

*IF YOU HAVE GOOD THOUGHTS THEY WILL  
SHINE OUT OF YOUR FACE LIKE A SUNBEAM  
AND YOU WILL ALWAYS LOOK LOVELY*

- ROALD DAHL -

Dear Residents,

After an early taste of winter this past week we've decided to go all out with next week's dinner menu. Chef Candice has conjured up a delightful 'Taste of India' menu which she will serve on Wednesday 13th April.

*Chef Candice Brooks joined the WPC team earlier this year bringing with her 6 years worth of experience working in Mezbaan, an Indian fine dining restaurant at the 5-star Hilton Cape Town.*

While some of the names of the dishes may sound foreign, don't let that put you off from joining us for this very exciting culinary experience.

And wine lovers please don't worry, Indian dishes along with curries go rather well with wine! Perhaps try a fruity Rose with a fair bit of acidity or a Chenin, Viognier or Chardonnay. If it absolutely must be red, try a robust red which can hold its own. Or, believe it or not, a chocolatey undertone makes for another perfect pairing.

It will be a busy but short week as we approach the Easter Long Weekend (please note venue changes for some activities). Activities affected by the long weekend will be advised by the organisers directly and might change from the program within the newsletter.

This week in addition to our regular pages, we continue with our Easter recipes and, as another nod to our Taste of India menu, we bring you delicious Pickled Fish Samoosa's! We get creative with Topiary in our Green Fingers section and go swimming in Health Matters. Our Good Reads page is just for the Grandparents and Grandkids this week and is full of fun Easter books for the little ones!

Wishing you all a wonderful weekend ahead.

Regards  
Riaan and the Evergreen Team

11-17 APR

## IN THIS ISSUE

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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

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Easter Pickled Fish Samoosas

### Green Fingers

Top Tips for Topiaries

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### Good Reads

Escape with one of our Easter reads, just perfect for the grandkids!

- EASTER EGGSTRAVAGANZA by Roald Dahl
- EASTER MAGIC PAINTING BOOK
- LITTLE STICKER DOLLY DRESSING - EASTER
- PETER RABBIT: EASTER SURPRISE by Beatrix Potter



# WEEKLY ACTIVITIES

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



<b>MONDAY</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE 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>08h30 - 16H30</b> TRAINING ACTIVITY ROOM 2 EVERGREEN HEALTH	<b>08h45</b> CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	<b>10h00</b> BRIDGE CINEMA ROOM ROOM 2 Cecile ext. 2011	<b>14h00</b> AGELESS GRACE CINEMA ROOM 2 Salome 082 678 7358	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089
<b>WEDNESDAY</b>	<b>08h30 - 16H30</b> TRAINING ACTIVITY ROOM 2 EVERGREEN HEALTH	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>20 APRIL</b> <b>10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018		<b>18h00</b> WEEKLY DINNER BISTRO ext. 2404
<b>THURSDAY</b>	<b>08h45</b> EXTEND SENIOR FIT ACTIVITY ROOM 1 Judith 072 623 1013	<b>10h00</b> KNITTING GROUP MAIN 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>FRIDAY</b>	<b>09h00</b> SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	<b>09h15 - 10h00</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	<b>RESUMES 22 APRIL</b> <b>10h00</b> LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	<b>RESUMES 22 APRIL</b> <b>11h00</b> LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	<b>17h00</b> RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089
<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

## DAILY MEAL | R55PP

### MONDAY

Smoked Salmon & Feta  
Homemade Quiche with  
Garden Salad

### TUESDAY

Ginger & Soy Pork with Egg  
Noodles & Stir Fried  
Vegetables

### WEDNESDAY

Chicken & Mushroom Pie  
with Gravy, Roast Potatoes  
& Pan Fried Vegetables

### THURSDAY

Spaghetti Bolognese with  
Garlic Bruschetta

### FRIDAY

Pickled Fish served with a  
Hot Cross Bun and a  
Garden Salad

### SATURDAY

Trio of Sliders (Smokey  
Beef, Crunchy Chicken &  
Pulled Pork) served with  
Shoestring Fries



## WEDNESDAY DINNER MENU 'A Taste Of India'

SERVED FROM 18H00 | 3 COURSE R140

Instead of individual portions, an authentic Indian meal consists of several dishes from which you can help yourself. Most Indian meals comprise of rice, naan or chapati (flatbread), meat, vegetable and lentil dishes, salad, yogurt, and pickles.

