



11 MAY - 17 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?

Classical Music Group- 12 May.

Christian Fellowship- 13 May.

Movie- 13 May.

Upcoming Events:

Valuation & Buying- 19 May.

Mosiacs- 19 May.

Book Reading Club- 19 May.

Mobeewash-20 May.

SPCA Village Visit- 22 May.

Bingo- 21 May.

"You must stay fit for so long as you can." — Lynn Harding

Dear Evergreen Lake Michelle Residents,

Happy Mother's Day to all our amazing residents! Wishing you a day filled with kindness, joy and moments that make you feel loved.



From the desk of the village manager on page 3 has been introduced to keep our residents up to date with what's happening around the village on a weekly basis.

As we slow down into the middle of May month, we reflect on how our month started off with yet another successful event, the barn dance was a huge success, we thank all those who supported and assisted with the event.

Residents are reminded that our village beanie competition is still on, all support is welcome, for more information kindly get in contact with Mrs. Avril Allan on ext.2049.

Come and join the classical music group this Tuesday, 12 May @14h00 in our cinema room, residents are advised to put their names on the booking sheet on our village notice board as it saves you a seat.

This week we have our Christian Fellowship taking place on Wednesday, 13 May @10h00, all is welcome.

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

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Dear Residents,

1. Health & Safety and Fire Drill

At the end of the month, another quarterly Health & Safety audit will be conducted by our Outsourced Consultant SHEMCA. At the same time, we will conduct another Fire Evacuation drill for the apartments, as the last drill was postponed due to the power outage we experienced. The confirmed date will be advised closer to the time, as well as weather permitting. We have also bought a “Loud Haler” with a built-in siren, which we will use to replace the fog horns previously used to notify residents of the houses in case of a fire. Please diarise Wednesday 13 May at 11:00, as we will drive through the Village with the siren, to let residents know what the siren will sound like. Note this will not be an evacuation.

2. New Generator

Our new Generator for the Houses is expected to be delivered and installed on Thursday 14 May, we are very excited about this. Please note that we will also test the generator, thus you might experience some short power outages during this time.

3. Apartment Gutters

On Thursday and Friday of this week, the gutters at the apartments were repaired as well as sealed, thus we trust there will be no more leaky gutters. We have scheduled a contractor to conduct a camera inspection of all the apartment down pipes, to ascertain if there are any leaks that could explain the peeling paint and dampness on the apartment façade.

4. Staff movement

We are happy to share that we have done some internal staff promotions, which are:
Christo Snel – Promoted to Maintenance Manager (Previously Assistant Maintenance Manager)

Andre Wessels – Promoted to Maintenance Technician (Previously Handyman)

Chadwin Rigney – Promoted to Maintenance Handyman (Previously Utility worker)

Join me in congratulating these employees and wish them well and success in their new positions.

Thank you and we are wishing you a safe and warm week ahead.

Kind regards,

Stephan

General Manager



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 11 MAY	TUE 12 MAY	WED 13 MAY	THUR 14 MAY	FRI 15 MAY	SAT 16 MAY	SUN 17 MAY
09h00 STRETCH CLASS MEZZANINE LEVEL	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA	07h30-08h30 PILATES ACTIVITY ROOM 1			
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS MEZZANINE LEVEL		08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1	10h30 WATER COLOUR LESSONS CREATIVE HUB	
10h15 AQUA AEROBICS POOL AREA		10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL	09h15 AQUA AEROBICS POOL AREA		12h30 SUNDAY LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSIACS CREATIVE HUB		10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB		
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	12h00 RIAAN'S FRUITVAN TOP PARKING	10h30 TÁI CHI ACTIVITY RM 1		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h00 CLASSICAL MUSIC GROUP CINEMA ROOM		14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL		
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h30 MOVIE CINEMA ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	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

11 May

Lutz Uffhaus-Noordhoek

13 May

Gavin Brown - Noordhoek
Joy MacDonald- Noordhoek

14 May

Marion Nelsen-Noordhoek

15 May

Phillipe Tack-Noordhoek

16 May

Denise Baws-Noordhoek

17 May

Roger Falls-Noordhoek
Anne Stepto- Noordhoek

ANNIVERSARIES

No anniversaries this week.

New Residents

No new residents this week.



'PHANTOM OF THE OPERA'

Begins when an opera ghost terrorizes the cast and crew of the French Opera House while tutoring a chorus girl. He finally drives the lead soprano crazy so she and her friend leave.

