



8 JUNE - 14 JUNE 2026

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Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Classical Music Group- 9 June

Wayne Robertson Talk- 10 June

Christian Fellowship- 10 June

Wol aan die rol- 11 June

Upcoming Events:

Book Club- 16 June

In Conversation with Mrs. Falls- 17 June

Quiz Evening- 18 June

"Age is a question of mind over matter. If you don't mind, it doesn't matter." – Satchel Paige

Dear Evergreen Lake Michelle Residents,

June month is globally recognized as Alzheimer's & Brain Awareness month. Last week we had a dementia talk that was hosted by Kind 2 Hearing. We thank those residents who attended the talk. A slideshow of the talk is available from Mrs. Rowan Mentis, kindly send an email to rmm9forth@gmail.com, if you are interested in knowing what the talk was all about.

This week Wednesday 10 June @14h30 we have Wayne Robertson that's coming to share his real-life story and experiences of ocean crossings and world records, kindly book with reception on ext. 2400 or 021 001 4312.

We are currently in the last week of our beanie competition, those who still wishes to donate may do so by getting in contact with Mrs. Avril Allan on ext. 2049.

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



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Weekly Menu

Dear Residents,

June: Youth Month & Father's Day

June is Youth Month, and we also take time to celebrate all the fathers and father figures in our lives.

Monday, 16 June – Youth Day Public Holiday

We commemorate Youth Day and remember the Soweto uprising of 16 June 1976.

Please note: The Village will run with skeleton staff only. There will be no refuse collection, domestic services, or gardening on the day.

The Bistro will operate as per normal.

Sunday, 21 June – Father's Day

We celebrate the father figures who make a difference. Keep an eye out in the Aloe Aloe for Freedom Foods' special Father's Day menu.

Village Transport to Sun Valley

Two weeks ago, we launched the Village transport to Sun Valley, and residents who used it were very appreciative.

This week we had to cancel the trip as only 3 residents booked. This is a paid service – R50 return per person – and the Village covers any empty seats. Low uptake forces us to cancel, which affects residents who rely on the service to get to a shopping center.

Unfortunately, the transport company only has this day available, so we can't reschedule. Please make use of the service if you need it so we can keep it running.

ResCom Update

We had a constructive Residents Committee meeting this week. Since the meeting we've received approval to install new metal cat's eyes on the incoming road, plus road signage warning of sharp and blind bends. We've moved to the quoting phase and are confident these safety upgrades will be completed soon.

Wishing everyone a happy and healthy week ahead.

Kind regards,

Stephan
General Manager



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 08 JUNE	TUE 09 JUNE	WED 10 JUNE	THUR 11 JUNE	FRI 12 JUNE	SAT 13 JUNE	SUN 14 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 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL	10h00 ART CLUB CREATIVE HUB		
10h30 CATHOLIC GROUP CINEMA ROOM			10h00 KNITTING GROUP MAIN LOUNGE 10h00 WOL AAN DIE ROL MAIN LOUNGE		09h45 DRAWING & SKETCHES CREATIVE HUB	12h30 SUNDAY LUNCH BISTRO
	14h00 CLASSICAL MUSIC GROUP 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	14h30 WAYNE ROBERTSON TALK MEZZANINE LEVEL	14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER 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 <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

8 June

June Hutcheson- Noordhoek

10 June

Linda Gilbert-Noordhoek

13 June

Peter Salter- Noordhoek

9 June

Trevor Harding - Noordhoek

12 June

Sheila Mclean-Noordhoek

June Cawood- Noordhoek

Ron Jones- Noordhoek

14 June

Colleen Benkunkskas- Noordhoek

Susan Grave- Lake Michelle

ANNIVERSARIES

8 June

Peter & Josephine Foad- Lake Michelle

New Residents

Mr Brian & Mrs Julie Banham - Apartment 14



'THE ZONE OF INTEREST'

The Zone of Interest is a 2023 historical drama film written and directed by Jonathan Glazer. Loosely based on the 2014 novel by Martin Amis, the film focuses on the life of German Auschwitz commandant Rudolf Höss and his wife Hedwig, who live with their family in a home in the "Zone of Interest" next to the Auschwitz concentration camp. Christian Friedel stars as Rudolf Höss alongside Sandra Hüller as Hedwig Höss.

"The Zone of Interest is one of the most memorable, remarkable films of the last few years. Jonathan Glazer achieves a fascinating dissociation between the general tone of the movie and the mundane actions of the protagonist family, portraying the unbelievably shocking global apathy in the face of the greatest crime in human history.

The atmospheric, static cinematography, together with the powerful score and especially the background sounds that will haunt any viewer, justify the use of the term "masterpiece" to technically describe the film.

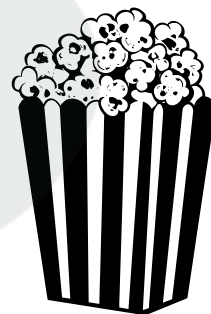
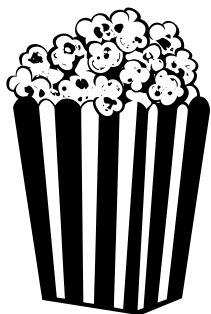
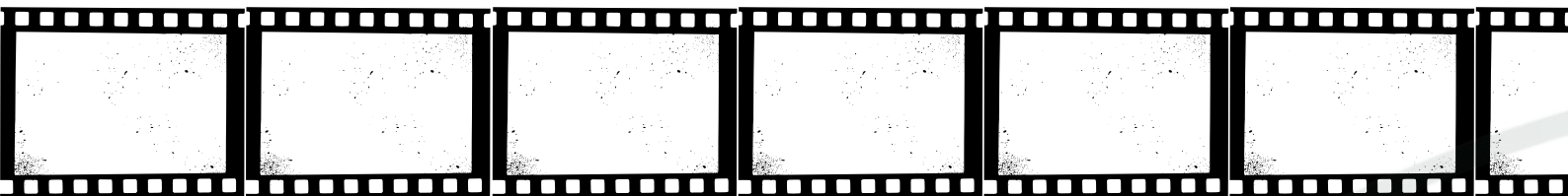
But more important is learning from the mistakes of the past that sadly insist on persevering..."

