



**30 MARCH - 05 APRIL 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?**

**Christian Fellowship- 01 April**

**Kind 2 Hearing- 02 April**

**Opera- 07 April**

**Mobeewash-08 April**

**Wol aan die rol-09 April**

**Classical Music Group- 14 April**

### **Upcoming Events:**

**Talk with Dr Rayne Stroebel on Dementia - 9<sup>th</sup> April**

**Quiz Evening- 16 April**

**Ballet Group- 28 April**

*"April hath put a spirit of youth in everything." – William Shakespeare*

*Dear Evergreen Lake Michelle Residents,*

*We are starting April month with our Christian Fellowship on Wednesday 01 April @10h00, where we share each other's faith and fellowship afterwards, all is welcome.*

*Kind 2 Hearing will be in our village this week Thursday 02 April @10h00, kindly get in touch with reception to book your slot as there are limited slots available.*

*Have you remembered to fill up your vehicles with fuel, as the war in the Middle East has sent oil prices soaring. Petrol is set for a R6 increase and Diesel a whopping R10 per litre.*

*Residents are reminded about the upcoming public holidays **Good Friday 03 April & Easter Monday (Family Day) 06 April & Freedom Day on 27 April**, kindly note that no refuse collection nor any garden waste collection takes place over public holidays.*

*The fynbos bistro will be closed for dinner over the easter weekend, however they will be open for breakfast & lunch.*

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

## IN THIS ISSUE

## PAGE

### WEEKLY EVENTS

Your weekly guide to sport & recreational activities in the Village

3

### ACTIVITIES AND FACILITIES

4

### GROUPS AND EVENTS

5

### IT'S A CELEBRATION

Birthdays, Anniversaries & New Residents

6

### INTERNAL ADVERTISEMENTS

Nurses Corner

7

7

### RESIDENT EVENTS

Movie

Opera

8

10

### VILLAGE EVENTS

Kind 2 Hearing

9

### EXTERNAL ADVERTISEMENTS

Imhoff Wellbeing Studio

11

### BISTRO MENU

Table 1&1

Easter Sunday Menu

Weekly Menu

12

13

14



# WEEKLY EVENTS

 Wednesday  
IS RECYCLING

MON 30 MARCH	TUE 31 MARCH	WED 01 APRIL	THUR 02 APRIL	FRI 03 APRIL	SAT 04 APRIL	SUN 05 APRIL
09h00 <b>STRETCH CLASS</b> MEZZANINE LEVEL	08h00 <b>PILATES ACTIVITY</b> ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL AREA	07h30-08h30 <b>PILATES ACTIVITY</b> ROOM 1	<b>GOOD FRIDAY-PUBLIC HOLIDAY</b>		
10h00 <b>ART CLUB CREATIVE HUB</b>	09h00 <b>CALLINETICS</b> MEZZANINE LEVEL		08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1  09h30-10h00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1	10h30 <b>WATER COLOUR LESSONS</b> CREATIVE HUB	
10h15 <b>AQUA AEROBICS</b> POOL AREA	14h00 <b>GOLF CROQUET FISH HOEK BOWLING CLUB</b>	10h00 <b>CHRISTIAN FELLOWSHIP</b> MEZZANINE LEVEL	09h00 <b>STRETCH CLASS</b> MEZZANINE LEVEL	09h15 <b>AQUA AEROBICS</b> POOL AREA		12h30 <b>Sunday Lunch</b> Bistro
		12h00 <b>RIAAAN'S FRUITVAN</b> TOP PARKING	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE	10h00 <b>ART CLUB CREATIVE HUB</b>		
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		10h00 <b>KIND 2 HEARING RECEPTION</b>  10h30 <b>TÁI CHI</b> ACTIVITY RM 1		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
14h00 <b>BRIDGE /CARD GAMES</b> MEZZANINE LEVEL			14h00 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	15h00 <b>SOCIAL POOL &amp; SNOOKER</b> MEZZANINE LEVEL		
		18h00 <b>RESIDENT SOCIAL &amp; DINNER</b> BAR AREA	14h30 <b>MOVIE CINEMA</b> ROOM		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

