



20 APRIL - 26 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?

Mosiacs- 21 April

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Mobeewash- 22 April

SPCA Village Visit- 24 April

Juliette Prowse Presentation- 28 April

In Conversation with Gillian Vigne- 29 April

Upcoming Events:

Opera- 05 May

Classical Musical Group- 12 May

Bingo- 21 May

"Don't judge each day by the harvest you reap but by the seeds that you plant." — Robert Louis Stevenson

Dear Evergreen Lake Michelle Residents,

Our beanie competition for winter 2026 has started, kindly see below on page 10 for more information.

Beautiful sunset pictures has been shared with us by three of our very own residents and one of our receptionist, please see below on pages 11,12,13,14.

Residents are reminded that Mobeewash will be in our village this week Wednesday 22 April, please book your slot with reception on ext.2400 or 021 001 4312.

Mr. Pete Van Der Spek will be hosting a aviation talk on Wednesday 22 April @15h00, kindly see below on page 8 for more details.

SPCA clinic will be in the village on Friday 24 April @10h00, residents may bring up our furry friends for their check-ups and injections.

Fresh book editions are available in our village library, kindly pop around to see. There will be a few new titles to hunt the next time you stop by.

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

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WEEKLY EVENTS

 **Wednesday
IS RECYCLING**

MON 20 APRIL	TUE 21 APRIL	WED 22 APRIL	THUR 23 APRIL	FRI 24 APRIL	SAT 25 APRIL	SUN 26 APRIL
09h00 STRETCH CLASS MEZZANINE LEVEL	08h00 PILATES ACTIVITY ROOM 1	09h00 MOBEEWASH JOJO TANKS	07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
	09h00 CALLINETICS MEZZANINE LEVEL	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 ART CLUB CREATIVE HUB	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		09h00 STRETCH CLASS MEZZANINE LEVEL	10h00 ART CLUB CREATIVE HUB		12h30 Sunday Lunch Bistro
10h15 AQUA AEROBICS POOL AREA	14h30 BOOK CLUB LIBRARY	12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE	10h00 SPCA VILLAGE VISIT LSC SIDE ENTRANCE		
10h30 CATHOLIC GROUP CINEMA ROOM	14h30 MOSIACS CREATIVE HUB		10h30 TÁI CHI ACTIVITY RM 1		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 AVIATION TALK MEZZANINE LEVEL	14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL		
		18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h30 MOVIE CINEMA ROOM		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

21 April

Geoffrey Stedall-Noordhoek
Annette Snyckers- Noordhoek
Paul Nuttal- Noordhoek

23 April

Guy Wilson-Noordhoek
Robert Sayers- Noordhoek

22 April

Carlos Benkunkas - Noordhoek
Valerie Hauptmann- Noordhoek

25 April

Jane Vermaak-Noordhoek
Bob Thomas- Lake Michelle

26 April

Shona Farquharson- Noordhoek
Janet Jackson- Lake Michelle

ANNIVERSARIES

22 April

Michael & Elizabeth Cotton - Noordhoek

26 April

Rudi & Mary-Ann Syfret - Noordhoek

New Residents

No new residents this week.



'THE LAST EMPEROR'

