



22 JUNE - 28 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?

Village Transport- 24 June @09h00

Christian Fellowship-24 June @10h00

Ballet Group- 30 June

Upcoming Events:

Opera- 07 July

Classical Music Group- 14 July

Winter Market-24 July

"Ends are not bad things, they just mean that something else is about to begin." — C. JoyBell C

Dear Evergreen Lake Michelle Residents,

Residents are reminded to book with reception on ext.2400 or 021 001 4312 on a Monday for the latest, if you are gonna make use of the village transport.

This week we have our Christian fellowship on Wednesday 24 June @10h00 in the lifestyle centre, where we get together to share God's word & fellowship with each other afterwards, all is welcome.

Our Tuesday hikers went out on a hike to Silvermine east reserve and Mrs. Jen Eidelman shared some really amazing pictures. Kindly see below on page 9, those who wish to join the group on a Tuesday morning please get in contact with Mrs. Jen Eidelman on ext.2114 or Mr. Ron Jones on ext.2068 or 084 588 8187.

Our beanie competition for 2026 was also a huge success, we extend our gratitude to all who took part of this initiative and contributed towards it.

Rugby season is upon us, to those who loves the game, please do come and watch the upcoming games in the lifestyle centre, the big screen will be on with every game.

*Wishing you all a happy week!
Village Team*

Our

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From the Desk of the Village Manager

Wishing all the fathers, grandfathers, and father figures in our Evergreen community a very happy Father's Day! We hope you enjoy a wonderful weekend with family and friends.

We would also like to invite everyone to join us at the Bistro/Bar on Saturday, 20 June, to cheer on the Springboks rugby team and enjoy the game together.

Please note that the parking area on the far side of the apartment building has been partially reopened. However, the section closest to the apartments remains closed to ensure the safety of our residents while repair work continues. This area will be reopened as soon as all repairs have been fully completed.

Thank you for your patience and cooperation. We look forward to seeing you at the Bistro/Bar and wish everyone a safe and enjoyable weekend.

Village Manager:

Stephan Loyd



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 22 JUNE	TUE 23 JUNE	WED 24 JUNE	THUR 25 JUNE	FRI 26 JUNE	SAT 27 JUNE	SUN 28 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	09h45 DRAWING & SKETCHES CREATIVE HUB	
10h15 AQUA AEROBICS POOL AREA		10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL			
10h30 CATHOLIC GROUP CINEMA ROOM		12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB		12h30 SUNDAY LUNCH BISTRO
		15h00 LINE DANCING ACTIVITY RM 1	10h30 TÁI CHI ACTIVITY RM 1	11h00-13h00 LINE DANCING ACTIVITY RM 1		
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		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

23 June

Anne Tingley- Noordhoek
David Van Blerk- Noordhoek

24 June

June Pittermann - Noordhoek
Louise Jackson- Noordhoek

26 June

Nigel Gilbert- Noordhoek
Ingrid Jolley- Noordhoek
Fiona Hutcheon- Noordhoek

27 June

Florence Wright- Noordhoek

28 June

Gillian Alexander - Noordhoek

ANNIVERSARIES

22 June

Bill & Lynn Harding- Noordhoek

24 June

Richard & Judy Moolenschot- Noordhoek
Roger & Sue Payne- Lake Michelle

25 June

Eddie & Daphne Wesselo- Noordhoek
Peter & Alison Searle- Noordhoek

New Residents

Mr. David & Mrs. Susan Hesketh- Apartment 18



'THE WHOLE NINE YARDS'

Jimmy "The Tulip" Tudeski (Bruce Willis), a mob hitman-turned-informant, ratted on the mob and put his life in jeopardy. He agrees to cooperate with an FBI investigation in order to stay out of prison, and is relocated by the authorities to a life of suburban anonymity as part of a witness protection program.

