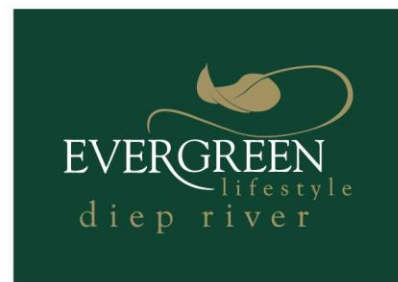




Village Times



March 2017

Going Green! *What's it all about & how can we help?*

Going Green means to pursue knowledge and practices that can lead to more environmentally friendly and ecologically responsible decisions and lifestyles, which can help protect the environment and sustain its natural resources for current and future generations.

There are many ways in which we can help GO GREEN, but here are just a few: **Reduce, Reuse & Recycle**

Hang out washing to dry & don't use the dryer;

Take your own bags when going grocery shopping – reduce the use of plastic;

Change just one light bulb to a fluorescent – you'll be amazed at the reduction in energy consumption;

Turn off your computer/s at night;

Switch off lights when you don't need them;

Stop rinsing dishes before putting them into the dish washer.

None of them are difficult, and anyone can use them to their advantage. If you care about the world and want to make a difference, know that you can.

Put these tips to good use and the many benefits that come your way will not disappoint you. It is so easy and so simple, why not go green?

Interpretation of Dreams

by Malcolm Pillay (Clinical Psychologist)

Wednesday, 5 April at 10am

Book with Nadine, Ext. 2001



Malcolm is in Private Practice. He has Master's Degree in Clinical Psychology. He registered with the Health Professions Council of South Africa, which has provided him a licence to practice anywhere in South Africa.

He is a very simple person who enjoys empowering people with knowledge, skills and the insight to improve their emotional and psychological well-being.

His talk intends to help his audience to:

- Learn more about dreams.
- Analyse their dreams.
- Discover more about themselves.
- Gain insight into their emotional functioning.
- Gain possible solutions to their current emotional difficulties.

St Patrick's Day Celebrations – March 17th, 2017

St Patrick's Day is a cultural and religious celebration that happens annually on 17 March to mark the death date of the most commonly-recognised patron saint of Ireland, St Patrick. It is also a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland & Labrador & Montserrat.

Although it is an Irish holiday, St Patrick's Day is celebrated across the globe, and the New York City St Patrick's Day Parade, first held in 1762 when Irish soldiers serving in the English military based in New York marched through the city, is now said to be the oldest civilian parade in the world.

It has been suggested that if we are interested in celebrating this holiday in our establishment, we must be sure to have plenty of Irish beers, stouts, ales and whiskeys to drink, and the traditional corned beef and cabbage to eat!!

St Patrick's Day Lunch – Friday, 17 March 2017

Green Salad

Irish Beef Stew served with rice & seasonal vegetables

Yoghurt Tart with Kiwi Sauce

St Patrick's Sunday Lunch – 19 March 2017

Spring Roll with mustard sauce

Corned Beef served with mashed potatoes, peas, braised cabbage & gravy

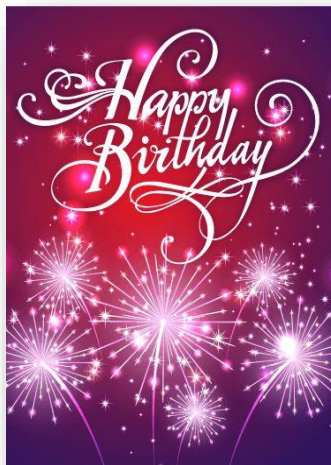
St Patrick's Cupcake



SHOWMAX is now available in the Recreation Room

This means we now have an unlimited number of movies, series, documentaries to watch, even kid's movies to entertain the grandchildren from time-to-time.

So, grab a friend and go down to the Recreation room and watch your favourite series... we'll show you how.



WISHING YOU ALL A HAPPY BIRTHDAY 🎵🎵🎵🎵🎵🎵

1st April – Norma Cochrane

19th April – Sophia Mentor & Jeanne Smith

22nd April – Rosemary Peters & Clive Whitson

24th April – Oscar Albrecht

25th April – Brenda Nieuwstad

27th April – Mona Randall & Sue Butcher

28th April – Edith Bushell

MARCH & APRIL SOCIAL ACTIVITIES

- Monday mornings: 11am - 12pm Line Dancing
- Tuesday mornings: 10am - 12pm Discovery Group meetings
- Dates: 1 March & 28 March and 11 April & 25 April
- Wednesday afternoons: 3.00pm Knitting Group in the dining room
- Thursday evenings: See notice board for further details
- Saturday evenings: See notice board for further details
- Sunday evenings: 6.30pm ÚMovies; see the notice board for details
- ***
- Saturday 11 March 2017: 10.30am **DIEP RIVER MARKET DAY**
- Friday 17 March 2017: St Patrick's Day Lunch.... **Wear Something GREEN!**
- Sunday 19 March 2017: St Patrick's Day Sunday Lunch**
- ***
- Wednesday 5 April 2017: 10am Malcolm Pillay on Interpretation of Dreams**
- Sunday 16 April 2017: Easter Sunday Lunch ... Invite the whole family!!**



VILLAGE GUIDELINE reminders

3.2 COMMUNICATION

'Where possible, all communication with the Managing Agent needs to be in writing.

Please take note of the communication channels (including for HealthCare)

1. Village Manager
2. Residents' Committee
3. Managing Committee'

3.9 GOOD RELATIONSHIPS

'Occupants are requested not to engage in any activity so as to disturb the peace & tranquillity of the Village or permit any actions that will interfere with the rights, comforts or conveniences of the other Occupants'

... these guidelines are not intended to limit the lifestyle and / or investment of Occupants, but rather to protect them

UNIQUE HEALTH – NURSING SISTER

A Warm Welcome to RN Carol Butler.

Join us in wishing her well, and a long & happy time working for Evergreen Lifestyle Villages



Carol Butler, Ext 2325

Available Monday – Thursday in the clinic & available for emergencies 24/7

WINNER!!! CONGRATULATIONS!!! WINNER!!!!

And the Lucky person to win the Valentine's Day Hamper

NORMA COCHRANE



reach for a dream

Hope

SAVE THE DATE 12 MAY 2017

Buy your R10 Reach For A Dream **SLIPPER DAY** wristband at any Wimpy or Pick n Pay. Wear your slippers on Slipper Day, 12 May 2017 to redeem your free famous coffee at any Wimpy.

WIMPY
Enjoy every moment

National and Johannesburg:
Sindi Msoni Telephone: 011 880 1740
Email: sindiswa@reachfordream.org.za

Pick n Pay

JOIN US IN SUPPORTING THIS WORTHY CAUSE (as we like to do every year)

Join in the fun and raise funds for children whose childhood and youth is being robbed by a life-threatening illness.

This year we have swapped the stickers for a funky wristband, designed by some of SA's top celebrities. And it's still only **R10!**

Slipper Day will take place on the 12th May 2017 and is such a simple and easy way to do something good and support children fighting life-threatening illnesses. By simply buying a R10 wristband and wearing your slippers to work, school, and varsity or even to the local shops, you can help bring dreams to life.

A diagnosis disrupts everyday life for the entire family unit and destroys what we define as a normal life. At an age where life is supposed to be innocent and full of joy, these children with life-threatening illnesses are faced with difficult and demanding situations, isolating them for long periods of time, from peers and friends.

With your support, we can help make life better for children and adolescents with a life-threatening illness.



We will sell the WRISTBANDS at Reception