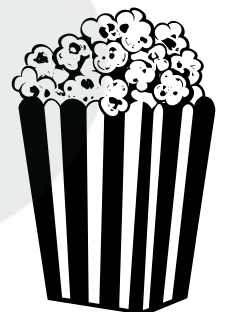
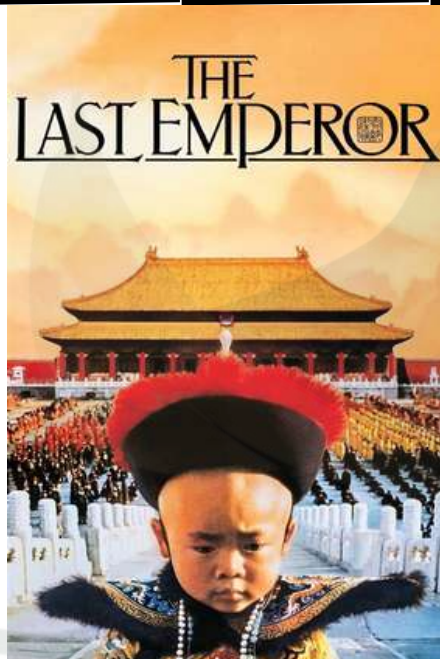
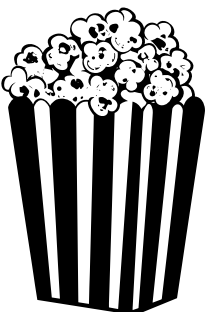
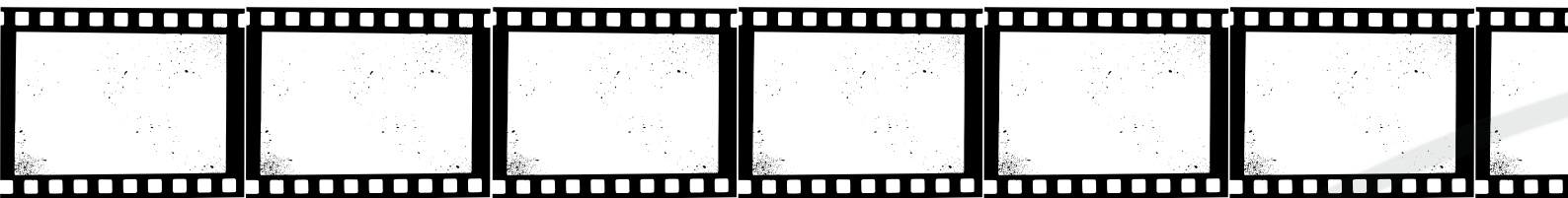
The Last Emperor is a 1987 biographical drama film directed by Bernardo Bertolucci, depicting the life of Puyi, the last Emperor of China, from his childhood in the Forbidden City to his later imprisonment by the Chinese Communist Party.

The film won nine Academy Awards, including Best Picture and Best Director, and is noted for its stunning visuals and historical narrative.

Where: Cinema Room 1

When: Thursday 23 April at 2.30pm sharp

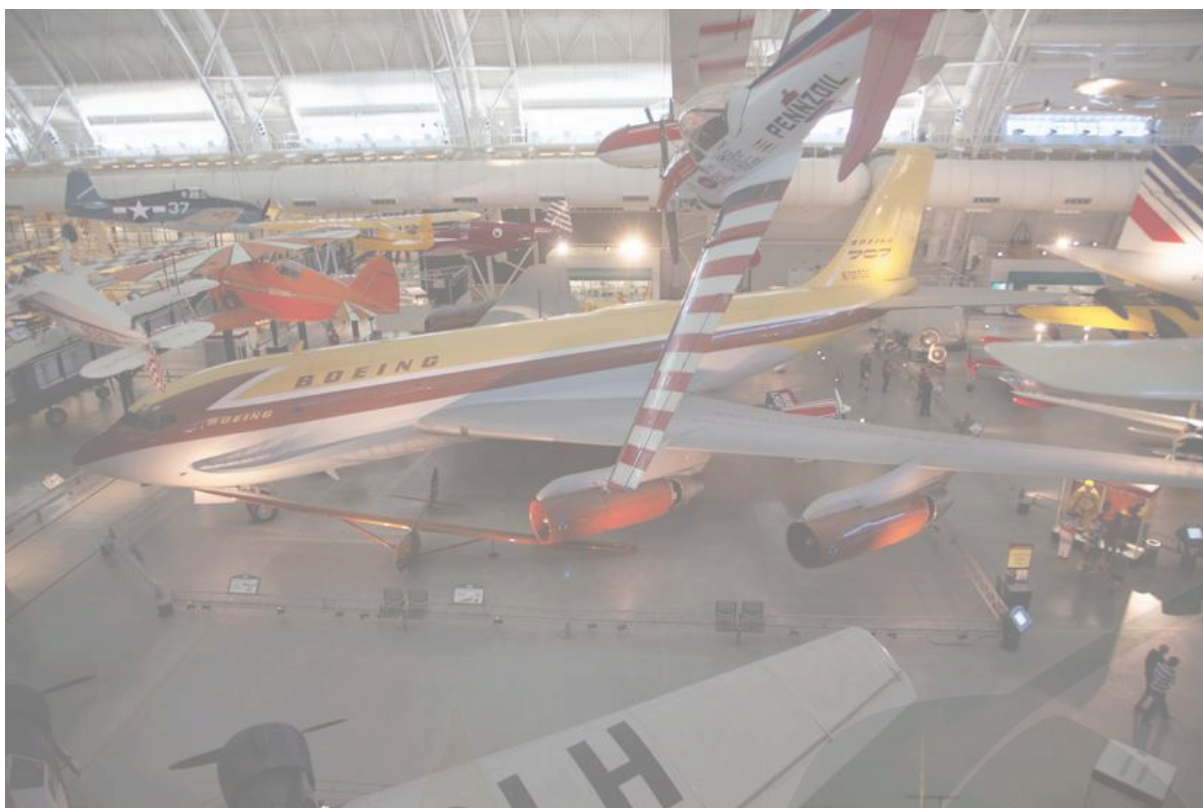
RSVP: Booking form on notice board





Aviation Museums - UK and USA

I have had a request to do the aviation museum I have been to both in the UK and USA. Come along and see these amazing museum via my photographs- view the history behind the aircraft and artefacts on view. Some truly interesting museum.



