

Latest News



NATIONAL RESCUE DOG DAY - 20 MAY 2024

On May 20th, National Rescue Dog Day recognizes all the benefits of allowing a four-legged canine to adopt you into their immeasurably lovable life.

According to the SPCA, approximately 3.3 million dogs enter shelters every year. When these abandoned and abused animals find their way to a shelter, each one needs a forever home and their potential is limitless.

Rescue dogs often overcome extreme obstacles. And yet, they provide comfort, security, and friendship as family pets. Rescue dogs are also capable of much more. With training, they contribute to the independence of people with disabilities as service animals and give comfort to the elderly. In these circumstances, they become our eyes, ears, or legs as well as our best friend.

When it comes to four-legged friends, they improve the human condition by leaps and bounds, barks, and yips. It is hard to imagine a more helpful, worthy companion.

It's time to give them a treat!

Optimism is not
the denial of
the current
state

It's the belief
that the future
is bright

Simon Sinek

Weekly

P L A N N E R

Monday | 20 MAY

09h00 House of Sheba
 09h00 Water aerobics 1
 09h45 Water aerobics 2
 10h00 Knit & Natter
 13h00 Bridge
 17h00 Pool/Snooker & Waterhole

Tuesday | 21 MAY

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

Wednesday | 22 MAY



9:00 Shuttle to Dainfern Shopping Centre

08h15 Lower back group class - Biokineticist
 09h00 Walking group - Biokineticist
 11h15 Hip and knee group class - Biokineticist
 18h00 Social Dinner

Thursday | 23 MAY

08h00 Therapeutic Exercise Class
 09h00 Yoga
 10h00 Art Class
 10h00 Visual music #81
 14h00 Bridge
 15h00 Petanque
 18h00 Movie Night

Friday | 24 MAY

09h00 Line Dancing
 10h00 Visual Music #81
 10h30 Bible Study
 12h30 Fish and Chips
 17h00 Waterhole

Saturday | 25 MAY

15h00 Petanque

Sunday | 26 MAY



LET'S CELEBRATE!

Count your age by friends, not years.

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

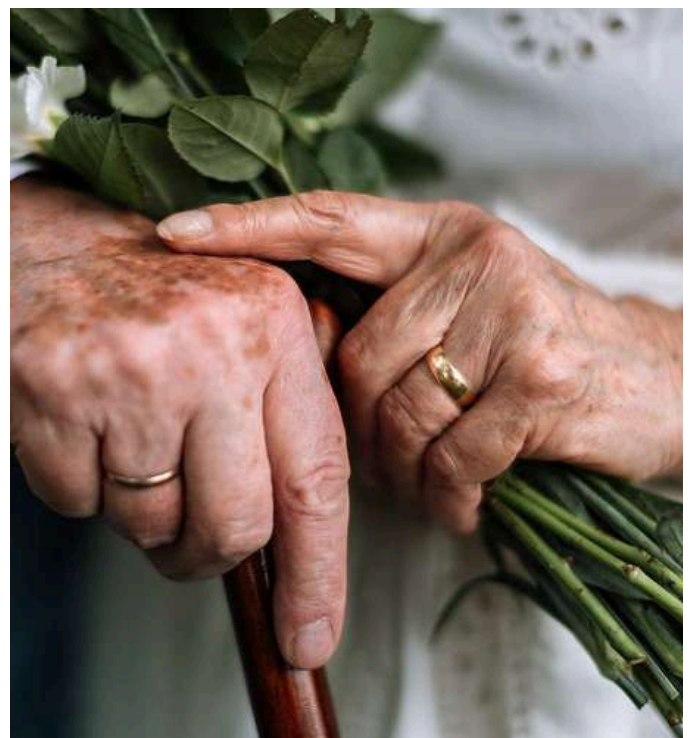


BIRTHDAYS

- 20th Winfried Frischbutter
- 20th John Schulkins
- 21st Wally Davey
- 21st Dave Wulfse
- 22nd Rosalin Messerschmidt
- 22nd Jennifer Boswell
- 25th Marlies Bold
- 26th Victoria Broad

ANNIVERSARIES

23rd Robert & Anne Haselum



WHAT'S ON THE MENU?

THE BISTRO

MONDAY - 20 MAY

Hungarian beef goulash with parsley mash, seasonal vegetables, garden salad - R72

TUESDAY - 21 MAY

Chicken a la King, steamed rice, buttered gem squash and mixed vegetables - R72

WEDNESDAY - 22 MAY

Cheeseburger and chips, coleslaw and garden salad - R72

THURSDAY - 23 MAY

BBQ grilled pork chop, potato wedges, cream spinach and butternut- R72

FRIDAY - 24 MAY

Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad - R92

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

BOOK BY 20 MAY 2024 AT 17:00

WITH TSHWANELO ON EXT 1200

WEDNESDAY SOCIAL DINNER MENU 22 MAY 2024

STARTER

Cream of vegetable soup with chive crème fraiche and herb croutons

MAINS

BBQ roast pork neck, apple sauce, potato wedges, cream spinach and cinnamon pumpkin **R90.00**

or

Mild cream chicken curry served with basmati rice, tomato and onion salad, banana salad

R80

DESSERT

Seasonal fruit salad in orange and ginger syrup, served with vanilla ice cream and berry sauce

