

# NEWSLETTER

SEPTEMBER 2022

Editor: Edna Grenfell – email: ednagrenfell@gmail.com



From the Village Manager

Wilma Swart

September is usually a busy month for all as we celebrate the arrival of spring and get ready to embrace the summer.

There are several exciting events planned in October by management. They are, beginning with the celebration of the tenth-anniversary dinner of the village on 26 October 2022. Final arrangements are being made, and the details will be circulated next week.

In addition, an over 50s Interprovincial Cricket Tournament is scheduled for the Wanders Club from 10 - 15 October 2022. Residents are invited to watch the match and will be transported to and from the stadium by shuttle bus.

The Western Province Cricket Team will visit the Village on Tuesday, 11 October 2022. Players will be available for a question and answer session at 10:30 and a social get-together afterwards when refreshments will be provided.

The annual Oktoberfest is scheduled for 12 October 2022.

Notifications of these events will be circulated in the next week.

I look forward to my return to the village soon.

## What's happening in October



Cardiology Talk by  
Dr Tony Dalby  
**8 October @ 10:00 for 10:30**



Oktoberfest Dinner  
**12 October @ 17:30**



**Steve Blake - Talk**  
A Hike through the Himalayan  
Mountains  
**18 October @ 10:00 for 10:30**



10th Anniversary  
Dinner  
**26 October @ 17:30**



Village Walk  
**29 October @ 16:00**



Movie Nights  
**Titles to be announced  
by Chris Edwards**

6, 13, 20  
& 27  
Oct

## Items you should look for in this Issue

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# Village Rainfall

by Cecil



September, as expected, continues to reflect the typical pattern for this time of the year. Hopefully, October will see the return of our summer showers.

Dam levels across the country continue to show a marked overall improvement since this time last year, at 91% vs 80%. However, the current situation varies widely from 98% for Gauteng to 69% for the Eastern Cape.

This data is as of 20 September 2022. For this and much more weather-related information, visit the website:

[sawx.co.za/state-of-dams](http://sawx.co.za/state-of-dams) or [dws.gov.za](http://dws.gov.za)

October sunrise and sunset times show the increasing daylight hours we can enjoy, especially given the frustrating pattern of load shedding.

Rainfall by month for the past year	
Oct '21	87.1
Nov '21	72.5
Dec '21	154.1
Jan '22	119.5
Feb '22	174.0
Mar '22	54.0
Apr '22	150.0
May '22	7.8
Jun '22	14.0
Jul '22	0.0
Aug '22	0.6
Sep '22	0.0
Total	833.6



Rainfall for September over the years	
2013	0.0
2014	0.6
2015	41.0
2016	7.0
2017	3.6
2018	3.6
2019	3.5
2020	5.0
2021	0.0
2022	0.0
Average	6.4

Sunrise & Sunset for October 2022		
Date	Sunrise	Sunset
1	05:48	18:08
2	05:46	18:08
3	05:45	18:08
4	05:44	18:09
5	05:43	18:09
6	05:42	18:10
7	05:41	18:10
8	05:40	18:11
9	05:39	18:11
10	05:38	18:12
11	05:37	18:12
12	05:36	18:13
13	05:35	18:13
14	05:34	18:14
15	05:33	18:14
16	05:32	18:15
17	05:31	18:15
18	05:30	18:16
19	05:29	18:17
20	05:28	18:17
21	05:27	18:18
22	05:26	18:18
23	05:26	18:19
24	05:25	18:19
25	05:24	18:20
26	05:23	18:21
27	05:22	18:21
28	05:21	18:22
29	05:21	18:23
30	05:20	18:23
31	05:19	18:24



# Security

by Dave Nesbitt



- Do not ask for help from strangers at ATMs.
- Do not display money in public.
- Do not ask for directions from a stranger, instead ask a law enforcement agent.
- Keep your personal belongings such as your handbag and wallet safe.
- Always observe your surroundings and be mindful of the situation at all times.

### SAFETY HINTS FOR VICTIMS

- Comply, remain calm and do not argue with crime perpetrators.
- Do not make sudden gestures.
- Avoid eye contact but try to remember how the perpetrator looks by identifying and remembering special features.
- Try to get away safely from the area as quickly as possible.
- Do not be a hero, your life is worth more than anything else.

