



23 MARCH - 29 MARCH 2026

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Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Alida's Fashions- 23 March @10H00

Mosiacs- 24 March @14H00

Mobeewash- 25 March @09H00

SpcA Talk- 26 March @12H00

Upcoming Events:

Christian Fellowship- 01 April

Kind 2 Hearing- 02 April

Opera- 07 April

Classical Music Group- 14 April

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

Dear Evergreen Lake Michelle Residents,

This week Monday 23 March @10h00 we have Alida's Fashions in our village showcasing the most beautiful clothing pieces, kindly pop around to show support.

Mobeewash will also be in the village on Wednesday 25 March @09h00, kindly contact reception on ext.2400 or 021 001 4312 to book your slot.

The SPCA talk is happening this week Thursday 26 March @12h00! The booking sheet is still on the general village notice board, residents who have not booked yet are kindly reminded to put their names down.

Despite the intense heat in the early days of March, our Tuesday hiking group still went out on their hikes. Mrs. Jen Eidelman shared some amazing pictures of their hike from Olifantshoek in Cape Point Nature Reserve to Sirkelsvlei. Kindly see below pictures on page .

A round of applause to our residents for the sense of community, the true feeling of "YOU BELONG", In conversation with Dr. Dunny Reed was a great turnout, our residents came out in numbers to support Dr. Reed as he shared his remarkable life journey from where it all started to how it's still going till date.

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

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WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 23 MARCH	TUE 24 MARCH	WED 25 MARCH	THUR 26 MARCH	FRI 27 MARCH	SAT 28 MARCH	SUN 29 MARCH
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h00 MOBEEWASH JOJO TANKS	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		
10h00 ALIDA'S FASHIONS MAIN LOUNGE	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		09h00 STRETCH CLASS 1ST FLOOR	10h00 ART CLUB CREATIVE HUB		12h30 Sunday Lunch Bistro
10h15 AQUA AEROBICS POOL AREA	14h00 MOSIACS CREATIVE HUB	12h00 RIAAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE 10h30 TÁI CHI ACTIVITY 1	10h00 SPCA VILLAGE VISIT POOL AREA		
10h30 CATHOLIC GROUP CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM		12h00 SPCA TALK MEZZANINE LEVEL	11h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR			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/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

24 March

Karin Fischer- Noordhoek

26 March

Irvine Eidelman- Noordhoek

Brian Plimsoll- Lake Michelle

29 March

Emm Sparg- Noordhoek

Colin Reid- Noordhoek

25 March

Wendy Berning- Noordhoek

27 March

Susan McChesney- Noordhoek

ANNIVERSARIES

23 March

Duncan & June McSporran-Noordhoek

27 March

Mike & Jane Vermaak-Noordhoek

29 March

Mel & Yvonne Wong-Noordhoek



'ERIN BROCKOVICH'

Erin Brockovich-Ellis is an **unemployed single mother**, desperate to find a job, but is having no luck. This losing streak even extends to a failed lawsuit against a doctor in a car accident she was involved in.

With no alternative, she successfully browbeats her attorney to give her a job in compensation for the loss. While no one takes her seriously, with her trashy clothes and earthy manners, that soon changes when she begins to investigate a suspicious real estate case involving the Pacific Gas and Electric Company.

What she discovers is that the company is trying quietly to buy land that was contaminated by hexavalent chromium, a deadly toxic waste that the company is improperly and illegally dumping and so poisoning the residents in the area.

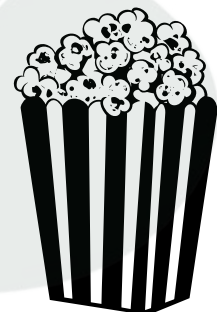
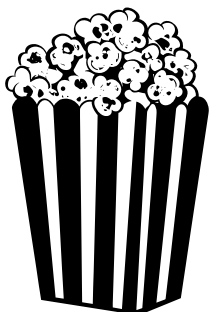
As she digs deeper, Erin finds herself leading point in a series of events that would involve her law firm in one of the biggest class action lawsuits in American history against a multi-billion dollar corporation.

Directed by Steven Soderbergh with Julia Roberts, Albert Finney, David Brisbin, Dawn Didawick. The film won five Academy Awards nominations.