**31 March**

**Janetta Van Der Merwe-** Noordhoek  
**Malte Hauptmann-** Noordhoek

**02 April**

**Peta Cramb-** Noordhoek  
**Val Hayes-** Noordhoek  
**Roger Bryant-**Noordhoek

**01 April**

**Jennifer Gracie-** Noordhoek  
**Ivan Meskin-** Noordhoek

**04 April**

**John Boyce-** Noordhoek

**05 April**

**Suzanne Cadman-** Noordhoek  
**June Pickering-** Lake Michelle

## ANNIVERSARIES

**30 March**

**Manfred & Adelheid Hoellermann-** Noordhoek  
**Peter & Gill Smith-Cox-** Noordhoek

**1 April**

**Selwyn & Ingrid Schefermann-** Lake Michelle

**5 April**

**Ian & Tammy Vogel-** Noordhoek  
**Ant & Val Stockden-** Noordhoek



# What is E. Coli ?

E. Coli is a bacteria found in contaminated food or water. It can cause diarrhea, stomach cramps, and weaknesses. As we age, our bodies don't fight infections as easily. This means E. Coli can lead to serious problems like dehydration.



## Symptoms :

- Diarrhea
- Stomach Pain
- Feeling weak or confused



## How to prevent it :

- Wash your hands with soap.
- After a restroom usage, make sure to wash your hands thoroughly.
- Make sure to sanitize your table tops before using it.
- Eat well - cooked food.
- Drink clean water.
- Avoid Unsafe foods like Raw Milk.



Remember : Clean hands , safe foods and clean water can keep you healthy. If you feel unwell , dont wait - ask for help.



## 'RED DOG'

Based on the legendary true story of the Red Dog who united a disparate local community while roaming the Australian outback in search of his long lost master.

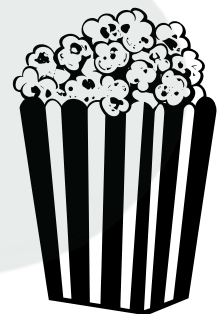
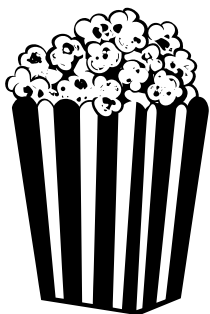
It stars Koko as the title character, Josh Lucas, Rachael Taylor, and John Batchelor. The film is based on the true story of Red Dog and uses the 2002 novel Red Dog by Louis de Bernières as the primary source.

At the 2011 Inside Film Awards, Red Dog was nominated in nine categories and won seven, including best feature film.

**Where:** Cinema Room 1

**When:** Thursday 2 April at 2.30pm sharp

**RSVP:** Booking form on notice board





 *Clear Sound!! Happy Life!!*

**BOOK YOUR FREE HEARING SCREENING**

*No Cost! No Commitment! Just Clarity!*

**Date: 02 APRIL 2026**

**Venue: EVERGREEN - BOARDROOM**

**TIME: 10H00 - 12H00**

**PLEASE MAKE A BOOKING WITH RECEPTION**



## Anna Bolena

(Gaetano Donizetti)

**Date: Tuesday 7 April 2026**

**Time: 2pm**

**Venue: Cinema Room 1**

**Anna Bolena**, Gaetano Donizetti's tragic opera in two acts with a libretto by Felice Romani, premiered in 1830 and dramatises the downfall of Anne Boleyn (Anna Bolena) (*Anna Netrebko*), second wife of King Henry VIII of England. It is the first of Donizetti's three celebrated Tudor queens operas.

