



13 APRIL - 19 APRIL 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?

Classical Music Group- 14 April

Christian Fellowship-15 April

Quiz Evening-16 April

Mosiacs- 21 April

Book Club- 21 April

Upcoming Events:

Mobeewash- 22 April

SPCA Village Visit- 24 April

Juliette Prowse Presentation- 28 April

In Conversation with Gillian Vigne- 29 April

"April is a promise that May is bound to keep." — Hal Borland.

Dear Evergreen Lake Michelle Residents,

As we slowly approach the winter season we advise our residents to pop around to the pharmacy to get your flu vaccination before the winter season is fully upon us. Residents are more than welcome to purchase the vaccination at any pharmacy and bring it to our local village sister June Koopman to administer to you.

This week we have our Classical music group on Tuesday 14 April @14h00, booking sheet can be found on our village notice board, kindly put your name on as it saves you a seat in our cinema room.

We invite our residents to our Christian Fellowship this week Wednesday 15 April @10h00, where we share each other's faith and fellowship afterwards. All is welcome.

Residents are reminded to book for the quiz evening with Mrs. Norma Roos on ext.2089 or 084 207 6829.

We do advertise external advertisements in our Aloe Aloe for our resident's convenience, to keep our residents updated with what's happening in our surrounding areas.

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

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WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 13 APRIL	TUE 14 APRIL	WED 15 APRIL	THUR 16 APRIL	FRI 17 APRIL	SAT 18 APRIL	SUN 19 APRIL
09h00 STRETCH CLASS MEZZANINE LEVEL	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA	07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
	09h00 CALLINETICS MEZZANINE LEVEL		08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1		10h30 WATER COLOUR LESSONS CREATIVE HUB	
10h00 ART CLUB CREATIVE HUB	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL	09h15 AQUA AEROBICS POOL AREA		12h30 Sunday Lunch Bistro
10h15 AQUA AEROBICS POOL AREA	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM	12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB		
10h30 CATHOLIC GROUP CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM		10h30 TÁI CHI ACTIVITY RM 1 14h00 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL			14h30 MOVIE CINEMA ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL		
		18h00 RESIDENT SOCIAL & DINNER BAR AREA	18h00 QUIZ EVENING BISTRO		16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



STRETCH CLASS Stretching exercises suitable for any level of fitness and ability. Sue - 072 212 0277	AQUA AEROBICS Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome. Renate - 082 519 1873 Linda - 082 410 9443	CALLANETICS Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability. Louise- ext. 2143	TÁI CHI Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability. Roy - ext. 22129 Fiona-082 920 1818
BACKCARE YOGA All level yoga class with a focus on mobility and strengthening of the back. Claire- 083 453 5539	LOW IMPACT CARDIO Stay active and fit with this slightly more active exercise class. Louise- ext. 2143	GOLF/CROQUET Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy. Brian - ext. 2089	LINE DANCING A little exercise, a little mobility and a whole lot of fun for beginners and regulars. Shereen-071 471 3624 Glenda - ext. 2073
TABLE TENNIS Social table tennis for beginners or more experienced players. Ronnie A - ext. 2035	MOSAIC GROUP 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. June H- ext. 2107 Cora - ext. 2051	SNOOKER & POOL Get together and enjoy a social game of snooker or pool for beginners or more experienced players. Pat - ext. 22224 Selwyn - ext. 22130	GAMES Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games. Norma - ext. 2089 Rowan - ext. 2150
LIBRARY Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection. Johanna - ext. 2112	SWIMMING POOL & GYM Heated indoor swimming pool and state of the art gym for your enjoyment. Contact Reception for Access Code	PILATES Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome. Getanya- 071 173 7843	SALON Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00 Janine - 073 294 9655