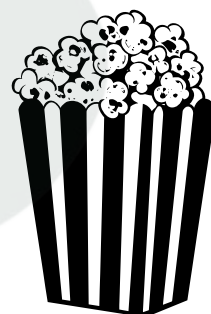
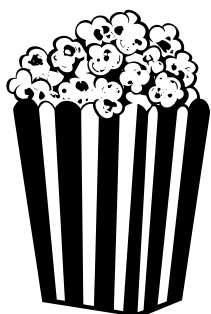
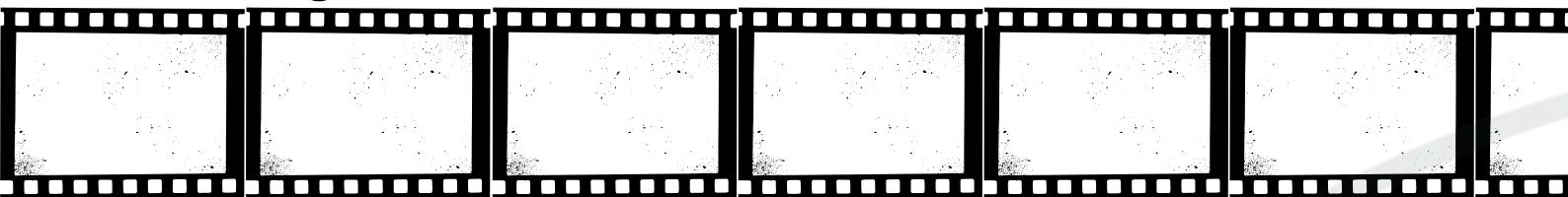
His next-door neighbor is mild-mannered, unhappily married dentist Nick "Oz" Oseransk (Matthew Perry). Nick recognizes Jimmy from the newspaper stories about his mob testimony, and that's when Nick's simple, boring world turns upside down.

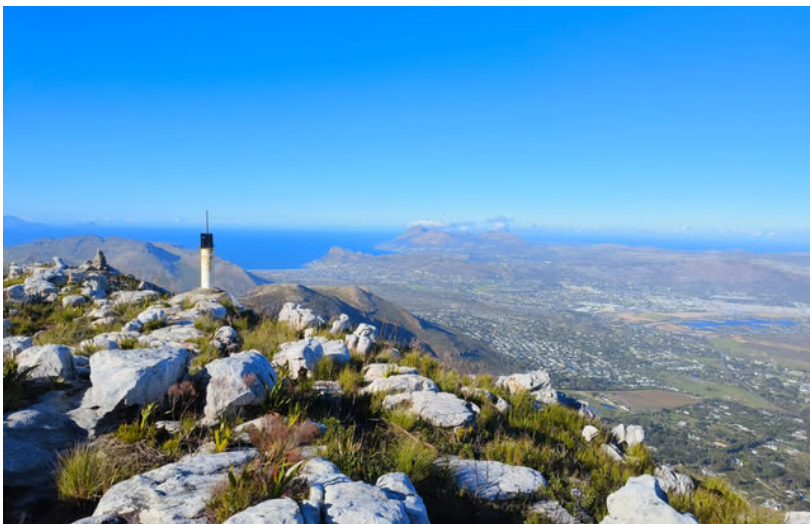
It's not long before a couple of his new neighbours figure out his true identity and come knocking to see if he'd be up for one more hit—suburban style.

Where: *Cinema Room 1*

When: *Thursday 25 June at 2.30pm sharp*

RSVP: *Booking form on notice board*





These beautiful pictures were taken by Jen & Alastair of the Tuesday Hikers, on their hike in the Silvermine East Reserve



FIXTURES 2026



SPRINGBOKS FIXTURES 2026



20 JUNE 2026	15:00	SPRINGBOKS vs BARBARIANS	
4 JULY 2026	17:40	SPRINGBOKS vs ENGLAND	
11 JULY 2026	17:40	SPRINGBOKS vs SCOTLAND	
18 JULY 2026	17:40	SPRINGBOKS vs WALES	
8 AUGUST 2026	21:00	SPRINGBOKS vs ARGENTINA	
22 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
29 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
5 SEPTEMBER 2026	17:00	SPRINGBOKS vs ALL BLACKS	
12 SEPTEMBER 2026	17:05	SPRINGBOKS vs ALL BLACKS	
27 SEPTEMBER 2026	11:45	SPRINGBOKS vs AUSTRALIA	
13 NOVEMBER 2026	TBC	SPRINGBOKS vs FRANCE	
21 NOVEMBER 2026	TBC	SPRINGBOKS vs IRELAND	

27-29 NOVEMBER 2026 NATIONS CHAMPIONSHIPS FINALS





EVERGREEN
— NOORDHOEK —

SHUTTLE *Service*

— with —
ESHELS TRANSPORT



EVERY
WEDNESDAY

9AM – 12PM



DESTINATION:
LONG BEACH MALL

Shop, dine and enjoy!



