

IT'S ALMOST TIME FOR A MONTH OF LOVE & ROMANCE

Dear Residents,

John Lennon said 'everything is clearer when you're in love' so after many, many months of not knowing where we were heading, maybe February, and Valentine's Day, is the perfect time to celebrate all kinds of love. Friendships, falling in love, or even re-kindling your existing relationship!

Luckily we've been afforded a little more freedom this year so I do hope that you will bring a friend or your significant other and join us for a special [lunch on the 14th](#), or [dinner on the 16th](#) at the Bistro.

If you're single it certainly doesn't mean you can't celebrate too! Just make the most of being in 'JOY' instead.

There is an abundance of joy to be found, even in the smallest actions so share a smile and a wave when passing fellow residents or make your way to the Lifestyle Centre and join an activity group, or just come and have a coffee in the lounge. You never know who you meet, who needs the comfort of a good chat or who will become a great new friend.

This week's 'joyful' additions to our regular pages include Green Fingers, Medical Matters, Good Reads and a Good To Know section showcasing My Grandpa's Workshop.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

31 JAN - 6 FEB

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Medical Matters
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Good Reads
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Good To Know
Focus on
'MY GRANDPA'S WORKSHOP'



WEEKLY ACTIVITIES

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



MONDAY	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	CANASTA / BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089		
TUESDAY	08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 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 1ST FLOOR LOUNGE Sue 072 212 0277		26 JAN - 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		
THURSDAY	08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 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 ACTIVITY ROOM 1 Clair 083 453 5539	RESUME 10 JAN 2022 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

MEAT-FREE MONDAY

Falafel Poke Bowl with
Tzatziki Sauce

TUESDAY

Butter Chicken with
Basmati Rice, Sambals &
Roti

WEDNESDAY

Pork & Mushroom Pie,
Homemade Gravy, Garlic
Oven-Roasted Baby
Potatoes & Pan Fried
Vegetables

THURSDAY

Beef Lasagne with a
Greek Salad & Garlic &
Herb Bread

FRIDAY

Lemon & Herb Fried or
Grilled Hake with Tartar
Sauce, Chips & a Garden
Salad

SATURDAY

Char Grilled Hickory
Chicken & Coleslaw, a
Portuguese Roll & Chips



WEDNESDAY DINNER MENU

SERVED FROM 18H00 | CHOICE MENU | 2 COURSE - R120

MAIN COURSE

Beef Schnitzel with Blue Cheese Sauce,
Rosemary Roasted Potatoes & Pan Fried
Vegetables **R85**

Butter-fried Hake, Hollandaise Sauce,
Cauliflower Rice & Pan Fried Vegetables
R85

Sticky Sesame Chicken Wings with a
Honey-Soy Sauce, Rosemary Roasted
Potatoes & Stirfried Vegetables **R85**

DESSERT

Crème Brûlée **R38**

Berry & Lemon Tart **R38**

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Slow Roasted Red Wine & Thyme-
Marinated Beef with a Red Wine Jus,
Yorkshire Pudding, Hasselback Potatoes &
Roasted Vegetables

DESSERT

Glazed Fruit Roulade with
Chantilly Cream

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

31 JANUARY

PATRICIA VAN DER WALT - Noordhoek

1 FEBRUARY

DOUG SMITH - Noordhoek

3 FEBRUARY

CLIVE LEON - Noordhoek

4 FEBRUARY

TREVOR JONES - Noordhoek
GUY COUVREUR - Lake Michelle

6 FEBRUARY

NORMA ROOS - Noordhoek
VERONICA FRASER - Noordhoek

ANNIVERSARIES

2 FEBRUARY

FRED & MARION NELSEN - Noordhoek
TREVOR & SUE DOUGLAS - Noordhoek

NEW RESIDENTS

PAULINE HAYSE-GREGSON
House 71 Noordhoek



GREEN FINGERS

ALL GARDENERS LIVE IN BEAUTIFUL PLACES, BECAUSE THEY MAKE THEM SO...

SUMMER IS SO SWEET - And Hot!

FALL IN LOVE WITH FRUIT

The garden is a trove of juicy treasures this time of year with an abundance of deliciousness to be grown. There's something for even the fussiest of eaters and plenty of brag-worthy produce to harvest. [Dash down to your local nursery for seed packets and seedlings trays](#) and begin your nutritious, sweet summer gardening adventure!

Nurseries are stocked with a selection of fruit trees, seedlings, and seed packets for you to sow and plant now. Stay hydrated this summer by growing these water-rich, nutrient-dense fruits:

Tomatoes – 94% water and high in lycopene, which helps protect cells from damage.

