

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

14 - 20 JUNE 2021

WHAT'S ON THIS WEEK

We have been enjoying our new Lifestyle Centre for almost a week now and it has been an amazing start thanks to all the support we have received.

We also began the first round of vaccinations and the incredible vaccination team from Evergreen Health managed to administer around 300 residents, team members and carers on Monday and Tuesday.

Around the same time, interest in the Bistro and its offerings has been growing and we managed to serve 480 guests of which 230 were lunch meals. We also had a good turnout for our first dinner on Wednesday with 50 residents joining us for a candle-lit dinner, and we have another 50 confirmed so far for Sunday lunch.

Vaughne from the Salon also had a great first week with at least 2 days fully booked and she is expanding on her services already due to demand.

I hope you will all join this evening's "Sundowner Social" not only to enjoy the amazing sunset, but to also celebrate together.

Thank you to everyone for your support and for all your compliments for the Evergreen Team that have been flooding in during the week.

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

KNITTING GROUP PLEASE SUPPORT THE CAUSE

The Knitting Group is raffling a beautiful crocheted 80 X 1 metre baby blanket. The proceeds will go towards the purchasing of wool to be used towards other charity projects.

Tickets are just R5.00 each so please do support this worthy cause.

The blanket will be on view at the Sundowner Social this evening too.



WEEKLY ACTIVITIES



LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | PLEASE ENSURE THAT COVID PROTOCOLS ARE ADHERED TO AT ALL TIMES.

MON 14 JUNE	TUE 15 JUNE	WED 16 JUNE	THU 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
<p>9h00 - 9h40 STRETCH CLASSES Crafts Room 1st Floor Sue 072 212 0277</p>		<p>9h00 - 9h40 STRETCH CLASSES Crafts Room 1st Floor Sue 072 212 0277</p>	<p>9h00 - 10h00 EXTEND SENIOR FIT Crafts Room 1st Floor Judith ext. 2063</p>	<p>09h15 - 10h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443</p>		
<p>10h15 - 11h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443</p>	<p>14h00 BRIDGE Bistro Cecile ext. 2011</p>		<p>10h00 KNITTING GROUP Lounge Jenny ext. 2026</p>			
<p>14h00 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089</p>	<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>		<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>			<p>12h00 - 14h00 FATHERS DAY LUNCH Village Bistro Melanie ext. 2404</p>
			<p>16h00 TABLE TENNIS, POOL / SNOOKER Lounge 1st Floor</p>	<p>17h00 SUNDOWNER SOCIAL Lounge 1st Floor Norma ext. 2089</p>		
<p>18h30 MOVIE NIGHT MURDER MYSTERY Comedy - Jennifer Aniston / Adam Sandler SOFT DRINK & POPCORN - R30 Book at Reception ext. 2401</p>		<p>18h00 - 20h30 DINNER 2 or 3 course set menu Village Bistro</p>	<p>18h30 MOVIE NIGHT A FALL FROM GRACE Drama / Thriller - Tyler Perry / Mehcab Brooks SOFT DRINK & POPCORN - R30 Book at Reception ext. 2401</p>			
	<p>REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY</p>	<p>19h30 GAMES NIGHT 1st Floor Lounge Norma ext. 2089</p>				

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



daily lunch menu

SERVED FROM 12H00 - 16H00
TAKE-AWAY / SIT DOWN AT R52 PP

14 - 18 JUNE 2021

MONDAY

CRUMBED PORK CHOP
WITH CHEESE SAUCE, POTATO WEDGES &
GARDEN SALAD

TUESDAY

MEDITERRANEAN HAKE
WITH SAVOY RICE & ROAST VEGETABLES

WEDNESDAY

MOROCCAN CHICKEN
WITH BASMATI RICE & SEASONAL VEGETABLES

THURSDAY

LAMBS LIVER
WITH BACON & ONION GRAVY, MASHED
POTATOES & ROAST VEGETABLES

FRIDAY

CRUMBED CALAMARI
WITH TARTAR SAUCE, POTATO WEDGES
& GREEK SALAD

SATURDAY

STEAK & KIDNEY PIE
SERVED WITH A GARDEN SALAD

BOOKING IS ESSENTIAL
for all set menu options. Kindly
book your daily lunch meal by
16h00 for the following day.

