

# NEWSLETTER

## WHAT'S HAPPENING

*"If happiness is what you're after, then you are going to be let down frequently and be unhappy much of your time. Joy, though, is something else. Its not a choice, not a response to some result, its a constant. Joy is 'the feeling we have from doing what we are fashioned to do,' no matter the outcome."*

MATTHEW MCCONAUGHEY

Dear Residents,

I hope you've all had a good week.

Despite the very cold and wet week we have had, I hope you are looking forward to Youth day followed by Father's Day on Sunday. The Bistro Father's Day Braai themed menu is sure to delight and make you forget about the cold.

Highlight next week will be Tuesday the 20th's Book morning. Here you can join to listen to different fiction and non-fiction book reviews. The Coffee bar is open from 10:00 and the reviews start at 10:30.

The events calendar for June has really filled up nicely and there is more than enough variety for everyone to find something to their liking.

In Health Matters we look forward to Dr. Dalby's talk on Saturday the 24th of June on "Reducing Cardiac Risk in Mature persons".

His talk will cover hypertension, diabetes, cholesterol, exercise and smoking. The talk starts at 10 am in the Lifestyle Centre and is always well attended.

So get there early for a good seat and enjoy a cup of coffee afterwards.

In this week's newsletter, you can read more about German scientists who believe they have discovered how to slow down the aging process. In Bon Appétit we share two 'winter warmer' beverages, covering both a non-alcoholic option and something for those preferring theirs a little stronger.

Enjoy the reading!

Wishing you all a wonderful weekend.

Regards  
Wilma and the Evergreen Team

## Week 25

### IN THIS ISSUE

#### Weekly Activities

Your weekly guide to sport & recreational activities in the Village

#### It's A Celebration

Birthday's, Anniversaries & New Residents

#### What's On The Menu

Delicious meals on offer this week!




#### Bon Appétit

Drinks to warm you up this winter

#### Health & Wellness

Bouncing Back from The Flu!

# ACTIVITIES & EVENTS

MON 19 June	TUE 20 June	WED 21 June	THUR 22 June	FRI 23 June	SAT 24 June	SUN 25 June
09h00 + 9:45 <b>Water Aerobics</b>	09h00 Therapeutic Exercise Class	5:30 pm <b>SOCIAL DINNER</b> 	08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing	10:00 am Dr. Dalby - Reducing Cardiac risk in mature persons 	
10 am Knitter & Natter	 10h00 Book Morning		09:00 am Yoga	09:30 am Line Dancing		
1 pm Bridge	2 pm Rummikub		2:00 pm Bridge	10:30 am Bible Study		
	2:30 pm Scrabble		3:00 pm Petanque	2:30 pm Fish & Chips		
5 pm Pool/Snooker Waterhole						
	5 pm Ladies pool					
	5 pm waterhole		06:00 pm Movie Night	5 pm Waterhole		

# ACTIVITIES & FACILITIES

## THERAPEUTIC EXERCISE

Therapeutic exercises suitable for any level of fitness and ability

Anke - 083 386 8558

## AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Anke - 083 386 8558

## YOGA

All level yoga class with a focus on mobility and strengthening of the back.

Desley White - 084 465 1939

## LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Libby Baker - ext. 1002

## LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Lyn Turner - ext. 1004

## PETANQUE

the objective is to score points by having boules closer to the target than the opponent after all boules have been thrown

Felicity Brandt - ext. 1122

## MOVIE NIGHT

Enjoy classics and award winning movies of all genres with fellow residents. Every Thursday evening at 18:00

Chris Edwards - ext. 1089

## SALON

Ladies & gents are welcome at the Salon.

Hours  
Wed / Thu 09h00 - 17h00

Charmaine - 073 0318 677

## SWIMMING POOL & GYM

Heated indoor swimming pool and gym for your enjoyment

## BRIDGE

The card game that's both intellectually and socially stimulating

Judy Stowell - ext. 1056

## POOL

Get together and enjoy a game of pool.

Gents on Monday evenings  
Ladies on Tuesday evenings

In the Lifestyle Centre

## KNIT AND NATTER

Knitting while socialising for an amazing cause.