Falooda (welcome drink)

### STARTER

Homemade Curried Potato Samosa,  
Masala-spiced Bringal Pancake, Crispy  
Onion Bhaji and Panipuri

### MAINS

Spicy Mango Chicken, Shahi Beef Korma,  
Scented Lentil Basmati Rice, Garlic Naan,  
Homemade Chutney and Sambals

### DESSERT

Cardamom Crème Brûlée  
or  
Jalebi with Silky Orange Sauce

## SUNDAY LUNCH

SERVED FROM 12H00 | R125PP

### MAIN COURSE

Roast Leg of Lamb with Mint Jus, Roast  
Potatoes & Roast Mediterranean  
Vegetables

### DESSERT

Kiwi & Coconut Panna Cotta

# IT'S A CELEBRATION

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WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

## BIRTHDAYS

**11 APRIL**

VICKI BRANDER - Noordhoek

**13 APRIL**

CHRIS COX - Noordhoek

**14 APRIL**

BRIDGET COYNE - Noordhoek

## ANNIVERSARIES

**15 APRIL**

WILLEM & IRENE VAN ZYL - Noordhoek

**16 APRIL**

EDZEL & JEANETTE DE JAGER - Noordhoek

## NEW RESIDENTS

No New Residents





# WHAT'S COOKING?

COOKING MADE EASY



## PICKLED FISH SAMOOSA'S

This is a quick and easy, and oh so delicious, Easter time treat that is sure to impress family and friends!

### INGREDIENTS

#### SAMOOSAS

- 200g samosa pastry
- 350g pickled fish – flaked
- Sunflower oil for deep frying

#### DIPPING SAUCE

- 180ml plain yoghurt, preferably double cream
- 30ml spring onions, chopped
- 15ml fresh coriander, roughly chopped
- 5ml lemon juice
- Salt and freshly ground black pepper

### METHOD

#### FOR THE SAMOOSA'S

- Cut the pastry into 25cm x 8cm strips.
- Place about a tablespoonful of the pickled fish on one corner of the strip of samosa pastry. Fold the opposite corner of pastry diagonally over the filling so that it looks like a triangle. Keep folding the triangle over and over again until you reach the end of the strip of pastry.
- Brush the end of the pastry with some water and secure to enclose. Repeat with the rest.
- Heat the oil for deep-frying to 180°C and fry the samosas until golden and crisp, 2-3 minutes. Drain on kitchen paper.

#### FOR THE DIPPING SAUCE

- Combine all of the ingredients and blend until smooth.
- Season to taste and serve the dip alongside the warm samosa's.



# GREEN FINGERS

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



## TIP TOP TOPIARIES

SHOW OFF YOUR GARDEN MASTERY SKILLS WITH STUNNING TOPIARY PLANTS, PRUNED TO STYLISH PERFECTION.

### TOP TIP:

Most evergreen shrubs can be trained to grow into any shape or direction. All you need is some imagination and a good set of shears.



## GET THE LOOK

### SPIRALS

Choose a slim conifer and challenge yourself with this design. You will need a long, strong stake around which the plant will be twisted, creating the spirals. Complete the look by cleaning around the twists to maintain their spiral shape.

Plant picks: Juniperus scopulorum 'Skyrocket' and all other pencil conifers

### LOLLIPOP

Choose a tall, bushy plant with a strong main stem. Stake the plant well to help it grow upright. Start shaping the head by cutting back stems to about 2 to 3 nodes and clearing the main stem of all other growth.

Plant picks: Abutilon, anisodonteia, brunfelsia, and Murraya exotica.

### POODLE-CUT

Go for a slim but bushy plant and stake it securely. Visualise where the dense leaf growth will form the three 'poodle-cut' spheres. Shape your balls beginning at the base and clear all other growth.

Plant picks: Duranta 'Sheena's Gold', cherry laurel, Cypress, and pittosporum.



## MORE TERRIFIC TOPIARY PLANTS

**FOLIAGE-DENSE FOR PRUNING:** Duranta gold, syzygium paniculatum, ficus varieties, ligustrum undulatum, as well as lemon and lime trees. Feed plants monthly with a 2:1:2 fertiliser and mulch around the base with organic plant material.