**It is vitally important to remember the following regarding banking security**



- Never give your Online Banking username and/or password to anyone.
- Never give your One Time Pin (OTP) to anyone.
- Never click on links in emails claiming to be from your bank.
- Always type in your bank address in your browser.
- Be cautious of company names with web-based email addresses, e.g. junkmail@yahoo.com/@hotmail.com/@gmail.com
- Review your transactions regularly.
- Don't expect to be selected as a winner if you have not participated in the lottery or other competitions.
- Never save your passwords to your browsers.

## Emergency Numbers



Reception Desk	087 209 3366
Guardhouse (Thornburn Security)	071 173 2406
Care Centre (Health) Siphon	079 579 4297
Sister Marius	082 218 4206
Reg.Nurse Kate Powell	Ext 1222

**Remember to wear your Buddy Band and carry your emergency button**



Emmy Murray. Unit 85 has one of the prettiest front gardens in the village



Beautiful lavender from Dick & Kiloran's garden  
Spot the Bee



Did you know?

Butterflies use their feet to taste, not a tongue like we do



Did you know?

The pigments in flower petals absorb UV light and create patterns visible to bees, but that may be invisible to humans. These patterns are sometimes referred to as 'nectar guides' that presumably serve to direct the pollinators towards the centre of flowers.



- Do not water during the heat of the day.
- The best time to water plants is either first thing in the morning or late in the afternoon.
- Make sure your soil absorbs water when soaking the plants.



Did you know?

Female bees in the hive (except the queen) are called worker bees



Did you know?

There are 20,000 species of wild bees in the world that contribute to pollination. Other pollinators are some species of butterflies, moths, wasps, beetles, birds, bats and other vertebrates



**Bagworm**



**Malachite Kingfisher**



**Reed Cormorant**

## Nature & Birding Group

by  
Heather Mutch



After a break of more than two years, the first meeting of the **Nature and Birding Group** was held on 2nd August 2022. Thirteen people attended this meeting to learn what people would like from the Nature and Birding Group meetings. The following was discussed, suggested and decided upon:

- Nature and Birding Group to meet once a quarter on the **1st Tuesday** of that month, at 10h15 for 10h30 (coffee and tea will be provided), and the morning would finish at 11h30. The following two meetings will be:
- **1st November 2022** – Robin Davey will help Heather put a slide presentation together to show off the birds of Evergreen and how to identify birds better.
- **1st February 2023** – content still to be decided.

Content for future Nature and Birding mornings to include Quiz on bird sounds; walks around Evergreen identifying birds; Guests speakers, and previous talks (suggestions were “Spider Lady”, Frogs and Toads; different Grasses).

### Outings:

- Random Harvest \* on a Saturday morning – 1½ to 2 hours walk, followed by a scrumptious breakfast – Cost: R175 per person, this includes a breakfast buffet. The first walk that Evergreen will do at Random Harvest is **Saturday, 5 November** meet at 06h30 for 07h00 start, with Andre Marx. Please let Heather know by the **21st of October** (payment by 28th October to Heather) if you would like to join this walk.
  - Walter Sisulu Botanical Gardens \* and
  - Houghton Nature Reserve \*
- \*Heather to make enquiries re transport and prices.

Heather will set up a *WhatsApp Group* to advise members of what is happening. This group, called a “*Broadcast Message*” would be a one-way group where participants only receive WhatsApp messages from Heather, but participants can send photos or requests direct to her on 083 7897311.

*PS – Lisa has recently heard the Spotted Eagle Owl in the tree next to the Pétanque court.*



All are welcome – **next meeting 1st November** (Tuesday) 10h15 from 10h30 to 11h30. Please get in touch with **Heather Mutch** on 1080 or **Lisa Nuttall** on 11021.

What better way to introduce this series than with pictures of these trees that have blessed us with their blooms this month.



*Dombeya Rotundifolia*



*Dombeya Rotundifolia*

# Introducing The Trees of Evergreen by Hennie



The series, which will run for the next few months, will feature the Trees of Evergreen and other developments in the village that the residents inspired. They will not follow in any order but what is topical at the time. And so, this opener is about the trees that have been putting on their show this September.

