



1 JUNE - 7 JUNE 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?

Opera- 2 June

Dementia Talk- 3 June

Upcoming Events:

Classical Music Group- 9 June

Wayne Robertson Talk- 10 June

Christian Fellowship- 10 June

"Everything good, everything magical happens between the months of June and August. Winters are simply a time to count the weeks until the next summer."

Dear Evergreen Noordhoek Residents,

We're starting the month of June with introducing our village band, residents that's interested in joining the band can get in contact with Mr. Ian Hare on ext. 2137 or 082 579 3791.

Our residents are reminded of the dementia talk that's taking place on 3 June 2026, kindly book with reception on ext. 2400 or 021 001 4312.

The village's first shuttle services took place on Wednesday, 27 May 2026. We thank all residents who made use of this service. The service will continue, residents may book with reception on ext.2400 or 021 001 4312.

*Cheers to a fresh & new week!!!
Village Team*

IN THIS ISSUE

PAGE

FROM THE DESK OF THE VILLAGE MANAGER

3

WEEKLY EVENTS

4

Your weekly guide to sport & recreational activities in the Village

5

ACTIVITIES AND FACILITIES GROUPS AND EVENTS

6

IT'S A CELEBRATION

7

Birthdays, Anniversaries & New Residents

RESIDENT EVENTS

8

Movie

9

Opera

10

Dementia Talk

11

Wayne Robertson Talk

12

Beanie Competition

13

Shuttle Services

14

Photographic Competition

BISTRO MENU

15

Table 1&1

16

Weekly Menu

Dear Residents,

Roof Repairs:

We have been advised that the project to repair the roof will in all likelihood commence in July and will take approximately 2 months to complete. The repairs to the roof will be done in phases, as they move from the one end of the apartment block, towards the other end. We are not certain at which end they will start, but clearer details will be provided closer to the time as we get more clarity on the scope of works.

Village Management:

As communicated, please be advised that Elvirah will be managing the day-to-day activities of the Village until Johan, the new General Manager, commences work in August. I have the utmost confidence that Elvirah is most capable to manage the Village during the transition period between myself and Johan, thus I also ask you for your support in this regard.

Village Transport:

As requested by residents, we commenced the Village transport to Sun Valley Mall on Wednesday 27 May. The 5 residents that used the transport on the day were very happy about the service and we trust they will make use of it again. We implore other residents to also make use of this service, to make it a sustainable option for residents who do not have their own transport.

Village Maintenance:

Maintenance is making steady progress in the repairs to houses after the last storm. If you have reported storm damage at your house and it has not yet been attended to, please bear with us, it will be attended to in due course.

Wishing everyone a happy and healthy week ahead.

Stay safe,
Stephan



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 01 JUNE	TUE 02 JUNE	WED 03 JUNE	THUR 04 JUNE	FRI 05 JUNE	SAT 06 JUNE	SUN 07 JUNE
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		
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS MEZZANINE LEVEL	09h00 VILLAGE BAND ACTIVITY ROOM 2	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA		
10h15 AQUA AEROBICS POOL AREA		10h00 UNDERSTANDING DEMENTIA TALK MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL	10h00 ART CLUB CREATIVE HUB	09h45 DRAWING & SKETCHES CREATIVE HUB	
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 MOSIACS CREATIVE HUB		10h00 KNITTING GROUP MAIN LOUNGE			12h30 SUNDAY LUNCH BISTRO
	14h00 OPERA CINEMA ROOM	12h00 RIAAN'S FRUITVAN TOP PARKING	10h30 TÁI CHI ACTIVITY RM 1			
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SNOOKER CHAMPION SHIP GAME MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	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

1 June

Ilse Roos- Noordhoek

3 June

Tony Kromberg- Noordhoek

Marina Dawson- Noordhoek

Val Heard- Noordhoek

5 June

Margaret Reid- Noordhoek

Gael Culhane- Lake Michelle

Josephine Foad- Lake Michelle

2 June

Peter Gilchrist - Noordhoek

4 June

Gail Maclellan- Noordhoek

Darrel Dawson- Noordhoek

6 June

Helen Berthold- Noordhoek

Ian Simpson- Noordhoek

7 June

Jennifer Knott- Noordhoek

ANNIVERSARIES

1 June

Willem & Roz Hoek- Noordhoek

5 June

Peter & Susan Van Der Spek- Noordhoek

6 June

Koos & Shirley Reynders- Noordhoek

New Residents

No new residents this week!