The girl is able to sing lead one night but the soprano doesn't want her show stolen so she comes back. The ghost demands they keep giving his protégé lead roles. Meanwhile, His pupil falls in love with the Vicomte de Chagny, but the Phantom is in love with Christine, his student. The Phantom is outraged by their love and kidnaps Christine to be his eternal bride.

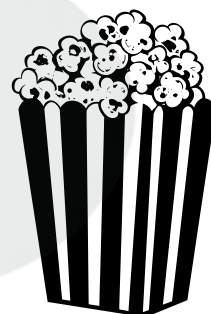
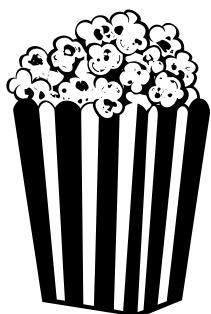
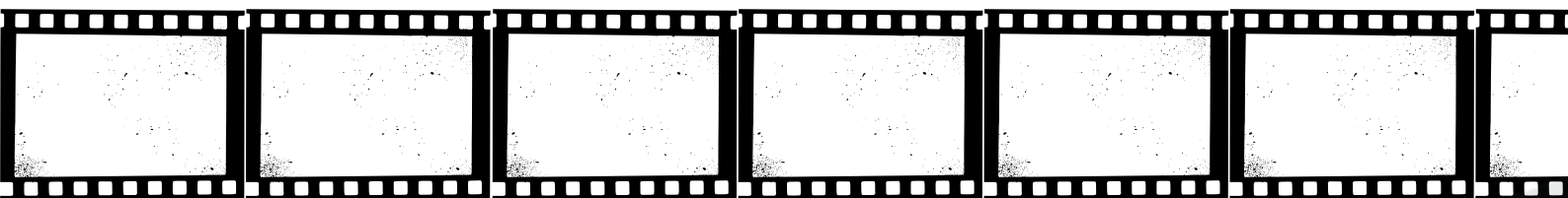
Will Raoul, the Vicomte, be able to stop this dastardly plan?

Directed by Joel Schumacher. With Gerard Butler, Emmy Rossum, Patrick Wilson, Miranda Richardson.

Where: Cinema Room 1

When: Thursday at 2.30pm sharp. **NB Back to usual start time**

RSVP: Booking form on notice board





Classical Music Group

Ottorino RESPIGHI

Fountains of Rome

Frankfurt Radio Symphony Orchestra

Conducted by Juraj Valčuha

Ludwig van BEETHOVEN

Symphony No. 8 in F Major, Op. 93

Frankfurt Radio Symphony Orchestra

Conducted by Andrés Orozco-Estrada

Wolfgang Amadeus MOZART

Piano Concerto No. 23 in A Major, K. 488

II. Adagio

Orchestra of the Opera House, La Scala, Milan

Conducted by Carlo Maria Giulini

Soloist: Vladimir Horowitz

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

**Tuesday, 12 May
2.00pm sharp
Cinema Room**

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



Thursday, 21 May

@ 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)

The Bistro will be offering a warm cup of soup.

For more information, please CONTACT THE BISTRO EXT.2404 OR 021 001 4312.



Valuation and buying day.

**WHERE: EVERGREEN LIFESTYLE RETIREMENT
VILLAGE NOORDHOEK**

WHEN: 19 MAY @10H00

**NO APPOINTMENT NEEDED- BRING ALONG YOUR
HIDDEN TREASURES**



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.



Jackie Davies Apartment 115 shares her six words to describe motherhood.

Six words to represent my feelings of being of importance to my family and their children and them to me. Called "**GRANDPA**" by one set of grandchildren I used those letters (omitting the "D" as that would make it 7 letters) to express my love for all of the family I am so lucky to have.

- **G**reat
- **R**elationship
- **A**dmiration
- **N**earness
- **P**ersonal
- **A**ttentive





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.