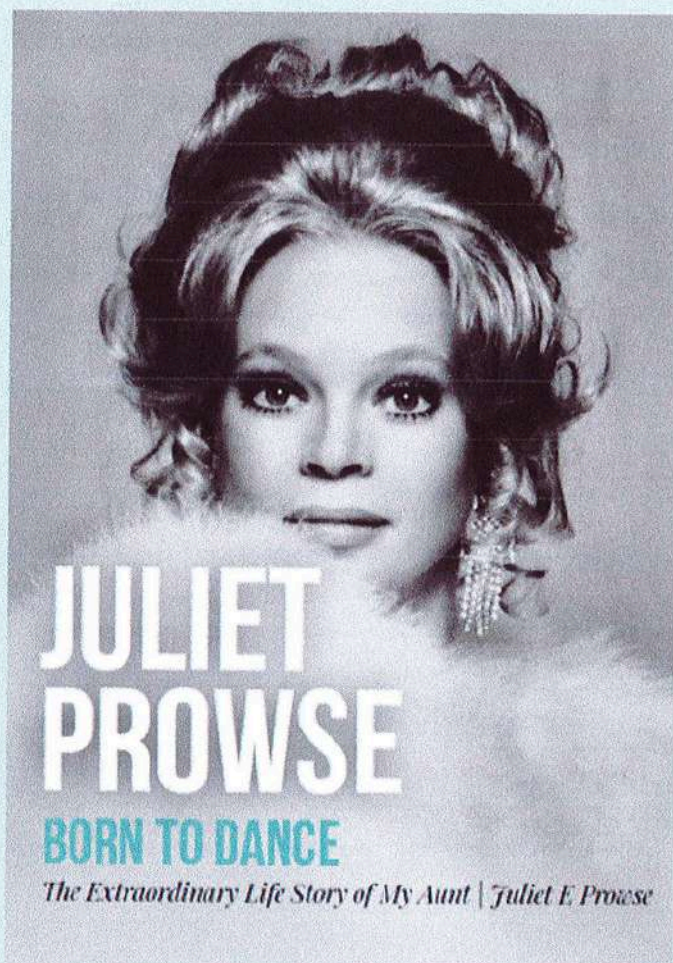
Date: 22 April (Wednesday)

Time: 15:00

Venue: Mezzanine Level



New Biography & Video Presentation South African Dancer Juliet Prowse



Join us for a peek into the life of Juliet Prowse, the famous dancer who was on stage and screen for 40 years. Yes, the South African girl who was famous for her long legs, her romances with Frank Sinatra and Elvis Presley in *G.I. Blue*, and her successful career where she won Las Vegas' *Female Entertainer of the Year* four times.

Date: Tues, 28 April

Time: 14:30

This presentation is by Juliet Prowse's niece, also Juliet Prowse. She will show videos of the dancing star on the Dean Martin Show, with Elvis and Sinatra, and from her award-winning Las Vegas act. The presentation will also cover the author's relationship with her famous aunt, amusing stories about Juliet's extraordinary life, and why she wrote this biography.

Book Details

Juliet Prowse: Born to Dance

The Extraordinary Life Story of My Aunt

By Juliet E Prowse

Published in 2025

An Exclusive Books Recommends book

"I loved the book and I was quite emotional at times. I was impressed with what an incredible person Juliet was. The author has done her aunt proud."

Phyllis Green, Sarie Book Editor

"Juliet Prowse really was a superstar and make sure people know that!"