NOTE:
Payment by card or on-account
only. Contact the Bistro on
ext.2404

sunday lunch

SERVED FROM 12H00 - 16H00
SIT DOWN ONLY R120PP

Father's Day

20 JUNE 2021

STARTER

TABLE SALAD TO SHARE - GARDEN SALAD

MAIN COURSE

ROAST THYME PORK & CRACKLING SERVED
WITH APPLE SAUCE AND GRAVY, ROAST
POTATOES, BROCCOLI AU GRATIN &
BABY CARROTS

DESSERT

STICKY TOFFEE & DATE PUDDING
SERVED WITH VANILLA ICE CREAM

dinner menu

WEDNESDAY 18H00 - 20H30
SIT DOWN ONLY

14 - 18 JUNE 2021

STARTERS

CREAMY BUTTERNUT SOUP WITH HOMEMADE
BREAD

OR

CAPRESE SALAD

MAINS

LEMON BUTTER KINGKLIP SERVED WITH MINT
LEMON RISOTTO, TENDERSTEM BROCCOLI &
BABY CARROTS

OR

SLOW ROASTED REDWINE MARINATED LAMB
SHANK WITH JUS, CREAMY LEEK MASHED
POTATOES AND ROAST VEGETABLES

DESSERT

CHOCOLATE GARNACHE BROWNIE SERVED
WITH BERRY ICE CREAM

OR

CARAMEL BAKED CHEESECAKE

IT'S A CELEBRATION!

14TH JUNE

SUSAN GRAVE - Lake Michelle

15TH JUNE

BRIAN ALDRIDGE - Lake Michelle

16TH JUNE

ROGER BAGSHAW - Noordhoek

18TH JUNE

JACKIE GARDENER - Noordhoek

20TH JUNE

NOMUSA MADLADLA - Noordhoek

BIRTHDAYS

*Wishing you many happy moments and
the very best memories on your special
day!*

SPECIAL MOMENTS

*One should never, but never, pass by an
opportunity to celebrate.*

- J. Malouf -

17TH JUNE

BILL & JUDY VENABLES - Noordhoek

19TH JUNE

IAN & ALDYTH THOMAS - Lake Michelle

20TH JUNE

JOHN & MARLEEN PRITCHETT - Noordhoek

WHAT'S COOKING

Broccoli Slaw

Creamy and colorful, this easy broccoli slaw recipe is a delicious side dish. It's light and refreshing, and it keeps well in the fridge for a couple of days, making it a great choice for family lunches and braais.



COLESLAW INGREDIENTS

- 3 cups julienned broccoli stems
- 2 cups small broccoli florets
- 1 cup julienned carrots
- 1 cup sliced red cabbage
- ¼ cup thinly sliced red onion
- ½ cup toasted sliced almonds, reserve some for garnish
- ⅓ cup dried cranberries, reserve some for garnish

METHOD

- In a large bowl, combine the broccoli stems, florets, carrots, cabbage, onion, almonds, and cranberries.
- Drizzle with about $\frac{3}{4}$ of the dressing and toss to coat. Add more dressing, if desired. Garnish with the reserved almonds and cranberries and serve.

Note: for a shortcut, you can use a 12- to 16-ounce bag of store-bought broccoli slaw in place of the broccoli stem, florets, carrot, and cabbage. Adjust the amount of dressing to your liking.

Broccoli Slaw Recipe Tips and Variations

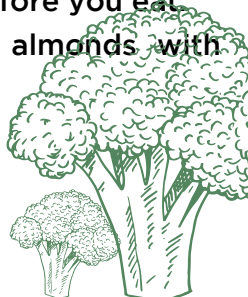
- Let it marinate. This slaw is tasty right away, but when the flavors have a chance to meld in the fridge it's even better. If you can, make it a few hours or up to a day before you plan to serve it.
- Save some almonds and cranberries for garnish, especially if you're making the broccoli slaw ahead of time. They tend to soften as they sit in the dressing, so rather add them right before you eat.
- Make it nut-free by replacing the almonds with toasted sunflower seeds

COLESLAW DRESSING

- $\frac{3}{4}$ cup mayo or vegan mayo
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup
- $\frac{3}{4}$ teaspoon celery seeds
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground black pepper

METHOD

- In a medium bowl, whisk together the mayo, apple cider vinegar, mustard, maple syrup, celery seeds, salt, and several grinds of fresh pepper.
- Serve with about 8 cups of coleslaw mix.



BOTTOM'S UP!

Bourbon

*It's National Bourbon Day on 14 June!
Combine corn, limestone, white oak, fire, and
time and you get one of the best-loved alcoholic
spirits in American history!*

HISTORY

In the mid-1700s, Scots-Irish settlers in Virginia and Kentucky, began distilling corn — the only grain native to the area, but one which made for excellent whiskey owing to its sweetness. Another geographical factor was the Limestone Shelf region, where all major American whiskeys are still made today, and whose water is imbued with calcium which filters out the iron. And it turns out that high-calcium, low-iron water is excellent when it comes to makin' moonshine!

