

# WHAT'S HAPPENING

NEXT WEEK 26 JUNE - 2 JULY 2023

*"Happiness is an uphill battle. Wear the good shoes."*

kurt vonnegut

Dear Residents,

I hope you've all had a good Father's day filled with love.

Despite the winter weather really being upon us now, I hope you are all finding great ways to keep warm and cozy.

A Reminder that as of the 1st of June we went into what Eskom calls "High Demand Season" and the peak times are moved an hour earlier. Thus, peak time will be between 06:00 and 09:00 am and 17:00 – 19:00 pm daily.

Although this does not affect your pre paid electricity consumption, it does however increase the overall Eskom bill that the Village receives if consumption is high during peak periods.

We will also be changing our irrigation times for sidewalk gardens from next week to our winter watering times. We will send an update of these times out once we have completed the time changing on the timers.

Wishing you all a wonderful weekend.



Regards

Wilma and the Evergreen Team

## Week 26

### 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!



#### Meteor watch day

30 June 2023

#### Upcoming Events

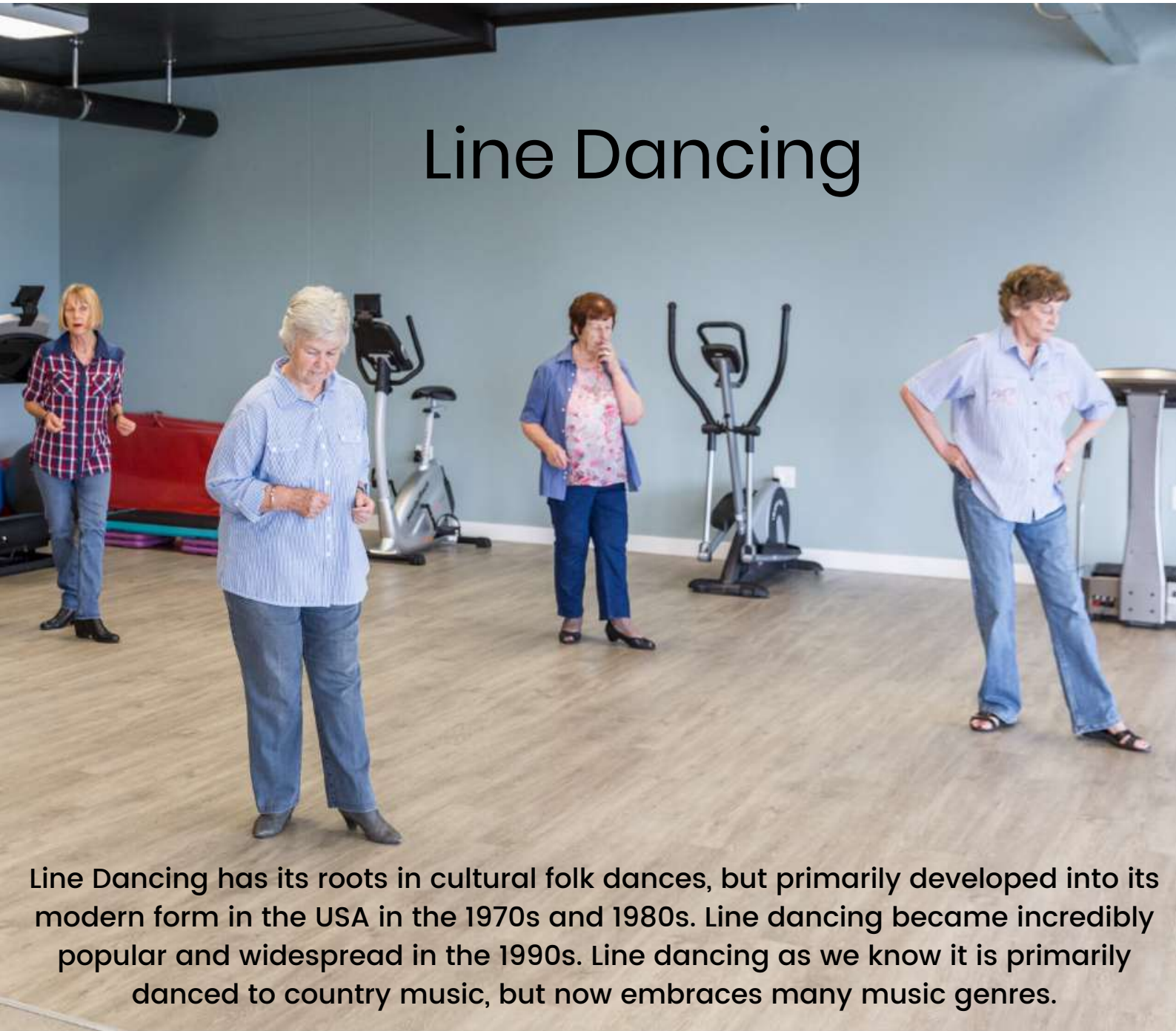
July, Aug & Sept

# ACTIVITIES & EVENTS

MON 26 June	TUE 27 June	WED 28 June	THUR 29 June	FRI 30 June	SAT 01 July	SUN 02 July
09h00 Water Aerobics 1  09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class	5:30 pm <b>SOCIAL DINNER</b>  	08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		
10 am Knitter & Natter	 <b>09h00 Sashni Audiologist</b>		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	2:30 pm Craft Class					
	5 pm Ladies pool					
	5 pm waterhole		06:00 pm Movie Night	5 pm Waterhole		

# ACTIVITIES & EVENTS

## Line Dancing



Line Dancing has its roots in cultural folk dances, but primarily developed into its modern form in the USA in the 1970s and 1980s. Line dancing became incredibly popular and widespread in the 1990s. Line dancing as we know it is primarily danced to country music, but now embraces many music genres.

Every Friday

9am

Gym Lifestyle Centre

Contact Lynn Turner EXT 1004



## Sashni Munnisunker Audiology

Hearing aid technology has undergone huge advances, providing sophisticated hearing solutions that meet the demands of active lifestyles. Today's hearing aids are much smaller, some can be virtually invisible, and some are able to integrate seamlessly with other technologies such as Bluetooth enables cell phones or iPad. A range of hearing aid styles and technology levels are available for you to choose from.