CHRISTIAN FELLOWSHIP Meeting to worship God, hear His word and sharing a time of fellowship over coffee. John - ext. 2018	BIRD WATCHING Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general. Ron - ext. 2068	OPERA APPRECIATION Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing. Willem - ext. 22220
KNITTING GROUP Knitting while socializing for an amazing cause. Avril - ext. 2049	TUESDAY HIKERS Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting) Ron - ext. 2068	MOVIES Enjoy classics and award winning movies of all genres with fellow residents. Clare - ext. 2039
GARDENING GROUP Passionate about gardening? Join a "green finger" network for talks and events. Val - ext. 2056	CLASSICAL MUSIC Once a month video concert of Classical Music lasting approximately 1 hour. Peter - ext. 2055	WEDNESDAY WALKERS Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us. Vicky- ext. 22229
BRIDGE This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis. Rowan - Ext. 2150	EVERGREEN CATHOLIC GROUP Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome. Mel - ext. 2008/Lionel-ext.22126	AVIATION TALKS Come and listen to Pete tell us more on anything and everything airplane related. Pete - ext. 2065
ART CLASSES Water colour lessons: 1 st and 3 rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2 nd and 4 th Saturdays @ 09h45-12h45 Judy - ext. 2141	BOOK CLUB This is an invitation to all new and old residents to come and chat about books with other readers on the 3 rd Tuesday of each month at 14H30. Johanna - ext. 2112	ART CLUB This is an invitation to anyone who would enjoy a free of cost creative arts class. Judy - ext. 2141 Marie - ext. 22125



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

BIRTHDAYS

16 April

Elke Rudzinske-Noordhoek

18 April

Hennie Koen - Noordhoek

Peter Brown- Noordhoek

Heather Mccleroth- Noordhoek

ANNIVERSARIES

15 April

Willem & Irene Van Zyl - Noordhoek

16 April

Colin & Philomena Burke - Noordhoek

18 April

Graham & Joyce Fletcher- Lake Michelle

19 April

Brian & Belinda Plimsoll- Lake Michelle

New Residents

No new residents this week.



'THE DRESSMAKER'

The Dressmaker is a 2015 Australian comedy-drama film directed by Jocelyn Moorhouse, starring Kate Winslet as Tilly Dunnage. It tells the story of the beautiful and talented Tilly Dunnage.

After years working as a dressmaker in exclusive Parisian fashion houses, Tilly returns home to a town in the Australian outback to reconcile with her eccentric mother Molly.

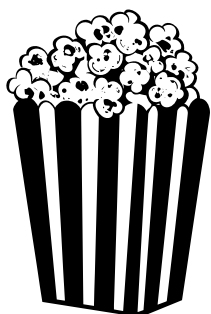
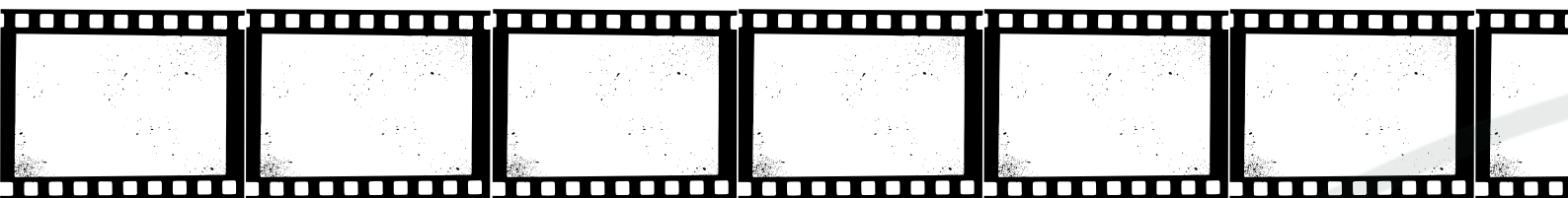
With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong.

Starring Kate Winslet, Judy Davis and Liam Hemsworth.