Watermelon – 92% water and soaked with nutrients, antioxidants, and amino acids.

Strawberry – 92% water, sodium and cholesterol-free, packed with fibre and low on calories.

Spanspek – 90% water and 100% of the recommended daily vitamin C.

Papaya – 88% water, aids digestion, helps with weight loss and is loaded with vitamin A.



BE A WATER-WISE ECO-WARRIOR

If you haven't realised that it's been hot as the proverbial Hell lately, you must've only just returned from an extended trip overseas! Thankfully Cape Town and the Deep South has eased water restrictions but it's always wise to remember to conserve water where you can – just follow these easy steps:

Our summers are hot and our water is precious. Growing water-wise doesn't mean your garden is destined to be boring. On the contrary, going water-wise highlights our local gems and gives our native birdlife and butterflies a time to shine.

- [Grow plants that are indigenous](#) and especially suited to your region's rainfall.
- Create different [water usage zones](#) by grouping plants with similar water needs together.
- Purchase [water-retaining crystals](#) from your nursery for beds and containers.
- [Fill beds and gaps with hairy leaves](#) (lamb's ear), grey leaves (lavender) and needle-like leaves (rosemary), which can all withstand wind, salt spray and drought.
- Remember to [check your sprinkler system valves](#) periodically for leaks and keep the sprinkler heads in good shape. Check all your taps and hosepipes for washer damage and replace those that need it.
- When [bathing pets](#), wash them outdoors in an area of your lawn that needs water.
- [Use sprinklers that deliver big drops](#) of water close to the ground. Smaller water drops and mist often evaporate before they reach the ground.
- Healthy plants are happy plants, so don't forget to [fertilise with Bio Ocean](#) – this will strengthen plants' cell walls, which means that plants need less water and will withstand extreme temperatures.

HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



You probably don't give it a lot of thought, but your attitude is a crucial part of you, your personality, and your life. Sometimes we are ignorant of how we act and what we do. By definition, the word 'attitude' can be described as an "uncooperative behaviour" or a "determined way of thinking or feeling about something". Everyone is allowed bad days, but when this attitude becomes more serious and it starts affecting your personal and professional life, it's time to do something. Having a bad attitude is a choice, so make sure you make the right one and start improving yourself.



HOW CAN YOU IMPROVE YOUR ATTITUDE?

Changing your attitude towards one that embraces growth and success instead of a destructive one, can be done by following some simple steps.

1. Keep a Positive Attitude

Despite the hardships in life, if you manage to keep a positive attitude you will be much happier, and you will be able to see all of the good things that surround you.

2. Be Grateful for the Things You Have and the People Around You

Your bad attitude can hurt the people you love and those who love you. Instead, show them that you care about your close ones and that you value everything that you have in your life.

3. Don't Compare Yourself to Others

You are your own person. Comparing yourself to others will make you feel like you are not good enough, which will contribute to your bad attitude.

4. Admit When You Are Wrong and Move On

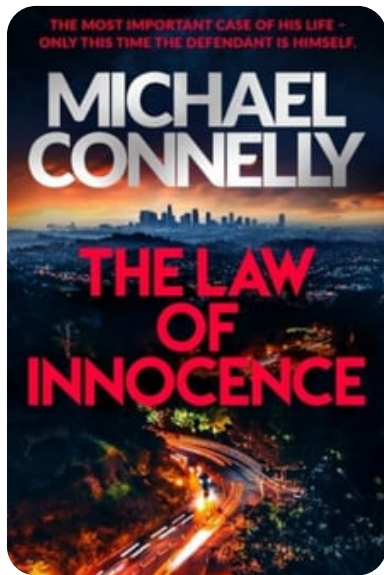
You can't always be right, and it's good to admit when you are wrong. That way people will have more respect for you, and even you will have more respect for yourself.

5. Be Polite to Others

Politeness is contagious and it can change someone's day or life. Even if you are not having a good day, stay polite and you will notice an enormous change in people's perception and your own perception about you.

GOOD READS

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



THE LAW OF INNOCENCE by Michael Connelly

THE MOST IMPORTANT CASE OF HIS LIFE. ONLY THIS TIME THE DEFENDANT IS HIMSELF.

Heading home after winning his latest case, defence attorney Mickey Haller – The Lincoln Lawyer – is pulled over by the police. They open the trunk of his car to find the body of a former client. Haller knows the law inside out. He will be charged with murder. He will have to build his case from behind bars. And the trial will be the trial of his life because Mickey Haller will defend himself in court.

