



**29 JUNE - 05 JULY 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?**

**Ballet Group- 30 June**

**Village Transport- 01 July**  
**@09h00**

**Opera- 07 July**

**Classical Music Group- 14 July**

### **Upcoming Events:**

**Winter Market-24 July**

***"A positive mind finds a way it can be done; a negative mind looks for all the ways it can't be done."— Napoleon Hill***

Dear Evergreen Lake Michelle Residents,

"The lion in winter" will be on screen in the cinema room on Thursday, 9 July @14h30. If you haven't added your name yet, the booking list is still on our village notice board. Evergreen Lake Michelle residents are also welcome to contact reception on ext.2400 or 021 001 4312 should you want to add your name to the booking sheet.



**BOKKE TIME!** On Saturday 4 July @17h40 the Springboks will be playing against England. The village bar will be open and we invite all residents to come up to the Lifestyle centre and cheer on for your favorite team.

Shuttle services are still a struggle, we urge our residents to please support this initiative, especially those who make use of the service. Your continued support helps us keep it running for everyone, Thank you to those who supports the service.

Wishing you all a fantastic & cheerful week!  
Village Team

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*Weekly Menu*

***Dear Residents,***

### **Immigration Law and June 30 March**

This week has been an interesting week in the country, where there is currently a very big drive to clamp down on illegal immigrants in South Africa.

The Department of Employment and labour will vigorously monitor and enforce compliance with the Immigration Laws of South Africa, including formal and informal employment services, which include gardeners and domestic workers. They are proposing an initial fine of no less than R100 000 on an employer if found to be contravening this law.

We wish to state for the record and for clarity, that this is not an Evergreen initiative and or policy, we are merely complying with the law and with the regulations as set out by the Government of South Africa.

Please also note that this does not mean you now have to dismiss or retrench your employee, you need to encourage them to apply for the correct permits and Visa, to ensure their legal status. A responsible and loyal employer will assist their employees in the process.

We empathize with you, our residents, if this has caused any inconvenience, uncertainty and discomfort.

### **June 30 Protest**

Residents are also reminded that there is a nationwide anti-immigration protest that is planned for Tuesday 30 June 2026. Even though we have had no intelligence from our security companies and or Police, that we are in danger or that there is activity expected from Masiphumelele, we still caution our residents to consider their movements on the day, and if not so required, not to leave the Village, for your own safety.