R45.00



SHOPPING SHUTTLES MAY 2024



**The bus will pick you up at 09:00 from the Village.
Driver will wait till 11:30 to bring you back to the Village.**

Wednesday: 8 May 2024 - Broadacres Shopping Centre

Wednesday: 15 May 2024 - Chartwell Corner

Wednesday: 22 May 2024 - Dainfern Square

Thursday: 30 May 2024 - Broadacres Shopping Centre

**Cost: R50.00 per person per trip. This will be charge to
your levy account. No cash**

**Please book your seat with Tshwanelo at Reception
on EXT 1200 by Monday at 17:00.**

**We hope you take advantage of this convenient service
and enjoy your time shopping.**

No shows will be charged





CROSSMAN
Biokineticist



EVERGREEN
lifestyle

GROUP CLASS TIMES AT EVERGREEN LIFESTYLE VILLAGE

EVERY WEDNESDAY

LOWER BACK GROUP CLASS

8H15-9H00

WALKING GROUP

9H15-10H00

FRAIL CARE KEEP ACTIVE CLASS

10H15-11H00

HIP & KNEE GROUP CLASS

11H15-12H00

FEEL FREE TO CONTACT US FOR MORE INFORMATION.



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Are your habits hurting your heart

You may think you're doing enough to avoid cardiovascular disease (CVD), but unfortunately there are some surprisingly common habits you may not know have a detrimental effect on your heart health.

You want to live a long life, which is why you may be doing your utmost to live a healthy one. Unfortunately though, you may be surprised to learn that although you're trying to follow a heart-healthy lifestyle, some of your daily habits may be putting you at risk of CVD without you even knowing it. Dr Anil Kurian, a cardiologist from Mediclinic Heart Hospital in Pretoria, reveals surprisingly common habits that may be damaging your heart health.

#1 YOU SKIP BREAKFAST

"Skipping any of your three meals can be detrimental to your heart health, but studies have shown that skipping breakfast specifically increases your risk of CVD," says Dr Kurian.

One recent study suggested those who skipped breakfast had an 87% higher risk of CVD-related death. But Dr Kurian says drawing a direct causal link may be difficult, as it is impossible to prove why. "Although that may be overstating the mortality risk, as there are many factors other than breakfast intake that will also have an impact, I do agree with the authors that you'll experience a dramatic increase in your CVD risk if you forget to eat breakfast."

#2 YOU'RE A CHRONIC SNORER

Chronic snoring is often a sign of obstructive sleep apnoea (OSA), which raises your risk for diabetes, obesity, hypertension, stroke, heart attack and other cardiovascular problems. "It's under-diagnosed and prevalent in those with CVD. We differentiate between mild, moderate and severe OSA. In moderate and severe, there's a higher all-cause mortality, so these patients have a shortened lifespan than those who don't have it, due to the associated risks."

Although it's a serious condition, it's treatable in various effective ways, such as using a Continuous Positive Airway

#3 EXERCISING? BUT YOU'RE SITTING TOO MUCH

"The documented evidence shows you have a higher risk of CVD if you sit for more than 10 hours a day," says Dr Kurian. "We recommend at least 150 minutes of moderate cardiovascular exercise every week, that is, 30 minutes for five days a week. However, even if you do that, but spend the rest of your day sedentary, you still have an increased risk of CVD."

Minimise the amount of time you spend in prolonged sitting. "For every 30 minutes you sit, get up and walk around for a few minutes," he advises. Alternate between a standing and sitting desk at work, and answer your emails, calls and texts while standing.

A 2015 study published in the *Annals of Internal Medicine* found that sitting for prolonged periods raised the risk of cardiovascular disease by 14%, cancer by 13% and type 2 diabetes by 91%. Those who sat for long stretches and didn't get regular exercise had a 40% higher risk of early death. With regular exercise, the risk was smaller but still significant: about 10%.

#4 YOU'RE VAPING

Unfortunately, many people mistakenly believe that vaping (smoking e-cigarettes) is a safer alternative to smoking traditional cigarettes, but that's not necessarily the case, warns

Dr Kurian. "Research is starting to point towards the harmful effects of e-cigarettes, including vaping that has a dramatically negative impact on cardiovascular health," he says. "Recent research shows that one of the molecules, nitric oxide, that's needed to help keep blood vessels healthy and control blood pressure levels, is adversely impacted by vaping, which ultimately leads to CVD, just as traditional cigarettes do."

AFTER HYPERTENSION, SMOKING CIGARETTES IS THE SECOND-LEADING CAUSE OF CARDIOVASCULAR DISEASE IN SA.

#5 YOU'RE NOT TEACHING YOUR CHILDREN HEART-HEALTHY HABITS

Almost one in four children aged 2 to 14 is overweight or obese in SA and one in 10 suffers from high blood pressure (hypertension), which puts them at an increased risk for developing CVD and diabetes.

"Increasingly, we're seeing younger and younger patients presenting with a high risk for CVD," says Dr Kurian. "Historically, hypertension, cholesterol and other associated CVD conditions were considered to be adult-related diseases, but there's been an increase in these conditions among children too. This is due to a multitude of risk factors – including bad lifestyle habits."

#6 YOU'RE NOT MANAGING YOUR STRESS

While you can't change the world around you, you can make lifestyle changes that minimise your stress levels.

"A lot of stress is created by how we organise and deal with our daily responsibilities and pressures," says Dr Kurian. "Learning time management skills and planning ahead, as well as partaking in a healthy lifestyle, will go a long way to managing your stress levels."

Identify healthy outlets to de-stress, such as finding a healthy hobby, writing in a journal, learning relaxation techniques, connecting in those you trust, and confronting stressful situations head-on.