

WHAT'S HAPPENING

NEXT WEEK 28 AUG - 03 SEPTEMBER 2023

“A truly rich man is one whose friends run into his arms when his hands are empty.”

Unknown

ALL BLACKS VS SPRINGBOKS



STARTING XV

- | | |
|---------------|-----------------|
| 1. KITSHOFF | 9. DE KLERK |
| 2. MARX | 10. LIBBOK |
| 3. MALHERBE | 11. MAPIMPI |
| 4. ETZEBETH | 12. ESTERHUIZEN |
| 5. MOSTERT | 13. MOODIE |
| 6. KOLISI (C) | 14. ARENDSE |
| 7. PS DU TOIT | 15. WILLEMSE |
| 8. VERMEULEN | |

BOMB SQUAD:

BONGI MBONAMBI, OX NCHE, TREVOR NYAKANE, JEAN KLEYN, RG SNYMAN, MARCO VAN STADEN, COBUS REINACH, WILLIE LE ROUX

FRIDAY 25 AUGUST - 20:30
TWICKENHAM, LONDON

RUDDY MAD



WEEK 35

STRONGER TOGETHER



“I am sure we’re all eager to see the team succeed and offer them every support. As we can’t join them on the field, let’s power a nationwide movement by wearing green and gold on Friday, whether at work, at home or at play. I hope you will wear your colours with pride.”

The national #BokFriday campaign invites individuals, celebrities, the media, schools, businesses, and communities across the country to embrace the power of unity and sport. Donning green and gold on Fridays serves as a symbol of support, inspiring the Springboks on their journey. It’s a call to action, urging South Africans to rally together behind their national team and generate a wave of positive energy throughout the nation.

#BOKFRIDAY TO UNITE SA IN BOKS’ MOMENTOUS YEAR

ARTICLE BY: SPRINGBOKRUGBY.COM

The Springboks are asking the entire South African nation to literally ‘gear up’ for a display of unity and pride in support of the national team’s campaign to deliver joy and hope to the country in another momentous Rugby World Cup year.

South Africans were asked to dress in green and gold every Friday to demonstrate their backing for the boys. The Springboks play their last test much in preparation for the Rugby World Cup this Friday against New Zealand before they defend their Rugby World Cup title in France in September and October.

“We want to turn the country green and gold every Friday between now and the conclusion of the Rugby World Cup,” said Mr Mark Alexander, President of SA Rugby.

“The team draws on the nation’s energy and the best way we can demonstrate that support to the team is by wearing our Springbok colours every Friday.

SA Rugby’s Director of Rugby, Rassie Erasmus, said: “It’d be lekker to see the country come together, wearing green and gold with pride every Friday, and to show the players and the world how united we are as a nation. We’d love it if everyone could join the #BokFriday movement. We believe in bringing hope to the country and it’d be great if the country could give us extra inspiration and motivation. Please, just wear it!

Mr Alexander said: “We come from different backgrounds and have different challenges, but we have more things in common that unites us as a nation. Sport has that power to unite us as a nation like nothing else can because we are stronger when we are together. So, let’s spread the message far and wide, we encourage everyone to share their #BokFriday photos on social media using the official hashtag. By doing so, participants can inspire others, generate conversations, and demonstrate the unwavering support that exists for the Springboks within the hearts of the South African people.”

In a time when the nation seeks good news and moments of unity, the #BokFriday campaign can power the Springboks attempts to deliver a beacon of hope. It allows South Africans to express their unwavering support for the Springboks while fostering a sense of camaraderie and optimism that will resonate far beyond the rugby field.

Click [here](#) to hear more from the Springboks.

ACTIVITIES & EVENTS

MON 28 AUG	TUE 29 AUG	WED 30 AUG	THUR 31 AUG	FRI 1 SEPT	SAT 2 SEPT	SUN 3 SEPT
09h00 Water Aerobics 1 09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class	International Cabernet Sauvignon Day 				
	09h00 Sashni Audiologist		08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing	08:00 Arbor Day tree planting (meet at LSC)	
10 am Knitter & Natter	2 pm Rummikub		09:00 am Yoga	09:30 am Line Dancing		
	2:30 pm Scrabble		11:00 am Therapeutic Colouring	10:30 am Bible Study		
	2:30 pm Craft Class		2 pm Bridge 2 pm Rummikub	12:30 pm Spring Day Lunch : Prize for the best hat 		
1 pm Bridge			3 pm Pentanque			
5 pm Men's pool/Snooker Waterhole	5 pm Ladies pool/ Waterhole	 5 pm Social Dinner	06:00 pm Movie Night	5 pm Waterhole		

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

ANNIVERSARIES

28 AUG - 3 SEPTEMBER

3rd Christopher & Pauline
Joyce

BIRTHDAYS

28 AUG - 3 SEPTEMBER

28th Ness Hills
28th Coila Kneen
30th Brenda Brophy

SEPTEMBER

2nd Kathy Möhlig
3rd Rosie Wright

Therapeutic Colouring "Get together"

Thursdays at 11:00
in Lifestyle Centre.
Contact Kay Olie Unit 49



WHAT'S ON THE MENU?