***Wishing everyone a happy and healthy week ahead.***

***Kind regards,***

**Stephan  
General Manager**



# WEEKLY EVENTS

 **Wednesday**  
**IS RECYCLING**

| MON<br>29<br>JUNE                                       | TUE<br>30<br>JUNE                                        | WED<br>01<br>JULY                                   | THUR<br>02<br>JULY                                                                                                         | FRI<br>03<br>JULY                                          | SAT<br>04<br>JULY                                                  | SUN<br>05<br>JULY                                   |
|---------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------|
| 09h00<br>STRETCH<br>CLASS<br>MEZZANINE<br>LEVEL         | 08h00<br>PILATES<br>ACTIVITY<br>ROOM 1                   | 09h15<br>AQUA<br>AEROBICS<br>POOL AREA              | 07h30-08h30<br>PILATES<br>ACTIVITY<br>ROOM 1                                                                               | 09h00<br>BACK<br>CARE YOGA<br>ACTIVITY<br>ROOM 1           | 10h30<br>WATER<br>COLOUR<br>LESSONS<br>CREATIVE<br>HUB             |                                                     |
| 10h00<br>ART CLUB<br>CREATIVE<br>HUB                    | 09h00<br>CALLINETICS<br>MEZZANINE<br>LEVEL               | 09h00<br>VILLAGE<br>BAND<br>ACTIVITY<br>ROOM 2      | 08h45-09h30<br>LOW IMPACT<br>CARDIO<br>ACTIVITY ROOM 1<br><br>09h30 -10h00<br>ABS & BUTT<br>(MAT CLASS)<br>ACTIVITY ROOM 1 | 09h15<br>AQUA<br>AEROBICS<br>POOL AREA                     |                                                                    | 12h30<br>SUNDAY<br>LUNCH<br>BISTRO                  |
| 10h15<br>AQUA<br>AEROBICS<br>POOL AREA                  |                                                          | 12h00<br>RIAAAN'S<br>FRUITVAN<br>TOP PARKING        | 09h00<br>STRETCH<br>CLASS<br>MEZZANINE<br>LEVEL                                                                            |                                                            | 14h30<br>TABLE<br>TENNIS<br>TABLE<br>TENNIS<br>ROOM                | 14h30<br>TABLE<br>TENNIS<br>TABLE<br>TENNIS<br>ROOM |
| 10h30<br>CATHOLIC<br>GROUP<br>CINEMA<br>ROOM            | 14h00<br>MOSIACS<br>CREATIVE<br>HUB                      |                                                     | 10h00<br>KNITTING<br>GROUP<br>MAIN LOUNGE                                                                                  | 10h00<br>ART CLUB<br>CREATIVE<br>HUB                       |                                                                    |                                                     |
|                                                         | 14h00<br>BALLET<br>GROUP<br>CINEMA<br>ROOM               | 15H00<br>LINE<br>DANCING<br>ACTIVITY RM<br>1        | 10h30<br>TÁI CHI<br>ACTIVITY RM 1                                                                                          | 11h00-13h00<br>LINE<br>DANCING<br>ACTIVITY RM<br>1         |                                                                    |                                                     |
| 14h00<br>BRIDGE<br>/CARD<br>GAMES<br>MEZZANINE<br>LEVEL | 14h00<br>GOLF<br>CROQUET<br>FISH HOEK<br>BOWLING<br>CLUB |                                                     | 14h00<br>TABLE<br>TENNIS<br>TABLE<br>TENNIS<br>ROOM                                                                        | 15h00<br>SOCIAL<br>POOL &<br>SNOOKER<br>MEZZANINE<br>LEVEL | 17h40<br>SPRINGBOKS<br>VS<br>ENGLAND<br>LSC                        |                                                     |
|                                                         | 14h30<br>TABLE<br>TENNIS<br>TABLE<br>TENNIS<br>ROOM      | 18h00<br>RESIDENT<br>SOCIAL &<br>DINNER<br>BAR AREA | 14h30<br>MOVIE<br>CINEMA<br>ROOM                                                                                           | 18h00<br>RESIDENT<br>SOCIAL &<br>DINNER<br>BAR AREA        | 16h00<br>RESIDENT SOCIAL<br>Wednesdays &<br>Fridays<br>MAIN LOUNGE |                                                     |



|                                                                                                                                             |                                                                                                                                                                                                                                 |                                                                                                                                                                                                  |                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STRETCH CLASS</b><br><br>Stretching exercises suitable for any level of fitness and ability.<br><br><b>Sue - 072 212 0277</b>            | <b>AQUA AEROBICS</b><br><br>Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome.<br><b>Renate - 082 519 1873</b><br><b>Linda - 082 410 9443</b> | <b>CALLANETICS</b><br><br>Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.<br><br><b>Louise- ext. 2143</b>        | <b>TÁI CHI</b><br><br>Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.<br><br><b>Roy - ext. 22129</b><br><b>Fiona-082 920 1818</b> |
| <b>BACKCARE YOGA</b><br><br>All level yoga class with a focus on mobility and strengthening of the back.<br><br><b>Claire- 083 453 5539</b> | <b>LOW IMPACT CARDIO</b><br><br>Stay active and fit with this slightly more active exercise class.<br><br><b>Louise- ext. 2143</b>                                                                                              | <b>GOLF/CROQUET</b><br><br>Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.<br><br><b>Brian - ext. 2089</b>                                                      | <b>LINE DANCING</b><br><br>A little exercise, a little mobility and a whole lot of fun for beginners and regulars.<br><br><b>Shereen-071 471 3624</b><br><b>Glenda - ext. 2073</b>  |
| <b>TABLE TENNIS</b><br><br>Social table tennis for beginners or more experienced players.<br><br><b>Ronnie A - ext. 2035</b>                | <b>MOSAIC GROUP</b><br><br>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.<br><br><b>June H- ext. 2107</b><br><b>Cora - ext. 2051</b>                 | <b>SNOOKER &amp; POOL</b><br><br>Get together and enjoy a social game of snooker or pool for beginners or more experienced players.<br><br><b>Pat - ext. 22224</b><br><b>Selwyn - ext. 22130</b> | <b>GAMES</b><br><br>Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games.<br><br><b>Norma - ext. 2089</b><br><b>Rowan - ext. 2150</b>                           |
| <b>LIBRARY</b><br><br>Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.<br><br><b>Johanna - ext. 2112</b>           | <b>SWIMMING POOL &amp; GYM</b><br><br>Heated indoor swimming pool and state of the art gym for your enjoyment.<br><br><b>Contact Reception for Access Code</b>                                                                  | <b>PILATES</b><br><br>Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome.<br><br><b>Getanya- 071 173 7843</b>                          | <b>SALON</b><br><br>Ladies & gents are welcome at Janine's Hair Studio<br><u>Hours</u><br>Tue – Sat 09h00 – 16h00<br><br><b>Janine - 073 294 9655</b>                               |