Your convenient ride
to Long Beach Mall
and back.



Safe. Reliable.
Community focused.



**BOOK WITH
RECEPTION**

**EXTENSION
2400**

Connecting our community, every Wednesday. ♥



A huge congratulations to our Knitting group ladies for the warm beanies that you guys have knitted together, tho those that does not attend the knitting group on a Thursday whom have also contributed through making a small donation, you are all appreciated 😊.



- Memory loss – Amnesia
 - ❖ Repeating Questions
 - ❖ Forgetting Recent Events
 - ❖ Misplacing Items
- Disorientation wrt place, time and recognizing loved ones etc
- Visio-Spatial disorientation
 - ❖ Depth Perception
 - ❖ Navigation
 - ❖ Activities of Daily Living (Apraxia)
- Difficulty finding words – Aphasia
- Executive skills decline – planning, problem-solving and judgement
 - ❖ Trouble Planning or Following Steps
 - ❖ Poor Judgement
- Personality and Mood Changes
- Withdrawal From Social Activities



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: 22 June

Chicken carbonara pasta: A creamy chicken pasta with mushrooms over pasta, served with parmesan cheese

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

OR

Glazed sticky pork: Tender strips of pork glazed with a sticky, sweet, spicy, garlicky, gingery sauce.

Served over stir fry veg and rice

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

Soup of the day: Chicken noodle soup R45

Vegetarian meal of the day: Broccoli mac n cheese

Tuesday: 23 June

Chicken broccoli bake: Creamy chicken breast and broccoli topped with cheese and baked in the oven, served with rice, carrots and garden peas

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

OR

Korean Beef sesame noodles: Noodles tossed in a sweet and spicy Korean chili stir-fried sauce with caramelized beef, onions, summer peppers, baby marrows, shredded carrots, mushrooms and broccoli. Topped with sesame seeds

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

Soup of the day: Mushroom soup R45

Vegetarian meal of the day: Mushroom, lentils and broccoli bake: Served with rice, carrots and garden peas

Wednesday: 24 June

Mild pork curry: Pork fillet in a mild curry with veggies and potatoes. Served with rice, carrots and green beans and side sambal

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

OR

Chicken parmesan: Crumbed chicken breast topped with Italian red sauce and cheeses and served with mash, garden peas and butternut

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

Soup of the day: Tomato basil soup R45

Vegetarian meal of the day: Eggplant parmesan served with mash, garden peas and butternut

Thursday: 25 June

Chicken breyani: A Traditional South African dish, consisting of chicken breast, rice and topped with diced potato. Served with a side sambal

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

OR

Texas pulled pork: Slow cooked pork fillet then shredded in a smokey sauce. Served with mash, gravy, carrots and baby marrows

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

Soup of the day: Butternut soup R45

Vegetarian meal of the day: Vegetable briyani with lentils, served with a side sambal salad

Friday: 26 June

Hungarian Beef goulash: Slow cooked beef with a depth and richness of flavour, served with rice, garden peas and carrots

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

OR

NEW Peri-peri chicken: Peri-peri chicken, served with chips and a side salad

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

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 meal of the day: Spicy chickpea bowl served with couscous and roasted veg

Saturday: 27 June

Thai chicken curry: A mild Thai coconut curry served with basmati rice, garden peas and butternut

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

OR

Gourmet Mac n cheese with bacon: in a creamy cheese sauce with peppers, corn and onions

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

Vegetarian meal of the day: Traditional Mac n cheese

Sunday: 28 June

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

Dessert: Apple crumble with custard or ice-cream

R180

Vegetarian of the day: Italian style roasted cabbage with 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