When the Phase I residents moved into the village in October 2012 – our tenth-anniversary celebrations next month – just a few large trees were growing in the village. Most of them are still here, but the residents added many more.

Starting on Arbor Day in September 2013 and continuing to Arbor Day in 2019, the village's residents selected, sourced, positioned, and planted all the trees and shrubs that grace our village today. Financial help received from Evergreen is gratefully acknowledged.

The ***Dombeya Rotundifolia*** (Wild Pear or Drolpeer) were planted in 2018 and 2019 and are some of the last trees planted. They were selected for the very reason they feature in this opening article – their beautiful, white flowers that change to pale pink and brown before the leaves appear. The leaves are nearly round, hence the name. These trees are known as one harbinger of spring. Travelling anywhere in the bushveld in late August and early September, you notice numerous white trees dotted all around in the otherwise grey/brown surrounding those are *Dombeya* trees. Ours will, in time, develop into beautiful shady trees.

**The *Acacia Robusta*** (Ankle or Splendid thorn or Enkeldoring) were planted on Arbor Day in 2013. They were selected because of their sturdy, spreading crown which will provide an avenue of overhanging trees to welcome you into the village. Like most trees of the *Acacia* species, they are also harbingers of spring as our trees demonstrated through September with their profusion of yellow/white flowers.



*Acacia Robusta*

Also, on show this month were the ***Clivia*** next to the entrance of the clubhouse. These beautiful flowers were kindly donated by Penelope Rabinowitz.



*Clivia*

And for all the "WhenWe s"  
in the Village



Gmail :: FW: Vic Mackenzie

## Rhodesian Ridgeback

**T**HE RHODESIAN RIDGEBACK PERSONIFY MANY ATTRIBUTES OF THE RHODESIAN. IT WAS MADE UP OF MANY BREEDS. IT IS LOYAL TO A FAULT, AND IS ALWAYS PREPARED TO TAKE ON LARGER AND MORE FEROCIOUS ADVERSARIES. IT WAS ALSO MISCHIEVOUS AND ATHLETIC.



**G**ROWING UP WE HAD RIDGEBACKS WITH NAMES LIKE SIMBA AND SHUMBA. FANTASTIC DOGS....

**I**N 1922 FRANCIS BARNES OF BULAWAYO STANDARDIZED THE BREED. IT WAS OFFICIALLY RECOGNIZED IN 1924 BY THE SA KENNEL CLUB.

## Pets Corner

Featuring Residents & their  
furry friends



After much cajoling from Edna, Colin succumbed to acquiring Alfie & Sofie. Alfie is the sweetest boy who often hides behind Edna. He loves playing football and gives kisses readily.

Sofie is the boss and can be heard barking at whoever walks past our garden wall. She is floppy, loveable and is daddy's girl. She loves to steal toys and hide them under the bed, thinking nobody has seen her!



Princess Sofie and Prince  
Alfie of the Grenfell  
are highly pedigreed  
Shih Tzu people



## Rhodesian Fliers

**T**HE MASHONALAND FLYING CLUB WAS THE CRIBBLE OF FLYING IN AFRICA. THOUSANDS EARNED THEIR WINGS AT MFC. NUMEROUS MEMBERS ARE CAPTAINS AT EMIRATES, CATHAY PACIFIC, QANTAS, BRITISH AIRWAYS, SOUTH AFRICAN AIRWAYS AND BOEING DREAMLINER IN SEATTLE.

**F**LYING FLOURISHED IN RHODESIA DUE TO THE ROYAL AIRFORCE ESTABLISHING TRAINING BASES DURING THE SECOND WORLD WAR. MOUNT HAMPDEN WAS A TRAINING BASE.

**L**ANDING STRIPS WERE OFTEN CRUDE AND FRAUGHT WITH WILD LIFE DANGER.

**T**HE FLYING CLUB HAD A GREAT PUB WHERE MANY STORIES AND LIES WERE TOLD.

Vic Mackenzie 2014

## Thirsty Rhodesians



**B**ABY CHAM WAS THE CHOICE OF YOUNG WOMEN IN THE 60's & 70's.

**A** RHODESIAN MALE WAS EITHER A LION OR A CASTLE



**A** TENNIS WAS A TONIC, SODA WATER & BITTERS

DRINKER.