|                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CHRISTIAN FELLOWSHIP</b><br>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.<br><br><b>John - ext. 2018</b>                                                                                                | <b>BIRD WATCHING</b><br>Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.<br><br><b>Ron - ext. 2068</b>                   | <b>OPERA APPRECIATION</b><br>Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.<br><br><b>Willem - ext. 22220</b>                       |
| <b>KNITTING GROUP</b><br>Knitting while socializing for an amazing cause.<br><br><b>Avril - ext. 2049</b>                                                                                                                                        | <b>TUESDAY HIKERS</b><br>Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)<br><br><b>Ron - ext. 2068</b>                                 | <b>MOVIES</b><br>Enjoy classics and award winning movies of all genres with fellow residents.<br><br><b>Clare - ext. 2039</b>                                                                   |
| <b>GARDENING GROUP</b><br>Passionate about gardening? Join a "green finger" network for talks and events.<br><br><b>Val - ext. 2056</b>                                                                                                          | <b>CLASSICAL MUSIC</b><br>Once a month video concert of Classical Music lasting approximately 1 hour.<br><br><b>Peter - ext. 2055</b>                                                                                    | <b>WEDNESDAY WALKERS</b><br>Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.<br><br><b>Vicky- ext. 22229</b> |
| <b>BRIDGE</b><br>This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.<br><br><b>Rowan - Ext. 2150</b>                                                                              | <b>EVERGREEN CATHOLIC GROUP</b><br>Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.<br><br><b>Mel - ext. 2008/Lionel-ext.22126</b> | <b>AVIATION TALKS</b><br>Come and listen to Pete tell us more on anything and everything airplane related.<br><br><b>Pete - ext. 2065</b>                                                       |
| <b>ART CLASSES</b><br>Water colour lessons: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays @10h30 -12h30<br><b>Roz - ext. 22220</b><br>Drawing & Sketches: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays @ 09h45-12h45<br><b>Judy - ext. 2141</b> | <b>BOOK CLUB</b><br>This is an invitation to all new and old residents to come and chat about books with other readers on the 3 <sup>rd</sup> Tuesday of each month at 14H30.<br><br><b>Johanna - ext. 2112</b>          | <b>ART CLUB</b><br>This is an invitation to anyone who would enjoy a free of cost creative arts class.<br><br><b>Judy - ext. 2141</b><br><b>Marie - ext. 22125</b>                              |



*"Age is an issue of mind over matter. If you don't mind, it doesn't matter."*

## BIRTHDAYS

2 July

**Ian MacHutchon**- Noordhoek

## ANNIVERSARIES

29 June

**Cedric & Louise Jackson**- Noordhoek

2 July

**Keith & Linda Van Swelm**- Noordhoek

5 July

**Malte & Valerie Hauptmann**- Noordhoek

## New Residents

***NO NEW RESIDENTS THIS WEEK!***



## 'THE LION IN WINTER'

The Lion in Winter is a 1968 historical drama film centred on Henry II of England and his attempt to establish a line of succession during a family gathering at Christmas in 1183.

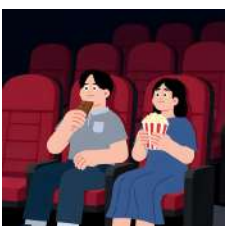
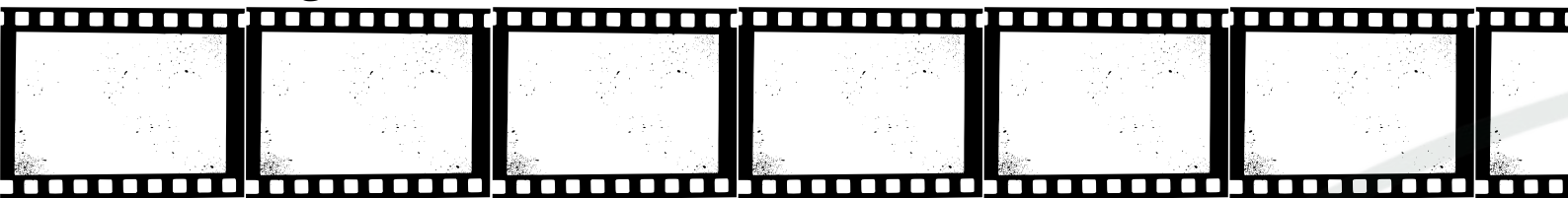
His efforts unleash both political and personal turmoil involving himself, his estranged wife Eleanor of Aquitaine, their three surviving sons, the French king Philip II, and Philip's half-sister Alais, who is Henry's mistress.