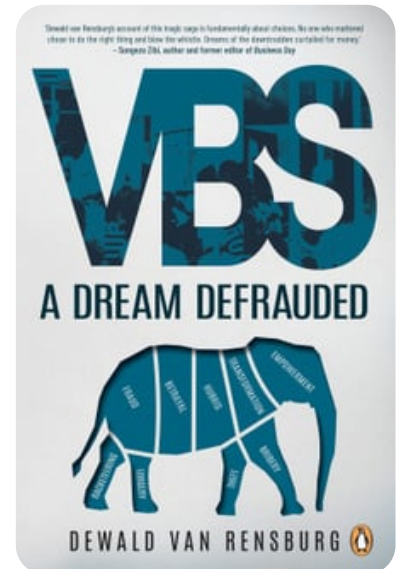
With watertight evidence stacked against him, Haller will need every trick in the book to prove he was framed. But a not-guilty verdict isn't enough. In order to truly walk free, Haller knows he must find the real killer – that is the law of innocence...

VBS by Dewald van Rensburg

Originally the Venda Building Society, VBS Mutual Bank was a small, little-known lender in Limpopo before it rocketed from obscurity in 2016 by giving President Jacob Zuma a controversial home loan to repay the state for improvements to his Nkandla homestead. The bank was growing rapidly and sold itself as a fearless champion of black advancement.

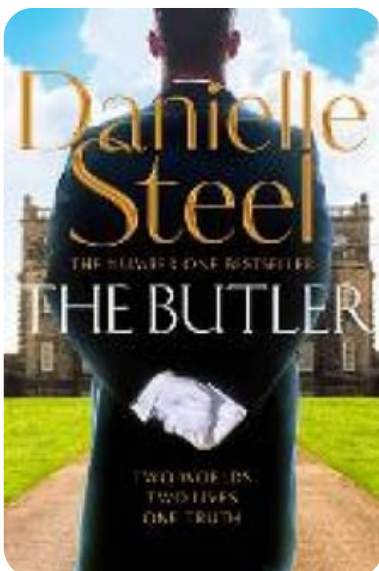
Its owner, Vele Investments, was on a meteoric trajectory towards becoming a financial conglomerate worthy of national attention. When the bank abruptly went into curatorship in March 2018, no one had any reason to doubt that it was just another unfortunate corporate failure. Then the astonishing truth emerged: the collapse of VBS was due to an epic R2-billion fraud that had created Vele's empire out of thin air and left the bank a hollow shell.

Written by one of the journalists who first broke the story, this is a compelling account of a bank heist whose shockwaves continue to haunt the politicians, businessmen and traditional leaders who enabled it.



THE BUTLER by Danielle Steel

Joachim von Hartmann is born into a wealthy Argentine banking family and spends his early years in Buenos Aires. Blonde-haired and blue-eyed, he has inherited the looks of his German ancestors, while his twin brother Javier could not be more different. Following the death of their father, and when details emerge about Joachim's maternal grandfather's wartime activity, both boys and their mother, Liese, are cast out from the family. After years of glamour and luxury, she must raise them alone with no financial support. Eventually, Liese meets and falls in love with a French art expert, and she and Joachim move to Paris without Javier, who refuses to leave his beloved Argentina. Rumours soon start to circulate that he's involved in the drugs trade. Joachim moves to England to train as a butler and discovers that he loves his role working for the aristocracy on their fine estates. On the death of his last employer, Joachim decides to move back to France and his mother. He finds that there's no call for butlers in Paris, but he does find a job putting his skills to good use acting as assistant and confidant to Olivia, an American who needed to escape her life in New York. Both Joachim and Olivia hold secrets about their past, and as reports come through that Javier's life in the Columbian underworld is spiralling out of control, they must, as brave and honourable people, make some difficult decisions.



GOOD TO KNOW



Old world construction and finishing techniques are on the verge of becoming a lost art.

MY GRANDPA'S WORKSHOP

At My Grandpa's Workshop, we seek to ensure that the human expertise acquired over thousands of years of making things in wood and metal, is not lost to modern computerised technology.

My Grandpa's Workshop offers quality and professional metalworking, woodworking and training hosted by Dr John Cowlin.

ABOUT JOHN

John Cowlin's grandfather was a craftsman, an exceptional woodworker and precision machinist and he taught John how to accurately shape wood and metals. From an early age John made furniture, boats, model aeroplanes, steam locomotives, tools and instruments. Today he continues the tradition and shares his knowledge through teaching others, or making things for their use.

John can help the home hobbyist learn woodworking skills or find help with a tricky bit of machining. Boat or model builders can have a specialised fitting made to complete their project and the antique car restorer can have an out of production part crafted anew.



Please contact MY GRANDPA'S WORKSHOP for a quote on the training courses being offered.

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