



27 JULY - 02 AUGUST 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 Shuttle Services- 31 July @09h00

Ballet Group- 28 July @14h00

General Management Movement- 30 July @15h00

Christmas in July- 31 July

Upcoming Events:

Opera- 04 August

Mobeewash- 05 August

Mariam Shoe Shop- 06 August

"Your life's narrative is enriched by the changes you embrace."

Dear Evergreen Lake Michelle Residents,

The past week has been so special with our Mid-Winter Market! A huge thank you to each and every one of you who came out, shopped, supported and made it such a memorable day.

This week we look forward to many more events. We start the week off with our Ballet Group on Tuesday, 28 July @2pm in the cinema room. Residents are reminded to book their seats on the village notice board.

On Thursday, 30 July @3pm, we will be saying a bittersweet farewell to Stephan Lloyd and welcoming our new General Manager, Johan De Villiers. Residents are reminded to RSVP with reception before 29 July @5pm.

On Friday 31 July we are celebrating "Christmas in July" in the Lifestyle Centre. Please note that there's still availability for table bookings, contact the bistro on ext.2404 or 021 001 4312 to reserve your table.

Just another reminder, this week we will not be showing a movie.

Wishing you all a prosperous & happy week!
Village Team

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Dear Residents,

As another busy week unfolds.

Health & Safety Audit:

This week, Evergreen Noordhoek will be undergoing its annual Health & Safety Audit.

Over the past year, we have worked hard to strengthen our health and safety standards through ongoing maintenance, improved processes, regular inspections and staff training.

These audits are an important opportunity to ensure we continue meeting the highest standards.

Fire Drill Reminder – Apartment Residents:

A friendly reminder to all apartment residents that our scheduled fire drill will be taking place this week.

Please take note of the amended evacuation assembly points:

The lawns in front of the Life Style Centre
The area behind the Guardhouse.

Your participation is important, as these drills help ensure everyone is familiar with the evacuation procedures should an emergency ever arise.

Thank You for Supporting Local:

A heartfelt thank you to everyone who attended and supported the winter market.
The wonderful success of the market would not have been possible without the enthusiasm and support of our residents.
It was fantastic to see neighbours gathering together, supporting local businesses, and enjoying a vibrant community atmosphere.

A special word of appreciation goes to our very own resident, Claire Yeowell, whose dedication and hard work brought this wonderful event together.

Looking Ahead:

As we continue through the season, we encourage everyone to:

Keep testing your Telecare units and pendants regularly.
Clean up after your pets while enjoying walks around the village.
Continue supporting the many activities and events.

Wishing everyone a wonderful week ahead!
Elvirah Daniels- Assistant Village Manager