The film is noted for its brilliant, biting dialogue and the stellar performances of Katharine Hepburn and Peter O'Toole as Eleanor of Aquitaine and Henry II, respectively.

**Where:** Cinema Room 1

**When:** Thursday July 9 at 2.30pm sharp

**RSVP:** Booking form on notice board





## Swan Lake

(Pyotr Ilyich Tchaikovsky)

**Date: Tuesday 30 June 2026**

**Time: 2pm**

**Venue: Cinema Room 1**

The 1966 production of Swan Lake starring **Rudolf Nureyev** and **Margot Fonteyn** is widely regarded as one of the most celebrated interpretations of the classic ballet. Set to the magnificent score by Pyotr Ilyich Tchaikovsky, the story combines romance, enchantment, betrayal, and tragedy.

The ballet opens at a royal celebration marking Prince Siegfried's coming of age. As festivities unfold, the young prince is reminded by

his mother that he must soon choose a bride. Although surrounded by friends and admirers, Siegfried feels restless and dissatisfied with courtly life. Seeking solitude, he takes his crossbow and ventures into the nearby forest.

At a moonlit lake, he encounters a flock of swans. As he prepares to hunt, one swan transforms into a beautiful young woman named Odette. She explains that she and her companions are victims of a spell cast by the evil sorcerer Von Rothbart. By day they are swans; only at night do they regain human form. The enchantment can be broken only by a vow of faithful love from a man who has never loved before.

Siegfried is captivated by Odette's beauty and gentleness. The two fall deeply in love, and he promises to remain faithful to her. Their pas de deux, danced memorably by Nureyev and Fonteyn, forms the emotional heart of the ballet, expressing both tenderness and the hope of liberation from the curse.

The following evening, a grand ball is held at the palace so that Siegfried may choose a bride. Before he can declare his love for Odette, Von Rothbart arrives disguised as a nobleman and introduces his daughter Odile. Through magic, Odile has been made to resemble Odette. Seduced by her appearance and unaware of the deception, Siegfried proclaims his love for Odile, thereby breaking his vow to the real Odette.

Almost immediately he realizes his mistake. Distraught, he rushes back to the lake, where Odette mourns the loss of her only chance to be freed. Siegfried begs forgiveness and renews his devotion. In many traditional productions, including those associated with Nureyev and Fonteyn, the lovers choose to face death rather than submit to Von Rothbart's power. Their sacrifice destroys the sorcerer's hold and reunites them spiritually.

The ballet concludes with a poignant mixture of sorrow and transcendence. Although the lovers do not achieve happiness in life, their love proves stronger than evil and endures beyond death. The combination of Tchaikovsky's sweeping music, the haunting imagery of the swan maidens, and the legendary partnership of Nureyev and Fonteyn has ensured that this interpretation of Swan Lake remains one of ballet's most enduring treasures.



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



# 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.* ♥



## BRAIN HEALTH IS A LIFELONG INVESTMENT

Habits and conditions throughout life  
can protect your brain—or put it at risk.

4



### SLEEP

Deep, restorative  
sleep clears toxins  
from the brain.



### NUTRITION

Whole foods,  
healthy fats, and  
stable blood sugar  
fuel brain cells.



### MOVE

Exercise boosts  
blood flow and  
supports memory  
and mood.



### MANAGE STRESS

Chronic stress  
damages the brain.  
Calm protects it.



### CONNECTION

Strong relationships  
support cognitive  
resilience.



### HEARING & VISION

Untreated loss is linked  
to faster cognitive  
decline.

Small choices. Big impact. Every day.



## For Our Pensioners!



Freebies and Specials around Cape Town just for you!

### City Sightseeing Canal or Harbour Cruise

Cruise only - R40-00

Cruise + Breakfast - R100-00

### City Sightseeing Red Bus

Tour only - R175-00

Tour + Lunch - R244-00

### Castle of Good Hope

Entrance - R25-00

### Tiger Wheel & Tyre

In-Store Services discounted  
Tuesdays Only

### Table Mountain Aerial Cableway

Return Ticket - R110-00

### Two Oceans Aquarium

Entrance - R165-00

### The Barnyard Theatre

50% off for over 60s for the Sunday  
Afternoon Shows.

