



27 APRIL - 03 MAY 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?

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Public Holidays- 27 April & 01 May

Christian Fellowship- 29 April

Upcoming Events:

Opera- 05 May

Classical Musical Group- 12 May

Bingo- 21 May

Enviro Wildfire Talk- 7 May
(Please see more information in the) next Aloe

"When you look at your mother, you are looking at the purest love you will ever know." — Mitch Albom

Dear Evergreen Lake Michelle Residents,

This week we looking forward to the Juliette Prowse Presentation , **Wednesday 28 April @14h30**, kindly note that all is welcome.

Our second interview of "in conversation" will take place **29 April @16h00**, and this month's interviewee will be Mrs. Gillian Vigne. At the age of 93 years old Mrs. Vigne shares her incredible and remarkable life journey.

A callout to our village mother's, we are requesting our mothers to share some sentimental and pure memories with us this upcoming mother's day. Kindly see below on page for more information.

Residents are reminded about the upcoming public holidays **Monday 27 April & Friday 01 May**. Kindly note that no dirt collection will take place over these two days.

Book your table at the bistro for our barn dance on **2 May** , where our very own village line dancers will be showcasing their best performance.

Please also keep an eye out for next weeks Aloe Newsletter for more information for the Enviro Wildfire Talk on the **7th May**.

Cheers to an amazing week!!!
Village Team

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WEEKLY EVENTS



Wednesday
IS RECYCLING

MON 27 APRIL	TUE 28 APRIL	WED 29 APRIL	THUR 30 APRIL	FRI 01 MAY	SAT 02 MAY	SUN 03 MAY
PUBLIC HOLIDAY- FREEDOM DAY	08h00 PILATES ACTIVITY ROOM 1		07h30-08h30 PILATES ACTIVITY ROOM 1	PUBLIC HOLIDAY- WORKERS DAY		
09h00 STRETCH CLASS MEZZANINE LEVEL	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	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
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		12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB		
10h30 CATHOLIC GROUP CINEMA ROOM	14h30 JULIETTE PROWSE PRESENTATION MEZZANINE LEVEL		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	16h00 IN CONVERSATION WITH GILLIAN VIGNE 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 Hours 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

28 April

Elizabeth Graham-Noordhoek

29 April

Dianne Chiles - Noordhoek

30 April

Rose Meny-Gibert -Noordhoek

01 May

Jennifer Morkel -Noordhoek

ANNIVERSARIES

27 April

Michael & Sally Perrott - Noordhoek

New Residents

No new residents this week.



'BREAKFAST AT TIFFANY'S'

Breakfast at Tiffany's (1961) is a charming classic that follows Holly Golightly, a free-spirited young woman who enjoys exploring life in New York City while forming meaningful connections with the people around her. The film highlights themes of friendship, self-discovery, and finding happiness in unexpected places.

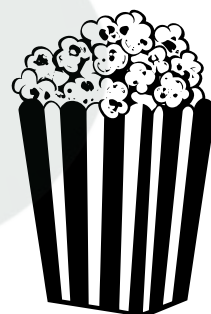
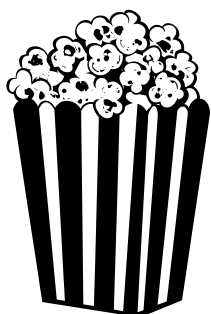
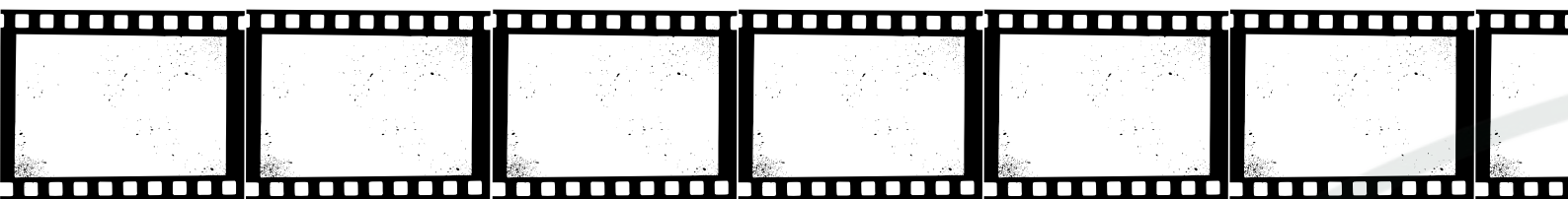
With iconic performances, memorable style, and heartfelt moments, Breakfast at Tiffany's offers a delightful and timeless viewing experience. A celebrated story filled with warmth, elegance, and unforgettable charm.