Pieter Toerien, Theatre Producer



BEANIE COMPETITION



Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

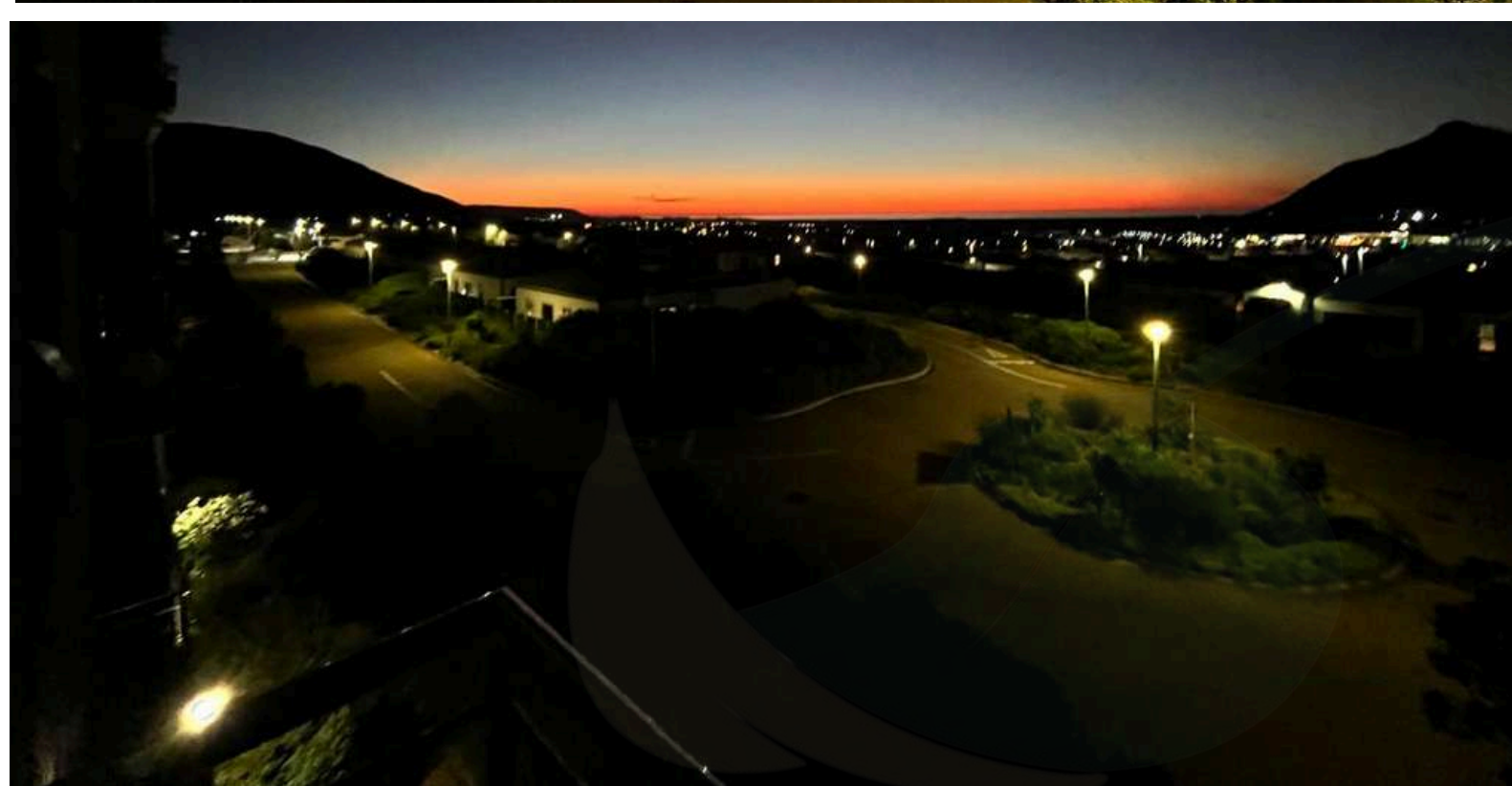
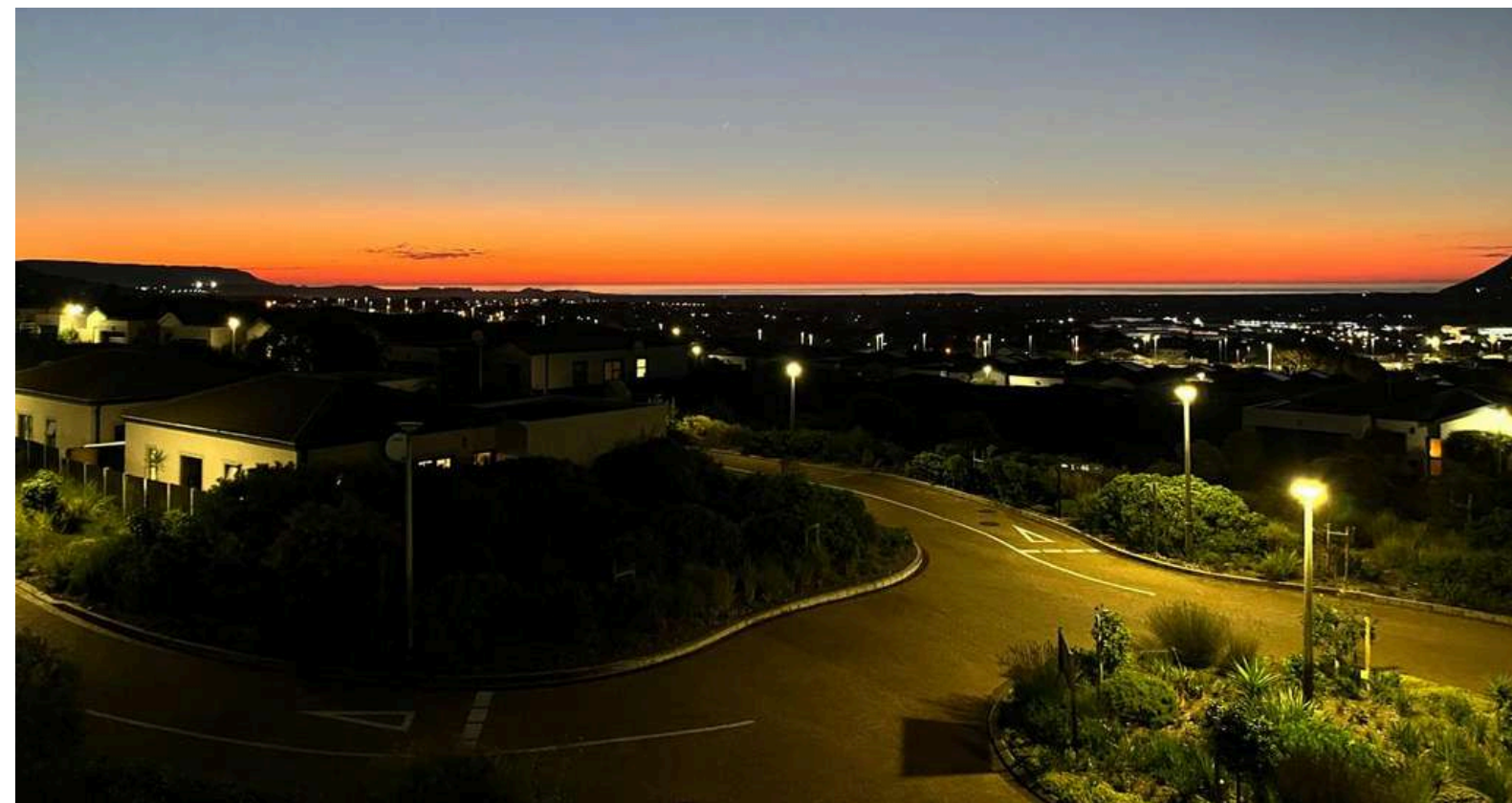
FOR 2026, THE CHALLENGE IS EXTENDED AGAIN TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY BEANIES AS POSSIBLE, WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

