

What's Happening this week...

24th April 2023 – 30th April 2023

**Freedom
Day**




EVERGREEN
lifestyle
bergvliet

Monday 24th April 2023

11:30am Anti-Aging
2:30pm-Canasta

Tuesday 25th April 2023

2pm Scrabble

Wednesday 26th April 2023

11am Anti-Aging

Thursday 27th April 2023

Public Holiday – Freedom Day

Friday 28th April 2023

9am -Residents Walk
7pm - Pub Night

Saturday 29th April 2023

Sunday 30th April 2023

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

26th Mike Smith (H 67)



BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

Social Dinner is hosted every Wednesday evening at 6.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.



APRIL 2023

Date	Option 1	Option 2	Vegetarian
MONDAY 24 APRIL	COTTAGE PIE WITH BEETROOT SALAD	LEMON AND HERB ROASTED CHICKEN, SAVOURY RICE AND VEGETABLES	VEGETABLE AND BAKED BEAN COTTAGE PIE AND BEETROOT SALAD
TUESDAY 25 APRIL	PORK CHOPS WITH POTATO WEDGES, GRAVY AND VEGETABLES	BOEREWORS WITH GRAVY, MASH AND VEGETABLES	VEGETARIAN SAUSAGE WITH GRAVY, MASH AND VEGETABLES
WEDNESDAY 26 APRIL	SAVOURY HAM AND CHEESE QUICH WITH SIDE SALAD AND VEGETABLES	BUTTER CHICKEN CURRY WITH BASMATI RICE, TOMATO AND ONION SAMBALS, TZATZIKI	THREE BEAN CURRY WITH BASMATI RICE, TOMATO AND ONION SALSA, SAMBALS, TZATZIKI
THURSDAY 27 APRIL	TRADITIONAL CABBAGE STEW, WHITE RICE AND ROASTED CINNAMON PUMPKIN	CHICKEN SCHNITZEL WITH CHEESE SAUCE, POTATO WEDGES AND VEGETABLES	VEGETARIAN SCHNITZEL WITH CHEESE SAUCE, POTATO WEDGES AND VEGETABLES
FRIDAY 28 APRIL	BATTERED HAKE, TARTARE SAUCE AND CHIPS WITH FRESH LEMON AND COLESLAW	SAVOURY MINCE PANCAKES (X2) WITH GREEN SALAD AND VEGETABLES	SAVOURY VEGETARIAN MINCE PANCAKES (X2) WITH GREEN SALAD AND VEGETABLES

Remember to book for daily lunches by 10h00 the day before
Should you wish to order Breakfast and Toasted Sandwiches from the Bistro during the week,
please note that there may be a slight delay between 12h00 – 13h00 whilst the kitchen is serving
the daily special. We thank you for your patience.
Please note that we have Vegetarian Options available – please make enquiries when booking.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

See you there!



FRIDAY, 28th April
6pm



Join us for our popular social event Friday, 28 April from 6pm. Please book at reception on EXT 3200 for catering purposes or to buy a book of tickets for R100.



RESIDENTS WALK

28 April 2023

09h00 – 11h00

**Join us for our monthly Resident
walk.**

**5km and 7km route
map available at Reception**

BRUNCH OFFERING

*Breakfast Croissant filled with Bacon and Scrambled Egg
Includes a
Glass of Bubbles
Book at the Bistro 0200*

R70

**For more information contact
Myrle on 3053
by the 24th April 2023**



EVERGREEN HEALTH DODGING DEMENTIA



Dementia is a group name for different types of dementia.

Dementia is the loss of cognitive functioning which interferes with a person's daily life and activities. Dementia affects memory, language, driving ability, self-care and behaviour.

Causes of Dementia include amyloid deposition on the brain. Cardiac and vascular chronic conditions increase the risk of Dementia.

Prevention of Dementia includes supplements such as:

- Vitamin B12
- Vitamin D3
- Calcium
- Iron
- Hormone replacement therapy
- Testosterone replacement therapy

Recommendations to keep Dementia at bay

- Eat food rich in Vitamin B12
- Drink up to 3 cups of filter coffee a day
- Enjoy red wine -up to 500 ml daily as the resveratrol it contains is beneficial
- Have two blocks of dark chocolate (70-80% cacao) daily
- Treat and manage your chronic conditions such as cardiac issues, diabetes and hypertension
- Stay active! -Do any exercise you can manage
- Keep your mind active with reading, Luminosity App, play scrabble, do crosswords or Sudoku, etc.
- Ensure brain elasticity and that you have new experiences, go to new places, meet new faces, taste interesting cuisine and vary your routine
- Social interaction and support are crucial

What to do if you are concerned about your memory

- Have a mini-mental/MOCA assessment done by the local registered nurse in the village or GP to check your memory
- Mild cognitive impairment can be treated with cognitive enhancers. Speak to your doctor as you would need a prescription
- Always consult a pharmacist or other healthcare provider such as your professional nurse if you are concerned about your memory





The Sharks of False Bay and Beyond

"We know so much, yet so little, about the sharks of the ocean.

I'm going to start my story in False Bay, to show you how much we have learned in recent years and how much has changed in recent years.

Then, I shall move further afield, looking at the amazing story of the Zambezi sharks of the Breed River. From there, if I have the time and you are still awake, we will look at sharks of the Eastern Cape, Transkei, KwaZulu Natal and Mozambique, including my personal encounters with them."



Men's
Breakfast
Welcomes
Patrick
Garrett

Date: Thursday 4th May
Time: 10:00am
Cost: R100

Kindly book with the Bistro
on EXT 0200 by no later
than 4pm Friday, 28th April
to book your seat as space
is limited. Please be seated
by 09h45am.
Breakfast will follow at
11am after the
presentation.

Mrs Hargreaves APT 6 has finished her 20th half marathon well done Jean.



**Well Done!!!! Shirley Hossack
APT 5.**

