

THE PROBLEM IS THERE'S STILL A BIG KID INSIDE ME WHO LIKES TO HAVE FUN...

Shane Warne

Dear Residents,

After a successful 'green' week we'll soon be turning our attention to Easter - beginning with the Easter Market on Friday 1st April, our first for 2022.

And in the words of the great Shane Warne, everyone should use Easter as a reason to act like a kid - and where better than at our Grandparents & Grandkids event which will be held on Market Day. The morning [at 11h00] will see teams of grannies and grandpa's teamed up with their little ones to test their eggcellent skills in a variety of activities so be sure to book your spot!

The Market will begin at 14h00 and live music will once again be supplied by The Roadsinger. Please note that NO tables can be reserved in the Bistro and all meals will be on a first-come/first-served basis.

We will once again be selling Easter eggs to raise funds for our worthy charities and we will give you more details on this initiative during the week.

This week in addition to our regular pages, we offer budget-friendly tips in our Green Fingers section; we introduce you to line dancing in Health Matters, and we highlight the personal stories of Elon Musk, The Kennedy Family and Shane Warne in Good Reads.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

28 MAR - 3 APR

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Good Reads

Escape with one of our recommended reads:


- POWER PLAY - Elon Musk
- THE KENNEDY CURSE
- NO SPIN - Shane Warne



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 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	23 MARCH - 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		15h00 LADIES MEET & GREET LIFESTYLE CENTRE Bridget ext. 2002 Irene ext. 2031	18h00 WEEKLY DINNER BISTRO ext. 2404
THURSDAY	08h45 EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith 072 623 1013	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	SPECIAL EVENT 11h00 EASTER EGG HUNT	SPECIAL EVENT 11h00 EASTER MARKET	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089
SATURDAY			SPECIAL EVENT 13h00 LINE DANCING DEMO		
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

Grilled Chicken with Stir Fried Vegetables and Egg Fried Rice

TUESDAY

Moroccan Meatballs with Mashed Potatoes & Pan Fried Greens

WEDNESDAY

Crunchy Pork Schnitzel with Mushroom Sauce, Oven Roast baby Potatoes & Garden Salad

THURSDAY

Beef & Vegetable Pie with Gravy, Hasselback Potatoes & Roast Vegetables

FRIDAY

Beer Battered /Grilled Hake & Chips with Tartar Sauce & Garden Salad

SATURDAY

Creamy Bacon & Zucchini Fettucine with Green Goddess Salad



WEDNESDAY DINNER MENU

SERVED FROM 18H00 | 2 COURSE R120

MAIN COURSE

Creamy Bacon & Mushroom Carbonara with Pan-fried Greens

or

Chicken Cordon Bleu with Mushroom Sauce, Baked Potato with Dill Cream & Greek Salad

or

White Wine Mussle Pot with Herb Bruschetta

DESSERT

Espresso Brulee with Chocolate Tuille

or

Mini Cheese Board

SUNDAY LUNCH

SERVED FROM 12H00 | R95PP

MAIN COURSE

Roast Beef served with Creamy Vegetable Bake, Roast Potatoes, Yorkshire Pudding & Red Wine Jus

DESSERT

Peach Clafoutis served with Berry Ice Cream

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

22 MARCH

NIGEL BYE - Noordhoek

28 MARCH

JEFF KOOREVAAR - Noordhoek

29 MARCH

EMM SPARG - Noordhoek

COLIN REID - Lake Michelle

31 MARCH

VALERIE HAUPTMANN - Noordhoek

ANNIVERSARIES

No Anniversaries

NEW RESIDENTS

No New Residents



GREEN FINGERS

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



6 BUDGET TIPS TO TRANSFORM YOUR GARDEN

Try these clever DIY tips and tricks to spruce up your garden - on a budget.

1. Fill small, brightly coloured baskets and pots with flowers

Grouping clusters of containers, filled with colourful flowers, adds gorgeous colour to your garden, patio or balcony. Seasonal flowers are affordable and will give your space an instant, eye-catching makeover. Best of all, there's no need to buy new pots. Use leftover paint to revive existing pots, or get creative: use old kitchen pots, pans or mugs, or repurpose any other containers that are collecting dust. Just remember to punch drainage holes into the bottoms. You're limited only by your imagination!

