

WHAT'S ON THIS WEEK

17-23 JANUARY 2022

Dear Residents,

This week will see the re-opening of Western Cape schools - a big day indeed especially for your grandchildren going off to 'big school' for the very first time! It also signals that the new year is now in full swing! Residents are returning from holidays, Booster vaccinations have been scheduled and the social calendar will also be kicking off with a Quiz Night on Thursday the 20th. We would like to encourage everyone, new and old, to begin the new year with a fresh outlook and to try and join as many events and activities as possible. Most of the exercise classes still have space for those who want to shake the "Covid curves" and for those less active, please take a look at page 2 for all the other activities you can enjoy.

CARE FACILITY

With the new and improved care facility up and running, Sr Diana would like to invite all residents to pop by to see the facilities and ask questions about the services provided. She will be dedicating an hour each day between 2pm and 3pm from the 31st of January to the 4th of February for these viewings/Q&A's. Bookings for these visits can be made with Sr Diana directly so numbers in the clinic can be managed.

On the note of medical care, I would like to request that planned medical procedures and changes in your medical health be reported to Sr Diana or myself. We both, along with our teams, are committed to supporting our residents in any way possible to make life easier. We can however only maximize your benefit from our resources if we are made aware of a situation.



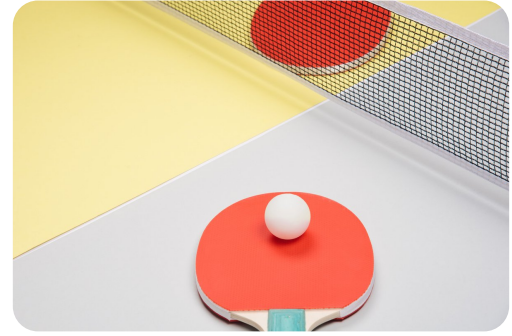
Wishing you all a wonderful weekend ahead.

Regards

Riaan and the Evergreen Team

WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



MONDAY	09h00 STRETCH CLASSES OT ROOM Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	14h00 CANASTA/BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089		
TUESDAY	08h45 EXTEND SENIOR FIT OT ROOM Judith ext. 2063	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011		14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY	09h00 STRETCH CLASSES OT ROOM Sue 072 212 0277		Resumes 26 Jan 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		
THURSDAY	08h45 EXTEND SENIOR FIT OT ROOM Judith ext. 2063	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	16h00 TABLE TENNIS, POOL / SNOOKER 1ST FLOOR
FRIDAY	09h00 SPINE SHINE BACK CARE YOGA OT ROOM Clair 083 453 5539	09h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443			
SATURDAY					
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

WHAT'S ON THE MENU

OPEN 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY | BOOKINGS ESSENTIAL



MONDAY



Summer Salad topped with Deep Fried Camembert, Pumpkin Seeds & Berry Sauce

TUESDAY

Homemade Salmon, Spinach & Mozzarella Quiche with Greek Citrus Salad

WEDNESDAY

Roasted Chicken & Vegetable Pot Pie with Oven Roasted Potatoes & Seasonal Vegetables

THURSDAY

Creamy Bacon & Zucchini Fettucine with a Garden Salad

FRIDAY

Fried/Grilled Hake & Chips with Tartar Sauce & Asian Chopped Salad

SATURDAY

Homemade Beef Burger with Mushroom Sauce & Oven Roasted Potato Wedges

WEDNESDAY DINNER MENU

SERVED FROM 18H00

Main only R85PP

2 Course R120PP

MAIN COURSE

Basil-crusted Hake with a Lemon Butter Sauce, White Wine Risotto & Pan Fried Vegetables

or

Southern Style Chicken with Creamy Mushroom Sauce, Hasselback Potato & Pan Fried Vegetables

or

Honey Marinated Pork Medallions with Dijon Mustard Sauce, Hasselback Potatoes & Pan Fried Vegetables

DESSERT

Pear & Pecan Tart with Ice Cream

or

Churros with Ice Cream & Chocolate Sauce

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Thyme & Mozzarella Chicken Roulade in a Creamy Mushroom Sauce with Roast Vegetables & Potato Galette

DESSERT:

Chocolate Brownie & Homemade Raspberry Ice Cream

SOCIAL ACTIVITY

QUIZ

Night



Join us for an evening of fun and laughter. Our first ever General Knowledge Quiz Night.