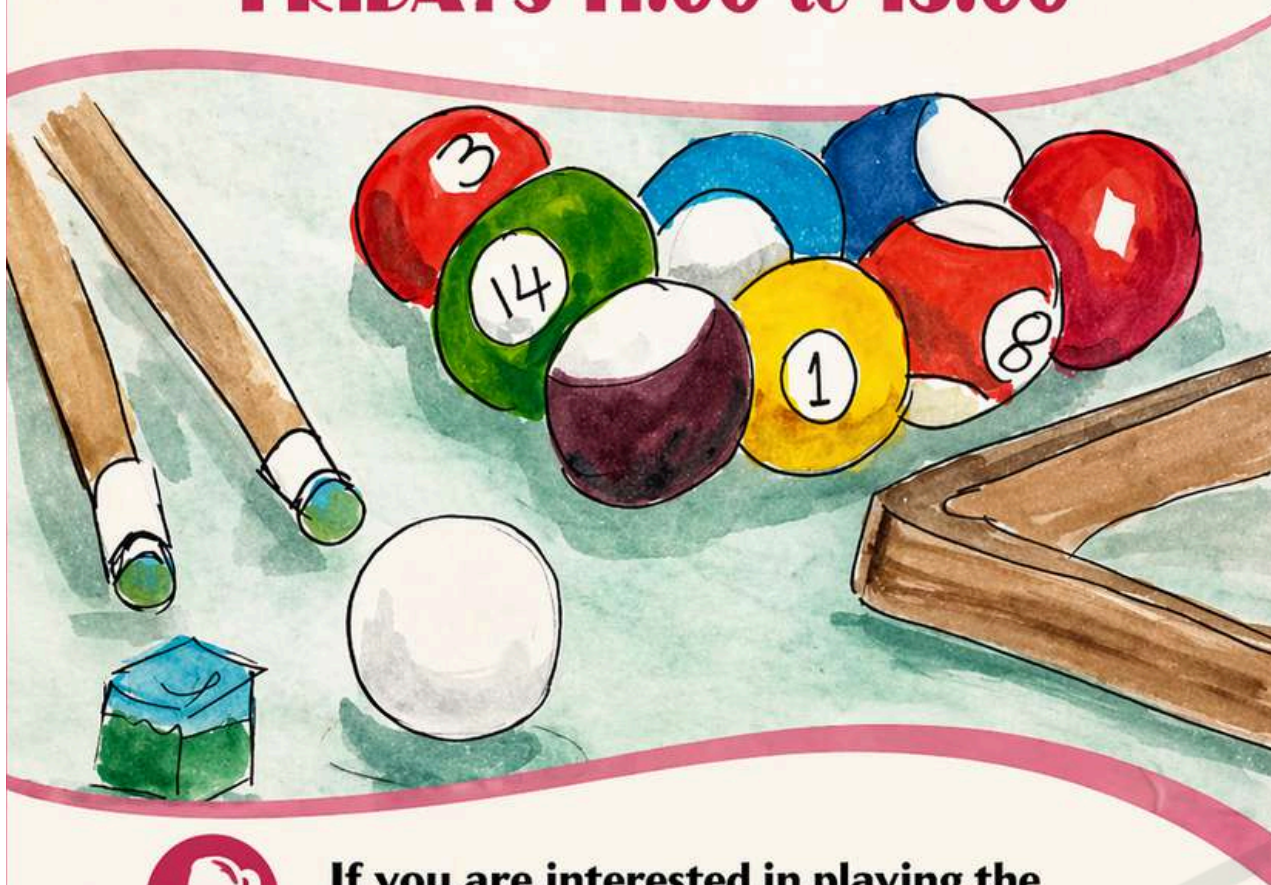
WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

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



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



BARN DANCE





St Norbert's Kommetjie
FESTIVAL OF ART, MUSIC & LITERATURE

SCAN TO FOLLOW US ON FACEBOOK

SCAN TO FOLLOW US ON INSTAGRAM

EVENT SPONSORS



St Norbert's Kommetjie
FESTIVAL OF ART, MUSIC & LITERATURE

Entry Fees Apply.

The Norbertine Fathers invite you to a week-long cultural celebration from 18-24 May 2026 at St Norbert's Priory in Kommetjie. Blending spiritual tradition with contemporary creativity, the festival will feature:

St Norbert's Priory, Kommetjie Festival Coordinators: Fr Subeesh Kalappurackal O. Prm / Jacinta Munro
Contact Number: 0726026144 | Email address: stnorbertkommetjiefestam@gmail.com

DAY	TIME	EVENT
Monday	10:00-19:00	Library Tours, Art Exhibitions, Food & refreshments, and introductions to famous authors. Events on the day: Masiphumelele Choir Liturgical dancing Wine and craft beer tastings SA Navy Band Local choirs Tea garden
Tuesday	10:00-21:00	Library Tours, Music concerts, Poetry sessions, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors.
Wednesday	10:00-21:00 (Concert 1: 17:00-18:00) (Concert 2: 19:00-20:00)	Library Tours, Music concerts, Poetry sessions, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Harque Organ Concert- Stefan Meyers
Thursday	10:00-21:00 (Musical Event: 19:00-21:00)	Library Tours, Music concerts, Poetry sessions, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Christian Devotional Songs
Friday	10:00-22:00 (Musical Event: 19:00-22:00)	Library Tours, Music concerts, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Celebrating Sports Evening
Saturday	10:00-22:00 IRB Jazz at the Priory Concert: 19:00-22:00 *Other events will take place at various times throughout the day	Library Tours, Art Exhibitions, Food and Refreshment, introducing famous Authors. Events on the day: *Masiphumelele Choir *Local bands *Wine Tasting/Craft Beer Tastings *Jazz at the Priory Concert *Religious Competition *Junior Art Competition *Tea Garden *Craft Stall vendor
Sunday	10:00-22:00 IRB: SA Navy Band: 15:00-17:00 *Other events will take place at various times throughout the day	Library Tours, Art Exhibitions, Food and Refreshment, introducing famous Authors. Events on the day: *Masiphumelele Choir *Liturgical Dancing *Wine Tasting/Craft Beer Tastings *SA Navy Band *Local choirs *Tea Garden



