

WHAT GOOD IS SITTING ALL ALONE IN YOUR ROOM?

LIZA MINELLI

Dear Residents,

In support of Liza Minelli's quote I want to thank everyone for their amazing support and for the initiative shown recently to take on new activities and begin new interest groups within the village. Not only have we had a very successful Quiz and Bingo night but in true Cape Town fashion we had a last minute rush for a full house at our Potjiekos dinner.

The Ladies Meet and Greet Club was also a huge success and more details on the next one will be shared soon.

I am also happy to announce that thanks to all these events and all the support given, we have had the most number of guests served in the Bistro since we opened.

Below you will see your invitation to this month's main event. A very Green Quiz night on St Patrick's Day (17 March). I hope to see the same turnout as seen at the first Quiz night.

In addition to our regular pages, we're keeping it plant-based and vegetarian with delicious Hummus recipes in What's Cooking, and we've even matched wines [on the Bottom's Up page] to go with your best recipe! On our music page, we're saying Happy Birthday to one of stage and screen's biggest icons, Liza ["with a Zee"] Minelli so be sure to click the link on her name to hear her distinctive voice and huge talent.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

7 - 13 MARCH

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

What's On The Menu

Delicious meals on offer this week!

It's A Celebration

Birthday's, Anniversaries & New Residents

Bottom's Up!

Great wines that go with Hummus

What's Cooking?

Hummus Recipes

Musical Corner

Liza Minelli



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	09h00 CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	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	9, 23 MARCH 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			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	
FRIDAY	09h00 SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443			17h00 RESIDENT SOCIAL LIFESTYLE CENTRE 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

DAILY MEAL | R55PP

MONDAY

Asian Shrimp Salad with
Ginger Sesame Dressing

TUESDAY

Chicken Alfredo Pasta
with Pan Fried Greens

WEDNESDAY

Beef & Mushroom Pie with
Gravy, Garlic Baby
Potatoes & Seasonal
Vegetables

THURSDAY

Bacon, Spinach & Feta
Homemade Quiche with
Garden Salad

FRIDAY

Fried/Grilled Hake & Chips
with Lemon & Garlic Aioli
& Coleslaw

SATURDAY

Cheese & Mince
Quesadilla with Sambals,
Guacamole & Tzatziki Dip



WEDNESDAY 'SEAFOOD' DINNER MENU

SERVED FROM 18H00 | 2 COURSE R120

MAIN COURSE

Grilled Yellowtail with Herb Butter, Creamy
Leek Mashed Potato & Pan Fried Greens

or

Lemon & Garlic Poached Mussels with
Sourdough Bread

or

Grilled Butter Prawns on Savoury Rice

DESSERT

Lemon Cheese Cake

or

Churro Cup with Vanilla Ice Cream &
Chili Chocolate sauce

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Slow Roast Pork Neck with a Wholegrain
Mustard Jus, Hasselback Potatoes &
Ratatouille Vegetables

DESSERT

Pear Roses with Vanilla Anglaise

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

NO BIRTHDAYS
THIS WEEK

ANNIVERSARIES

13 MARCH
ERIC & ELIZABETH SMITH - Noordhoek

NEW RESIDENTS

JENNIFER KNOTT
House 115 Noordhoek



WHAT'S COOKING?

COOKING MADE EASY



JAZZ UP YOUR HO-HUM HUMMUS WITH THESE DELICIOUS RECIPES!

Hummus is a spread made from ground chickpeas, ground sesame seeds (tahini), olive oil, lemon, garlic and cumin, originating in the Middle East.



BEET HUMMUS

INGREDIENTS

1 roasted beet peeled and chopped | 1 can chickpeas drained | 2/3 cup tahini | 2-3 zest & juice lemons about 1/3 cup of lemon juice | 2 cloves garlic chopped | 1/3 cup olive oil | 1 teaspoon cumin or more to taste | 1 teaspoon kosher salt | 1 hand full chopped herbs.

METHOD

- Combine the chickpeas, tahini, beet, lemon juice, garlic, cumin, and salt in a food processor.
- With the motor running, slowly drizzle in the olive oil and blend until smooth.
- Taste and adjust seasoning as needed, adding more olive oil, lemon juice, garlic, cumin or salt as needed.
- Serve in a bowl and sprinkle parsley, za'atar, lemon zest, nuts or big salt flakes.

GREEN PEA HUMMUS

INGREDIENTS

1 cup shelled fresh peas or blanched frozen peas | 1 1/4 cups coarsely chopped fresh coriander | 1 cup garbanzo beans, drained and rinsed | 2 tablespoons tahini | 2 tablespoons fresh lemon juice | 2 tablespoon extra virgin olive oil, plus extra to garnish | 3/4 teaspoon flake kosher sea salt | 1/4 teaspoon freshly cracked black pepper | toasted sunflower seeds, coriander seeds, cumin seeds, and mustard seeds to garnish.

METHOD

- Combine the peas, cilantro, garbanzo beans, tahini, lemon juice, oil, salt and pepper in a high speed blender and puree until completely smooth.
- Transfer to a shallow bowl and garnish with a drizzle of olive oil and the toasted seeds.
- Serve with roasted sweet potato wedges or toasted bread.