To qualify you need to call in or book at  
the theatre!

### Cape Point

Return Ticket - R55-00

### Cape Wheel @The Waterfront

50% Discount

Every day between 10AM & 6PM

### Makro

10% Discount on general Merchandise

5% off on food products

Every Tuesday



### World of Birds

Entrance - R85-00

### City Metrorail

50% off tickets to any destination  
9am to 2pm only

### Kirstenbosch Gardens

FREE ENTRY every Tuesday  
excluding Public Holidays

### Robben Island Museum Tours

R250-00

Mondays & Wednesdays only

### Ceres Steam Train to Elgin Market

10% Discount!

### Ster Kinekor

22% Discount on ALL Tickets

### SPUR

Special Seniors Menu!

You just need to ask for it

### Iziko South African Museum

Entrance - R15-00

### Builders Warehouse

10% Discount on Wednesdays

Just apply for a Builders Pensioners Card

### Game Stores

10% Discount on Wednesdays on  
purchases up to R3000

Just apply for a Game Pensioners Card

PLEASE NOTE THIS INFORMATION IS COMPILED AS PART OF A COMMUNITY PROJECT AND COULD BE  
INCORRECT. IF YOU FIND ANY INCONSISTENCIES PLEASE REACH OUT.

**Kleur  
Design**

*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](mailto: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



## Evergreen MID-WINTER MARKET

*What's better on a Winter's day  
than indoor shopping at our Artisanal market.*



### WHERE:

Evergreen Lifestyle  
Retirement Village  
Noordhoek,  
Glencairn Expressway



### WHEN:

Friday,  
24 July



### TIME:

10h30 – 16h00



Quality food products, cheese, jams, breads,  
nuts, confectionery, samosas



Innovative Crafts, clothing, candles, art glasses,  
jewellery, soap, pottery and so much more...



The QR Code will allow you access  
into the village/to the market.

**SIMPLY SAVE THE QR CODE  
INTO YOUR PHONE TO SHOW  
SECURITY UPON YOUR ARRIVAL.**





# 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: 29 June

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, carrots and broccoli

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

OR

Chicken marsala: Golden pan-fried chicken breast cutlets and mushrooms in a rich Marsala wine sauce. Served with mash, garden peas and carrots

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

Soup of the day: Chicken noodle soup R45

Vegetarian of the day: Stuffed pita with roasted chickpeas, hummus, feta cheese, and fresh vegetables (cucumbers, tomatoes, lettuce) with side tzatziki sauce

## Tuesday: 30 June

Tuscan Chicken: Tender chicken breasts with tomatoes and spinach, fresh basil and onions, simmered in a light smoked paprika and cream sauce, finished with parmesan. Served on rustic mashed baby potatoes and broccoli

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

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat.

Served with rice, garden peas and butternut

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

Soup of the day: Mushroom soup R45

Vegetarian of the day: Sweet n sour falafels served with rice

## Wednesday: 1 July

Cottage pie: Served with garden peas

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

OR

Chicken supreme: Pan-fried chicken breast nestled in a creamy sauce with mushrooms and bacon.

Enjoy this creamy chicken supreme with mashed potato and steamed green veggies

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

Soup of the day: Tomato basil soup R45

Vegetarian of the day: Lentil mushroom shepards pie with side veggies

## Thursday: 2 July

Broccoli bacon mac n cheese: Creamy bacon pasta with broccoli and topped with cheddar cheese

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

Or

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice, carrots and garden peas

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

Soup of the day: Butternut soup R45

Vegetarian of the day: Pesto pasta with side parmesan cheese

## Friday: 3 July

Hearty beef casserole: Slow cooked beef with veggies in hearty stew then served with rice, garden peas and carrots

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

OR

Chicken limone: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccoli, butternut and lemon roasted potatoes

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: Baby marrow limone with lemon roast potatoes, butternut and broccoli

## Saturday: 4 July

Beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg

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

OR

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, butternut and green beans

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

Vegetarian of the day: Butter bean potjie with rice

## Sunday: 5 July

Roast Beef or Chicken: Served with rice Yorkshire pudding, roast potatoes, gravy and veggies

Dessert: Waffles and ice-cream 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