Where: Cinema Room 1

When: Thursday 26 March at 2.30pm sharp

RSVP: Booking form on 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



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.



SUMMER OF 69 – The Ultimate Bryan Adams Tribute LIVE! at café Roux

Back by popular demand after sold-out shows throughout Cape Town!

This tribute brings you Bryan Adams greatest hits like Summer of '69, Everything I Do, Run to You, I Need Somebody, Have You Ever Really Loved a Woman, Cuts Like a Knife, 18 Till I Die and more.

– The Bryan Adams band is a powerful 4-piece band consisting of world-class musicians, Ant Kinsey on Vocals and Bass, Malcolm Cassisa on Drums, Simon Kettleborough on Keyboards, and Simon van Dugteran on guitar and vocals! It will have you singing and dancing throughout the show.



St. Patrick's Dinner





In Conversation with Dr. Dunny Reed







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: 23 March

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows

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

OR

Baked penne bake: Bolognaise sauce with a creamy sauce with penne pasta, topped with cheese and baked in the oven

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

Salad of the day: Chicken salad with bacon R85

Veg of the day: Lentil bolognaise over spaghetti pasta

Tuesday: 24 March

Traditional meatloaf: Lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with mash, gravy, broccoli and carrots

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

OR

Chicken BBQ breast: Served with baby roasted garlic potatoes, butternut and baby marrows

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

Salad of the day: Street corn pasta salad R85

Veg of the day: Lentil meatloaf with mash, broccoli and carrots

Wednesday: 25 March

Savoury bake potato: Bake potato topped with savoury mince and cheese, served with garden peas and butternut

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

OR

Korean BBQ pork: With egg fried rice and broccoli

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

Salad of the day: Chicken Caesar salad R85

Veg of the day: Savoury bake potato filled with meat free mince

Thursday: 26 March

Chicken stroganoff: Chicken breast in a creamy mushroom stroganoff sauce. Served with basmati rice, green beans and butternut

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

OR

Pork schnitzel: A crumbed pork fillet topped with a fried egg, sauteed potatoes and braised cabbage with carrots

N: R95 // L: R75 // Family: R285

Salad of the day: Spinach chicken salad R85

Veg of the day: Mushroom stroganoff served with basmati rice, green beans and butternut

Friday: 27 March

Pork chop: Grilled Pork chops flame grilled topped with pineapple, and served with braised cabbage and potato salad

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

OR

Creamed corn Chicken: Chicken breast in a creamy, garlicky sauce packed with corn and bacon with fresh herbs and parmesan. Served with basmati rice, butternut and baby marrows

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

Salad of the day: Bacon and mozzarella salad R85

Veg of the day: Veg sausages with gravy, mash, butternut and baby marrows

Saturday: 28 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

Chicken pasta bake: A creamy tomato chicken pasta with penne pasta, then topped with cheese and baked

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

Veg of the day: Thai lentil veg curry with basmati rice

Sunday: 29 March

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

Dessert: Waffles and ice cream

R180

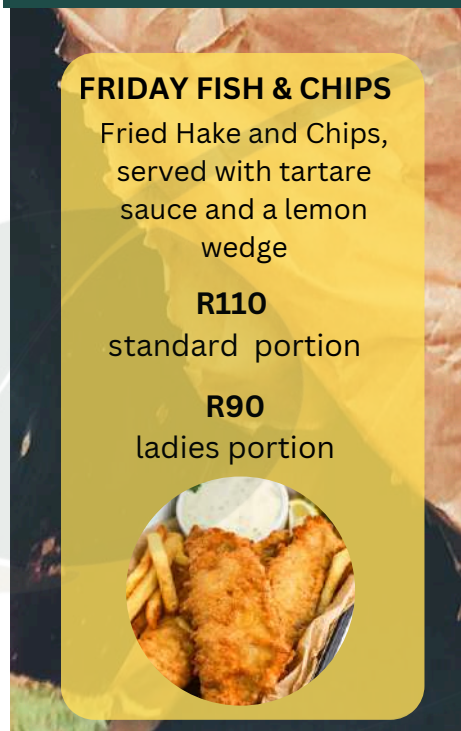
Veg of the day: Meat free wellington with roast potatoes, rice and veg of the day



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