It stars Audrey Hepburn, George Peppard, Patricia Neal, Buddy Ebsen, Martin Balsam, and Mickey Rooney.

Where: Cinema Room 1

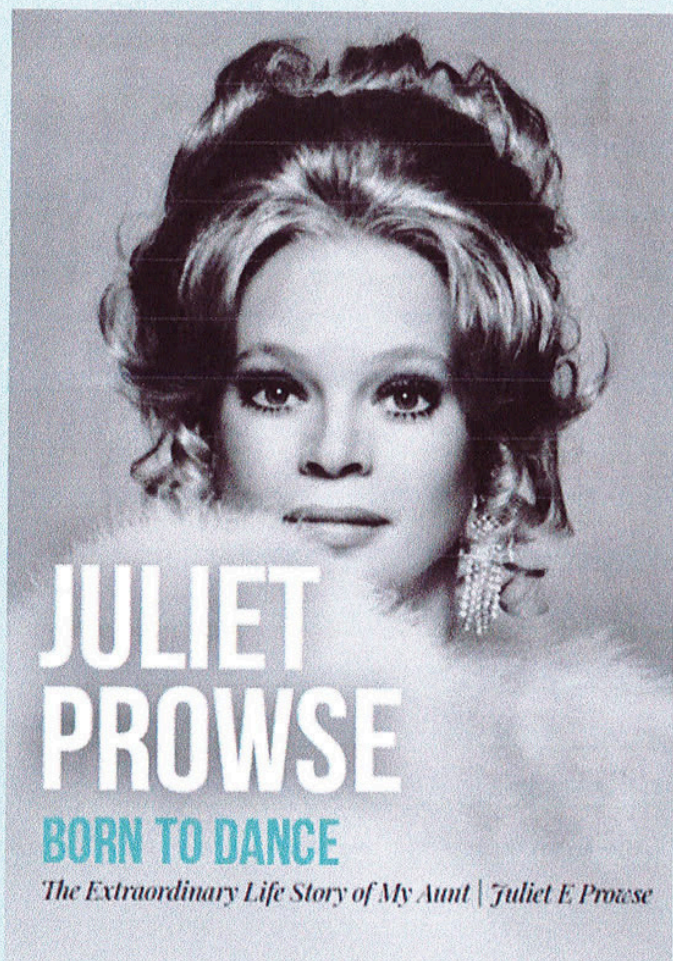
When: Thursday 30 April at 2.30pm sharp

RSVP: Booking form on notice board





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."

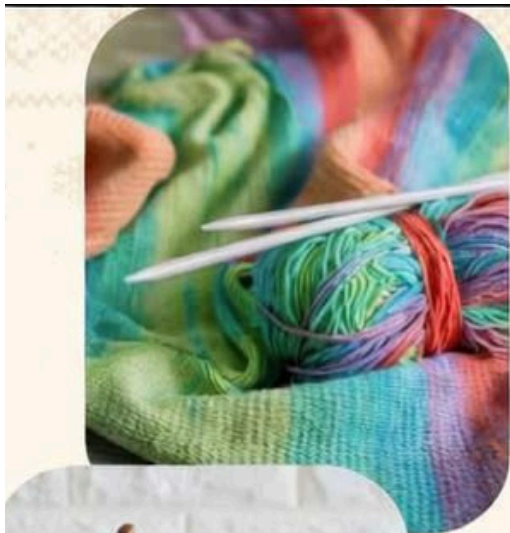
Phyllis Green, Sarie Book Editor

"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



MOTHERS DAY JOURNAL

Celebrate mother's day with us! Share your story

This May we're honouring moms, grans and great-grans in our village. We'd love to feature you in our Mother's Day edition of our aloe aloe.