The Norbertine Fathers invite you to the inaugural St Norbert's, Kommetjie Festival of Art, Music & Literature to be held from **18 - 24 May 2026 @ 8 Rubbi Road Kommetjie, Cape Town**.
For further details, please contact the festival coordinators: Father Subeesh/ Jacinta Munro on the following contact details : stnorbertkommetjiefestam@gmail.com or 072-602-6144

Link to the FB Page: [St Norbert's Kommetjie Festival Art-Music-Literature / Facebook](https://www.facebook.com/StNorbertsKommetjieFestivalArtMusicLiterature/)



Link to Instagram Page: <https://www.instagram.com/stnorbertkommetjiefestam/>



Cuisine Menu for the Festival

**Tea Garden, Wine/Beer/Soft Drinks available throughout the festival
** Payment Card machine available
*** Booking essential for catering purposes

Monday (18May2026)	Tuesday (19May2026)	Wednesday (20May 2026)	Thursday (21 May 2026)	Friday (22May 2026)	Saturday (23 May 2026)	Sunday (24 May 2026)
Donna's Food (Masala Streak Rolls with chips)	Kerala (Chicken Biryani and side dish) R150.00 pp	Kerala (Chicken curry & Rice + side dish) R120.00 pp	Soup & Pud (Soups/Breads/ Puds selection) R130.00 pp	Fish Braai (Fish, Salad /Potato side) R150.00 pp	Hamburger R 50.00 each Boerewors Rolls(Includes condiments) R 30.00 each	Chicken Braai (Chicken, Salad, Roll) R130.00 pp



**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: 11 May

Benji Butter chicken: Chicken breast in a mild butter chicken sauce, served with basmati rice, garden peas and butternut

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

OR

Tomato bredie: Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavours intermingle. With rice, pumpkin and garden peas

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

Soup of the day: Chicken noodle soup R45

Vegetarian of the day: Cauliflower and chickpeas butter chicken, served with rice, butternut and peas

Tuesday: 12 May

Creamy tomato chicken pasta: With a hint of green spinach leaves and cherry tomatoes over penne pasta and side parmesan cheese

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

OR

Mushroom stroganoff: Served with mash, carrots and broccoli

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

Soup of the day: Mushroom soup R45

Vegetarian of the day: Baked feta pasta

Wednesday: 13 May

Beef curry: Served with yellow rice, garden peas and butternut with side sambal salad

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

OR

Chicken schnitzel: Our homemade chicken schnitzels topped with cheese sauce, served with roast potatoes, peas and carrots

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

Soup of the day: Tomato basil soup R45

Vegetarian of the day: Mild coconut Veg curry with chickpeas, served with rice, butternut and peas

Thursday: 14 May

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese

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

OR

Penne a la vodka: One of our signature pasta's topped with BBQ chicken pieces and parmesan cheese

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

Soup of the day: Butternut soup R45

Vegetarian of the day: Lentil chilli con carne with couscous topped with sour cream

Friday: 15 May

Beef burger: Our homemade beef burger topped with balsamic onions and cheese. Served with chips

R100

OR

Creamy chicken salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice, broccoli and carrots

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

OR

Grilled or Fried Fish: Served with chips, coleslaw and tartar sauce

N: R120 // L: R90 // Family: R350

Salad of the day: Thai chicken soup R45

Vegetarian of the day: Vegetarian burger served with chips

Saturday: 16 May

Alfredo pasta: Creamy ham and mushroom sauce over penne pasta, served with a side parmesan

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

OR

NEW Crockpot chicken and rice: Cheesy chicken and rice casserole slow cooked, served with garden peas and carrots

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

Vegetarian of the day: Caribbean Butternut & Chickpea Roti

Sunday: 17 May

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

Dessert: Trifle pudding

R180

Vegetarian of the day: Stuffed Gem squash with roast potatoes 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

