

IT'S BECOMING A FUN-FILLED FEBRUARY!

Dear Residents,

Another week has flown by and our February events are upon us.

Thank you all for the amazing response to our Valentine's Day Lunch. It is great to see these events fully booked and hope those of you who missed out will book for Wednesday's Dinner instead. Reminder! On Wednesday morning we also have our Village Wellness day.

I hope we can rely on the same kind of support for our Bingo Night on Thursday and then the big one for this month, the Potjiekos Competition and Potjie Dinner, on the 25th. If you have any question about any of these events please don't hesitate to contact me directly.

This week in addition to our regular pages, we cover fabulous February gardens in our Green Fingers section while looking at Prebiotics, Probiotics and Antibiotics in Medical Matters.

On our Good Reads page we travel back to 1799 to open a Pandora's Box of love and deception; we cook with love with Mary Berry and travel afar with Ranulph Fiennes as he brings us the snowy tale of Sir Ernest Shackleton's attempt to traverse the Antarctic!

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

14 - 20 FEB

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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	EVENT: VALENTINE'S LUNCH	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	23 FEB - 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	EVENT: WELLNESS DAY	18h00 WEEKLY DINNER BISTRO ext. 2404	
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	EVENT: BINGO NIGHT
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			17h00 RESIDENT SOCIAL 1ST FLOOR LOUNGE Norma ext. 2089
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

Valentine's Day Lunch

TUESDAY

Pork Bangers with Onion Gravy, Mashed Potato & Seasonal Vegetables

WEDNESDAY

Beef Bourguignon with Rice & Pan Fried Beans

THURSDAY

Homemade Roast Chicken, Vegetable & Feta Quiche served with Greek Salad

FRIDAY

Fried or Grilled Hake & Chips with Tartar Sauce & Coleslaw

SATURDAY

Crumbed Pork Chop with Cheese Sauce, Garlic Baby Potatoes & a Garden Salad



WEDNESDAY DINNER MENU

SERVED FROM 18H00 | 2 COURSE - R125

MAIN COURSE

Sparkling Wine On Arrival

Pan Fried Yellowtail with Citrus Butter Sauce on Coconut Rice, served with Pan Fried Greens

OR

Oven Roasted Pork Belly with Creamy Mashed Potato, Plum Sauce & Pan Fried Greens

DESSERT

Trio Dessert Plate

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Herb Oven Crusted Chicken with a Dijon Sauce, French Onion Potato Bake & Roast Vegetables

DESSERT

Mango & Passionfruit Panna Cotta

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

14 FEBRUARY

GILLIAN JONES - Noordhoek

18 FEBRUARY

AVRIL ALLAN - Noordhoek

CLARE YEOWELL - Noordhoek

SONJA GRASER - Noordhoek

20 FEBRUARY

IAN WRENCH - Noordhoek

ANNIVERSARIES

16 FEBRUARY

JOHN & JENNY WYLLIE - Noordhoek

18 FEBRUARY

NIGEL & DENISE BYE - Noordhoek

NEW RESIDENTS

ROY & SHARON ZAZERAJ

House 136 Noordhoek



GREEN FINGERS

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

SHOW OFF YOUR FABULOUS FEBRUARY GARDEN

FEBRUARY IS THE MONTH OF LOVE AND BESIDES CARING FOR YOUR ROMANTIC ROSES, THERE'S A RIOT OF COLOUR TO BE FOUND IN OUR FLIRTATIOUS FLOWER SELECTION BELOW.

LOVE YOUR ROSES

- Deadhead and dis-bud your babies.
- Water well 3 times a week.
- Apply Flower & Fruit evenly to pre-soaked soil around the drip line of the plant and water again, well. Keep fertiliser at least 20cm away from the base and avoid contact with foliage or flowers. NOTE: Not suitable for use with newly planted roses. In this instance, use Bio Ocean.
- Spray fortnightly against black spot, beetles and bollworm with organic and biological pest control solutions available at your GCA Garden Centre.
- Check for red spiders on roses, usually found on the underside of the leaf. Your nursery attendant will be able to recommend the right product for the job. Remember to take photos of pests to assist in the correct identification and control solution.

FLIRTATIOUS FLOWERS

- Bougainvilleas, hemerocallis (daylilies), variegated and green foliage plants are showing off their charm this month. Yours may need some TLC if they're not popping by now.
- Amazingly fragrant and fuss-free sweet peas are ready to be sown from seed packets available from your nursery. Try bush varieties sown in pots and hanging baskets for extra specialness around the stoep and patio. Soak sweet pea seeds in water overnight before sowing for better germination.
- Although petunias are a firm favourite, they should not be planted twice in the same spot to prevent soil-borne diseases.
- Orange hermannia (*Hermannia pinnata*), marigolds, wild rosemary (*Eriosephalus africanus*), and Honeybells (*Freylinia lanceolata*) are heat-lovin' plants that will thrive in Feb.
- Sow cinerarias, gazanias, Iceland poppies, primulas, violas, pansies, larkspurs, Canterbury bells, columbines, sweet Williams and aquilegias now.

ECO-WARRIOR: THE BRAVE BRACONID WASP

Did you know that Wasps are pollinators too? Granted, not as efficient as bees but one in particular, the miniature wasp, or **braconid**, is the tomato gardener's best friend as it loves feasting on the tomato hornworm, a well-known destructive pest.