(German dialogue with English sub-titles)

Where: Cinema Room 1

When: Thursday 11 June at 2.30pm sharp

RSVP: Booking form on notice board (Lake Michelle residents who wish to attend may contact Evergreen Reception to request their name on the booking form)





Classical Music Group

Benjamin BRITTEN

The Young Person's Guide to the Orchestra
(Variations and Fugue on a Theme of Purcell)

WDR Symphony Orchestra

Conducted by Jukka-Pekka Saraste

Robert SCHUMANN

Piano Concerto in A minor op. 54

NDR Symphony Orchestra

Soloist: Hélène Grimaud

Conducted by Thomas Hengelbrock

Henryk WIENIAWSKI

Polonaise de concert No. 1 in D major

Soloist: Jascha Heifetz

Accompanist: Emanuel Bay

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

Tuesday, 9 June
2.00pm sharp
Cinema Room

RSVP: On the booking
form on the notice
board.



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Gentle, enjoyable swimming lessons designed especially for **Evergreen**.



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**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





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



FISH HOEK VALLEY MUSEUM EVENTS JUNE 2026

11 June - Thursday - 5 for 5.30 pm Talk

Join the Fish Hoek Valley Historical Association for the monthly talk on:
Our Lost History (& the proposed demolition of Dagbreek Cottage).

Venue: Fish Hoek Library side hall R20 members, R30 visitors

16 June - Tuesday - 6 pm Family History Club

Monthly meeting of our Family Research Club - a look at using military records.

All welcome. Venue: Fish Hoek Library side hall. No charge

24 June - Wednesday - 11 am History over Tea

Join us for our monthly History over Tea at Fish Hoek Library.

Topic: Growing Up in the Valley. Bring your stories!

Refreshments served. Venue: Fish Hoek Library side hall. No charge

27 June - Saturday - 10 am to 2 pm SATURDAY OPENING

Email: curator.fishhoekvalleymuseum@gmail.com

www.fishhoekvalleymuseum.co.za

Address:

59 Central Circle
Fish Hoek, Cape Town

Follow Us:





READING ROOM WEDNESDAYS



**59 CENTRAL CIRCLE,
FISH HOEK**
(RIGHT OF THE CIVIC CENTRE PARKING)



**JOIN FISH HOEK VALLEY MUSEUM
WEDS AFTERNOONS 1 PM - 4 PM**

**GET COMFORTABLE AND READ OUR BOOKS
& NEWSPAPERS (OR BRING YOUR OWN)
TEA/COFFEE AVAILABLE. R20 ENTRANCE**



History Over Tea

Discover the local history of the Fish Hoek Valley and surrounds with Fish Hoek Valley Museum and Fish Hoek Library, accompanied by tea and coffee.

June's Theme:

Growing Up in Fish Hoek

Date: Wed 24 June 2026

Time: 11am - 12pm

FishHoek.Library@capetown.gov.za

021 400 7101



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: 8 June

Spaghetti bolognaise: with a side parmesan cheese
N: R90 // L: R70 // Family: R285

OR

Thai chicken stir fry: Thai coconut chicken breast with stir fry veggies over basmati rice
N: R90 // L: R70 // Family: R285

Soup of the day: Chicken noodle soup R45

Vegetarian of the day: Pesto cherry tomato sauce over penne pasta

Tuesday: 9 June

Hawaiian pork stir fry: Pork fillet pieces with stir fry veg, served over rice

OR

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

Beef Ragù: Slow cooked beef in a red wine sauce with veggies, served with mash and medley of garden peas and carrots

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

Soup of the day: Mushroom soup R45

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

Wednesday: 10 June

Chicken Korma: Mild chicken breast pieces in a creamy korma sauce with rice and side sambal
N: R90 // L: R70 // Family: R285

OR

Beef stroganoff: Served with mash, baby marrows and butternut

N: R100 // L: R80 // Family: R350

Soup of the day: Tomato basil soup R45

Vegetarian of the day: Veg Korma served with rice and side sambal

Thursday: 11 June

Cape bobotie: Traditional cape mince bobotie with yellow rice, pumpkin and garden peas with a side sambal

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

OR

Mac n cheese: Mac n cheese topped with tomato and grilled in the oven

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

Soup of the day: Butternut soup R45

Vegetarian of the day: Lentil bobotie served with basmati rice, green beans and butternut

Friday: 12 June

Pork sausages: with nutmeg mash, gravy, peas and butternut

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

OR

Chicken a la king: Served with savoury rice, carrots and green beans

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

OR

Fried or Grilled 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: Tomato savoury veg meatballs with couscous with stir fry veg

Saturday: 13 June

Mediterranean Chicken: Chicken breast pieces, olives and roasted peppers, served with rice and baby marrows

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

OR

Indian meatball curry: With rice, carrots and green beans

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

OR

Vegetarian of the day: Veg kebabs with savoury rice and veg of the day

Sunday: 14 June

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

R180

Vegetarian meal 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