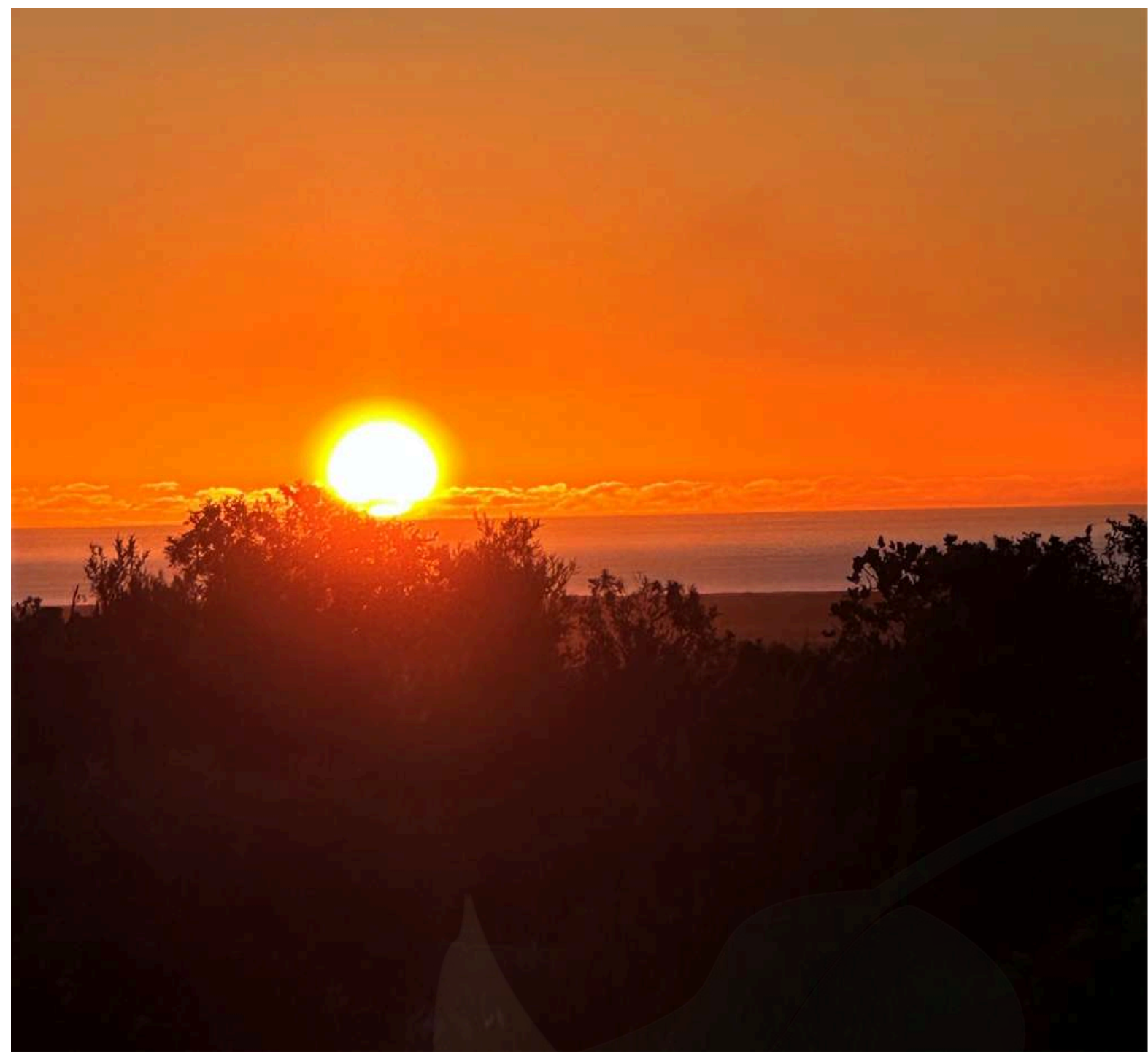
FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT VILLAGE MANAGEMENT TEAM