**A** SHANDY WAS A BEER & LEMONADE



**T**HEN THERE WAS CANE & COKE



**B**RANDY & COKE, GIN & TONIC, SCOTCH, VODKA

**W**AS THE DUMPY A THING?



**H**OME BREWING WAS HAZARDOUS.

**D**ID I FORGET CHIBUKU?



© Vic Mackenzie 2014

Spring Hat  
Competition  
Lunch  
2 Sept



# SEPTEMBER Events

## Winners

- Penny Tsandelis
- Felicity Morgan
- Dick Townsend
- Ivar Skanke



Although not new to the Village, Jilly is welcomed into the Acacia family to Unit 206



New Residents

Acacia welcomes  
Bruce & Jenny Boswell to  
Unit 102





# SEPTEMBER Events



## Heritage Day Braai 24 September

Evergreen Residents  
celebrating our heritage



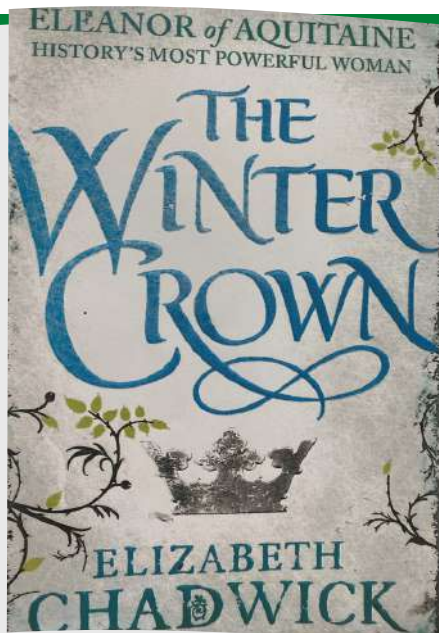
Thank you  
Brenda  
for  
Making it happen for all  
Evergreen Residents





# From the Library

## A Good Read – by Libby



Judy recommends --  
**THE WINTER CROWN**  
Elizabeth Chadwick

The Winter Crown is set in 12<sup>th</sup> century England and tells the gripping story of Eleanor of Aquitaine's tumultuous marriage to Henry II of England. It is fiction, but thoroughly researched. Vivid descriptions give a fascinating picture of the life and customs in the royal courts, the relentless struggle for power, the barbarism, bloody battles and family betrayals. Eleanor was very courageous and a way ahead of her time in her behaviour.

### New DVD in the library

Pride & Prejudice

"Firth has smouldering down to a fine art.. when he directs his laser-gaze in the direction of one Miss Elizabeth Bennet, watch out."

Daily Telegraph



### Book Review by Judy Stuart

#### 'The Dark Flood' – Deon Meyer

I am a dedicated Deon Meyer fan and am delighted to report that this book is among his best. It features Captains Penny Griessel & Vaughn Cupido, who are Hawk detectives.

The story started with both being suspended from the Hawks and sent to Stellenbosch on assignments as detectives as a disciplinary move. They are disillusioned by this but are quickly engrossed in three high-level cases.

The one involves the disappearance of a Stellenbosch student who is an IT expert who becomes involved in some dirty dealings. The other consists of a billionaire who owns high-powered cars and wine farms and is under investigation for fraud. Behind all this is the exposure of a police syndicate taking arms from the police storage facilities and selling them to the gangs in Cape Town. A great fast-moving plot.

The cases develop with speed and excitement throughout. Penny's constant battle with alcohol and Vaughn's struggle with weight issues add reality and humour to the book.

Deon Meyer has the brilliant ability to describe and play out South African characters in a way that makes you feel you can see them in front of you. The reference to SA politics and the interracial battles keeps the reader involved at every level.



# From the Library

**Prof Graham Hall**



To the Edge of the Universe. But are we alone?

by Libby



Looking up into the night sky, what can we see, and how far can we see?

Starting as the earliest astronomers did with their naked eyes, Graham took us on a journey of discovery – looking up into the night skies and discovering how immense, vast and beautiful the cosmos is when viewed through more advanced and powerful telescopes. The most recent telescope launched into space, the James Webb telescope, enabled us to see that what was previously considered “deep space” is filled with millions of stars and distant galaxies.