How it works?

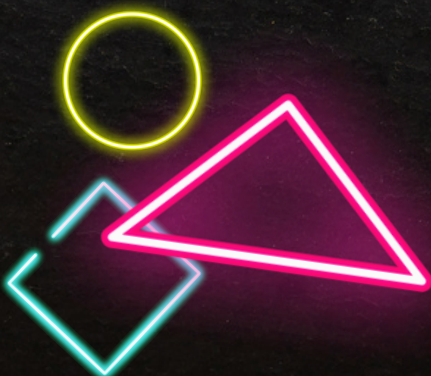
- Enter teams of 6 or sign up to join a table
- Bring your own snacks and drinks
- Prizes to win!
- Entry is R20pp. All proceeds go towards the Village Social Fund.

When? Thursday 20 Jan at 18h00

Where? Bistro

To book or for more details contact

Norma Roos. ext 2089



IT'S A CELEBRATION!



WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES

BIRTHDAYS

16 JANUARY

ALETTA KNOX - NOORDHOEK

18 JANUARY

BRIDGET SCHOLTE - NOORDHOEK

22 JANUARY

INGRID RINFUSS - NOORDHOEK

23 JANUARY

CHERYL BAIN - NOORDHOEK

ANNIVERSARIES

NO ANNIVERSARIES THIS WEEK

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



GREEN FINGERS



CREATE A BEE-FRIENDLY GARDEN WITH INDIGENOUS PLANTS



DID YOU KNOW?

South Africa has been recognised globally as a bee diversity hotspot, with close to 1 000 bee species, many of which are endemic to the Fynbos and Succulent Karoo biomes. Honeybees specifically are often in the news these days. Research constantly updates what's known about their importance to the environment, biodiversity, economies and food security. Honeybees are not only managed by beekeepers to allow for honey harvesting; are you aware that they are also important pollinators of many of our indigenous flowering plants (including many of our fabulous thorn trees) – helping to maintain various ecosystem functions.

It feeds on pollen and nectar of flowering plants, while at the same time providing the essential service of transferring pollen from one flower to another, thereby facilitating pollination and the reproduction of flowering plants. Honeybees also pollinate about 50 (insect-pollinated) commercial crops across South Africa, including sunflower seeds, apples, pears, blueberries, canola and subtropical fruit found in the northern region of South Africa.

Imagine your world without all the fruits and vegetables we rely on for a healthy diet!

LET'S TALK FOOD

According to Tlou Masehela (scientist, South African National Biodiversity Institute) via theconversation.com in just one province, the Western Cape, about 91,000 beehives are currently required to serve the deciduous fruit industry. And this number is expected to increase to at least 100,000 in the next five years.

These honeybees (but also other indigenous wild bee species) require a diverse quality and quantity of good forage resources to survive, to produce and to go on with their important job as pollinators. But unfortunately, their food resources are under threat these days. It's important to know that South Africa's honey bees rely on both indigenous and exotic species, flowering crops, AND suburban plants to provide important forage sources all year round.

And this is where YOUR garden comes into play!

Bees will usually forage within 3km from their hives, but it is also known that they can fly as far as 12km in search of healthy food sources. By planting just a few bee-friendly flowering plants in your own garden, you can do your part to help these very important little friends of ours AND you'll be nurturing and cultivating an environment that supports biodiversity.



According to the Cancer Association of South Africa (CANSA), South Africa has the second highest incidence of skin cancer in the world after Australia, and one of the highest incidence of melanoma – the most dangerous form of skin cancer – worldwide.

Every year, at least 20 000 South Africans are diagnosed with non-melanoma skin cancers – cancers that occur in the skin that are not melanoma – and approximately 1 500 are diagnosed with melanoma. Skin cancer – a highly preventable and treatable disease – is caused by chronic exposure to sunlight and affects anyone, regardless of skin colour, gender or age. This Skin Cancer Awareness Month – from 1 December to 31 January – be sun smart and educate yourself about the dangers of the sun and its rays.