**FLOWERING BUSHES FOR SHAPING:** Solanum, fuchsias, freylinia, hibiscus, and westringia. Feed plants monthly with a 3:1:6 fertiliser. As soon as they start shooting new branches, cut them back to give them a fuller, more compact shape.

**BEGNNER'S:** Practice your shaping skills on fast-growing and affordable rosemary bushes in containers.



# HEALTH MATTERS

HAPPINESS BEGINS WITH GOOD HEALTH



## THE HEALTH BENEFITS OF SWIMMING

Swimming is an ideal workout for the elderly, mainly because it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body, presenting a complete workout for seniors. Here are just a few of the health benefits swimming offers:

### IMPROVES HEART HEALTH

Swimming makes your heart stronger, larger and improves your cardiovascular health and endurance. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.

### GENTLE ON THE JOINTS

Because swimming is not weight-bearing, it's easy on the joints for those who suffer from joint pain and discomfort. It's a full-body workout that keeps the pressure off your hips, knees and spine.

### REDUCES THE RISK OF OSTEOPOROSIS

Swimming can improve bone mineral density (BMD), which will help fight osteoporosis. This is very important especially for women; a third of women over the age of 50 and a fifth of men experience a bone fracture due to osteoporosis.

### INCREASES FLEXIBILITY

While stretching before and after exercising is a sure way to regain flexibility, the act of swimming itself can also help increase your flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.

### IMPROVE MUSCLE STRENGTH AND TONE

Every time you move in the water, you're putting every muscle group to work. Swimming is a great form of resistance training and can help improve your muscle strength- and you'll also see long, lean muscle tone forming the more you do it!

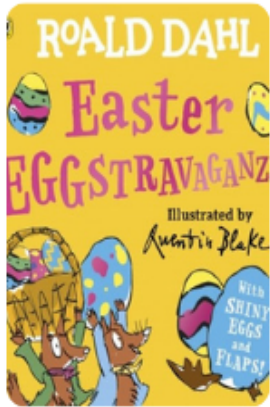
### BOOSTS MENTAL HEALTH

Swimming is a great way to reduce your stress levels, boost your mood, and increase your brain function. Plus, because swimming can be a social activity, you'll avoid the feelings of social isolation and loneliness that can lead to depression in seniors.

# GOOD READS

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

**EASTER IS THE PERFECT TIME FOR FAMILY FUN AND THIS WEEK WE CONCENTRATE ON BOOKS PERFECT FOR THE GRANDKIDS!**



## **EASTER EGGSTRAVAGANZA by Roald Dahl**

The perfect Easter gift for chocolate-loving chiddlers!

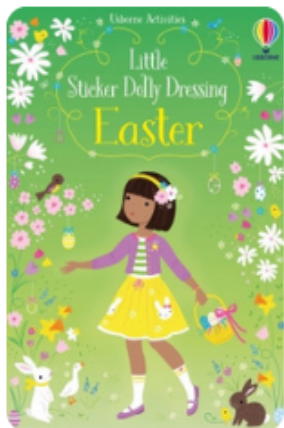
Easter Eggs are scrumptious!  
Every chiddler knows that's true.  
But have you ever heard  
That you can eat them all year through...?

Discover the delumptious fun to be had with your chocolate eggs in this licky, sticky celebration of Easter! Inspired by the wonderful world of Roald Dahl, this rhyming board book has flaps and shiny eggs inside!



## **EASTER MAGIC PAINTING BOOK**

Packed with delightful scenes showing Easter bunnies, chicks and other creatures in flowery spring settings. Simply brush water over the black and white designs to reveal an array of uplifting colours.



## **LITTLE STICKER DOLLY DRESSING - EASTER**

Dress the dolls as they discover lots of springtime activities, such as feeding newborn lambs, playing with Easter bunnies, going on an Easter egg hunt and feeding baby birds.



## **PETER RABBIT: EASTER SURPRISE by Beatrix Potter**

Easter Surprise is a bright lively story for springtime! Follow Peter Rabbit as he excitedly hops along to share an Easter surprise with his friends. The charming rhyming story features lots of Beatrix Potter's most famous characters, such as Tom Kitten and Jemima Puddle-Duck in a Pied Piper-style adventure. With a gorgeous new cover, this little story book is a must for every baby's Easter.





# OUT & ABOUT

## GRANDPARENTS AND GRANDKIDS ACTIVITIES PRIOR TO THE EASTER MARKET



## THE VILLAGE WALK

