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## WHAT'S ON THIS WEEK

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10-16 JANUARY 2022

Dear Residents,

By now most of you would have seen that we will be receiving booster Covid jabs on Friday the 21st of January. It would appear that not everyone is sure if the additional booster is really necessary. If it helps at all I can confirm that all residents that recently contracted Covid-19 had reported a much lower impact and that the symptoms were a lot less severe than what we have seen before. It does seem that the spread was much quicker than this time around, be it because of a slight complacency or a more transmissible variant I cannot say, but the vaccinations had a 100% positive impact on those who were unlucky to contract the virus. If you have any questions relating to the booster vaccinations please feel free to contact me or Sr Diana directly. The team will be contacting all residents to arrange time slots so as to ensure final numbers are submitted by Tuesday, the 11th of January.

On that note, it was great to see some of the resident activities start up again this past week and we are looking forward to having the Lifestyle Centre buzzing again after the holidays. Please note that with the clinic no longer operating from the Lifestyle Centre but from Apartment #24, the exercise classes will move to the OT Room situated opposite the gym to take advantage of the windows and a little more floor space.

I have also had some enquiries about the social calendar for 2022. It's great to know that so many residents are looking forward to what we have planned for the year. I am happy to discuss any suggestions and requests so please don't keep any ideas to yourselves. Our events will start in the last 10 days of this month. For the first quarter, we have planned quiz nights, Bingo nights, a Potjiekos competition, movie nights and themed dinners and a very special Valentines Day dinner, to name just a few.

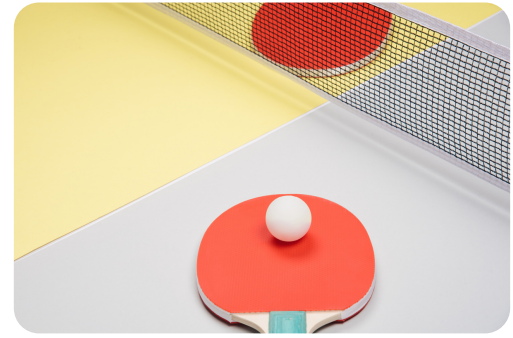
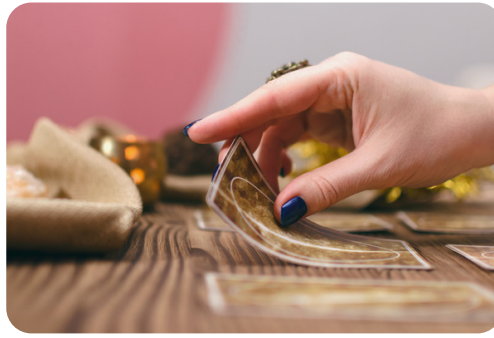
Wishing you all a wonderful weekend ahead.

Regards

Riaan and the Evergreen Team

# WEEKLY ACTIVITIES

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



<b>MONDAY</b>	<b>09h00</b> STRETCH CLASSES OT ROOM Sue 072 212 0277	<b>10h15</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	<b>CANASTA / BRIDGE</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089		
<b>TUESDAY</b>	<b>08h45</b> EXTEND SENIOR FIT OT ROOM Judith ext. 2063	<b>10h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011		<b>14h00</b> GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	<b>REMINDER!</b>  <b>WEDNESDAY IS RECYCLING COLLECTION DAY</b>
<b>WEDNESDAY</b>	<b>09h00</b> STRETCH CLASSES OT ROOM Sue 072 212 0277		<b>26 JAN - 10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOT LOUNGE John ext. 2018		
<b>THURSDAY</b>	<b>08h45</b> EXTEND SENIOR FIT OT ROOM Judith ext. 2063	<b>10h00</b> KNITTING GROUP LOUNGE Jen ext. 2026	<b>14h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	<b>16h00</b> TABLE TENNIS, POOL / SNOOKER 1ST FLOOR
<b>FRIDAY</b>	<b>09h00</b> SPINE SHINE BACK CARE YOGA OT ROOM Clair 083 453 5539	<b>RESUME 10 JAN 2022</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443			
<b>SATURDAY</b>					
<b>SUNDAY</b>			<b>12h00</b> SUNDAY LUNCH BISTRO ext. 2404		



# WHAT'S ON THE MENU

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



MONDAY



INDIVIDUAL CREAMY SPINACH,  
MUSHROOM & GOAT'S CHEESE LASAGNA  
WITH ITALIAN CHOPPED SALAD.

