit

A few residents went on a Submarine visit located in Simon's Town Naval Base, specifically at the J Pier, also known as Submarine Wharf.

They got to explore a real-life sub! They got to see the control room, living quarters and even the tubes.

Many thanks to Mrs. Beryl King for these amazing pictures.





*Wednesday*



# Save the date!

*Join us for a lucky evening at the Bistro for dinner and music*





# 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**



# THE FYNBOS BISTRO

## **Monday: 9 March**

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 March**

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 March**

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 March**

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: Spinach chicken salad R85

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

## **Friday: 13 March**

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 March**

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 March**

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