The braconid wasp very cleverly lays its eggs in a living host like the hornworm, thereby ensuring a lifecycle of nutrition. The braconid will entirely consume its host as it progresses through the pupa, cocoon, and adult phases of its life so let them breed. If you see a hornworm covered in eggs or pupae, leave it alone. This nursery is producing an army of eco-warriors!

HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



PROBIOTICS, PREBIOTICS, ANTIBIOTICS

An Introduction To Gut Health

You've probably heard of prebiotics and probiotics...Yes, they are good for you, and yes you should try to incorporate them into your diet, but did you ever stop to wonder what all the fuss is about? And what about antibiotics? Are those good, too?

Microflora lines our digestive tract, which helps prevent the spread of infections and bacteria. It basically acts as a barrier for the gut, fighting off infection, and maintaining balance in the digestive tract.

PROBIOTICS

Claim to Fame?

Probiotics are live cultures or “good bacteria” in foods, which help keep your digestion in check and provide other numerous health benefits. By eating probiotics from food, you are helping build that gut microflora to fight off infections.

Where do I find them?

They're a little tricky to spot at first, until you know what you're looking for. Sometimes you'll see them listed as live or active cultures, but as a rule of thumb, they can be found in yogurts or other foods that are naturally fermented. You can also find them in foods like sauerkraut, miso soup, soft cheeses (like gouda), tempeh, kefir, kombucha, and even sourdough bread.

PREBIOTICS

Claim to Fame?

Prebiotics are indigestible fibres that help promote the growth of healthy or “good” bacteria already in the gut. The microflora in your gut feeds off these prebiotics.

Where do I find them?

Unlike probiotics, these are only found in fibres of plants (vegetables, fruits, and legumes). Major sources include garlic, bananas, artichokes, asparagus, onions, leeks, soybeans, and whole wheat products. In essence, probiotics and prebiotics are the ultimate power couple. Powerful alone, no doubt, but they really shine when they're together! Some great probiotic & prebiotic combos include: sourdough bread and hummus, whole wheat crackers & gouda cheese, or a fruit smoothie with banana and yogurt.

ANTIBIOTICS

Claim to Fame?

Antibiotics help nurse you back to health by fighting off infection or the “bad bacteria” in your body. While they certainly do the trick, they often times end up stripping us of the “good bacteria” too in their efforts to fight infection.

Where do I find them?

On the doctor's orders only. Antibiotics are a treatment method rather than a prevention, used when you already have the bug. To prevent sickness, focus on building up that good bacteria, practicing good hygiene, getting your vitamins and minerals... all that good stuff your mom taught you when you were a kid.

GOOD READS

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



PANDORA by Susan Stokes-Chapman

London, 1799. Dora Blake is an aspiring jewellery artist who lives with her uncle in what used to be her parents' famed shop of antiquities. When a mysterious Greek vase is delivered, Dora is intrigued by her uncle's suspicious behaviour and enlists the help of Edward Lawrence, a young antiquarian scholar. Edward sees the ancient vase as key to unlocking his academic future. Dora sees it as a chance to restore the shop to its former glory, and to escape her nefarious uncle.

But what Edward discovers about the vase has Dora questioning everything she has believed about her life, her family, and the world as she knows it. As Dora uncovers the truth she starts to realise that some mysteries are buried, and some doors are locked, for a reason.

Gorgeously atmospheric and deliciously page-turning, Pandora is a story of secrets and deception, love and fulfilment, fate and hope.

LOVE TO COOK by Mary Berry

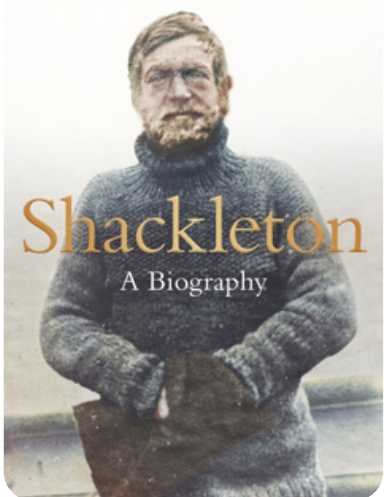
I'm excited to share over 120 irresistible, no-fuss recipes that I hope will bring happiness into your kitchen. Each beautifully photographed dish celebrates the delicious ingredients and flavours I love, and which make cooking at home such a joy.'

In this brand-new tie-in book to the BBC series, Love to Cook, Mary Berry will help you see your meals in an entirely new light. Every recipe is infused with her love of simple home cooking and fresh ingredients that feed the body and mind.

Whether you're trying your hand at Mary's fragrant Kashmiri chicken curry or baking her mouth-watering Lemon limoncello pavlova, it's hard to beat the unique pleasure of making a dish from scratch and enjoying food with family and friends.



Ranulph Fiennes



SHACKLETON by Ranulph Fiennes

In 1915, Sir Ernest Shackleton's attempt to traverse the Antarctic was cut short when his ship, Endurance, became trapped in ice.

The disaster left Shackleton and his men alone at the frozen South Pole, fighting for their lives. Their survival and escape is the most famous adventure in history.

Shackleton is an engaging new account of the adventurer, his life and his incredible leadership under the most extreme of circumstances. Written by polar adventurer Sir Ranulph Fiennes who followed in Shackleton's footsteps, he brings his own unique insights to bear on these infamous expeditions. Shackleton is both re-appraisal and a valediction, separating the man from the myth he has become.