



16 MARCH - 22 MARCH 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?

Book Club- 17 March @14h30

Christian Fellowship- 18 March @10h00

Wellness Assessment- 16-20 March

In Conversation with Dunny Reed- 18 March @16h00

NSRI Talk- 18 March @14h00

Wol aan die rol- 19 March @10h00

Bingo- 19 March @18h00

Upcoming Events:

Alida's Fashions- 23 March

Mosiacs- 24 March

Mobeewash- 25 March

Spca Talk- 26 March

"The only impossible journey is the one you never begin" – Tony Robbins

Dear Evergreen Lake Michelle Residents,

This week we have a full string of events coming up, starting off with our book club monthly get-together in our library on Tuesday 17 March @14h30, please feel free to join.

Those residents who booked for the wellness assessment are reminded that this week is wellness week, starting from Monday 16 March- Friday 20 March, reception will call residents a day before your booking as a reminder.

Please note that the NSRI Talk's booking sheet is on our general village notice board, if you haven't booked yet, kindly note that it's not too late to book yet.

An open invite to all our residents is being extended to "In Conversation with Dr. Dunny Reed on Wednesday 18 March @16h00 in the lounge on the mezzanine level. Come and get mesmerized as Dr. Reed shares his life journey.

Wol aan die rol will be in the village on Thursday 19 March @10h00, kindly support and get your wool stocked up.

Last but not least, this week we also celebrating our St. Patrick's Day on Wednesday 18 March with an Irish Music Dinner/Dance evening. Prizes to be won. Kindly see below on page 15 for more details.

*Cheers to a "GOODLUCK" week!!!
Village Team*



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WEEKLY EVENTS

 Wednesday
IS RECYCLING

MON 16 MARCH	TUE 17 MARCH	WED 18 MARCH	THUR 19 MARCH	FRI 20 MARCH	SAT 21 MARCH	SUN 22 MARCH
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	WE'RE ALL A LITTLE IRISH TODAY	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	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 CHRISTIAN FELLOWSHIP TOP LOUNGE	09h00 STRETCH CLASS 1ST FLOOR	10h00 ART CLUB CREATIVE HUB		12h30 Sunday Lunch Bistro
10h30 CATHOLIC GROUP CINEMA ROOM	14h30 BOOK CLUB LIBRARY	12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE 10h00 WOL AAN DIE ROL MAIN LOUNGE			
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h00 NSRI TALK TOP LOUNGE	10h30 TÁI CHI ACTIVITY 1 14h00 TABLE TENNIS TABLE TENNIS ROOM	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
		16h00 IN CONVERSATION WITH DR. DUNNY REED TOP LOUNGE	14h30 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18h00 RESIDENT SOCIAL & ST.PATRICK'S DINNER BAR AREA	18h00 BINGO 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><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/Lionel-ext.22126</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.</p> <p align="center">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.</p> <p align="center">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 March

Sheila Farmer- Noordhoek

18 March

Philomena Burke- Noordhoek

Mav Magnin- Noordhoek

20 March

Marna Van Heerden- Noordhoek

John Cruickshank- Noordhoek

ANNIVERSARIES

22 March

Ivan & Davina Van Der Westhuizen- Lake Michelle



'MURIEL'S WEDDING'

Ostracized by her more socially adept friends, Muriel runs into fellow outcast Rhonda Epinstalk, and the two move from their small Australian town to the big city of Sydney, where Muriel changes her name and begins the arduous task of redesigning her life to match her fantasies.

And back home everybody suddenly takes notice when Muriel becomes engaged to a handsome and popular sports hero, but Muriel discovers that even when it seems all her dreams are coming true, her path to the altar still has plenty of surprising twists

Directed by P.J. Hogan, starring Toni Collette, Rachel Griffiths, Bill Hunter, Sophie Lee.

Where: Cinema Room 1

When: Thursday 19 March at 2.30pm sharp

RSVP: Booking form on 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.





Wol aan die Rol will be visiting your lovely facility on:

Thursday, 19 March 2026

from

10.00 to 11.00

We look forward to meet you!

Ons sien uit daarna om ons passie met julle te deel!





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, 26th 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.



Thursday, 19th March

@ 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)

The Bistro will be offering Cheese Platters and a Bingo Burrito Bowl.
For more information, please CONTACT THE BISTRO EXT.2404 OR 021 001 4312.



Wednesday



Save the date!

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





18 MARCH 2025

POT LUCK ST. PATRICK'S DAY

IRISH DINNER MUSIC and DANCE EVENING
From 6.30pm dinner will be served.
A la carte menu will also be available

Wednesday Menu

Starters

Cheddar bacon potato skins (4)
With bacon, peppers, cream cheese and mozzarella cheese **R85**

Dublin Bay Prawns with lemon and garlic
Served with savoury rice **R85**

Potato and Leek soup
Served with toasted garlic bread **R65**

Mains

Shepards pie with lamb & beef
Served with veg of the day **R90**

Guinness Stew
Slow cooked with corned beef, cabbage, root veggies and Irish bacon **R95**

Lamb casserole
Tender, melt-in-the-mouth diced lamb cooked with vegetables in a rich tomato and red wine gravy. Served with mash or rice. **R110**

Dessert

Irish choux pastry with peppermint cream R55
Baylies cheese cake R55
Irish coffee R45

Bookings now open
Call the Bistro on 2404
Prizes for best dressed male, female and couple. Come decorate your table, there is a prize for the best!



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: 16 March

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 March

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 March

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 March

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: Spinach chicken salad R85

Veg of the day: Pesto pasta with side parmesan cheese

Friday: 20 March

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

N: R95 // L: R75 // K: R65 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 March

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

N: R95 // L: R75 // K: R60 and Family: R300

OR

Thai chicken curry: Served with basmati rice and baby marrows with butternut
N: R90 // L: R70 // K: R60 and Family: R285

Veg of the day: Butter bean potjie with rice

Sunday: 22 March

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