

WHAT'S HAPPENING

NEXT WEEK 30 October - 04 November 2023 023

Latest News

ICC CRICKET

Evergreen Lifestyle Villages rally behind our Proteas during the 2023 Cricket World Cup. Let's come together, united in spirit and voice to show our support as we once again make our way to the top!

LETS GO PROTEAS!



VILLAGE WALK

Our Evergreen Village walk is a day filled with fun, community, food and drinks! It is an occasion not to be missed as we enjoy a gentle stroll around the village followed by some food and beverages.

Contact Norma (EXT 1111), Brenda (EXT 11001), or Heather (EXT 1080) for some more information.



"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."



Rabbi Harold Kushner

Weekly P L A N N E R

Monday | 30 Oct

09h00 Water Aerobics 1
09h45 Water Aerobics 2
10h00 Knitter & Natter
13h00 Bridge
17h00 Pool/Snooker & Waterhole

Tuesday | 31 Oct

09h00 Therapeutic Exercise Class
10h00 Sashni Audiologist
14h00 Rummikub
14h30 Scrabble
17h00 Ladies Pool/Snooker
17h00 Waterhole



Sashni Munnisunker
Audiology

Wednesday | 1 Nov

National Stress Awareness Day

10h30 SA VS NZ ICC Cricket World Cup

17h30 Social Dinner



Thursday | 2 Nov

08h00 Therapeutic Exercise Class
09h00 Yoga
10h00 Visual Music @ House 81
10h00 Art Classes with Nash
10h00 Therapeutic Coloring "Get Together"
14h00 Rummikub
14h00 Bridge
15h00 Petanque
18h00 Movie Night

Friday | 3 Nov

09h00 Beginners Line Dancing
09h30 Line Dancing
10h30 Bible Study
12h30 Fish and Chips
17h00 Waterhole

Saturday | 4 Nov

16h00 Village Walk



Sunday | 5 Nov

10h30 SA VS India ICC Cricket World Cup

LET'S CELEBRATE!

Count your age by friends, not years.

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

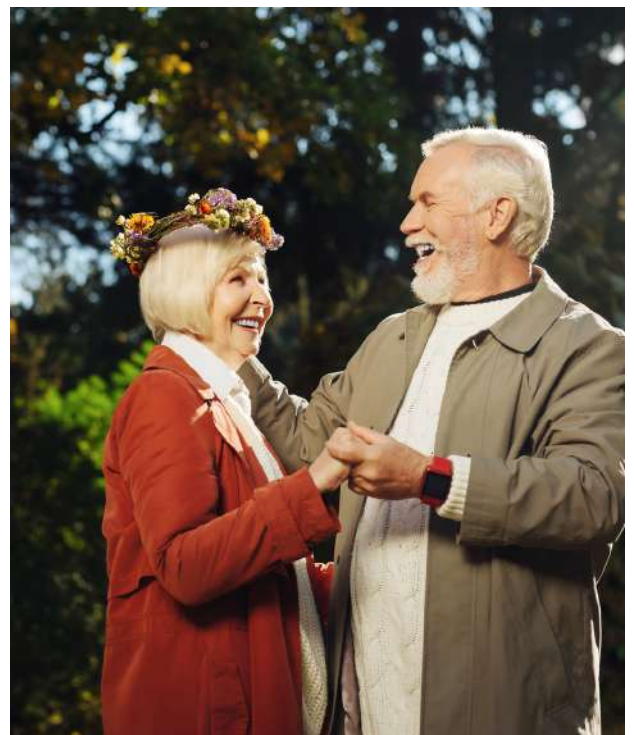


BIRTHDAYS

30th	Judy Powell
2nd	Keith Coombe
4th	Neville Savage
4th	Ada Rebelo
5th	Aldean Prior

ANNIVERSARIES

4th	Laurance & Anna Squair
4th	Anthony Pitman & Laurraine Lotter



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

MONDAY - 30 OCT

Pork Bangers and mash with onion gravy, carrots and peas.

R68

TUESDAY - 31 OCT

Spinach and feta quiche with Greek salad.

R68

WEDNESDAY - 1 NOV

Beef lasagna with roasted veg and Greek salad.

R68

THURSDAY - 2 NOV

Pork fillet stir-fry with fried rice and pawpaw salsa.

R68

FRIDAY - 3 NOV

Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad.

R85

WEDNESDAY SOCIAL DINNER MENU

1 NOVEMBER 2023

STARTER

Cream of pumpkin soup with cinnamon and honey creme fraiche.

MAINS

Beef stroganoff with steamed rice, glazed with seasonal vegetables.

R85.00

or

Chicken Stir0fry with fried rice and sweet corn salad.

R75.00

DESSERT

Seasonal fruit salad and ice cream.

R45.00

EVERGREEN VILLAGE WALK

4 NOVEMBER 2023

16:15

There are no prizes for finishing 1st or last and nobody cares. No times or distances walked will be recorded or monitored. You can walk as far as you feel like walking at a comfortable pace on the day. Or you can just come down and sit in the comfort of the air-conditioned Clubhouse to watch the activities or to help with the food. We have to break our record of 104 walkers, helpers and spectators Champagne, with or without orange juice, will be available before the walk. Afterwards everyone can enjoy a boere/pork sausage roll with the now famous "pap & souse" & have a beverage of their choice. Ice cream cones served as dessert.



Compulsory Donation : R50 (or more) to cover the costs of the above, payable by everyone attending whether you are going to be a Walker, Helper or Spectator. Collect your name tags at the registration table. Indemnity forms must be completed & signed by everyone attending,

Whether you are a Walker, Helper, or Spectator. (Who knows what might happen after a few glasses of champagne) PLEASE return these forms together with your donation as early as possible to Ernie (Unit 80) Norma (Unit 111) or Brenda (Acacia 1) Do not wait to hand them in at the start as it delays proceedings.

Contact - Ernie Unit 80 (Ext 1080) Norma Unit 111 (Ext 1111) or Brenda Acacia 1 (Ext 11001) for more details Evergreen T-shirts to be worn by those who have them Extra Indemnity forms are available at Reception or obtainable from Ernie Unit 80, Norma Unit 111 or Brenda Acacia 1.



NATIONAL STRESS AWARENESS DAY

1 NOVEMBER 2023



NATIONAL STRESS AWARENESS DAY

24 hours of reinforcing the fact that you are not doing yourself a favour by stressing about situations you cannot control. In fact, according to science, chronic stress leads to impaired cognitive and physiological functions. Would you want to age before your time? Absolutely not! On this day, let's learn together to hone our ability to choose one thought over another and let the stress ebb away.

Chronic stress, that is, failure to deal with it for a long time and remaining in a prolonged and constant feeling of stress can lead to life-threatening problems. From hypertension, heart diseases, decreased immunity, loss of sociability, and decreased mental vitality, stress is not to be taken lightly.

According to WebMD, some of the psychological and emotional signs that you are stressed out include: Depression, Anxiety, Anger, Irritability, Restlessness, Feeling overwhelmed, unmotivated, unfocused, trouble sleeping or sleeping too much, Racing thoughts, constant worry, Problems with your memory or concentration and making decisions.

There are hundreds of activities, foods and mindful approaches to reduce the impact of stress. The most effective ones are regularly exercising and laughing.