Picture credit goes to Mrs. Heather Mcleroth.



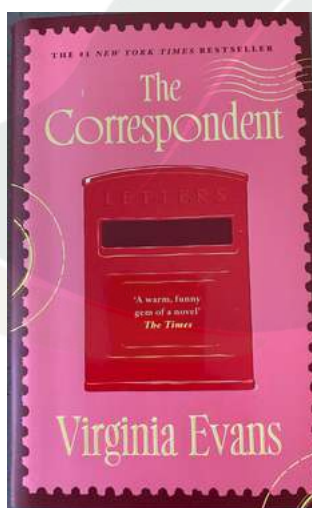
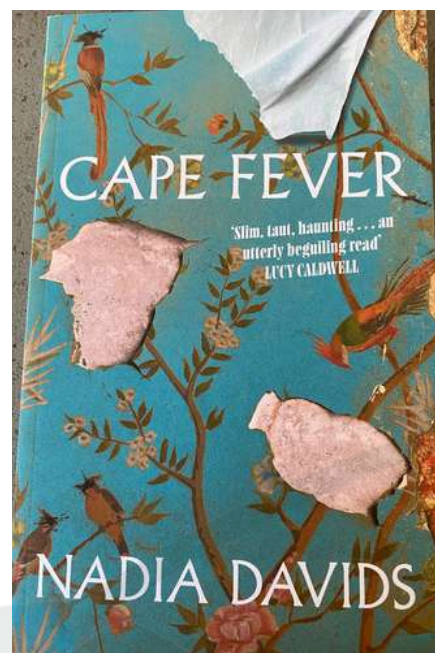
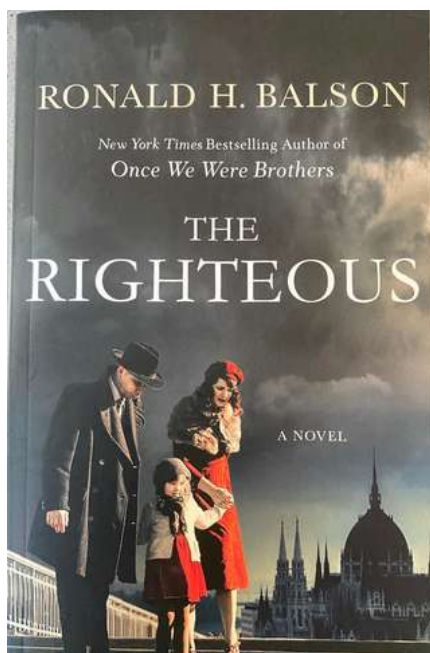
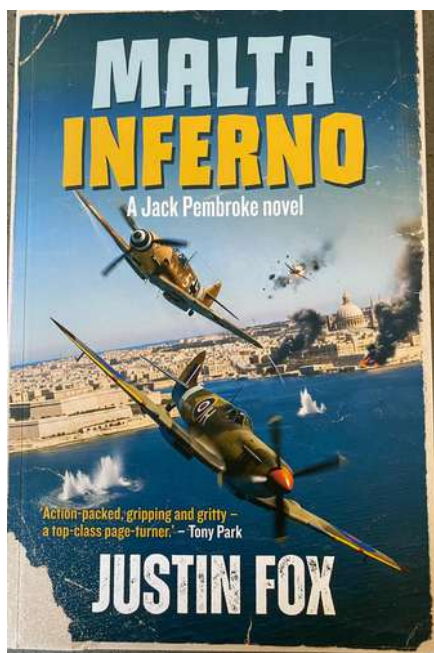
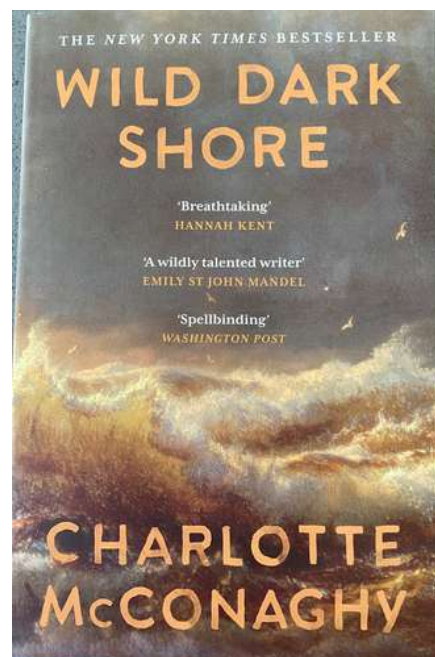
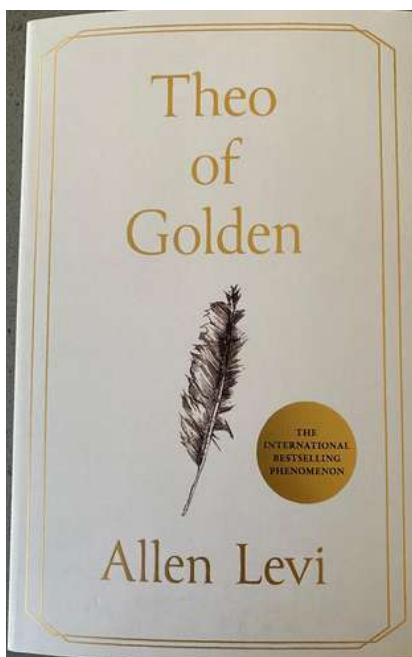
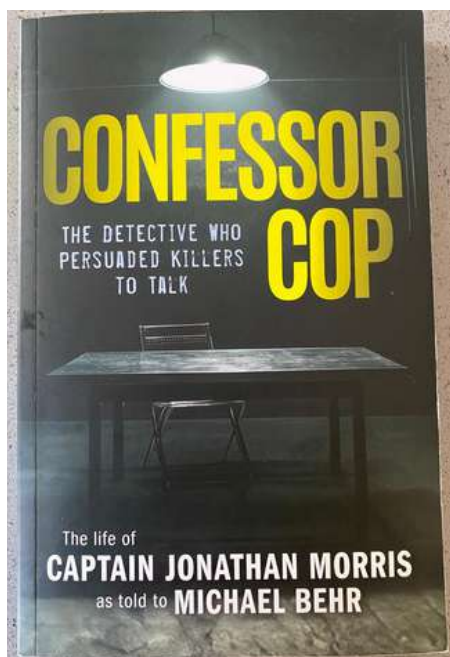
Picture credit goes to Mr. Mike Vermaak.