1. **Motherwood in 6 words:**

Sum up being a mom or grandmother in exactly six words.
Example: "Tea, Tissues, Talks, Then they've grown."

Let's keep it short, sweet, funny or wise- we want them all.



2. **Then & Now Photos:**

Send us two photos:

- One of you with your mom when you were little.
- One recent photo of you with your own kids or grandkids.
- Add one sentence : "What's one thing that hasn't changed between the generations?"

Kindly submit all submissions to [**nhreception@evergreenlifestyle.co.za**](mailto:nhreception@evergreenlifestyle.co.za) by **05 May 2026 @17h00**





LADIES POOL

..... ♥
FRIDAYS 11:00 to 13:00



If you are interested in playing the relatively simple game of **POOL**.



Please think about joining the ladies' group on a Friday mid-morning.



Want to learn how to play **POOL**, pick up the basics of the techniques please contact



Jackie Davies
apartment 115



1 MAY 2026

café Roux
HOORDHOEK FARM VILLAGE

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

Featuring
Romaine Garreiros-Lloyd & Band

BERNIE DAMON | ANDY MURRAY | ROB STEMMETT | ALAN LLOYD

RBL
productions

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



Never Too Late to Learn!
Tick It Off Your Bucket List

Have you always wanted to learn to swim?
Now is your time ❤️

We offer gentle, one-on-one swimming lessons designed for comfort, confidence, and enjoyment.

✨ ***30-minute private lessons*** in Evergreen's pool

- Learn at your own pace
- Patient, experienced instructor
- Perfect for beginners or building confidence

Rate:
R250 per 30min individual lesson
R200 per 30min shared lesson – bring a friend

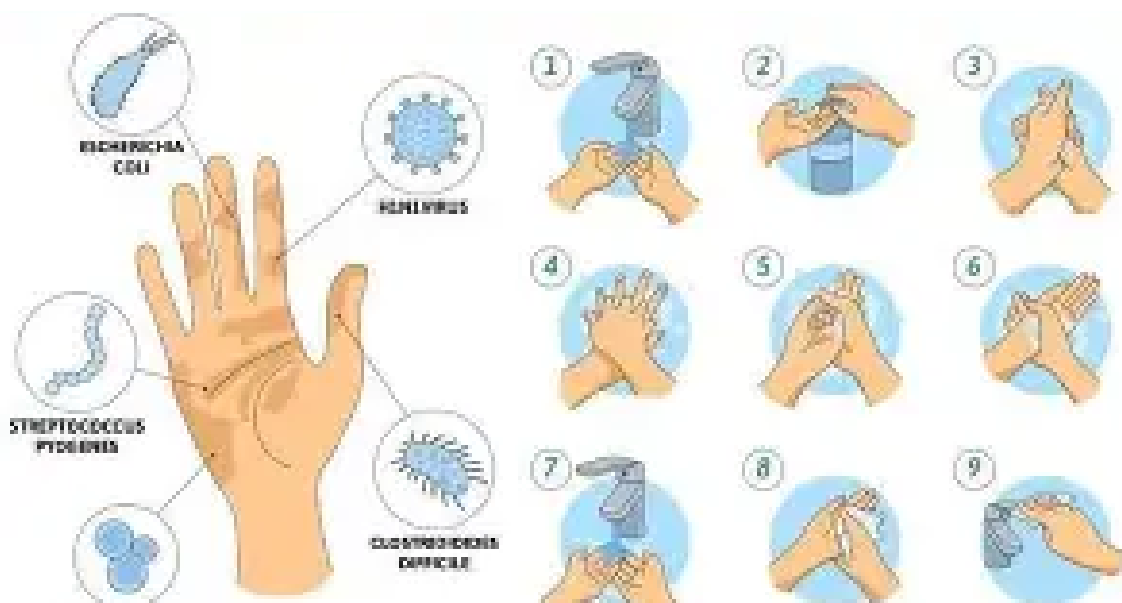
💧 *You're never too old to start something new.*
Enquire today to book your spot!