'A MAN CALLED OVE'

59 year old Ove is the block's grumpy man who several years earlier was deposed as president of the condominium association, but he could not give a damn about being deposed and therefore keeps looking over the neighborhood with an iron fist.

When pregnant Parvaneh and her family moves into the terraced house opposite and accidentally backs into Ove's mailbox it turns out to be an unexpected friendship.

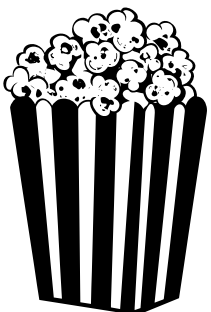
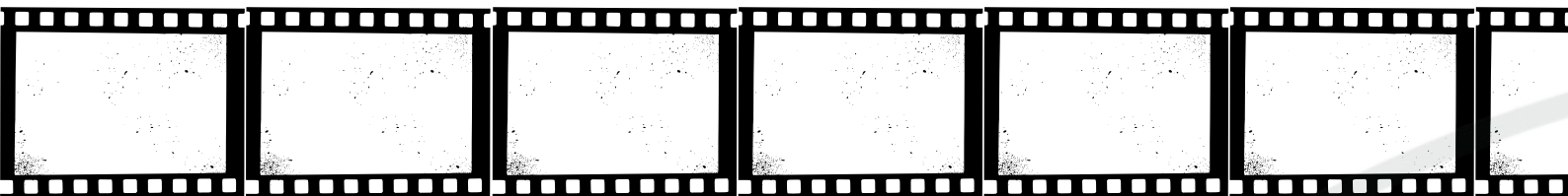
A drama comedy about unexpected friendship, love and the importance of surrounding yourself with the proper tools.

In Swedish with English sub-titles.

Where: Cinema Room 1

When: Thursday 4 June at 2.30pm sharp

RSVP: Booking form on notice board





Maria Stuarda (Gaetano Donizetti)

Date: Tuesday 2 June 2026

Time: 2pm

Venue: Cinema Room 1

David McVicar's striking 2013 Metropolitan Opera production of Gaetano Donizetti's *Maria Stuarda* brings the intense psychological and political rivalry between Queen Elizabeth I and Mary, Queen of Scots, to life. Set against John Macfarlane's somber, minimalist designs of deep reds and blacks, this staging frames the historical drama as a tragic clash of two unyielding monarchs, driven by political insecurity and romantic jealousy.

The visual record of the production highlights this intense dramatic tension, focusing squarely on the volatile dynamic between the two royal rivals:

Act I opens at the court of Westminster. Queen Elizabeth I (Elza van den Heever, portraying a severe, tempestuous monarch) is pressured to marry the French king's heir but confesses her heart belongs to Robert Dudley, Earl of Leicester (Matthew Polenzani). Meanwhile, George Talbot (Matthew Rose) pleads for the release of Mary Stuart (Joyce DiDonato), who is under house arrest at Fotheringhay Castle. Secretly in love with Mary, Leicester manipulates Elizabeth into agreeing to a face-to-face meeting with her captive cousin during a royal hunt.

The scene shifts to Fotheringhay, where Mary enjoys a rare moment of outdoor freedom. The atmosphere turns tense as Elizabeth's hunting party arrives. Urged by Leicester to show humility, Mary swallows her pride and kneels before the English Queen. However, Elizabeth takes the opportunity to relentlessly insult and humiliate Mary, accusing her of treason and murder. Pushed to her absolute limit, Mary retaliates with devastating fury, branding Elizabeth a "vil bastarda" (vile bastard). This explosive, fictional confrontation seals Mary's tragic fate.