Elske Fann ext 1076

## UPCOMING EVENTS

### June

Father's Day lunch / braai 18th  
book morning - 20th  
sashni audiologist - 27th  
Craft class - 27th  
Petanque - Thursdays  
movie - 22nd & 29TH

### July

social dinner - 5th, 12th, 19th, 26th  
Wimbledon - 16th  
Nelson Mandela day - 18th  
Christmas in July - 26th  
Christmas in July - 28TH

# IT'S A CELEBRATION

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*Count your age by friends, not years.  
Count your life by smiles, not tears. — John Lennon*

## BIRTHDAYS

**23 JUNE**

Norma Johnston

**27 JUNE**

Kay Olie

**28 JUNE**

Gillian Campbell

## ANNIVERSARIES

**23 JUNE**

Frederik & Catharina Kraamwinkel



# WHAT'S ON THE MENU?

## MENU

### DAILY MEALS – R68

#### MONDAY

Boerewors and onions served with tomato gravy  
Parmesan mash, roast butternut and coleslaw

#### TUESDAY

Sweet and sour chicken with Asian fried noodles  
and vegetables

#### WEDNESDAY

Beef lasagne with Italian salad and  
Mediterranean roasted vegetables

#### THURSDAY

Grilled BBQ pork chop, with apple sauce, saute  
potatoes, cream spinach

#### FRIDAY

Grilled or deep-fried Hake with chips, tartar  
sauce, pea and sweet corn salad and garden  
salad – R85.00

### BREAKFAST

#### SUNRISE – R48

2 eggs, 2 rashers back bacon, grilled  
tomato, served with a slice of toast

#### BREAKFAST ON THE GO – R38

1 egg, 2 rashers back bacon  
and slice of toast

## THE BISTRO

OPEN DAILY 08H00 – 16H00

DINNER SERVICE – WEDNESDAY 17:00 – 20H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 1209

### WEDNESDAY SOCIAL DINNER 21 June

#### Starter

Potato wedges with cheese/mustard dipping  
sauce and crisp onion rings

#### Main

Asian sticky garlic beef with fried rice and  
vegetable stir-fry – R85

or

Chicken chow mein with Asian red cabbage  
slaw – R75

Bread and butter pudding with cinnamon  
custard – R40

### FATHERS DAY LUNCH 18 JUNE

#### Soup

Cream of potato and leek soup with sour cream  
and biltong dust and Parmesan cheese

#### Main Course

##### Off the braai on the deck

BBQ Chicken and peri-peri Chicken

BBQ pork ribs

Boerewors potjie in tomato smoor

Pap, cheese and bacon tart

Baby potatoes in garlic and parsley butter

Roasted butternut wedges with feta crumble

Buttered sweet corn

Salads: Garden salad, Beetroot salad, Coleslaw

#### Dessert Buffet

Sticky toffee pudding and custard

Seasonal fruit salad in orange cinnamon syrup

Father's Day chocolate cake with wild berry cream

Ice cream, choc and caramel sauce

Residents – R165.00pp,

Visitors – R185.00pp,

Children under 12 yrs – R135.00



# BON APPÉTIT



## MEXICAN HOT CHOCOLATE

ARTICLE BY: BBC GOODFOOD

### Serves 2

Be sure to add a frothy finish to this Mexican hot chocolate, which is warming and spiced with cinnamon, vanilla and chilli

### INGREDIENTS

500ml whole milk  
2 cinnamon sticks (use Mexican cinnamon sticks for a distinctly floral, sweeter taste), plus extra to serve  
2 tbsp dark cocoa powder (see tip, below)  
½ tsp vanilla extract  
¼ tsp chilli powder  
2 tbsp brown sugar

### METHOD

#### STEP 1

Pour the milk into a medium saucepan, add the cinnamon sticks and stir frequently over a medium heat (don't let it boil) until the milk is fragrant, about 5 mins.

#### STEP 2

Remove and discard the cinnamon sticks, then add the cocoa, vanilla, chilli powder and sugar. Remove from the heat and whisk until the mixture is smooth and frothy – this will only take a couple of minutes. Divide between two mugs and garnish with fresh cinnamon sticks.



## WINTER WHISKEY SOUR

ARTICLE BY: BBC GOODFOOD

### Serves 2

This classic bourbon cocktail takes a festive turn with a splash of orange juice and edible gold glitter – perfect for Christmas parties

### INGREDIENTS

crushed ice  
50ml bourbon  
1 tbsp fresh lemon juice  
1 tbsp fresh orange juice  
½ tbsp sugar syrup  
2 slices of oranges  
To decorate  
honey  
gold edible glitter

### Method

#### STEP 1

Using a small paintbrush (or your finger), brush some honey around the rim of two tumblers and use another small paintbrush to stick edible gold glitter around each.

#### STEP 2

Fill each glass with crushed ice. Put the bourbon into a cocktail shaker with the lemon juice, orange juice and sugar syrup. Shake and strain into each glass, and serve with an orange slice and short straws.