WEEKLY EVENTS

 **Wednesday
IS RECYCLING**



**MONDAY
27
JULY**

09h00
**STRETCH
CLASS**
MEZZANINE
LEVEL

10h00
ART CLUB
**CREATIVE
HUB**

10h15
**AQUA
AEROBICS**
POOL AREA

10h30
**CATHOLIC
GROUP**
**CINEMA
ROOM**

14h00
**BRIDGE
/CARD
GAMES**
MEZZANINE
LEVEL

**TUESDAY
28
JULY**

08h00
PILATES
ACTIVITY
ROOM 1

09h00
CALLINETICS
**MEZZANINE
LEVEL**

14h00
MOSIACS
**CREATIVE
HUB**

14h00
**GOLF
CROQUET**
**FISH HOEK
BOWLING
CLUB**

14h00
**BALLET
GROUP**
**CINEMA
ROOM**

14h30
**TABLE
TENNIS**
**TABLE
TENNIS
ROOM**

**WEDNESDAY
29
JULY**

09h15
**AQUA
AEROBICS**
POOL AREA

12h00
RIAAN'S
FRUITVAN
TOP PARKING

15h00
**LINE
DANCING**
ACTIVITY RM
1

18h00
**RESIDENT
SOCIAL &
DINNER**
BAR AREA

**THURSDAY
30
JULY**

07h30-08h30
PILATES
ACTIVITY
ROOM 1

08h45-09h30
**LOW IMPACT
CARDIO**
ACTIVITY ROOM 1

09h30-10h00
**ABS & BUTT
(MAT CLASS)**
ACTIVITY ROOM 1

09h00
STRETCH CLASS
MEZZANINE LEVEL

10h30
TÁI CHI
ACTIVITY RM 1

10h00
**KNITTING
GROUP**
MAIN LOUNGE

14h00
**TABLE
TENNIS**
**TABLE
TENNIS
ROOM**

15h00
**GENERAL
MANAGEMENT
MOVEMENT**
BISTRO AREA

**FRIDAY
31
JULY**

09h00
**BACK
CARE YOGA**
ACTIVITY
ROOM 1

09h15
**AQUA
AEROBICS**
POOL AREA

09h00
**VILLAGE SHUTTLE
SERVICES**
LSC

10h00
ART CLUB
CREATIVE HUB

11h00-13h00
LINE DANCING
ACTIVITY RM 1

15h00
**SOCIAL POOL &
SNOOKER**
MEZZANINE LEVEL

11h00-13h00
**LADIES POOL
SESSION**
MEZZANINE LEVEL

13h00
SPCA VILLAGE VISIT
LSC

18h00
**RESIDENT
SOCIAL &
DINNER**
BAR AREA

**SATURDAY
01
AUGUST**

09h45
**DRAWING
CLASSES**
**CREATIVE
HUB**

14h30
**TABLE
TENNIS**
**TABLE
TENNIS
ROOM**

**SUNDAY
02
AUGUST**

12h30
**SUNDAY
LUNCH**
BISTRO

14h30
**TABLE
TENNIS**
**TABLE
TENNIS
ROOM**

16h00
RESIDENT SOCIAL
**Wednesdays &
Fridays**
BISTRO & BAR AREA



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: 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 3rd 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 group. Judy - ext. 2141 Marie - ext. 22125



IT'S A CELEBRATION

BIRTHDAYS



27 July

Lionel Soule-Noordhoek
Dermott Magowan-Noordhoek

28 July

Harmina Pontier-Noordhoek

02 August

Jane Bodin-Noordhoek

ANNIVERSARIES

27 July

Allan Elias & Hermanus Steenekamp-
Noordhoek



New Residents

NO NEW RESIDENTS THIS WEEK!





The Nutcracker (Pyotr Ilyich Tchaikovsky)

Date: Tuesday 28 July 2026

Time: 2pm

Venue: Cinema Room 1

Set to Pyotr Ilyich Tchaikovsky's immortal score, Vasily Vainonen's legendary 1934 choreography for The Nutcracker has long been the definitive staging at St. Petersburg's Mariinsky Theatre. Captured beautifully in December 2012 with principal dancers Alina Somova and Vladimir Shklyarov, this performance infuses E.T.A. Hoffmann's classic story with classical Russian grandeur, framing the magical journey as a young girl's dream of maturing into adulthood.

Act I

The story opens on Christmas Eve at the home of Herr Stahlbaum. Excitement fills the air as guests gather, and children play under a beautifully decorated tree. The eccentric clockmaker and magician, Herr Drosselmeyer, arrives bearing three marvelous mechanical dolls—including a clown and a Moor—who perform for the crowd. To Stahlbaum's daughter, Masha (Clara), Drosselmeyer presents a wooden Nutcracker doll. Masha immediately falls in love with the unique toy, but her mischievous brother Franz accidentally breaks it. Fortunately, Drosselmeyer quickly mends the toy, and Masha cradles her favorite before going to sleep.

Later that night, Masha creeps back to the silent drawing room to check on her beloved doll. As the clock strikes midnight, the room transforms. The Christmas tree grows to a towering height, and an army of mice, led by the Mouse King, emerges. The Nutcracker comes to life, leading toy soldiers in a dramatic battle. When the Mouse King corners the Nutcracker, Masha courageously throws her slipper, distracting the rodent monarch and allowing the Nutcracker to deliver the fatal blow. In the aftermath, the wooden doll is transformed into a handsome Prince. He invites Masha on a magical journey, guiding her through a swirling blizzard where the elegant Waltz of the Snowflakes concludes the first act.