BOTTOM'S UP!

YOUR GUIDE TO ALL THINGS LIQUID

HUMMUS & WINE PAIRING

Use this pairing guide to help you find the right wine for the hummus you love best.

What's not to love about Hummus? It's healthy, tasty, and it makes an amazing happy hour snack. Plus hummus and wine is a light enough snack that it won't totally fill you up, but it can help hold you over while you're waiting for dinner to arrive.

PLAIN HUMMUS

"Plain" is really a misnomer: Hummus is traditionally made with chickpeas, tahini, lemon, and garlic, and it's packed with flavour. Smooth, creamy hummus pairs well with a creamy white wine that has undergone malolactic fermentation. You could go with a [Chardonnay](#) or a [white Rhône blend](#), with notes of beeswax and brioche. Classic hummus also pairs nicely with a [medium-bodied rosé](#) or light fruity red like [Pinot Noir](#).

BETROOT HUMMUS

Beetroot hummus pairs well with a dry rosé or an aromatic white wine like [Viognier](#).

GREEN HUMMUS

Creamy avocado hummus pairs well with a medium-bodied white like [Chenin Blanc](#). If the green in your hummus comes from "power greens" like spinach, kale, etc, go with a light white wine like [Sauvignon Blanc](#).

ROASTED GARLIC HUMMUS

While any kind of hummus has garlic, roasted garlic hummus packs a particularly powerful punch. In this case, you'll want a light, zippy white wine like [Pinot Grigio](#) to contrast the bold flavour of the garlic.

LEMON HUMMUS

Lemon is another ingredient found in traditional hummus, but if the citrus flavour is turned up a notch, go with a light [unoaked Chardonnay](#) or [Chablis](#).

ROASTED RED PEPPER HUMMUS

Rich and slightly smoky roasted red pepper hummus pairs well with a light, earthy red wine like [Pinot Noir](#).



MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL



LIZA MINELLI

12 March 1946

Liza May Minnelli is an American actress, singer, dancer and choreographer known for her commanding stage presence and powerful alto singing voice.

Remember to click on the musician's name to hear more!

Minnelli is among a rare group of performers awarded an Emmy, Grammy (Grammy Legend Award), Oscar, and Tony (EGOT). She is also a Knight of the French Legion of Honour.

THE EARLY DAYS

Daughter of actress and singer Judy Garland and director Vincente Minnelli, Minnelli was born in Los Angeles, spent part of her childhood in Scarsdale, New York, and moved to New York City in 1961 where she began her career as a musical theatre actress, nightclub performer and traditional pop music artist.

While Minnelli is known for her renditions of American standards, her early-1960s pop singles were produced to attract a young audience. Her albums from 1968 to 1977 contained contemporary singer-songwriter material.

In 1989, she ventured into the contemporary pop scene by collaborating with the Pet Shop Boys on the album *Results*. After a hiatus due to serious health problems, Minnelli returned to the concert stage in 2002 with *Liza's Back* and was a guest star in the sitcom *Arrested Development* between 2003 and 2013. Since the 2010s, she has avoided huge concert performances in favour of small retrospective performances.

MARRIAGES

Minnelli has married and divorced four times. Her first marriage on March 3, 1967 was to Australian-born entertainer Peter Allen [who was Judy Garland's protégé in the mid-1960s]. They divorced on July 24, 1974. Minnelli told *The Advocate* editor-in-chief Judy Wieder in September 1996 "I married Peter, and he didn't tell me he was gay. Everyone knew but me. And I found out ... well, let me put it this way: I'll never surprise anybody coming home as long as I live. I call first!"

Later that year, Minnelli married Jack Haley Jr., a producer and director, on September 15, 1974. His father, Jack Haley, was Garland's co-star in *The Wizard of Oz*. They divorced in April 1979.

Minnelli was married to Mark Gero, a sculptor and stage manager, from December 4, 1979, until their divorce in January 1992. She was also married to David Gest, a concert promoter, from March 16, 2002, until their separation in July 2003, and their divorce in April 2007. In a 2003 lawsuit, Gest alleged that Minnelli beat him in alcohol-induced rages during their marriage.

Minnelli also had relationships with Rock Brynner (son of Yul Brynner), Desi Arnaz, Jr., Peter Sellers, and Martin Scorsese. Her close friendship with French pop singer Charles Aznavour has been described by Aznavour as "more than friends and less than lovers".

Minnelli has no children; one pregnancy left her with a hiatal hernia as a result of the medical steps taken to try to save the baby.



St. Patrick's Quiz Night

MARCH 17TH

Join us for an evening of "green" fun and laughter.
It's Round 2 of our General Knowledge Quiz!

How it works

Enter teams of 6 or sign up to join a table | Bring your own snacks and drinks | Snack platters are available on pre-order | Draught beer on tap available | Prizes to win! | Entry is R20pp. All proceeds go towards the Village Social Fund.

When? Thursday 17 March at 18h00

Where? The Bistro

To book or for more details contact
Norma Roos. ext 2089