Tips to reduce your risk include:

- Sunburn can occur within 15 minutes. The damage caused is permanent, irreversible and increases your risk of skin cancer.
- Avoid sunbeds and sunlamps. They can elevate your risk of skin cancer.
- Use an effective sunscreen with an SPF of between 20 to 50. Apply it liberally to all exposed skin.
- Apply sunscreen at least 20 minutes before going outside. Re-apply regularly (every two hours) and after towel drying, perspiring or swimming.
- Wear protective clothing such as wide-brim hats, loose fitting shirts and sunglasses with an ultraviolet (UV) protection of UV400
- The sun's rays are most dangerous between 10am and 3pm. Avoid direct sun exposure during this time and stay in the shade or under an umbrella as much as possible. Remember, you can get sunburn on a cloudy day – UV light can still penetrate light cloud cover.
- Carefully check your skin monthly for spots, marks or moles.
- Warning signs for skin cancer include: asymmetrical marks, moles that change colour, grow big or have irregular edges. Seek medical advice immediately if you notice any of these changes – early detection of skin cancer is vital.
- Get screened at your local CANSA care centre. Be sun smart and practice good and responsible sun care throughout the year.



"THERE IS NO FRIEND AS LOYAL AS A BOOK" - ERNEST HEMINGWAY

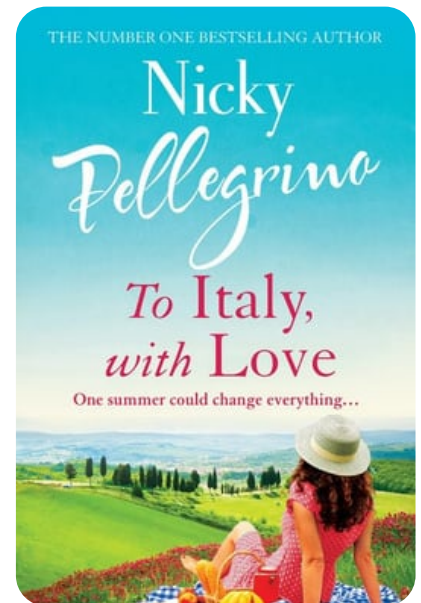


Billy Summers by Stephen King

From legendary storyteller and No. 1 bestseller Stephen King, whose 'restless imagination is a power that cannot be contained' (The New York Times Book Review), comes a thrilling new novel about a good guy in a bad job. Billy Summers is a man in a room with a gun. He's a killer for hire and the best in the business. But he'll do the job only if the target is a truly bad guy. And now Billy wants out. But first, there is one last hit. Billy is among the best snipers in the world, a decorated Iraq war vet, a Houdini when it comes to vanishing after the job is done. So what could possibly go wrong? How about everything. This spectacular can't-put-it-down novel is part war story, part love letter to small-town America and the people who live there, and it features one of the most compelling and surprising duos in King fiction, who set out to avenge the crimes of an extraordinarily evil man. It's about love, luck, fate, and a complex hero with one last shot at redemption. You won't put this story down, and you won't forget Billy.

To Italy, With Love by Nicky Pellegrino

An uplifting and delicious taste of Italy! Love happens when you least expect it... Assunta has given up on love. She might run her little trattoria in the most romantic mountain town in Italy, but love just seems to have passed her by. Sarah-Jane is finished with love. She's buying an old convertible and driving around Italy this summer - it's the perfect way to forget all about her hot celebrity ex-boyfriend! But when Sarah-Jane's car breaks down in Montenello, she has to stay longer than she intended! And the trouble is, love is everywhere...



The Reading List by Sara Nisha Adams

A new chapter is just beginning... When Aleisha discovers a crumpled reading list tucked into a tattered library book, it sparks an extraordinary journey. From timeless stories of love and friendship to an epic journey across the Pacific Ocean with a boy and a tiger in a boat, the list opens a gateway to new and wonderful worlds - just when Aleisha needs an escape from her troubles at home. And when widower Mukesh arrives at the library, desperate to connect with his bookworm granddaughter, Aleisha introduces him to the magic of the reading list. An anxious teenager and a lonely grandfather forming an unlikely book club of two. Inspiring and heartwarming, The Reading List is a love letter to storytelling - its power to transport us, connect us, and remind us that a new beginning is only a page away... It is a gorgeous debut novel about the power reading has to bring people together, no matter the barriers of age, culture and class.