2. Grow your own veggies for free

Grow your own produce simply by using kitchen scraps. Onions, celery, carrots, leeks, peppers and various kinds of herbs can all be easily grown from your cooking offcuts. Many of them will thrive on kitchen windowsills and balconies, or in trugs in warm, sunny areas, away from any draughts.

3. Use a R1 coin

If you're wondering why that tree in your garden that hasn't yet come into leaf, before you splash out on expensive equipment to find out if it's dead or alive, grab a coin and scratch away at a small area of bark on a branch. If it's brown underneath, the tree is dead. But if it's white or green, it's still alive, and there's no need to remove it.

4. Go for gravel

Gravel is one of the most inexpensive materials you can use in your garden, and it has so many benefits. It's neat, aesthetically pleasing, and its 'crunchiness' underfoot provides an extra layer of security. You don't need to over-engineer the base if it's a lightly used area. Simply ensure that the soil is relatively level and compact, lay down some landscaping fabric to prevent weed growth (cardboard, newspaper and burlap can be used at a pinch), and you're good to go. Peach pips or bark work just as well.

5. Turn cooldrink bottles into containers

If it's good enough for the Chelsea Flower Show, where this trick was spotted, it's good enough for our gardens!

It's as easy as taking your empty plastic cooldrink bottles, carefully cutting off the tops, and placing a layer of drainage chips at the bottom. Cover with soil, and voilà! Your container is ready for the plant of your choice.

6. Brush up

A fresh coat of paint is one of the cheapest yet most effective means of instantly upgrading your garden. It's also so easy. Use leftover weatherproof paint you may have in the garage, or if you're picking out a new colour, lean towards deeper shades as these showcase your plants best. Feeling particularly creative (or brave!)? Rope in your grandkids. Draw a beautiful mural that they can colour in, or let them go wild and release their creativity. Changing it at a later stage is as simple as another coat of paint.

HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. This is especially stimulating for the mind and one 21 year study published in the New England Journal of Medicine found dancing can reduce the risk of Alzheimer's disease and other forms of Dementia in the elderly. Another study even suggested that you ditch the gym and take up dancing as it ticks all the boxes. Line dancing may surprise you with all it has to offer, and how it can benefit you and your mental/physical health. Line dancing is fun, good exercise and a great form of dance all on its own, and it is also a great way to improve your dancing skills!

1. It teaches you how to dance and how to move your body.
2. It helps improve your balance
3. It helps you find the beat and stay in time.
4. It teaches you basic footwork and you'll learn how to do triple steps, turns and spins, rocking steps, and many others that you will also use in other dance forms.
5. It improves you confidence and helps overcomes feeling of having " two left feet ". It offers a sense of pride and accomplishment and improves your coordination.
6. It provides you with a dance outlet whether you have a partner or not. Today it seem there is a line dance for just about any song you can think of. If not, many line dances are timed that they can fit multiple songs providing you with many dance opportunities.
7. By attending a dance class you interact with other dancers and it also gets you out of the house and away from the television for a hour or two. Classes are aimed at Complete Beginners, Beginners, Improver and Intermediate. For those who are really fit and love a challenge there is even Advance level.

So if what you have read interests you then come along and join our demo class. With enough interest we can then look at making it a regular weekly activity. Just let Riaan know if you'd like to take part. Date to be confirmed but it will be very soon!

GOOD READS

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



POWER PLAY: Elon Musk, Tesla, and the Bet of the Century by Tim Higgins

The fast-paced business story of Tesla: Elon Musk's battle to build the mass-market electric car to change the world

Elon Musk is among the most controversial titans of Silicon Valley. To some he's a genius and a visionary and to others he's a mercurial huckster. Billions of dollars have been gained and lost on his tweets and his personal exploits are the stuff of tabloids. But for all his outrageous talk of mind-uploading and space travel, his most audacious vision is the one closest to the ground: the electric car.