Act II takes place years later, a transition visibly illustrated by McVicar through an aging, haggard Elizabeth. Driven by Cecil's (Joshua Hopkins) relentless security concerns and her own deep-seated resentment, Elizabeth signs Mary's death warrant. Back at Fotheringhay, Cecil delivers the sentence to Mary. In a deeply moving scene, Mary unburdens her soul, making her final confession to Talbot.

The production reaches its climax at the execution site, dominated by a towering scaffold. Surrounded by weeping supporters, Mary remains dignified and serene. She forgives Elizabeth, sings a powerful, heartbreaking prayer for peace. With immense grace, she climbs the steep staircase toward a massive executioner, facing her death with the poise of a martyr as the curtain falls.



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



Understanding Dementia: An Informative Talk

Understanding dementia starts with conversation.

Join Jacqueline Delange to *discuss support, lifestyle changes, hearing loss, and adapting with compassion.*

A FREE Hearing Screening is included after the talk.

Place: Evergreen Noordhoek

Date: 3 June 2026

Time: 10:00

Join us for FREE tea and cake after the discussion, where Jackie will be available to answer your questions.





**COME LISTEN:
TO REAL LIFE STORIES OF
OCEAN CROSSINGS AND
CRAZY WORLD RECORDS!
BY WAYNE ROBERTSON**

WHEN: Wednesday 10th June 2026
TIME: 2:30pm
WHERE: Mezzanine Level

BOOK NOW





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



Photographic

COMPETITION

2026

Happy Snapping!

**"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."**

~ EUDORA WELTY

THE RULES ARE:

It must be your own photos.

You may submit two photographs
per theme.

HOW TO SUBMIT:

Please include the following per
submission:

- theme
- your name
- village
- caption
- short explanation of how your
picture -fits in with the theme

Submit in JPG or PNG format, Word
or PDF will not be accepted.

All pictures to be submitted in high
resolution – 5MB or higher.

Take a moment to ensure that your
photo is suited and submitted in to
the correct theme.

All entries to be submitted by latest
31 October 2026 (Judging in
November 2026 and the winners to
be announced in December 2026)

Submit all entries to
photos@evergreenlifestyle.co.za

You can submit your photographs
for any of the themes throughout
the year.



Themes



Natural Sculptures

A natural sculpture is a sculpture that is inspired by forms and
processes from nature.



Locomotion

Some organisms move through their own active efforts, while
others may be moved by external forces like wind or water.

Portraits

To show a person's essence, character, or status, going beyond
a simple snapshot.



Night Photography

The practice of taking photographs outdoors between dusk and
dawn, when natural light is minimal or nonexistent.



Travel

It involves going to a new place using various means like
walking, driving, flying, or sailing, and can be a way to
experience different cultures, discover new places, and
challenge oneself.



Macro

Macro photography is extreme close-up photography that
makes tiny subjects, like insects or flowers, appear life-size or
larger, revealing incredible detail invisible to the naked eye



Minimalist

A style characterized by extreme simplicity, using minimal
elements to create a clean and impactful image



Wildlife

Wildlife photography is a genre capturing animals in their
natural habitats



Landscapes

Landscape photography is the art of capturing the beauty of
outdoor scenes, from natural landscapes to man-made features
within them



Colours

Colour photography is the art and process of capturing and
reproducing images with a full spectrum of colors, mimicking
how the human eye sees the world



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: 1 June

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

Vegetarian of the day: Lentil bolognaise over spaghetti pasta

Tuesday: 2 June

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

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

Wednesday: 3 June

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

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

Thursday: 4 June

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

Braised Pork adobo: Pork fillet braised with vinegar, soya, ginger and spinach. Served with rice, garden peas and butternut

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

Soup of the day: Butternut soup R45

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

Friday: 5 June

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

OR

Beef frikkadels: Our homemade beef frikkadels served with mash, gravy, garden peas and carrots

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

OR

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

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

Soup of the day: Broc bacon soup R45

Vegetarian of the day: Veg frikkadels with gravy, mash, garden peas and carrots

Saturday: 6 June

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

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

Sunday: 7 June

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
Malva pudding with custard or ice-cream

R180

Vegetarian 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