A clergyman-cum-distiller named Elijah Craig is the third major piece of the bourbon puzzle. In the late 1780s, Craig was using old fish barrels to store his spirits. Not surprisingly, the fish-flavored wood did not enhance the whiskey's taste, so he started purifying the white-oak barrels by charring the inside. He then stamped the barrels with their county of origin (Bourbon County) and sent them on a 90-day trip down to New Orleans. The charred oak and three-month travel time combined to mellow the whiskey and gave it a smooth, smoky, oaky flavour. When New Orleanians requested more of "that whiskey from Bourbon," the name and the spirit were born.

BEST BOURBON WHISKEY IN SOUTH AFRICA

Using scores and tasting notes from the world's most renowned whiskey critics below are a selection of the top Bourbon Whiskey's available in South Africa.

BLANTON'S GOLD EDITION KENTUCKY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 94 / 100

JACK DANIEL'S 'SINGLE BARREL' SELECT TENNESSEE WHISKEY

CRITICS' SCORES: 93 / 100

KNOB CREEK SMALL BATCH 9 YEAR OLD STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 92 / 100

WOODFORD RESERVE DISTILLERS SELECT KENTUCKY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 91 / 100

MAKER'S MARK KENTUCKY STRAIGHT BOURBON WHISKY

CRITICS' SCORES: 90 / 100

EAGLE RARE 10 YEAR SINGLE BARREL KENTUCKY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 90 / 100

MAKER'S MARK 46 KENTUCKY STRAIGHT BOURBON WHISKY

CRITICS' SCORES: 90 / 100

BUFFALO TRACE DISTILLERY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 90 / 100

1792 SMALL BATCH KENTUCKY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 89 / 100

BULLEIT STRAIGHT BOURBON FRONTIER WHISKEY

CRITICS' SCORES: 89 / 100

JACK DANIEL'S 'GENTLEMAN JACK' RARE DOUBLE MELLOWED TENNESSEE WHISKEY

CRITICS' SCORES: 89 / 100

JACK DANIEL'S BLACK LABEL OLD NO.7 BRAND SOUR MASH WHISKEY

CRITICS' SCORES: 84 / 100

JIM BEAM KENTUCKY STRAIGHT BOURBON WHISKEY

CRITICS' SCORES: 85 / 100



MUSICAL CORNER

BARRY MANILOW

17 JUNE 1943

SINGER-SONGWRITER, ARRANGER, MUSICIAN, PRODUCER AND ACTOR

REMEMBER TO
CLICK ON THE
ARTIST'S NAME TO
ENJOY SOME OF
THEIR GREATEST
HITS!



Barry Manilow, born Barry Alan Pincus, is an American singer-songwriter, arranger, musician, producer and actor, with a career that has spanned more than 50 years. His hit recordings include "Could It Be Magic", "Mandy", "I Write the Songs", "Can't Smile Without You" and "Copacabana (At the Copa)".

Born in Brooklyn, New York, Barry was the son of Edna Manilow and Harold Pincus (who went by his own stepfather's surname, Keliher). His father was born to a Jewish father, named Harry Pincus, and an Irish-American Catholic mother, while Manilow's maternal grandparents were of Russian Jewish background. His Irish roots trace back to Limerick, Ireland.

He grew up in the Williamsburg neighborhood of Brooklyn, and graduated in 1961 from Eastern District High School. While in high school, he met Susan Deixler, who would later briefly become his wife. He enrolled in the City College of New York, where he briefly studied before entering the New York College of Music. He also worked at CBS while he was a student in order to pay his expenses. He later studied Musical Theater at the Juilliard performing arts school.

After marrying Susan in 1964, Barry later stated that he was in love with his wife and that his passion for a music career, in addition to his lack of maturity, put a strain on their relationship. He walked out on the woman he considered "the perfect wife" after just one year of marriage in pursuit of a "wondrous musical adventure". Manilow credits the response he received from Playboy in December 1965 for the courage to leave everything behind and begin a career in music. "I asked a lot of people what I should do, and they all said different things", "Finally, I was so desperate, I wrote to the Playboy Advisor." In 1966, Deixler had the marriage annulled. Manilow stated in 2017 that, despite his later long-term relationship with a man, he had been in love with Deixler and the failure of his marriage was not related to issues of sexual orientation.

In 1978, he began a relationship with TV executive Garry Kief, who soon became his manager. The two married in 2014, after same-sex marriage became legal in California. They kept the relationship and his sexual orientation secret until the marriage made headlines in 2015. The media began to publicize the event when a friend of Manilow's, Suzanne Somers, publicly disclosed the private exchange of vows at Manilow's home in Palm Springs. No official paperwork was filed, but it was reported that Manilow and Kief exchanged wedding bands as a sign of their dedication. Barry officially came out in April 2017, telling People magazine that he had kept his sexual orientation quiet out of concern that it would disappoint his largely female fan base, however, when his fans learned of the marriage, they were very supportive

Barry Manilow recorded and released 51 Top 40 singles on the Adult Contemporary Chart, including 13 that hit number one, 28 appeared within the top ten, and 36 in the top twenty. He has released 13 platinum and six multi-platinum albums and although not a favorite artist of music critics, he has been praised by entertainers including Frank Sinatra, who was quoted in the 1970s as saying, "He's next."