Picture credit goes to Ms. Christie Schaller.



Picture credit goes to Mr. Peter Gilchrist.





Balson, Ronald. ***The righteous***. Balson continues with his exploration of the heroic actions of those who defied Hitler's racially supremacist plans during WWII. American professor has not heard from her parents in over a year, so travels to Budapest with her friend to find them.

Davids, Nadia. ***Cape fever***. Set in a city very much like Cape Town in the aftermath of World War I, this is "a chilling exploration of class, colonialism and the long reach of history". A young Muslim woman is employed as a personal maid to Mrs Hattingh in a home that she discovers is filled with spirits. Davids is a highly regarded playwright and novelist and this novel has been very well reviewed internationally with The Guardian calling it "a cleverly told and ultimately satisfying novel, by an author bold enough to reveal uncomfortable truths."

Evans, Virginia. ***The correspondent***. The world of 73-year-old Sybil Van Antwerp is revealed through the letters she has written and received over the course of her life – an "affecting portrait of a prickly woman". This debut novel was described as THE sleeper hit of 2025.

Fox, Justin. ***Malta inferno***. Fourth title in the Jack Pembroke series. After evacuating South African troops from Tobruk, Jack and his small escort ship HMSAS Southern Gannet are tasked with a special mission in the Mediterranean.

Levi, Allen. ***Theo of Golden***. Described as a feel-good inspirational read, this gentle story tells of an elderly stranger Theo who transforms his town with kindness by purchasing pencil portraits of people and returning them to their subjects.

McConaghy, Charlotte. ***Wild dark shore***. During a terrible storm, a woman is shipwrecked on an island whose only inhabitants are Dominic Salt and his four children. A powerful literary thriller with beautiful writing and themes of climate change, loss and connection.

Morris, Jonathan and Behr, Michael. ***Confessor cop: the detective who persuaded killers to talk***. Jonathan Morris is a Cape Town detective with a unique ability to get killers to confess. Some of the high-profile cases he was involved with were the Sizzlers massacre and serial killer Jimmy Maketta. This is Morris's story, as told to journalist Mike Behr. Unputdownable, this is not merely a true crime story, but an insight into the heart and mind of a singular man.

Swan, Karen. ***Three summers***. A "highly evocative, atmospheric historical romance set in 1950s Puglia, Italy, following Rafaella Parisi amidst changing social times."



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

Tina's Turn
A TRIBUTE TO
TINA TURNER
THE SENSATIONAL
QUEEN OF ROCK!

Featuring
Romaine 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.RAMAIN.CO.ZA



WHERE CROCHET MEETS CONNECTION

Hooked & Happy

-Crochet and Connect-

Leave your cave · grab a hook · come for 3 hours of stitching, sipping & laughing with like-minded people

Date
Saturday
25th of April 2026

Time and Venue
10:00-13:00
Crochet & Craft Café,
The Playhouse, Fish Hoek
81 Kommetjie Rd, Fish Hoek, 7975



WE'RE MAKING BABY OLLIE

A crochet rattle toy, perfect for a baby or a cute car dangle.



All the details & booking
Visit our website or scan to book your spot
<https://moonchiza.com/pages/hooked-happy>



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: 20 April

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 broccoli

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

Soup of the day: Chicken noodle soup R45

Veg of the day: Stuffed pita with roasted chickpeas, hummus, feta cheese, and fresh vegetables (cucumbers, tomatoes, lettuce) with side tzatziki sauce

Tuesday: 21 April

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, garden peas and butternut

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

Soup of the day: Mushroom soup R45

Veg of the day: Sweet n sour falafels served with rice

Wednesday: 22 April

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

Soup of the day: Tomato basil soup R45

Veg of the day: Lentil mushroom shepards pie with side veggies

Thursday: 23 April

Broccoli 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, carrots and garden peas

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

Soup of the day: Butternut soup R45

Veg of the day: Pesto pasta with side parmesan cheese

Friday: 24 April

Hearty beef casserole: Slow cooked beef with veggies in hearty stew then served with rice, garden peas and carrots

N: R95 // L: R75 // K: R65 and Family: R300

OR

Chicken lemongrass: 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

Soup of the day: Thai chicken soup R45

Veg of the day: Baby marrow lemongrass with lemon roast potatoes, butternut and broccoli

Saturday: 25 April

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

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, butternut and green beans

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

Veg of the day: Butter bean potjie with rice

Sunday: 26 April

Roast Chicken or Pork: 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