If you are suffering with an untreated hearing loss, you may feel isolated and frustrated. Those around you may be feeling isolated and frustrated too. It is important to know you are not alone. Approximately 1 in 10 people experience hearing loss. Happily, about 90% of these people can be helped with the use of hearing aids.

**27<sup>th</sup> of June 2023**

**9:00 – 13:00**

Lifestyle Centre

Appointments can be made with Siphon, Ext 1220

# IT'S A CELEBRATION

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

## ANNIVERSARIES

**01 JULY**

Stewart & Loraine Phillips

**02 JULY**

Hennie & Marion Du Preez

## BIRTHDAYS

**28 JUNE**

Gillian Campbell

**01 JULY**

Dave Nesbitt



# 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

July

Mandela Day - 18th  
Christmas in July - 26th

August

Woman's Day - 9 Aug  
AGM - 17 Aug

September

spring day - 1st  
arbour day - 9th  
heritage day - 24th  
National Braai Day - 24th

# WHAT'S ON THE MENU?

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THE BISTRO

OPEN DAILY 08H00 - 16H00

SOCIAL DINNER - WEDNESDAY

MONDAY  
26 JUNE

**Cottage pie with sweet carrots and mint peas - R68**

TUESDAY  
27 JUNE

**Peppered pork pie in creamy gravy,  
braised red cabbage and roast pumpkin - R68**

WEDNESDAY  
28 JUNE

**Beef casserole with cheese mash,  
brussle sprouts and roasted carrots - R68**

THURSDAY  
29 JUNE

**Chicken stir-fry with fried rice  
and vegetable stir-fry - R68**

FRIDAY  
30 JUNE

**Grilled or deep-fried Hake with chips,  
Asian red cabbage slaw and garden salad - R85**

**DAILY MEAL ORDERS BY 09h00  
BOOK ON EXT 1209**

# METEOR WATCH DAY

30 JUNE 2023



## METEOR WATCH DAY

Have you ever seen movies where the actors are busy searching for shooting stars in the sky? Well, that is just a fancy name for a meteorite. These 'shooting' or 'falling' stars come from the solar system and are actually broken fragments of asteroids. Fun fact, these fragments can take millions of years before they hit Earth.

When these rocks enter our atmosphere, they are quite noticeable since they leave a glowing streak in the sky. Meteors gained a lot of traction in the 19<sup>th</sup> century and became the study of many astronomers such as Dennis Olmsted who began analysing meteor showers in order to understand their origins. Studying meteors is also essential to determine the solar system's history.

Another fact about meteors that had people intrigued was that they vary in size and weight. Some are huge and weigh over 60 tons, while others are as small as pebbles that we can hold in our hands. The largest meteorite to hit our planet was found in 1920 in Namibia. The space rock was nine feet across, weighed 60 tons, and was made out of an alloy of iron and nickel.