Considering the question, ‘are we alone’ Graham said that before searching for life elsewhere, we should first understand the conditions that enabled life to thrive here on this planet and then look for similar situations in outer space. Some of these conditions he mentioned favoured earth included being at just the proper distance from the sun, not too hot or too cold, and the presence of its magnetic field and atmosphere that protects the earth from the sun’s harmful radiation. Water, too, is an essential component of life – there were many more conditions which made one realise how unique and fragile our earth is.

The chance of microscopic life existing elsewhere seems reasonably good, but the possibility of complex life arising elsewhere is less specific.

To quote Arthur C Clarke, the well-known science-fiction writer,  
*“Two possibilities exist: either we are alone in the Universe, or we are not. Both are equally terrifying”.*

This intriguing and well-delivered talk sparked many questions and speculations, which Graham fielded with knowledge, honesty and humour.

# OCTOBER

## CARDIOLOGY AS WE GET OLDER

**Dr Tony Dalby (Cardiologist)**

**Clubhouse 8 October 2022**

**10:00 for 10:30**

- Atrial fibrillation & its Management
- Barlow's Syndrome – Is it serious?

**Book with Tshwanelo ext 1200 by  
Wednesday, 5 October @ 16:00**

**Tea & Coffee will be available.**



**Library Talk on  
18 October  
@  
10:00 for 10:30  
in the Clubhouse  
Coffee & Tea**



## A Hike through the Himalayan Mountains of Nepal to Base Camp, Mt Everest

Join **Steve Blake** as he takes us on an exciting and diverse photographic hiking adventure through the Mountain Kingdom of Nepal to Base Camp Mount Everest.

The adventure is more than just a hike along mountain tracks; it is a journey through a region that presents the traveller with incredible landscapes, beautiful scenery, small villages, harsh living conditions, varied animal life and different cultures.

So much can be learnt from Nepalese people, their attitudes and adaption to a world somewhat different from what we envision.

## Birthdays/Anniversaries October 2022

Robin Davey	2nd
Jenny Traviss	11th
Dorothy Savage	17th
Jac Messerschmidt	22nd
Irene Carroll	22nd
Chris Edwards	24th
Margarete Meyer	24th
Stewart Cloete	24th
Nello Vercellotti	25th
Pat Bayley	28th
Erika Barton	28th
Cecil Fann	29th
Sue Jackson	29th
Judy Powell	30th



Dave & Gillian Campbell	12th
David & Sheila Rackley	13th
Ernie & Heather Mutch	14th
George & Maureen Privett	15th

A matter raised in an informal discussion with the Editor is the appearance of the Evergreen Verge on Frederick Rd compared to other verges nearby.

# Letters to the Editor



email: ednagrenfell@gmail.com

## Comments?

Examples of thoughtfully designed verges with indigenous plants



And Evergreen's Verge!



Dear Editor,

I am not happy with the way the recent street braai unfolded!

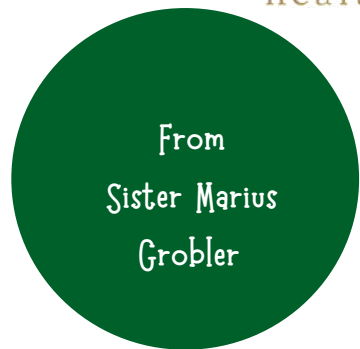
When Marion and I arrived at about 16:30, we expected to see people sitting around, enjoying a chat as happens at the Wednesday night socials. Instead, we found many people already eating their meals! Do you usually eat your supper at that time?

In the past, when Marion and I invited people for an evening braai, we expected everybody to sit down and have a chat and a drink or two while we got the fire ready. Braaiing and eating would start well after everybody had arrived, and not as soon as they arrived as happened at our street braai!

Having said all that, I would like to thank all those residents and staff members who were involved in preparation for the braais – Marion and I very much appreciate your efforts!

Marion and Hennie du Preez.

All submissions relative to Evergreen are welcomed. **No personal or insulting matters will be published.**



## INTERNATIONAL DAY OF OLDER PEOPLE

1 OCTOBER 2022

The International Day of Older People is observed on October 1 each year, as established by the United Nations General Assembly in 1991.