TUESDAY

CRUNCHY LEMON & HERB CALAMARI  
WITH LIME AIOLI, SAVOURY RICE &  
GREEK SALAD

WEDNESDAY

LAMBS LIVER WITH BACON & ONION  
GRAVY ON CREAMY MASHED POTATO &  
ROASTED SEASONAL VEGETABLES

THURSDAY

ASIAN CHICKEN SALAD WITH  
PEANUT SAUCE

FRIDAY

FRIED/GRILLED HAKE & CHIPS WITH  
TARTAR SAUCE & GREEN SALAD

SATURDAY

GOURMET BOEREWORS ROLLS & CHIPS

- CARAMELIZED ONION, TOMATO & FRESH HERBS **OR**
- GUACAMOLE, TOMATO & ONION SALAD & CHEDDAR CHEESE **OR**
- CREAMY MUSHROOMS & THYME WITH FETA

## WEDNESDAY DINNER MENU SERVED FROM 18H00 | R120PP

MAIN COURSE

Oven Roasted Pork Neck in  
Berry Sauce with Creamy Leek  
Mashed Potato & Pan Fried  
Greens

or

Caprese Hasselback Chicken with  
Balsamic Reduction, Lemon &  
Herb Cous Cous, & Pan Fried  
Greens



DESSERT

Mocha & Oreo Mousse

or

Mini Cheese Board

## SUNDAY LUNCH SERVED FROM 12H00 | R95PP

MAIN COURSE

Slow Roasted Rosemary  
Marinated Sirloin with Redwine  
Gravy, Roast Potatoes &  
Roasted Vegetables

DESSERT

Homemade Peach Crumble  
with Custard



# IT'S A CELEBRATION!



WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES



## BIRTHDAYS



10<sup>TH</sup> JANUARY

VERA HARVEY - NOORDHOEK

13<sup>TH</sup> JANUARY

JOACHIM ANDREAE - NOORDHOEK

16<sup>TH</sup> JANUARY

ALETTA KNOX - NOORDHOEK



## ANNIVERSARIES



14<sup>TH</sup> JANUARY

PETER & CARINE SALTER - NOORDHOEK



## NEW RESIDENTS



VICTOR & JOAN POLLACHI

HOUSE 113 - NOORDHOEK

(10 JAN 2021)





# BOTTOM'S UP!



## 7 BENEFITS OF CUCUMBER WATER

**Cucumber is a power-packed fruit, filled with micronutrients, beneficial plant flavonoids, antioxidants, and more. Cucumbers are cooling, hydrating, and rejuvenating, on a deep cellular level. And just the simple step of adding cucumber to your water can help you reap these 7 benefits:**

### 1. BURSTING WITH NUTRIENTS

Cucumbers are both low in calories and high in nutrients.

This fruit contains the highest amounts of calcium, magnesium, manganese, potassium, phosphorous, vitamin C, and vitamin K. They also contain decent amounts of iron, folate, and vitamin A (beta carotene).

These micronutrients are contained in the flesh and juice of the fruit. And when added to water, these juices and nutrients infuse with the liquid, providing you with a refreshing, health-boosting drink.



### 2. CONTAINS ANTIOXIDANTS

Several micronutrients are found in cucumbers – like vitamin C and carotenoids (lutein and zeaxanthin) – and natural plant flavonoids also act as antioxidants.

Antioxidants are important compounds that actively prevent or delay the damage of oxidative stress caused by free radicals. Because they prevent active stress, antioxidants are known to delay the development of chronic diseases related to unhealthy ageing.

