










Aloe Aloe

What's Happening at Evergreen Noordhoek & Lake Michelle



Mon. 26 th Oct.	Tues. 27 th Oct.	Wed. 28 th Oct.	Thurs. 29 th Oct.	Fri. 30 th Oct.	Sat. 31 st Oct.	Sun. 1 st Nov.
<p>BISTRO Take-aways ext.2404</p> <p>NATIONAL MAKE A DIFFERENCE DAY</p>  <p><u>2pm-4pm</u> Canasta in Fynbos – Contact Norma ext. 2089</p>  <p>Masks please Library</p>	<p>PANCAKE DAY - R6 Take-aways ext.2404</p>   <p><u>10am-1pm</u> Bridge in Fynbos – Contact Cecily ext. 2011 <u>2pm</u> Table Tennis</p> <p>Masks please Library</p>	<p>BISTRO Take-aways ext.2404</p> <p><u>9am – 9.40am</u> Stretch Sue 072 212 0277 (with masks) + Social Distancing</p> <p><u>2pm – 2.40pm</u> Stretch Sue 072 212 0277</p>  <p>Masks please Library</p>	<p>BISTRO Take-aways ext.2404</p> <p><u>10am</u> Knitting Group in the lounge – Jenny ext. 2026 Social distancing and masks - Sanitizer provided</p> <p><u>1.30pm-3.30pm</u> ART classes in Fynbos with Dawn. Newcomers welcome - Contact Dawn at ext. 2037</p> <p><u>4pm</u> Table Tennis</p> <p>Masks please Library</p>	<p>BISTRO Take-aways ext.2404 Promotion: Prego Roll & Beer (or soft drink of your choice) See Flyer</p> <p><u>9.30am – 11am</u> MARKET DAY – Bring your own shopping bag</p>  <p>Masks please Library</p>	 <p><u>3.30pm</u> The Willing Weeders, weather permitting, will meet <u>along the path parallel to Kommetjie Rd.</u> More volunteers would be great! Bring your own tools. June Pittermann ext. 2014</p> <p>Masks please Library</p>	  <p>Masks please Library</p>

BIRTHDAYS THIS WEEK

October Birthday Flower –Marigold & Cosmos. Birthstone - Opal & Pink Tourmaline
November Birthday Flower – Chrysanthemum. Birthstone - Topaz

Noordhoek
26 October
Peter Sparg

*

1 November
Paul Johnson





This week features music by the famous Romantic period Norwegian composer and pianist Edvard Grieg (1843 – 1907). He has become synonymous with the Norwegian music just as Jean Sibelius is with music from Sweden. Much of Grieg's work is symbolic of Scandinavian folklore and is usually very easy on the ear. **The Holberg Suite** featured today is one of the most attractive and well-known pieces written solely for a string orchestra (along with Tchaikovsky's Serenade for Strings). Normally I try and keep the clip to less than 10 minutes but this time I feel that this longer work is so good (and here played brilliantly) that it is unlikely to prove boring. Incidentally notice that they are all playing from memory – no sheet music.

<https://www.youtube.com/watch?v=kJ6AaBArhRw>

The string ensemble playing in this video clip is the **Camerata Nordica** – a superb performance of what is a challenging work for string players.

Enjoy the visuals as well as the music!!

Peter Lever



Crystal Scholtz at the postboxes in Fynbos

Brian & Meryl Hambleton-Jones

Guess who's at Rummikub



Thank you, Bill Ramage for mending & restoring the benches – They look so much better!



PLAY BOULES in Noordhoek

Boules, French **Jeu De Boules**, also called **Pétanque**, French ball game, similar to bowls and bocce. It is thought to have originated about 1910, but it is based on the very old French game of *jeu Provençal*.

Boules is played between two players or teams. Players take turns throwing or rolling a ball (*boule*) as close as possible to the target ball (called the jack, or *cochonnet*); if necessary the player will use his ball to knock the opponent's ball away. The balls are usually made of steel and are about 7–8 cm (2.75–3.15 inches) in diameter; the target balls are smaller, about 25–35 mm (1–1.35 inches) in diameter. The game is played on a pitch some 15 m (49 feet) long and some 4 m wide.