The story unfolds in 16th-century England. King Enrico VIII (Henry) (*Ildar Abdrazakov*), weary of his marriage to Anna and desperate for a male heir, has grown infatuated with her lady-in-waiting,

Giovanna Seymour (Jane Seymour) (*Ekaterina Gubanova*). Courtiers whisper that Anna's star is waning as the king's affections shift. Anna, sensing Enrico's coldness, confides her unhappiness to Giovanna, unaware of her rival's identity.

Complications arise with the unexpected return of Lord Riccardo Percy (*Stephen Costello*), Anna's former fiancé whom she once loved before marrying the king under pressure. Percy, still devoted to Anna, seeks to rekindle their bond, but she firmly rejects him, insisting on her duty as queen. Their clandestine meeting is spied upon and misconstrued. Meanwhile, the page Smeton, secretly in love with Anna, is caught in the intrigue when a locket he carries (containing Anna's portrait) is used as evidence.

Enrico, advised by courtiers and his officer Hervey, orchestrates a trap. He accuses Anna of adultery, citing her meetings with Percy and ambiguous tokens. Giovanna, torn between ambition and guilt, pleads with Enrico to spare Anna but ultimately yields to becoming the next queen. Anna is arrested and imprisoned.

In Act II, confined in the Tower of London, Anna faces trial. Witnesses, including the manipulated Smeton (who falsely confesses under duress to save her), seal her fate. In a poignant confrontation, Anna and Giovanna meet: Anna forgives her rival, who is now remorseful and horrified by the consequences. Anna, her mind fraying, descends into madness in the famous mad scene, recalling her innocent past and hallucinating her wedding to Enrico. She curses the royal couple but ultimately accepts her doom with tragic dignity.

The opera culminates in Anna's execution. As she is led to the scaffold, she prays for Enrico and Giovanna, displaying forgiveness amid her despair. The work ends with her offstage beheading, leaving the court in somber silence.



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



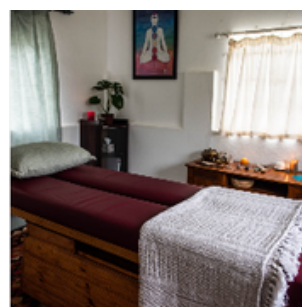
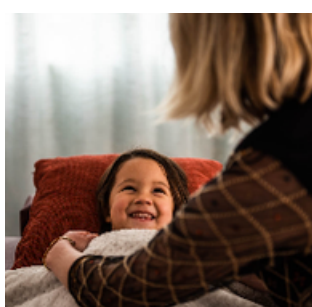
# WELL BEING STUDIO

**A farm style wellness studio that offers a range of holistic therapies and teaching techniques**

Guided by caring practitioners, the Well Being Studio offers a holistic range of teaching and therapy techniques. Enjoy the peace and quiet as you rest, unwind and rebalance.

The quaint space, situated in a beautiful setting on Imhoff Farm is welcoming and warm. You can be assured that you will feel held in this safe space as you are guided through your chosen therapy or class. The known benefits include deep relaxation, release of stress and emotional trauma, calming of the mind and a deeper connection to self.

Imhoff Farm's proximity to gorgeous local beaches such Long Beach and Noordhoek Beach make it the perfect location for a wellness studio. Once you have enjoyed your session, a walk on the beach to ground yourself and take in the sweeping Southern Peninsula views is highly recommended.



## THE PRACTITIONERS

Antoinette Wilken



With 27 years of experience, Antoinette offers Body Stress Release, the Alexander Technique, and Stretch and Relaxation classes. Antoinette is still fascinated by the benefits that she witnesses in herself and others as she continues to practice these powerful techniques.

Contact Antoinette on 083 344 2810 / [wilken.antoINETTE@gmail.com](mailto:wilken.antoINETTE@gmail.com)

For more information visit [www.bodystressrelease.com](http://www.bodystressrelease.com) and [www.alexandertechnique.com](http://www.alexandertechnique.com)

Jani Shearer

Jani works with a combination of Reiki, Sekhem & Intuitive Shamanic Healing modalities to offer an integrative Energy Therapy session.

Adults & Children welcome.