The 2022 theme for this day is:

**The Resilience and Contributions of Older Women.**

This year's theme serves as a hallmark and reminder of the significant role older women play in traversing global challenges and contributing to their solutions with resilience and fortitude.



The Covid-19 pandemic has exacerbated existing inequalities, with the past three years intensifying the socioeconomic, environmental, health and climate related impacts on the lives of older persons, especially older women who constitute the majority of older persons.

While older women continue to meaningfully contribute to their political, civil, economic, social and cultural lives; their contributions and experiences remain largely invisible and disregarded, limited by gendered disadvantages accumulated throughout the life course. The intersection between discrimination based on age and gender compounds new and existing inequalities, including negative stereotypes that combine ageism and sexism.

Recognizing the vital contributions of older women and promoting the inclusion of their voices, perspectives and needs are critical to creating meaningful policies to enhance a holistic response to local, national, and global challenges and catastrophes.

The UN declared day is a call to action and opportunity aimed to listen to the voices of older women and showcase their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development. This day also calls on countries and civil society to include older women in the centre of all policies, thereby ensuring a move towards global gender equality.

At Evergreen Health we celebrate the resilience and contributions of our lady residents and embrace opportunities to engage with and learn from you all!



Kate Powel joined the Evergreen Health Broadacres Team as the Village Registered Nurse.

She is available to all residents from Monday to Friday 08:00 to 16:00 in the Care Centre, telephone 1222. email: [katep@evergreenlifestyle.co.za](mailto:katep@evergreenlifestyle.co.za)

## Meet Dr Sibusisiwe Micky Tlhapane

Cure Day Hospitals Fourways



**Dr Sibusisiwe Tlhapane**  
MBChB (UKZN), Dip Ophth (SA),  
FC Ophth (SA), MMed (UP)












Dr Sibusisiwe Tlhapane is an Ophthalmologist (Eye Specialist) who obtained her medical degree from the University of KwaZulu Natal, MBChB (UKZN) in 2011. She began her Ophthalmology career in 2015 as a medical officer at St John's Eye Hospital. She then continued her Ophthalmology career from Steve Biko Academic Hospital and the University of Pretoria where she obtained her Diploma in Ophthalmology, Dip Ophth (SA).

She also did her fellowship in Ophthalmology, FC Ophth (SA) and Masters in Medicine MMed (UP)

Dr Tlhapane is passionate about the wholistic treatment of eye disease including ocular surgery.

For any bookings please contact Eye Prestige  
T: 010 109 9591 / 076 638 0164  
E: [admin@eyeprestige.co.za](mailto:admin@eyeprestige.co.za) or  
[drtlhapane@eyeprestige.co.za](mailto:drtlhapane@eyeprestige.co.za)