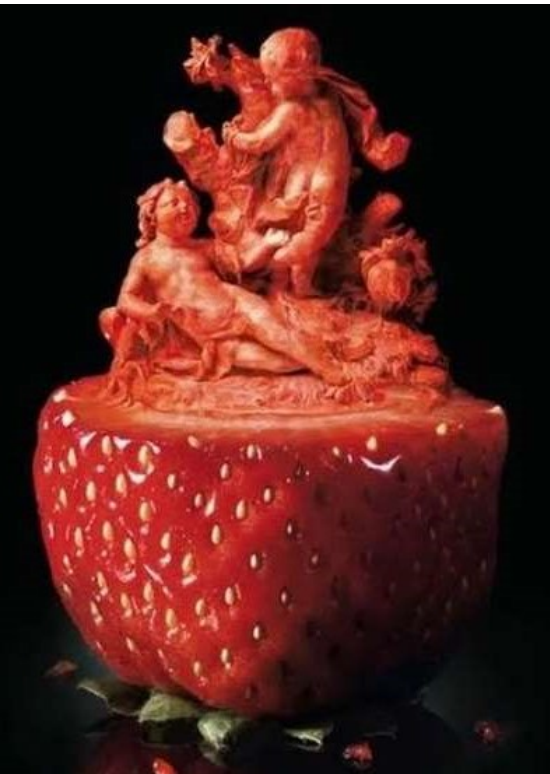
Boules rules on a poster in Fynbos – The balls are in the cupboard.....please give it a try, it's a lot of fun!



“Sweetpeas Newborn Blessings had a call to help babies in four rural communities in the Eastern Cape that were recently devastated in a wild fire. Donations from the Knitting Group were gratefully received, Thank you, thank you thank you!”
Eve Holloway



FOOD ART



GARDENING: The “Willing Weeders” led by June Pittermann every Saturday afternoon at 15H30, call ext. 2014

Are you interested in hacking away at the Port Jackson invasion on the property?
The “Hack Packers” would love to have you! - Contact Lorraine Innes ext. 2015



Soil for Life Veggie boxes
overseen by June Davies, call ext. 2135





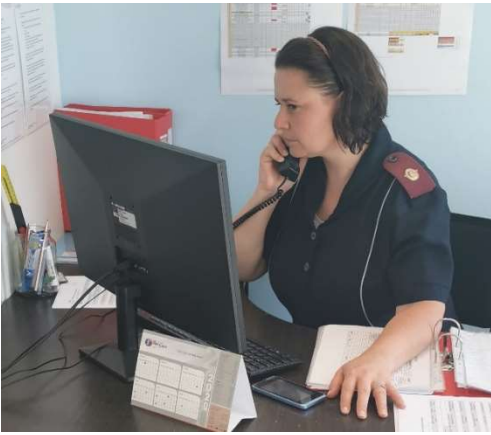
WPC: BRANWINE and GRANT
for take-away meals, snacks and
confectionery.
Note: Payment by card or
on-account only. Book ext. 2404



FRIDAY BRAAI DAY



ADVICE from Sr. DIANA LANE



The Sun.....sustains life and feels good, but it can be your skin’s worst enemy. While every sunburn can increase your risk of skin cancer, it’s not just those big days at the beach or ballgame that cause trouble. Each time you run out to get the mail, walk the dog or commute to work without **sun protection** also adds to the damage that can lead to skin cancer (as well as leathery skin, dark spots and wrinkles).

Sunburn — Sunburn is the common name for the skin injury that appears immediately after the skin is exposed to UV radiation. Mild sunburn causes only painful reddening of the skin, but more severe cases can produce tiny fluid-filled bumps (vesicles) or larger blisters.

Actinic keratosis — This is a tiny bump that feels like sandpaper or a small, scaly patch of sun-damaged skin that has a pink, red, yellow or brownish tint. Unlike suntan markings or sunburns, an actinic keratosis does not usually go away unless it is frozen,

chemically treated or removed by a doctor. An actinic keratosis develops in areas of skin that have undergone repeated or long-term exposure to the sun's UV light, and it is a warning sign of increased risk of skin cancer.