Contact for Women's Workshops and Parent & Child Yoga Classes.

Contact Jani on 082 363 1733 / [energytherapywithjani@gmail.com](mailto:energytherapywithjani@gmail.com)





**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



## *Easter Sunday* Menu

**Please pre-order with the Bistro**

**Starter (R80)**

Chicken peri-peri livers *with savoury rice*

Or

Fried calamari with *savoury rice and lemon wedge*

Or

Tomato basil soup *with toasted garlic bread*

**Main Course (R180)**

- Roast Beef with rosemary and garlic

- Citrus glazed Gammon

- Roast Lamb

- Pickled fish with a hot cross bun

*with savoury rice and potato salad (limited)*

**All mains served with:**

Crispy roast potatoes

Herb rice

Grilled butternut

Cauliflower broc bake

Garden peas and carrots

**Dessert (R45)**

Traditional Trifle dessert

Or

Hot cross bun and butter pudding with *crème anglaise*

Or

Tiramisu (limited please pre-order)

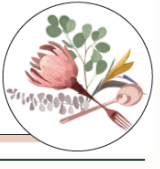
Or

Hot cross bun with butter and jam

**(Please book with the Bistro)**



THE  
**FYNBOS**  
*Bistro*



# THE FYNBOS BISTRO

## **Monday: 30 March**

Spaghetti bolognese: with a side parmesan cheese  
N: R90 // L: R70 // Family: R285

**OR**

Thai chicken stir fry: Thai coconut chicken breast with stir fry veggies over basmati rice  
N: R90 // L: R70 // Family: R285

Soup of the day: Chicken noodle soup R45

Veg of the day: Pesto cherry tomato sauce over penne pasta

## **Tuesday: 31 March**

Beef Ragù: Slow cooked beef in a red wine sauce with veggies, served with mash and medley of garden peas and carrots  
N: R95 // L: R75 // Family: R300

**OR**

Hawaiian pork stir fry: Pork fillet pieces with stir fry veg, served over rice  
N: R90 // L: R70 // Family: R285

Soup of the day: Mushroom soup R45

Veg of the day: Veg Ragù with mash, garden peas and carrots

## **Wednesday: 1 APRIL**

Chicken Korma: Mild chicken breast pieces in a creamy korma sauce with rice and side sambal  
N: R90 // L: R70 // Family: R285

**OR**

Beef stroganoff: Served with mash, baby marrows and butternut  
N: R95 // L: R75 // Family: R300

Soup of the day: Tomato basil soup R45

Veg of the day: Veg Korma served with rice and side sambal

## **Thursday: 2 April**

Cape bobotie: Traditional cape mince bobotie with yellow rice, pumpkin and garden peas with a side sambal  
N: R90 // L: R70 // Family: R285

**OR**

Mac n cheese: Mac n cheese topped with tomato and grilled in the oven  
N: R95 // L: R75 // Family: R285

Soup of the day: Butternut soup R45

Veg of the day: Lentil bobotie served with basmati rice, green beans and butternut

## **Friday: Closed for EASTER FRIDAY**

### **3 April**

Beef frikkadels: With mash, gravy, carrots and baby marrows  
N: R95 // L: R75 // Family: R300

**OR**

Japanese Chicken burger: Marinated strips of chicken breast in soy sauce, garlic and ginger, then coated in corn flour and fried. Served with side chips  
N: R95 // L: R75 // Family: R300

Soup of the day: Thai chicken soup R45

Veg of the day: Tomato savoury veg meatballs with couscous with stir fry veg

### **Saturday: 4 April**

Pork Skewers: Pork fillet kebabs with savoury rice and veg of the day  
N: R90 // L: R70 // Family: R285

**OR**

Chicken a la king: Served with savoury rice, carrots and green beans  
N: R90 // L: R70 // Family: R285

Veg of the day: Veg kebabs with savoury rice and veg of the day

### **Easter Sunday: 5 April**

**Set menu and bookings at The Fynbos Bistro**



**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