

Evergreen DIEP RIVER



27 JAN - 2 FEB
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& recreational activities in
the Village

BISTRO

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Dear Residents,

I hope everyone managed to have a great week, even with the intense heat we've experienced in the last few days.

Next week, we will host our first social dinner of the year. We're still a bit short on attendees, so please make sure to book by Monday at the latest if you wish to join us.

As we enter the month of love, we will also hold a love-themed social dinner to honor all forms of love. The menu will be shared next week.

A big thank you to everyone who submitted photos for the birthday competition. Unfortunately, we received too few entries to move forward with the competition.

Wishing you all a great weekend ahead.

Regards,
Riaan and the Evergreen Team

Live the Evergreen Lifestyle

WEEKLY ACTIVITIES

MON 27 JAN	09h30 REC LOUNGE MOVEMENT CLASS	12h00 BISTRO LUNCH		 CLINIC SR SHARON ADAMS	
TUE 28 JAN	09h30 SKY LOUNGE NATURALLY PAMPERED	12h00 BISTRO LUNCH	14h00 BISTRO COLOURING IN MANDALA		
WED 29 JAN	10h15 POOL AQUA AEROBICS	12h00 BISTRO LUNCH	14h00 PARKING AREA RIAAN'S FRUIT VAN		
THUR 30 JAN		12h00 BISTRO LUNCH	14h00 BISTRO GAMES		
FRI 31 JAN		12h00 BISTRO LUNCH		18h00 REC LOUNGE MOVIE / SERIES NIGHT	
SAT 1 FEB				18h00 BISTRO RESIDENT BRAAI	ON CALL  RIAAN
SUN 2 FEB					ON CALL  RIAAN

WEEKLY BISTRO MENU

MON
27 JAN

Fish Cakes with tomato smoor, mashed potato and salad
(V) Lentil cakes with tomato smoor, mashed potato and salad

TUE
28 JAN

Spaghetti Bolognese with Greek salad
(V) Plant based bangers, gravy and sweet potato mash with carrots and peas

WED
29 JAN

Chicken casserole with rice, baby marrow and carrots
(V) Stuffed jacket potato with mozzarella, spicy beans and corn, pineapple salad

THUR
30 JAN

Beef bobotie with yellow rice and sweet carrots
(V) Vegetarian schnitzel with cheese sauce, potato wedges and salad

FRI
31 JAN

Grilled or deep fried fish & chips with salad
(V) Butternut and lentil stack with sweet potato fries and salad

SAT
1 FEB

Boerewors roll with caramelized onion and chips
(V) Vegan boerewors roll with caramelized onion and chips

SUN
2 FEB

Roast beef or grilled chicken fillet, roasted potatoes, creamy spinach, butternut and gravy
(V) Black bean and tomato quiche topped with feta and mozzarella cheese with a green salad

- Meal orders close on the day before the meal is ordered for at 14h00.
- Weekend take-away and Monday orders close on Friday at 14h00
- Week-day meals at R50pp & R55 T/A / Weekend meals at R70 & (V) R55

Social Dinner

THURSDAY, 30 JANUARY 2025

MAIN COURSE

Chicken Yakatori

stuffed with feta and peppadews, dauphinoise potatoes, charred green beans, smokey cauliflower and a thyme infused jus.

or

Short Rib Brisket

with pea puree, carrot batons, diced butternut, deep fried onions and rosemary infused jus

or

Vegetarian Stack

with pea puree, carrot batons, diced butternut, deep fried onions and a creamy sauce.

DESSERT

Chocolate Mousse

with cookie crumble, burnt meringue and mixed berries.

or

Strawberry Fridge Tart

with whipped cream, topped with berries and berry drizzle

R95 pp | Book at Reception or on ext. 1400



IT'S A CELEBRATION

Happy Birthday!

