



JULY 2016

## PUSH THE BUTTON



Our commitment to our residents is to ensure that healthcare is one of the four pillars of the Evergreen value proposition and it is obviously an area of concern for most seniors when the consequences of aging becomes a reality. The backbone of Basic Care is the Telecare unit which means that residents are never alone.

At the push of a button you are in contact with either the 24/7 healthcare staff in the village (yellow button) or for an emergency, the Telecare call centre (red button), who will in turn assess your situation and dispatch the necessary emergency personnel or service within minutes.

Please contact the Christine Dempers, the Village Manager on Ext 201 if you have any queries.

## OCCUPATIONAL THERAPY

THURSDAY, 21 JULY 2016 at 10:30am



In an effort to be proactive, Unique Health in association with Roseline Ovis, an Occupational Therapist, will do a presentation on helping people live more independent and productive lives. One of the most important roles an occupational therapist plays is promoting independence and self-reliance, encouraging residents to maintain their independence.

This allows the individual to have a sense of increased self-sufficiency, autonomy, purpose, competence, and especially wholeness. For example, OT can assist residents who have arthritis by demonstrating ways to protect their joints and conserve energy; it offers ways to exercise with limited range-of-motion stretching; train a person with an amputation to put on and take-off a prosthesis; and it also helps a person with memory impairment organise and label drawers and cabinets.

Tea and Coffee will be served. Please can you confirm your attendance with Amanda at reception on Ext 300 for catering purposes

## COLOURING-IN WORKSHOP

WEDNESDAY, 13 JULY  
10h30 – 12h30



Colouring for adults is the latest craze!

If you'd like to give it a try, or are already a colouring enthusiast, join Sam Dreyer from Colouring HQ in the club house on Wednesday, 13 July From 10h00–12h00 for a morning of colouring, camaraderie & fun.

Tea, coffee & muffins will be available from 09h30 and lunch will be served after the workshop.

The cost is R50\* per person inclusive of tea/coffee, lunch and laughs!

Please rsvp by no later than Monday, 11 July to Amanda on Ext 300 so that she can reserve your place.

\*If you can't stay for lunch, we understand. The cost will be reduced to R20 for tea/coffee & muffins



THE MUSIC EVENINGS PRESENTED BY HERMAN POELMANN ARE TAKING A BREAK FOR THE WINTER AND WILL RESUME IN SEPTEMBER.



## GET-TOGETHER

THURSDAY, 14 July at 9:00am

Our men's only breakfast is set to take place on Thursday, 14 July at 09h00 and all are welcome.

Please make every effort to attend. Come and enjoy a hearty breakfast and coffee.

Please book for breakfast with Amanda at reception on Ext 300 and for additional information, please call Ton Weber on Ext 105

## BIRTHDAY LIST JULY 2016

5	Geoff Nixon	Unit 36
6	John Blackman	Unit 29
7	Dawn Osborne	Unit 59
9	Yolanda Bond-Smith	Unit 46
13	Elaine Doyle	Unit 12
16	Jean van Rhyn	Unit 49
22	Heidi Findeis	Unit 21
29	Fay Ephron	Unit 17

## CHRISTMAS IN JULY

FRIDAY, 29 JULY 2016 at 7pm



The events & catering committee are planning the popular Christmas in July dinner plus live music (pianist & vocalist) which is to be held in the club house on Friday, 29 July.

### MENU

Lobster Bisque

*(mock - no seafood or shellfish)*

Honey-glazed Baked Gammon

served with mustard sauce

OR

Roast Turkey with cranberry sauce

Potato Dauphinoise

Bouquet of Vegetables

Christmas Trifle

Please book with Amanda on Ext 300.

The cost is R165 per person.

## CLUBS & ACTIVITIES

The **BRIDGE CLUB** meets every Monday at 2:00pm. Please call Herman Poelmann on Ext 115 to confirm attendance

**SCRABBLE** is going strong with enthusiastic ladies pitting their wits against each other on Tuesday afternoons at 2:00pm

**BOOK CLUB** meets on the first Wednesday of every month at 11:00 am and is run by Vivienne Docherty. Please call her on Ext 158 for further details.

**PETANQUE/BOULE** - We encourage residents to come along on any Friday afternoon at 3:00pm, weather permitting.

The **LIBRARY** in the Sonnenhof Manor House is now well stocked and residents are very welcome to make use of it.

## SUNDAY LUNCH

SUNDAY, 17 JULY 2016 at 1:00pm

Our monthly Sunday lunch will take place in the club house on Sunday, 17 July at 1pm.

### MENU

Cream of tomato soup/potbread

Roast Leg of Pork/apple sauce (crackling) or

Roast Lemon and Herb Chicken

served with roast potatoes and  
seasonal vegetables

Selection of Dessert

R120 per person

Please book with Amanda on Ext 300.

## BISTRO MEALS DAILY LUNCH SPECIALS

JULY 2016

We would like encourage everyone to support our daily lunch specials and make use of the dining room. The menu is made up of simple meals which includes homemade soup and fresh bread rolls served every day as well as a "special of the day".

We have planned meals: on Mondays – Pie; Tuesdays – Pasta; Wednesdays – Chicken; Thursdays - Casserole; and Fridays - Fish & Chips. A menu will be included with the "what's happening" e-mail sent out on Fridays.