THE BISTRO

MONDAY
28 AUGUST

Pork Bangers and
Cheesy mash with
brown onion gravy, peas
and carrots - R68

TUESDAY
29 AUGUST

Chinese chicken
noodle soup served
with vegetable
springrolls with sweet
chilli - R68

WEDNESDAY
30 AUGUST

Cottage pie with broccoli
in cheese sauce and
glazed carrots - R68

THURSDAY
31 AUGUST

Pork stir-fry with fried
noodles and vegetable
stir-fry - R68

FRIDAY
01 SEPTEMBER

Grilled or deep/fried
Hake with chips, tartar
sauce, coleslaw and
garden salad - R85

SOCIAL DINNER - WEDNESDAY

WEDNESDAY SOCIAL DINNER

Starter:

Potato and leek soup with herb
croutons

MAINS:

Sweet and sticky beef short rib
with fried rice and vegetable
stir fry - R80.00

OR

Chicken chow Mein with vegetable
stir-fry and Asian red cabbage
slaw - R75.00

Dessert:

Seasonal fruit salad in orange
syrup with ice cream - R40.00

DAILY MEAL ORDERS BY 16:00
PRIOR DAY BOOK ON EXT 1209

BOOK BY MONDAY 16:00



Sashni Munnisunker Audiology

Ears help the body maintain equilibrium. Internal measurements are made by various organs and integrated to tell your brain where your body is in relation to the ground. Ear facts about the vestibular system include the fact that it integrates information and allows your brain to make adjustments in order for you to maintain balance.

The ear is a complex structure and the feats it is able to accomplish are extraordinary. Contact us today to see how we can help you with all of your ear and hearing problems that you may be experiencing.

29th of August 2023

9:00 – 13:00

Lifestyle Centre

Appointments can be made with Siphon, Ext 1220

INTERNATIONAL CABERNET SAUVIGNON DAY

30 AUGUST 2023



INTERNATIONAL CABERNET SAUVIGNON DAY

This holiday honours the fine quality and the deep berry flavour that have come to define Cabernet Sauvignon wines. This grapevine variety dates back to the 17th century, the offspring of a chance crossings between Cabernet Franc and Sauvignon Blanc. Cabernet Sauvignon is now one of the most renowned grape varieties, and synonymous with class and refined taste.

Cabernet Sauvignon is the most widely planted grapevine in the world, surpassing the Spanish variety Airén in 2014. France has always been a centre of wine production and is the largest producers of Cabernet Sauvignon with over 55 000 hectares. It is often blended with Merlot, and most people can hardly tell the difference between the two. Cabernet Sauvignon is noted for higher levels of pyrazine, an aroma compound, which is why Cabernet Sauvignon wines have a rich, dark, fruit flavour.

Although Cabernet Sauvignon wines are generally associated with fancy restaurants and expensive wine retreats, they are not always as expensive. Grab a bottle of a budget-friendly Cabernet Sauvignon blend and enjoy good company on this holiday.

✉ info@evergreenlifestyle.co.za 🌐 www.evergreenlifestyle.co.za 📱 [/evergreenlifestyle](https://www.facebook.com/evergreenlifestyle) 🐦 [@Evergreen_LV](https://twitter.com/Evergreen_LV)

SPRING DAY

1 SEPTEMBER 2023



SPRING DAY

Spring day marks the end of the cold winter days and the beginning of warmer summer days. The weather conditions, matched with our prideful scenic environments, make our country one of the best travelled destinations in the World.

However, the actual fact about Spring Day is, that the season has not 'sprung' yet. Spring season officially starts on the 22nd of September. This period is also known as the vernal equinox, a moment in the year when the sun is exactly above the equator and day and night are of equal length.

The Earth does not move at a constant speed in its elliptical orbit, so the seasons are not of equal length. On average, spring lasts for 92,8 days in the Northern Hemisphere and 89,8 days in the Southern Hemisphere.

Springtime is a great season for growing and there are tons of fruits and vegetables that can be purchased that aren't available any other time of the year. Although some regions of the country may still have frost on the ground, it doesn't mean that all hope is lost for gardening.