



Village Times



June 2017

A MESSAGE FROM YOUR CHAIRMAN

Kelvin Barry
 DIEP RIVER RESCOM CHAIRMAN

Weekends come and go and we have holidays in between and these are the times, mostly, when we have our visitors, friends and family.

Evergreen encourages this simply because it is part of a balanced life. We even have house rules to cover the aspect of visitors (please familiarise yourselves with them).

However, with visitors comes added responsibility. You, the resident, are responsible for the person or persons while they are within the complex, using any of the facilities, like the swimming pool and generally finding their way within the building. Please accompany them where possible if they are unfamiliar with the complex to avoid, for example, exiting through the emergency fire doors. Pay particular attention to small children. The same will apply to anyone who is not friend or family (TV repair people for example).

If your visitors leave late (or latish) in the evening, please say your goodbyes as quietly as possible while in the passages and outside and here I refer to the House Rule "Good Relationships".

Happy visiting!

SLIPPER DAY – 12 MAY 2017



12 May was SLIPPER DAY... this is a day where Reach for a Dream raise funds for children with life-threatening illnesses.

Here are a few of our residents who supported the cause and joined us for some cake & tea, wearing their SLIPPERS!



Level 4 Water Restrictions

New rules that will come into effect
on 1st June

- Use 100 litres a day per person
- No irrigation with municipal water allowed at all
- No washing of vehicles, trailers, or caravans, or boats using municipal water. May only use non-drinking water or waterless products
- No topping of swimming pools at all, either manually or automatically.
- Those using boreholes or treated effluent water, spring water or well points are encouraged not to irrigate within 7 days after rainfall.
- All exemptions granted under level 2 or level 3 restrictions are no longer applicable and have been revoked.



Emergency Contact Numbers

IMPORTANT CONTACT NUMBERS

Police Flying Squad:	10111
Ambulance:	10177
Crime Stop:	08600 10111
City of Cape Town	107
General Emergency:	
Emergency via CELLPHONE	112

All our staff are equipped with these important numbers; however, we feel that every resident should have these close to their telephones too.



FATHER'S DAY, 18 JUNE

*Take him fishing OR
take him to Lunch..*



STARTER

Potato & Leek Soup

MAIN COURSE

Roast Beef & potatoes, served with
Roasted vegetables & Gravy

DESSERT

Baked Malva Pudding
served with custard

**Friends & family Always
Welcome!**

R80.00 per person

A few of the Going's On at Diep River



Braai Time is Every Saturday!

Evergreen Diep Rivers devoted and enthusiastic Braai Masters, Oscar & Clive.



Dedicated Knitters / Crafters

Janice (above) concentrating on her knitting.

Marie Heugh doing the finishing touches to this amazing blanket, which is being Ruffled for R25.00 per ticket. Available at Reception.

AND some fun time....

(left) Marie showing off her RED SLIPPERS (her favourite colour).



And our Line Dancers are still going strong... keep your eyes & ears open as they will be having an Open Day.

Date: 13 June 2017 (Tuesday)

Time: 10h00

Place: Dining Room

RSVP: Nadine 12 June

Services offered:

FREE Hearing screening, Diagnostic Hearing Assessment, Hearing devices, Hearing AID Batteries & Accessories and Cleaning & Maintenance of all Hearing AIDS

TEA / COFFEE WILL BE SERVED



GENTLE YOGA/STRETCH CLASSES FOR SENIORS 60+

By Shirley Singer

FREE TRIAL

Wednesday, 21 June 2017

Recreation Room at 10h30

What to wear? Very loose clothing

What to bring? A blanket / towel which will be rolled up under your feet

Shirley has practiced yoga for 40years. She trained in basic Hatha Yoga, Lyengar Yoga (16 years) and Hatha Vinyasa Yoga. She completed a 200hour teacher training in 2009 with Yoga Warrior in Johannesburg.



SOCIAL ACTIVITIES for JUNE & JULY

June regulars

- Monday mornings: 11am - 12pm Line Dancing
- Tuesday mornings: 10am - 12pm Discovery Group meetings & Church Services
Dates: 6 June & 20 June Church Service, 4 July & 18 July Church Service
- Wednesday afternoons: 3pm Knitting Group in the dining room
- Thursday evenings: See notice board for updated details
- Saturday evenings: See notice board for updated details
- Sunday evenings: 6.30pm – Movies; see the notice board for updated details

June extras

- Saturday 10 June 2017: SWAP Party: 2pm – 4pm
- Tuesday 13 June 2017: Kind to Hearing Talk: 10h00
- Sunday **18 June 2017: Father's Day Lunch** – R80.00 per person
- Wednesday 21 June 2017: YOGA – FREE Trial: 10h30 with Shirley Singer
- Thursday 22 June 2017: Talk on Wills & Curatorship by AB Gross Attorneys: 14h30 (Snacks & Refreshments will be served)

July extras

- Wednesday 26 June 2017: CCH Productions: 12h00
- Sunday 31 July 2017: CHRISTMAS in JULY LUNCH: 12h30 (menu to be distributed)

Benefits of playing Board Games..

- Spend time with family and friends.
- Engage in activities that do not involve staring at a computer screen or a smartphone.
- Exercise your brain by learning something new.
- Improve your memory by keeping track of what is happening in the game.
- Revive your creativity and problem-solving skills.





HAPPY BIRTHDAY to ALL of you! 🎵🎵🎵🎵🎵🎵

Wishing you all a Warm & cosy day, filled with lots of love & laughter

1st Nick Veldman

17th Lisa Poswell

23rd Howard Oglesby

31st Brigitte Parfitt



ABRAHAM'S & GROSS
ATTORNEYS NOTARIES CONVEYANCERS

Date: 22 June 2017

Time: 2.30pm

Place: Dining Room

Topics: The importance of having an updated will presented by Marita Swanepoel – head of the Estates Department

Curatorship; what is a Curator, what a Curator does, and how a Curator is appointed to manage your affairs will be presented by Wesley Scheepers – he is involved in the Family and litigation department.

RSVP: Nadine by 19 June on ext. 2001

SNACKS & REFRESHMENTS WILL BE SERVED