### 3. REDUCES INFLAMMATION

Cucumbers and their juices are known to have anti-inflammatory properties. These properties are also attributed to the high content of antioxidant vitamins, minerals, and plant compounds found in cucumbers.

Chronic inflammation is caused by an overstimulated immune system, which can affect all body systems and stimulate disease development. Hence, preventing oxidative stress in the body also reduces chronic inflammation. This promotes better health of body systems by allowing them to function properly.

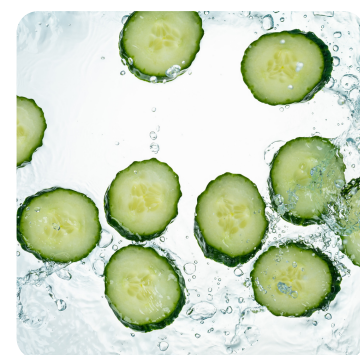


### 4. BOOSTS HYDRATION

These juicy fruits are composed of 96% water, making them very effective at promoting hydration. This is especially important as staying hydrated promotes good health. Water stored in the body is responsible for:

- Regulating body temperature
- Lubricating joints
- Nutrient delivery to cells and more!

For this reason, cucumber water is not only a great option for quenching your afternoon thirst. It's also beneficial to keep you hydrated any time of day!



### 5. PROMOTES HEALTHY, GLOWING SKIN

As an added bonus, regularly drinking cucumber water also has the potential to improve the health of your skin from the inside out. Cucumbers promote hydration and flush out toxins. They also contain vitamin B5, which is effective in reducing acne and breakouts, leaving you with fresh, glowing, soothed skin.

### 6. AIDS WEIGHT LOSS

Hydration is an important part of weight loss. Drinking more water can contribute to satiety, meaning there's less chance you'll overeat. Furthermore, swapping sugary or high-calorie beverages for infused waters can greatly reduce caloric intake.

Cucumber's cooling effects can help reduce bloat.

### 7. IT'S A DETOX DRINK

Our amazing bodies have built-in detoxification systems such as skin, lungs, liver, kidneys, lymph system. Cucumber is known to help cool down an inflamed liver, helping it detox and reverse damage from a poor diet and heavy metals.

Our environment and diet can support or tax detoxification. Cucumber and lemon are both known to support the liver in detoxification. Cucumber can support the adrenal glands and kidneys to filter out toxins.





## TUNA-MELT PASTA BAKE

### INGREDIENTS:

Olive oil | 2 onions, chopped | 2 cloves garlic, chopped | ¼ cup (60ml) butter | ¼ cup (60ml) flour | 4 cups (1L) milk | Salt and milled pepper | Juice (120ml) of 2 lemons | 4 cans (120g each) tuna, drained | ½ punnet (10g) fresh parsley, chopped | 400g penne pasta, cooked for 6 minutes | 200g cheddar cheese, grated | Handful cherry tomatoes (optional) | 1 tsp (5ml) smoked paprika (optional) | Salad and bread, for serving (optional)



### METHOD:

1. Heat oil in a pot and sauté onions for about 8 minutes, or until soft and golden.
2. Add garlic and butter and cook for a minute, allowing butter to melt completely.
3. Stir flour into butter and let the flour paste bubble for 10 seconds.
4. Add milk gradually while whisking, until all milk is added and the sauce is smooth.
5. Cook for 2 minutes and season.
6. Remove from heat and stir in lemon juice, tuna and parsley.
7. Combine sauce and pasta and transfer to a large ovenproof dish.
8. Top with cheese, cherry tomatoes and paprika, if using.
9. Bake at 200°C for 20-25 minutes until golden and bubbly.
10. Serve hot out of the oven, with salad and bread on the side.