Act II

The young travelers sail along a magical river to an enchanted kingdom of sweets. Here, Vainonen's choreography uniquely diverges from Western versions: instead of a separate Sugar Plum Fairy, Masha herself matures into a beautiful princess, performing the grand, soaring pas de deux with her Prince. The celebration unfolds with a parade of international character dances, including a fiery Spanish dance, a sultry Arabian routine, a lively Chinese trio, and a high-energy Russian Trepak. Following the breathtaking Waltz of the Flowers, Masha and her Prince dance their final, triumphant variations as the entire kingdom celebrates their victory.

Epilogue

As the celebration fades, Masha awakens back in her warm bed, cradling her wooden Nutcracker. The morning light streams in, and though her marvelous adventure has ended, she is left with the lingering warmth of a truly beautiful, unforgettable dream.



Book using the booking list on the notice board





EVERGREEN
lifestyle
— NOORDHOEK —

FAREWELL & Welcome

FAREWELL

Stephan Lloyd

Thank you, Stephan,
for your dedication,
hard work and the
positive impact you've
made at Evergreen
Noordhoek.

We wish you all
the best in your
next chapter!

WELCOME

Johan De Villiers

We're excited to
welcome Johan
to the Evergreen
Noordhoek team.

We look forward
to the great
things ahead!



LIGHT SNACKS
& DRINKS
WILL BE SERVED



THURSDAY
30 JULY 2026



FROM
15H00



RSVP BY WEDNESDAY 29 JULY AT 17H00.
CALL RECEPTION ON EXT 2400



LIFESTYLE CENTRE
EVERGREEN NOORDHOEK





LIBRARY RAFFLE WINNER

Will be
announced in the
next the next
addition of our Aloe
Aloe!

Thank you



FROM EVERGREEN TO UKRAINE



Linda Brown supported our market, with buying a few toddler clothing pieces to donate to the Ukraine Refugees.



Join the CALLANETICS

— SESSION —

Strengthen. Tone. Feel your best. ♥



EVERY
TUESDAY MORNING



AT
09H00AM



IN THE
LIFESTYLE CENTRE



IMPROVE FLEXIBILITY
BUILD STRENGTH
ENHANCE POSTURE
FEEL AMAZING

*Let's move, feel stronger
and live well! ♥*



TO JOIN THE GROUP
KINDLY GET IN TOUCH WITH

Louise Jackson

ON
ext.2143



FIXTURES 2026

SPRINGBOKS
FIXTURES 2026

Celebrating
10
YEARS IN
BUSINESS

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
Services

with
Eshels Transport



When:
EVERY FRIDAY



Time:
9AM – 12PM



Destination:
**Longbeach Mall
& Checkers**



**BOOK WITH RECEPTION
ON EXT. 2400**

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



THE DEMENTIA-FRIENDLY BEDROOM

DESIGNING FOR REST, SAFETY & ORIENTATION



THE HOME
IS PART OF
THE CARE PLAN

Small changes. Big impact. A bedroom the changing brain can understand.

1 CLEAR PATH TO THE BATHROOM

Keep pathways wide, well-lit and free from clutter. Remove rugs, cords and obstacles.

2 MOTION SENSOR FLOOR LIGHTING

Soft, automatic lighting guides the way at night and helps prevent falls and confusion.

3 LARGE DAY CLOCK

Clearly shows the day, time and part of the day to help with orientation and reduce anxiety.

4 LARGE CALENDAR

Helps answer "What day is it?" and supports a sense of time and routine.

5 CONTRASTING BEDDING

Use colors that contrast with the sheets and walls so the bed is easy to see and identify.



6 CONTRASTING BATHROOM DOOR

A bold door color makes the bathroom easier to find—especially at night.

7 FAMILY PHOTOS & PERSONAL ITEMS

Familiar faces and meaningful items provide comfort, connection and reassurance.