📞 ***Jacki 082 5719441***

✉️ ***Jacki@jaxxswimschool.co.za***



The Importance of Proper Handwashing



Washing your hands properly is one of the simplest and most effective ways to protect yourself and others from illness. Germs from surfaces, food, and other people can easily spread through touch, leading to infections like colds, flu, and stomach bugs. By using soap and clean water and scrubbing for at least 20 seconds, you remove dirt, bacteria, and viruses that could otherwise enter your body. Good hand hygiene not only keeps you healthy but also helps prevent the spread of disease in your community.





In Conversation With Mrs. Gillian Vigne

When: Wednesday 29th April

Time : 16:00

Where : Mezannine Level
(Lifestyle Center)



OUR SECOND INTERVIEW OF "IN CONVERSATION" WILL TAKE PLACE 29 APRIL @16H00, AND THIS MONTH'S INTERVIEWEE WILL BE MRS. GILLIAN VIGNE. AT THE AGE OF 93 YEARS OLD MRS. VIGNE SHARES HER INCREDIBLE AND REMARKABLE LIFE JOURNEY.



BARN DANCE

Saddle up and put your Boots on!

Saturday 2nd May 2026
from 6pm at the Bistro
Dancing from our very own line dancers in the Village

FOOD, FUN & LAUGHTER
DANCE INSTRUCTIONS

Prizes for Best dressed couple.
Best Guy and Best Gal

Book a table at the Bistro or
on 082 603 3518

Menu

Burger station (build your own)
with chips **R100**
Sticky wings and chips **R75**
Chicken strips and chips **R70**
Gourmet Hot dog and chips **R65**
Fish Goujons and chips **R75**
Steak strips and chips **R80**
French fries **R35**

(Please book at the Bistro)



**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**



Mother's Day Lunch

Enjoy a lunch out with mom

Join us on Sunday

10 May 2026

From 12pm at The Fynbos Bistro

Welcome champagne cocktail on arrival

Starter:

Tomato basil soup with toasted garlic bread

OR

Chicken livers cooked in peri peri sauce served with toasted garlic bread

Main: Buffet style

Roast Beef or Gammon with roast potatoes, rice, gravy, yorkshire pudding, cauliflower broccoli bake, butternut, peas and carrots

Dessert:

Layered chocolate mousse, berry coulis, vanilla sponge and white chocolate

OR

Mothers Day caramel sundae with vanilla ice cream and buttery caramel sauce topped with crushed honeycomb

Cost: R300 per person for the 3 course // R240 for a two course

Book on 082 603 3518 or at the Bistro



Monday: 27 April

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, butternut 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

Soup of the day: Chicken noodle soup R45

Veg of the day: Lentil bolognaise over spaghetti pasta

Tuesday: 28 April

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

Soup of the day: Mushroom soup R45

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

Wednesday: 29 April

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

Soup of the day: Tomato basil soup R45

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

Thursday: 30 April

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, sautéed potatoes and braised cabbage with carrots

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

Soup of the day: Butternut soup R45

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

Friday: 1 May

Pork chop: Grilled Pork chops flame grilled with pine-apple dressing, 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, carrots and baby marrows

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

Soup of the day: Thai chicken soup R45

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

Saturday: 2 May

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 macaroni, then topped with cheese and baked

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

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

Sunday: 3 May

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