# HEALTH & WELLNESS



## BOUNCING BACK FROM THE FLU!

ARTICLE BY: DISCHEM.CO.ZA

Catching the flu can make life miserable, which is why a lot of advice related to immunity and health in winter focuses on prevention rather than cure.

Also, because the illness is caused by a virus and not a bacterial infection (secondary infections are not uncommon, though), a course of antibiotics<sup>1</sup> won't help cure an infection.

Flu symptoms<sup>2</sup>, which include coughing, a sore throat, sneezing, muscle aches, fevers, chills and sometimes vomiting and diarrhoea, typically last for a week, with the most severe symptoms present for two to three days, in general.

And it is not uncommon to experience fatigue, weakness, and a cough for another few days after you've recovered. However, there are numerous steps we can take to ease symptoms and support our immune system and body to possibly bounce back sooner from the dreaded flu this winter.

### 1. REST

The best thing you can do for your body and to support your immune system when fighting the flu is get more rest. Stay home (this also stops you from spreading this highly infectious disease to others) and sleep as much as possible. Taking a day-time nap is ideal but you should definitely turn in early to get extra restorative sleep at night – at least 7-9 hours. And avoid any form of exercise and try to minimise all forms of stress in your life – your immune system already has its hands full fighting off the virus!

### 2. REHYDRATE

Your body – and your respiratory system in particular – needs fluid to deal with the symptoms commonly associated with the flu. Ensuring your body has sufficient fluid can speed up recovery by supporting blood volume, which circulates immune cells around your body to combat the virus. When accompanied by a fever, any excessive sweating can also dehydrate you, which can make symptoms worse and could potentially prolong your infection. You can also experience vomiting and diarrhoea with the flu, which also serve to dehydrate you. It is best to mainly drink water, with some added electrolytes periodically during your infection. You can also include herbal and conventional teas, adding some honey to help ease a sore or scratchy throat.

### 3. REPLENISH

Your body needs more fuel and resources when it's fighting an infection. While you might lose your appetite when you are sick, it's vital to eat regular meals to provide the nutrients your body needs to support optimal immune function. These nutrients include vitamins A, B6, B12, C, D, E, and folate, as well as minerals including zinc, iron, selenium, magnesium, and copper, and the omega-3 fatty acids. A wide range of fresh fruits and vegetables are the ideal natural sources for these important vitamins and



minerals, and other antioxidants that strengthen your immune system as it fights off a virus. You can also turn to broad-spectrum vitamin complexes to conveniently meet your nutritional demands while you battle the flu.

#### 4. RELIEVE

Find ways to ease any congestion and help your body shift the mucus that can build up in your respiratory tract. Use a nebuliser to provide relief from congestion. These devices turn liquid medicine into a mist, which it delivers via a consistent flow of pressurised air through a mouthpiece. Inhaling this air can provide quick relief by helping to reduce inflammation in the respiratory system and works to open airways to ease breathing.

Placing a vaporiser or humidifier in your room overnight can provide additional relief by adding moisture to the dry winter air. This extra moisture may help ease congestion and coughing and reduce irritation in the throat and upper respiratory tract. You can get a similar benefit from a warm bath or shower as the moist steam fills the air in the bathroom. A hot bath is also a good way to relax and unwind.

And over-the-counter treatments available at Dis-Chem like expectorants or decongestants can also help to calm your hack and loosen up mucus.

#### 5. REDUCE

Visiting a doctor as soon as symptoms start is the most effective way to reduce the duration of a flu infection. Depending on your general health and other risk factors, a doctor may prescribe antiviral medication, which prevents the virus from growing and replicating.

Taking antiviral medications within two days of the onset of symptoms may reduce the duration of the flu by about a day as well as the severity of symptoms. The doctor can also prescribe additional medicines to help ease symptoms and support your immune response.

Consuming additional vitamin C from high-potency supplements can get you back to health sooner, too. Studies show that vitamin C can make symptoms milder, including coughing or sneezing, a sore throat, a stuffy or runny nose, headache, fever, muscle aches or aching limbs.

Other studies show that extra vitamin C – around 1 mg per day – can shorten an infection by between 12-36 hours because this antioxidant is highly concentrated in immune cells and is consumed quickly during an infection. Giving the body more of it will help to support immune cells.

Additional supplements to consider in your flu-fighting approach include echinacea (specifically *echinacea purpurea*) and elderberry. A small sample of studies show that echinacea can reduce the length and severity of infections by 10-30%, while one study showed that taking 4 tablespoons of elderberry a day for three days shortened flu symptoms by 56%.