# October Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
<p><b>3</b></p> <p>9am Therapeutic Water Aerobics 10am Art Classes 10am Knit &amp; Natter 1pm Bridge 5pm-7pm Pool &amp; Waterhole</p>	<p><b>4</b></p> <p>9am Therapeutic Exercise Classes 2pm <b>Rummikub</b> 2.30pm Scrabble 5-7pm Ladies Pool &amp; Waterhole</p>	<p><b>5</b></p> <p>10am Art Class 5:30pm Social Dinner</p>	<p><b>6</b></p> <p>9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm <b>Movie Night</b></p>	<p><b>7</b></p> <p>9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30pm Bible Study 12.30pm Fish &amp; Chips 5pm Waterhole</p>	<p><b>8</b></p> <p>10am <b>Cardiology</b> talk by Dr Tony Dalby</p> 	<p><b>9</b></p>
<p><b>10</b></p> <p>9am Therapeutic Water Aerobics 10am Art Classes 10am Knit &amp; Natter 1pm Bridge 5pm-7pm Pool &amp; Waterhole</p> 	<p><b>11</b></p> <p>9am Therapeutic Exercise Classes <b>10am Western Province over 50's team visit</b> 2pm Rummikub 2.30pm Scrabble 2.30pm <b>Craft Classes</b> 5-7pm Ladies Pool &amp; Waterhole</p>	<p><b>12</b></p>  <p>10am Art Class 2.30pm Christian fellowship- #69 <b>5:30pm Oktoberfest Social Dinner</b></p>	<p><b>13</b></p> <p>9am-10am Yoga contact Kiloran 10am Visual Music House 81 2pm Bridge 3pm Petanque 6pm <b>Movie Night</b></p>	<p><b>14</b></p> <p>9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10am Visual Music – House 81 10.30pm Bible Study 12.30pm Fish &amp; Chips 5pm Waterhole</p> 	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>17</b></p> <p>9am Therapeutic Water Aerobics 10am Art Classes 10am Knit &amp; Natter 1pm Bridge 5pm-7pm Pool &amp; Waterhole</p> 	<p><b>18</b></p> <p>9am Therapeutic Exercise Classes <b>10am Book Morning</b> 2pm Rummikub 2.30pm <b>SCRABBLE</b> 5-7pm Ladies Pool &amp; Waterhole</p>	<p><b>19</b></p> <p>10am Art Class 5:30pm Social Dinner</p>	<p><b>20</b></p> <p>9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm <b>Movie Night</b></p> 	<p><b>21</b></p> <p>9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish &amp; Chips 10.30 pm Bible Study <b>2:30pm BINGO</b> 5pm Waterhole</p> 	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>24</b></p> <p>9am Therapeutic Water Aerobics 10am Art Classes 10am Knit &amp; Natter 1pm Bridge 5pm-7pm Pool &amp; Waterhole</p>	<p><b>25</b></p> <p>9am Therapeutic Exercise Classes <b>9am Sashni Audiology</b> 2pm <b>Rummikub</b> 2.30pm <b>Craft Classes</b> 2.30pm Scrabble 5-7pm Ladies Pool &amp; Waterhole</p>	<p><b>26</b></p> <p>10am Art Class 2.30pm Christian fellowship- #69 <b>5:30pm Evergreen 10<sup>th</sup> Anniversary Dinner</b></p> 	<p><b>27</b></p> <p>9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm <b>Movie Night</b></p>	<p><b>28</b></p> <p>9am Beginners Line Dancing 9.30am Line Dancing – Main Class 12.30pm Fish &amp; Chips 10.30 pm Bible Study 5pm Waterhole</p>	<p><b>29</b></p> <p>4pm <b>Village Walk</b></p> 	<p><b>30</b></p>
<p><b>31 Save your hearing day</b></p> <p>9am Therapeutic Water Aerobics 10am Art Classes 10am Knit &amp; Natter 1pm Bridge 5pm-7pm Pool &amp; Waterhole</p>						



## Social Dinner Menus October 2022

Day	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday, 05 Oct 2022</b>	Greek salad with feta, olives and garlic routons	Sticky beef short rib, with fried rice and vegetable stir fry <b>R75.00</b>	Moroccan chicken with orange and dates, almond jewelled rice and roasted vegetables <b>R75.00</b>	Tiramisu in a glass, topped with chocolate ice cream and caramel sauce <b>R45.00</b>
<b>Wednesday, 12 Oct 2022 (Oktoberfest)</b>	Platter per table - German pretzels, bread sticks, rye bread with beer cheese spread, sliced cheese Russians	Pork tenderloin in onion and mustard sauce, buttered noodles and parsley crumb and braised red cabbage <b>R80.00</b>	Paprika and parsley roast chicken with mashed potato and fried cabbage <b>R80.00</b>	Apple strudel with ice cream and cinnamon custard <b>R45.00</b>
<b>Wednesday, 19 Oct 2022</b>	Butternut and orange soup with cinnamon cream	Cape Malay Bobotie served with yellow raisin rice and tomato sambal, banana salad <b>R75.00</b>	Chicken and mushroom tagliatelle, with Greek salad <b>R75.00</b>	Ice cream, meringues and wild berry compote <b>R40.00</b>
<b>Wednesday, 26 Oct 2022 10th Anniversary</b>	Menu to follow			

**PLEASE NOTE: No cash** payments will be accepted - payments by EFT or by debit/credit card.  
Bookings at reception with **Tshwanelo on EXT 1200** - between **08:00 and 17:00**