## ONE-PAN PUTTANESCA BAKE

### INGREDIENTS:

2 Tbsp (30ml) olive oil | 2 red onions, cut into eighths | 12 baby potatoes, halved | 2 cloves garlic, crushed | 2 Tbsp (30ml) capers | 2 cans (800g) cherry tomatoes | 1 packet (200g) calamata-style olives, drained | 6 sprigs oregano | 2 cans (240g) mackerel in brine, drained and rinsed, tuna chunks or sardines work well too. | 3 discs (200g) low-fat feta | Couscous with fresh herbs, to serve.

### METHOD:

1. Preheat oven to 120°C.
2. Heat olive oil in an ovenproof pan.
3. Brown the onions, remove and set aside.
4. Add potatoes and brown well.
5. Add garlic and capers and fry for a minute.
6. Return onions and add tomatoes, olives and oregano.
7. Cover pan with a lid or foil and bake for 15-20 minutes, or until potatoes are cooked through.
8. Remove pan from oven, stir through mackerel and crumble feta on top.
9. Bake for another 5 minutes.
10. Serve with herbed couscous on the side.

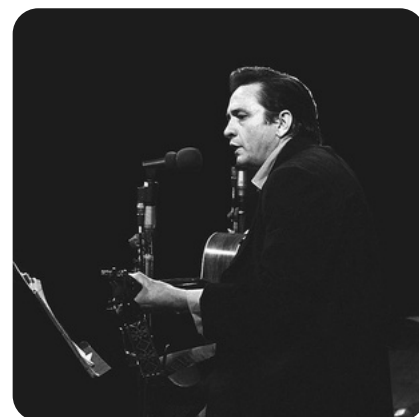


# MUSICAL CORNER



CLICK ON THE ARTISTS NAME TO LISTEN TO PERFORMANCES

On 13 January 1968, **Johnny Cash** played two shows for inmates at Folsom Prison in California. Unlike his previous prison concerts, they were recorded and packaged into his acclaimed live album *At Folsom Prison*.



Cash was fading in the mid-'60s, with diminishing audiences and languishing record sales. To revive his career, he looked to an audience that had never let him down: inmates. Cash had been playing prisons since 1957 and had become an advocate for reform. He had never recorded one of his penitentiary shows, as his label, Columbia Records, didn't like the idea of their artist being associated with a jail.

But desperate times change minds, and Columbia agreed that the ploy just might work. Folsom was a regular stop for Cash and the setting of his 1956 hit "Folsom Prison Blues." This time, he brought his wife June and a mobile recording unit. Bob Johnston, coming off Bob Dylan's *Blonde on Blonde* album, was the producer.

He told Cash to "Just go out and say who you are," so he started the show with his soon-to-be-iconic saying, "Hello, I'm Johnny Cash." As usual, the inmates loved what they heard: rough-hewn songs about hard times. The tracklist included "Cocaine Blues," "Dirty Old Egg-Suckin' Dog" and "Dark as the Dungeon." He did two shows, getting a rapturous reception at each. Sixteen tracks were chosen for the album, all but one, "Give My Love To Rose," taken from the first show. Folsom Prison got his career back on track, landing at #1 on the Country chart and earning him his own TV series the following year. Cash cited it as one of his greatest accomplishments, as it helped draw attention to the plight of prisoners.



## Also on this day in history...

- **1973** - **Carly Simon's** album *No Secrets*, featuring the hit single "You're So Vain," hit #1 in America.
- **1978** - **Elvis Presley's** cover of "My Way" was certified Gold.
- **1978** - **The Police** started recording their debut album, *Outlandos d'Amour*. Their budget was just £1,500, which drummer Stewart Copeland borrowed from his brother, entertainment executive Miles Copeland III.
- **1979** - The YMCA filed a lawsuit against **Village People** for their hit single "Y.M.C.A.," claiming the song was defaming to the organization. The suit was not only dropped, but the Y.M.C.A. adopted the song as their non-official commercial jingle after seeing the huge popularity boost the group brought them. Later, the US Navy recruited the Village People to try to work similar magic for Navy recruitment.
- **1984** - The BBC banned the **Frankie Goes to Hollywood** song "Relax" due to its sexual content. The controversy generated tremendous interest in the song, which reached #1 in the UK the following week.