As well as producing and arranging albums for himself and other artists, Manilow has written and performed songs for musicals, films, and commercials for corporations such as McDonald's, Pepsi-Cola, and Band-Aid, from the 1960s. He has been nominated for a Grammy Award (winning once) as a producer, arranger and performer a total of fifteen times (and in every decade) from 1973 to 2015. He has also produced Grammy-nominated albums for Bette Midler, Dionne Warwick, Nancy Wilson and Sarah Vaughan.

Barry Manilow has sold more than 85 million records as a solo artist worldwide, making him one of the world's best-selling artists.

To learn more about this incredible icon, click [here](#).

HEALTH CARE

JUNE IS: 08th World Brain Tumour Day | 14th World Blood Donor Day
14th - 20th International Men's Health Week | 25th World Vitiligo Day

INTERNATIONAL MEN'S HEALTH WEEK

THE GOAL IS TO INCREASE AWARENESS OF MALE HEALTH ISSUES ON A GLOBAL LEVEL AND TO ENCOURAGE INTER- AND INTRA-NATIONAL INSTITUTIONS TO DEVELOP HEALTH POLICIES AND SERVICES THAT MEET THE SPECIFIC NEEDS OF MEN, BOYS, AND THEIR FAMILIES.

You're not invincible

If you take better care of your car or favourite gadget than your body, you aren't alone. According to the Men's Health Network, a lack of awareness, weak health education, and unhealthy work and personal lifestyles have caused a steady deterioration of the well-being of most men.

Visit your medical provider to learn how you can reduce your risk of common conditions facing men, such as cancer, depression, heart disease, and respiratory diseases.

Heart health

Heart disease comes in many forms all of which can lead to serious, fatal complications if undetected. Stroke targets more than 3 million men and high blood pressure is common in males under the age of 45. Routine checkups can help keep that heart beating.

Your doctor can calculate your risk for cardiovascular disease based on several risk factors, including your cholesterol, blood pressure, and smoking habits.

Respiratory diseases

Many respiratory diseases start with an innocent "smoker's cough." Over time, that cough can lead to life-threatening conditions, such as lung cancer, emphysema, or COPD. All of these conditions interfere with your ability to breathe.

According to the American Lung Association, each year more men are diagnosed with and develop lung cancer than in years past. While exposure to occupational hazards like asbestos increases your risk, smoking remains the leading cause of lung cancer. If you have smoked for more than 30 years, a low-dose CT scan maybe prudent to screen for lung cancer.

Alcohol: Friend or foe?

Men face higher rates of alcohol-related deaths and hospitalizations than women do because men often binge drink twice as much as women. Alcohol consumption increases your risk for cancer of the mouth, throat, esophagus, liver, and colon. Alcohol also interferes with testicular function and hormone production which can result in impotence and infertility.

Diabetes

If left untreated, diabetes can lead to nerve and kidney damage, heart disease and stroke, and even vision problems or blindness. Men with diabetes face a risk of lower testosterone levels and sexual impotence. This can lead to increased depression or anxiety. It is recommended that men "get out, get active, and get informed." The best way to control your diabetes is to eat healthy and exercise. If you have a family history of diabetes, it is important to see your doctor to have periodic screenings for diabetes.

WHEN IN DOUBT ABOUT ANY MENS HEALTH WORRIES, SPEAK TO YOUR HEALTH PROFESSIONAL OR JOIN A SUPPORT GROUP. . JOINING SOCIAL AND EXERCISE GROUPS WILL ALSO DO WONDERS FOR A MULTITUDE OF ISSUES.

GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES,
because they make them so...

Bugs!

KEEP THE BUGS AWAY BY PLANTING THESE GREAT PLANTS, HERBS AND FLOWERS



BASIL

Perfect for salads and Italian dishes as well as deterring flies and mosquitoes!

CATNIP

Get rid of those pesky mosquitoes by planting catnip - that's if your kitty doesn't get to it first :-)



LAVENDER

Perfect for deterring flies, mosquitoes, moths and fleas

MARIGOLDS

Send the aphids and mosquitoes packing with bright and colourful Marigolds



PEPPERMINT

Mosquitoes, ants and spiders will head for the hills if you plant Peppermint!

ROSEMARY

Get rid of those fleas, ticks, slugs and mosquitoes with this fragrant cooking herb



SAGE

Plant Sage and not only will it get rid of negative energy, the moths will head on over to your neighbours instead!