24 JAN DIANE EVERETT – APT 117

25 JAN JEAN DE VILLIERS – APT 104

26 JAN GENEVIEVE PITT – APT 210

6 FEB CLIVE VERSFELD – APT 102

7 FEB JEFFREY BOONZAIR – APT 319

8 FEB PAMELA DAY – APT 106

10 FEB AMANDA GEORGE – AVM

14 FEB ROBERT PETERS – APT 103

26 FEB ANNE GEEL – APT 310

GUESS WHO?

To add a few more laughs to 2025 we would like to introduce a “Birthday Game” to add some fun to all our birthday celebrations.

HOW DOES IT WORK?

We ask that all residents submit a baby or childhood photo of themselves to either myself or Amanda. These photos will be shown similarly to the ones below in the first newsletter of each month.

Match all the pictures to the correct resident celebrating their birthday in that month and submit it before the following Friday at reception.

The most correct guesses will earn you a bottle of sparkling wine.






Naturally Pampered

Beauty & Care



Pamper yourself with us. We bring convenience to you without you having to in a calm and serene garden setting.

Take a scenic walk and enjoy the melody of the waters and chirping birds all in the surroundings as we care for you during your treatment.



**Date:
28 JAN
(Tuesday)**



- Manicure
 - Pedicure
 - Leg & Foot Massages
 - Back Massage
 - Head, Shoulder Massage
 - Back Scrub
 - Waxing
- 

Venue: Library Room
Time: 9am - 4pm

**BOOK your appointment
directly with
ielhaam**

**Call or Whatsapp
082 396 7573**



5 BENEFITS OF WATER AEROBICS FOR SENIORS

Water aerobics is an extremely versatile form of exercise with a lot of benefits. You can use water aerobics for weight loss, and prenatal water aerobics is one of the safest ways to exercise for pregnant women. This fun exercise is also one of the best low-impact ways for seniors to stay active and healthy. Here are some of the benefits of water aerobics for seniors.

REDUCING ARTHRITIS AND JOINT PAIN

Joint pain, whether caused by arthritis or not, is one of the hardest parts of growing old, and what most often keeps people from exercising. Not only does exercising in water not cause such pain, as less stress is put on your joints, but it also relieves this kind of pain altogether. Aquatic exercises for seniors reduce pain and relieve the symptoms of arthritis, without the joint pain associated with other kinds of exercise. Being able to move around pain-free is going to make daily chores much easier and helps you stay active out of the water too.

INCREASING FLEXIBILITY AND BALANCE

Since water makes exercise easier on the joints, it helps improve the flexibility in

joints and allows you to perform exercises you wouldn't be able to do on land. The pressure of the water makes your joints more flexible, and increasing your range of motion like this improves your general flexibility as well, just like stretching and yoga. Water aerobics exercises for seniors also has beneficial effects on your balance, which greatly reduces the risk of falling. This is all too common among seniors and can cause serious damage as your balance is slowly weakened over the years. Good balance allows you to stay mobile and active with less risk of injury.

DECREASING BONE AND MUSCLE LOSS

When you age, your bones get weaker. This makes you more susceptible to breaking bones even due to

relatively light injuries. Regular exercise is a great way to increase bone density and strengthen your bones. Resistance training, like water aerobics, helps the body resist gravity and grow bone cells.

Aside from that, building muscle also improves bone strength, and this is another benefit of water aerobics. We lose muscle too as we grow older, so regular exercise that grows muscle is important for staying strong and mobile.

IMPROVING CARDIO FITNESS

Water aerobics has great benefits for your cardiovascular system. It gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes water aerobics particularly beneficial for seniors. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic. It's a great way to stay healthy and avoid cardiovascular conditions.

BUILDING STRENGTH

Water provides a lot of resistance, as anyone who's tried to walk or move underwater knows very well. This means that even without using weights, you're building muscle and increasing strength when you perform exercises underwater. It's a great way to prevent the muscle loss and weakness associated with old age, and ensure that you can go on living and performing your daily tasks as long as possible.