8 BLACKOUT CURTAINS FOR BETTER SLEEP

Block out excess light to support healthy sleep patterns and reduce sundowning.

9 AVOID MIRRORS FACING THE BED

Mirrors can cause confusion or fear, especially at night.

10 MEMORY STATION

A comfort station with meaningful items can soothe and ground. Include favorites!

OT & PT RECOMMENDATIONS

KEEP PATHWAYS CLEAR Ensure a direct, well-lit path to the bathroom.	REMOVE FALL RISKS Remove throw rugs, clutter, cords and loose items.	IMPROVE LIGHTING Use layered lighting during the day and night.	MAKE IT EASY TO FIND Use contrast and consistent placement for key items.	BED AT THE RIGHT HEIGHT Easy to get in and out of safely.	SIMPLIFY & STAY CONSISTENT Predictable layout reduces confusion and anxiety.
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WHAT TO AVOID (CAN CAUSE CONFUSION OR RISK)

- Dark rooms or dim lighting
- Clutter on the floor or surfaces
- Busy patterns on walls or bedding
- Mirrors facing the bed
- Electrical cords across the floor
- High beds that are hard to get into

WHY IT MATTERS

- IMPROVES ORIENTATION**
Helps the brain understand time, place and what to do next.
- REDUCES FEAR & ANXIETY**
Familiar surroundings and clear design promote calm and security.
- PREVENTS FALLS**
Good lighting, clear pathways and safety features reduce fall risk.

QUICK CHECKLIST

- ☐ Clear path to bathroom
- ☐ Motion sensor lights working
- ☐ Large day clock in view
- ☐ Calendar up to date
- ☐ Contrasting bedding
- ☐ Bathroom door easy to identify
- ☐ Family photos and meaningful items



THE ST FRANCIS OF ASSISI MUSIC SOCIETY, SIMON'S TOWN

In association with Ian Burgess-Simpson Pianos

proudly presents

ISAAC VAN DER MERWE



INAUGURATING OUR NEW PIANO

Programme: Mozart · Berg · Debussy

DATE

Wed, 29 July

TIME

11:00 am

St Francis of Assisi Community Church

2 Court Road, Simon's Town



TICKETS AT THE DOOR

R150

Complimentary snacks & a glass of wine/juice served after the concert with the artist. Cash or card – additional drinks by donation.

For further information, contact George Hill at 082 848 2625 or at music@fernkloof.co.za or davidsy@mweb.co.za. Thank you.



Missing out on Life???

***You are cordially invited to attend our:
FREE HEARING SCREENING DAY***

When: Wednesday, 12 August 2026

Venue: Evergreen Noordhoek, 1st Floor Lifestyle Centre

Time: 10:00– 3pm

There will also be time should any of the residents wish to have the full diagnostic test done on that day.

We are looking forward to HELP You HEAR LIFE BETTER!!

We offer our services in the comfort of your own home!

Book your appointment today:

072 720 6094 or Whatsapp 0731754639

Our Services include:

- Complete Diagnostic Hearing test (R1550 Payable via cash OR EFT)
- Wide range of Hearing devices (Medical aid claimable)
- Hearing aid Batteries and accessories
- Hearing aid after care / follow up service.



CALLING ALL ARTISTS AND CREATIVES



**THE MONDAY ART CLUB WILL BE IN THE
CREATIVE HUB THIS MORNING
FROM 10AM - 12PM**

**PLEASE COME AND MEET US AND SEE IF YOU
WOULD LIKE TO JOIN US**

“DOING OUR OWN THING” EVERY MONDAY



WHERE:

**LIFESTYLE CENTRE,
CREATIVE HUB**



WHEN:

**10AM
MONDAYS**



NOTE:

**NO BOOKING REQUIRED,
JUST POP IN AND
COME AND ENJOY
THE MORNING**

**NO TEACHING, NO REGULAR COMMITMENT
OR COST JUST
CREATIVE TOGETHERNESS!**





The names of the artists from left to right top – Jackie Davies, Clive Bezer, Roger Bagshaw. Bottom– Pauline Mutlow, Fiona Hutcheon, Gail Fortgens!