Tesla was founded in the 2000s, but where most onlookers saw only failure, a small band of Silicon Valley engineers and entrepreneurs saw potential and they pitted themselves against the biggest, fiercest business rivals in the world, setting out to make a car that was quicker, sexier, smoother, cleaner than the competition. Tesla would undergo a truly hellish fifteen years, beset by rivals, pressured by investors, hobbled by whistle-blowers, buoyed by its loyal supporters. Musk himself would

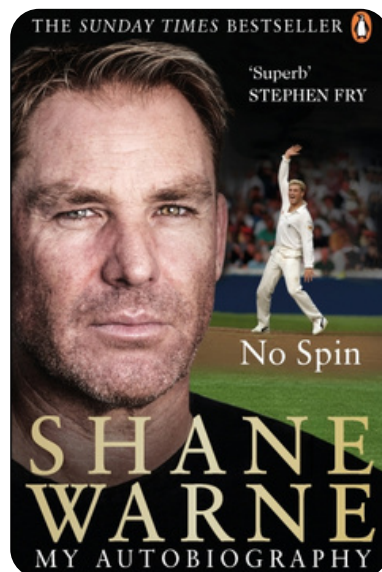
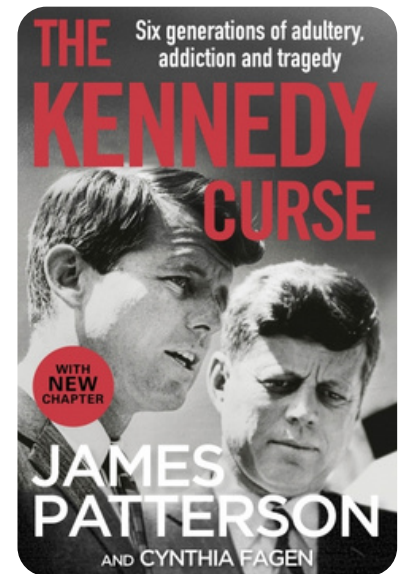
often prove Tesla's worst enemy—his antics repeatedly taking the company he had funded himself to the brink of collapse. Was he an underdog, an antihero, a conman, or some combination of the three?

Power Play is an exhilarating look at how a team of eccentrics and innovators beat the odds... and changed the future.

THE KENNEDY CURSE: The Shocking True Story of America's Most Famous Family by James Patterson

Across decades and generations, the Kennedys have been a family of charismatic adventurers, raised to take risks and excel. Their name is synonymous with American royalty. Their commitment to public service is legendary. But, for all the successes, the family has been blighted by assassinations, fatal accidents, drug and alcohol abuse and sex scandals.

To this day, the Kennedys occupy a unique, contradictory place in the world's imagination: at once familiar and unknowable; charmed and cursed. The Kennedy Curse is a revealing, fascinating account of America's most famous family, as told by the world's most trusted storyteller.



NO SPIN: My Autobiography by Shane Warne

Written before his untimely passing a few weeks ago, this is Shane Warne's biography...

'My story, without the spin.'

From the start of his glittering career in 1992, to his official retirement from all formats of the game in 2013, Shane Warne has long desired to tell his incredible story without compromise. No Spin is that very story. It will offer a compelling intimate voice, true insight and a pitch-side seat to one of cricket's finest eras, making this one of the ultimate must-have sports autobiographies.

Shane was not only one of the greatest living cricket legends: he was as close as the game has had since Botham, to a maverick genius on the field and a true rebel spirit off it, who always gave audiences what they wanted. Despite being the talismanic thorn in England's side for nearly two decades of regular Ashes defeats, he was also much loved in the UK where he played cricket for Hampshire. He was also a much-admired figure in India and South Africa. Alongside his mesmerising genius as a

bowler, Shane was often a controversial figure, and in this book he talks with brutal honesty about some of the most challenging times in his life as a player. Honest, thoughtful, fearless and loved by millions, Shane was always his own man and this book is a testament to his brilliant career.