SPF stands for sun protection factor. The number tells you how long the sun’s UVB rays would take to redden your skin when using a particular sunscreen compared with the amount of time without sunscreen. So, if you use an SPF 15 product exactly as directed (applied generously and evenly, and reapplied after two hours or after sweating or swimming), it would take you 15 times longer to burn than if you weren’t wearing sunscreen.

LOST PROPERTY – We have an air fryer manual, a dog’s ball & Readers at reception –

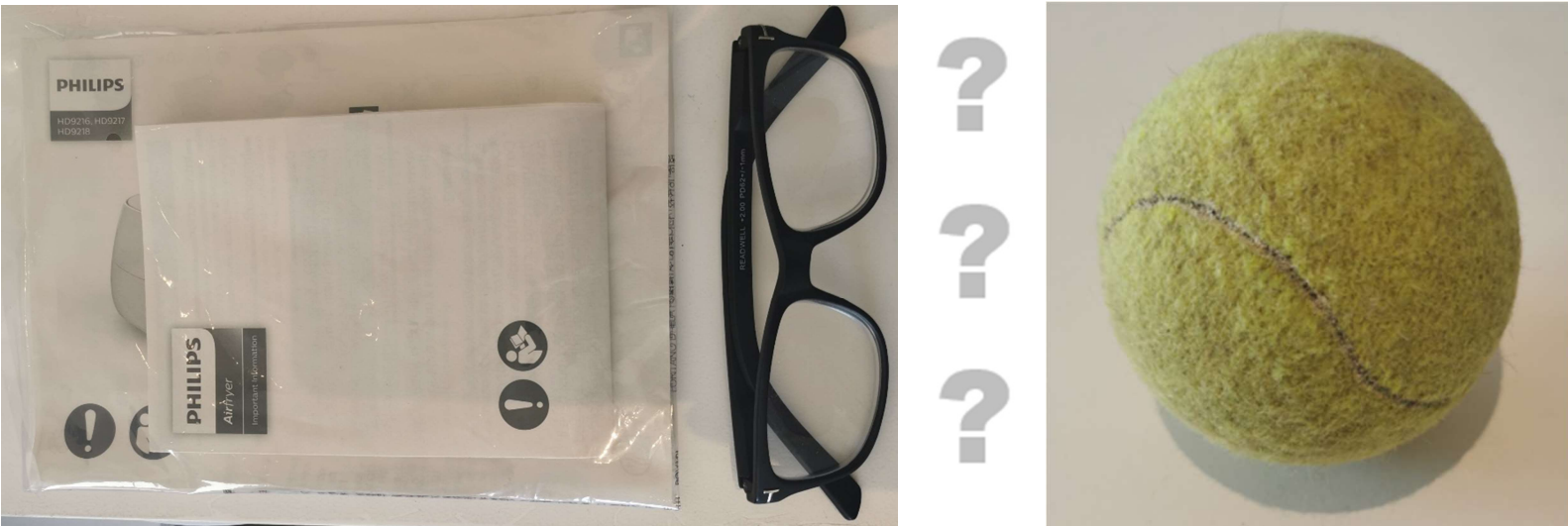


PHOTO COMPETITION OCTOBER: Theme for October is **TOWNS**

Email your entry to photos@evergreenlifestyle.co.za - Add your Name, Village & Caption. Winner announced in December.



MARKET DAY

We bring you more for **Market Day** on a Friday. **9.30am – 11.30am**. Bring your own bags and come and enjoy the fare. Snap Scan, Cash or Card.

RODGERS: Michelle brings a table of fresh and organic produce as well as breads, honey, farm eggs, gluten free pitas, olive oil and much more. **THE FLOWER WAREHOUSE:** Fresh flowers at a good price 021 448 5472.

SAFFRON EATERY: Samosas, naan bread and more. **TABITHA FASHIONS:** A Clothing rail with special pieces.



FRESH
ORGANIC
SPICEY
WHOLE
REAL
NATURAL



ROSES Thank you for this beautiful contribution, Aletta Knox



A rose is a flower of love.
The symbolism has been used throughout time, most specifically in classic literature.