These simple meals are priced from R30 – R60 and will also be available to take home. We would like to suggest that you bring your own small serving dishes to the club house – it makes it easier. We also kindly request that you book with Amanda at reception on Ext 300 by 4pm on the previous day to ensure that we can plan and prepare meals.

### MONTHLY LUCKY DRAW

Our Lucky Draw is a way to raise funds by the village entertainment committee in order to provide live music, décor and a variety of items for the benefit of residents.

*The winner in June was Magaret Dry*

Each ticket costs R20.00 and the draw sheet is available at reception. Buy your ticket for our next draw which will take place on  
**Tuesday, 26 July 2016**



**- SPECIAL -  
BUY THREE TICKETS  
FOR ONLY R50.00**

### WELCOME TO BERGVLIET!



We would like to welcome Staff Nurse Cynthia Jooste to Evergreen Bergvliet. She replaces SN Adri Venter from the beginning of July 2016.

**SAVE THE DATE  
EVERGREEN BERGVLIET  
ANNUAL GENERAL MEETING  
MONDAY, 5 SEPTEMBER at 3:00pm**

Please be considerate to your fellow residents and visitors and clean up after your dogs when walking them in the common area.



### IN-HOUSE MAINTENANCE JOBS

Please note that internal maintenance is the residents responsibility and includes ceilings, all wall and floor coverings, all doors and windows, all cooking, heating, cooling, geyser, lighting, plumbing, air-conditioning and any other fixtures, fittings and furnishings in the home.

In-house maintenance can be allocated to our internal team who will be available for smaller jobs.

Please complete a maintenance request form which is available at reception and which outlines charges. Contact Christine Dempers on Ext 201 for additional information.



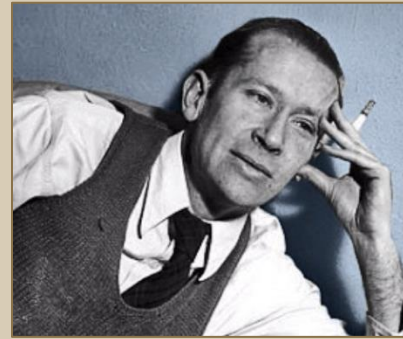
## MOVIE NIGHT - QUARTET - SATURDAY, 23 JULY AT 7:00pm



At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.

Retired opera singers Cissy (Pauline Collins), Reginald (Tom Courtenay), Wilf (Billy Connolly) formerly part of a quartet live at Beecham House. Every year the three take part in a concert to celebrate composer Verdi's birthday. But when Jean (Maggie Smith), the fourth member of their group arrives at the home, things get complicated.

You are welcome to bring your own wine or refreshments. For further info please call Elda Diana-Oliario on Ext 155.



### i carry your heart

i carry your heart with me(i carry it in  
my heart)i am never without it(anywhere  
i go you go,my dear;and whatever is done  
by only me is your doing,my darling)  
i fear  
no fate(for you are my fate,my sweet)i want  
no world(for beautiful you are my world,my true)  
and it's you are whatever a moon has always meant  
and whatever a sun will always sing is you

here is the deepest secret nobody knows  
(here is the root of the root and the bud of the bud  
and the sky of the sky of a tree called life;which grows  
higher than soul can hope or mind can hide)  
and this is the wonder that's keeping the stars apart

i carry your heart(i carry it in my heart)

ee cummings

## SLIPPER DAY TEA PARTY

FRIDAY, 5 AUGUST at 10h00

It's almost time to step out in your slippers and celebrate hope, happiness, fairy tales and magic with Reach for a Dream on this Slipper Day to be held on Friday, 5 August at 10h00 in the Bistro.



The work of Reach for a Dream enables children to experience a fun aspect of life, which they often don't get to participate in because of their illness. It also inspires hope and courage and helps them believe that tomorrow is worth fighting for. All you need to do is buy a R10 sticker and wear your slippers to work, school, the shops or a magical tea party – or wherever you want – to show your support for Reach for a Dream.

Buy your ticket for R30.00 (which includes your donation) to attend the Tea Party and call Amanda on Ext 300 to book your cup of tea and cake!

# TUESDAY SOCIAL DINNER

R95.00 per person  
7:00pm

## TUESDAY 5 JULY 2016

Bobotie served with yellow rice  
and seasonal vegetables

Or

Grilled fish with parmesan onion  
served with savoury rice and  
seasonal vegetables

Pears in red wine sauce/ice cream  
Coffee / Tea

## TUESDAY 12 JULY 2016

Grilled pork chop

Or

Chicken cordon bleu served with  
chips and stir-fry vegetables

Chocolate mousse  
Coffee / Tea

## TUESDAY 19 JULY 2016

Sliced sirloin steak  
with pepper sauce

Or

Grilled chicken breast with sherry  
sauce served with baked potato and  
vegetables

Mini black forest tarts  
Coffee / Tea

## TUESDAY 26 JULY 2016

Cannelloni with feta and spinach

Or

Steak & Kidney pie in ramekin dish  
served with seasonal vegetables

Waffles, syrup and ice cream  
Coffee / Tea

There is a booking form which is available at reception and reservations can be made through reception. You can contact **HT Cuisine on 082 713 3893** direct with any queries. All payments for meals must be made on or before day of the meal. Should you wish to pay by EFT, please obtain bank details at reception. We kindly ask that you book at least 24-hours in advance, for catering purposes. No-shows or last minute cancellations will unfortunately need to be charged.