Where: Cinema Room 1

When: Thursday 16 April at 2.30pm sharp

RSVP: Booking form on notice board





Classical Music Group

Gioachino ROSSINI

William Tell Overture

Frankfurt Symphony Orchestra

Conducted by Christoph Eschenbach

Wolfgang Amadeus MOZART

Piano Concerto No. 27 in B-flat Major

NDR Elbphilharmonie Orchestra

Conducted by Herbert Blomstedt

Francesco Piemontesi (Piano)

Niccolò PAGANINI

Violin Concerto No. 1 in E-flat Major, Op.6

III. Rondo

Limburg Symphony Orchestra

Conducted by Yoel Levi

Soloist: Shlomo Mintz

(The work is played on Paganini's own violin "Il Cannone")

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

**Tuesday, 14 April
2.00pm sharp
Cinema Room**

**RSVP: On the booking
form on the notice
board.**



$$E=mc^2$$

QUIZ EVENING

16th APRIL 2026

@18:00

R20 per person (cash only)

Book your spot with Norma Roos on

Ext. 2089/ 084 207 6829

Snack Platters

Savoury Platter for Two (R120):

2 x Mini quiches with mushroom & cheese

2 x Chicken spring rolls

2 x Beef kebabs

2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

2 x Mini quiches with mushroom & cheese

2 x Veg spring rolls

2 x Cheese and corn samoosa's

4 x Falafels with hummus dip



Picture credit goes to Alaster, these beautiful pictures were taken on the hike at the Cape Point Nature Reserve.





'Two of our snooker stalwarts,
Selwyn Lange and Milton Kirsten playing in the first round of our current snooker competition. Those who are interested in joining can get in contact with Pat Kelly on ext.22224.





1ST SATURDAY OF THE MONTH
OPEN 9AM-12PM @
TOKAI LIBRARY

TOKAI MARKET

Hosted by Friends of Tokai Library



and car
boot sale

Free Entrance

R75 per carboot & R150 per table

**Book your slot by latest 15th of
the month prior. Contact:
friendsoftokailibrary@gmail.com**

Pet friendly



scent of places

A CHATTY MEAL
WITH ARTIST & POET
JULI JANA

(IN CONVERSATION WITH KEITH EDWARDS)

THU 23RD APRIL - 18H30 TO 20H30
ARTVARK GALLERY & KALKBAY COURTYARD

BOOKS WILL BE ON SALE

CAFE ROUX



1 MAY 2026

café Roux

NOORDHOEK FARM VILLAGE

A TRIBUTE TO
TINA TURNER
THE SENSATIONAL
QUEEN OF ROCK!

Featuring
Ramaine Barreiro Lloyd & Band

BERNIE DAMON | ANDY MURRAY | ROB STEMMETT | ALAN LLOYD

RBL

COST R280 | DOORS OPEN AT 6PM | SHOW STARTS AT 7.30PM
BOOKINGS: QUICKET | EVENTS@CAFEROUX.CO.ZA | WWW.CAFEROUX.CO.ZA | WWW.RAMAINE.CO.ZA



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: 13 April

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
Soup of the day: Chicken noodle soup R45
Veg of the day: Broccoli mac n cheese

Tuesday: 14 April

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
Soup of the day: Mushroom soup R45
Veg of the day: Mushroom, lentils and broccoli bake: Served with rice, carrots and garden peas

Wednesday: 15 April

Mild pork curry: Pork fillet in a mild curry with veggies and potatoes. Served with rice, carrots 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
Soup of the day: Tomato basil soup R45
Veg of the day: Eggplant parmesan served with mash, garden peas and butternut

Thursday: 16 April

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, carrots and baby marrows
N: R90 // L: R70 // Family: R285
Soup of the day: Butternut soup R45
Veg of the day: Vegetable briyani with lentils, served with a side sambal salad

Friday: 17 April

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
Soup of the day: Thai chicken soup R45
Veg of the day: Spicy chickpea bowl served with couscous and roasted veg

Saturday: 18 April

Thai chicken curry: A mild Thai coconut curry served with basmati rice, garden peas and butternut
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: 19 April

Roast Beef or Chicken with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
Dessert: Apple crumble with custard
R180
Veg of the day: Stuffed Butternut with meat free mince and topped with feta

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