Join Roz Hoek's water colour LESSONS

this

Saturday

in the

creative hub

Please contact

Roz Hoek

on **ext.22220**

for more information.



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



Dinner and Dance
with El Vision Caberet

CHRISTMAS

in *July*

NOORDHOEK

STARTERS

Baked Camembert
with fruit and a berry
compote. Served
with malva toast
R50

OR

Tomato basil soup
with a slice
of garlic bread
R50

MAINS

Buffet

Honey glazed Gammon
Slow Roasted Beef
Rosemary Roast Lamb

All served with
Baked sweet potato
Cauliflower broc bake
Roast potatoes
Carrots and peas medley
Yorkshire pudding

R200

DESSERTS


**Steamed Christmas
pudding** with
homemade custard
R50

OR


Peppermint Tart
R50

OR


Trifle pudding
R50

Join us from 6pm
*Decorate your
own table*



Evergreen Noordhoek Lifestyle Centre
Friday : 31 July 2026
Seating from 18h00 // Book at the Fynbos Bistro



EVERGREEN
lifestyle

CHRISTMAS IN JULY ENTERTAINMENT

Elvison ENTERTAINMENT

LIVE TRIBUTE SHOWS THAT TAKE YOU BACK!
★ GREAT MUSIC ★ NOSTALGIC HITS ★ UNFORGETTABLE MEMORIES

CHRISTMAS IN July

ENTERTAINMENT

AT THE BISTRO

ON FRIDAY 31ST JULY

6:00 P.M.

COME JOIN US FOR A FESTIVE NIGHT OF
GREAT MUSIC, DELICIOUS FOOD
AND UNFORGETTABLE MEMORIES!

ENJOY THE BUFFET AND ENTERTAINMENT!

TO BOOK:
PLEASE CONTACT
THE BISTRO
ON EXTENSION
2404

A TRIP DOWN MEMORY LANE James Marais & Monique Cassells	Rock & Roll Jukebox 1950s and 1960s TRIBUTE James Marais & Monique Cassells	Back To The Seventies 70s Tribute FLORIE POWER GROOV JAMES MARAIS MONIQUE CASSELLS	EIGHTIES TRIBUTES TRIBUTES SHOW I Love 80s James Marais & Monique Cassells
OLD SCHOOL COUNTRY LEGENDS TRIBUTE JAMES MARAIS & MONIQUE CASSELLS MARK WILLIAMS • DON WILLIAMS • JOHNNY CASH JIM REEVES • PATSY CLINE • DOLLY PARTON TAMMY WYNETTE • JUNE CARTER • KENNY ROGERS GLEN CAMPBELL • ELVIS PRESLEY • CONWAY TWIFTY GEORGE JONES • CHARLEY PRIDE • AND MANY MORE!	Elvis Presley Tribute FROM MEMPHIS TO LAS VEGAS James Marais & Monique Cassells	Love Is In The Air Romantic Love Songs Tribute James Marais • Monique Cassells	THE 70s & 80s TRIBUTE

LIVE VOCALS
AMAZING
PERFORMANCES

TIMELESS HITS
FROM THE 50s
TO THE 80s

ENJOY THE
BUFFET AND
ENTERTAINMENT

MUSIC YOU LOVE
MEMORIES YOU
CHERISH

PERFECT FOR
ANY OCCASION
SHOWS, EVENTS &
FUNCTIONS

DECORATE YOUR OWN TABLE!
We don't just perform... We take you back!

Monday: 27 July

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: 28 July

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: 29 July

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

Arrabiata pasta: Tomato based pasta with bacon bits and slight chilli, served over penne pasta with side parmesan cheese

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

Soup of the day: Tomato basil soup R45

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

Thursday: 30 July

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: Butternut soup R45

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

Friday: 31 July

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: 1 August

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

Vegetarian meal of the day: Traditional Mac n cheese

Sunday: 2 August

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

Dessert: Baked citrus pudding 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

