

NEWSLETTER

ALOE ALOE

"MY MEMORIES ARE INSIDE ME - THEY'RE NOT THINGS OR A PLACE - I CAN TAKE THEM ANYWHERE."

- OLIVIA NEWTON-JOHN -

Dear Residents,

As we cross the half-way mark for 2022 and with August also already entering its 3rd week, Spring is around the corner and hopefully we can start looking forward to warmer days. That also means we can look forward once again to a few social events that were very successful last year.

DINING

- In September we will be launching a refreshed Spring / Summer A la Carte Menu.
- We will change the Dinner schedule slightly. Going forward all dinners will move to Friday evening with the exception of the first Wednesday of each month. The uptake on Friday evenings with a more casual-style menu was enough proof that the change will suit more residents. The one Wednesday dinner a month will be used to for themed dinners and other interesting dining options.
- A weekly breakfast and bubbles promotion will be available every Saturday morning from 08h00 to 12h00. Once the mornings get a little warmer we will make full use of the outside area where the sweeping Noordhoek views and warmer spring air can be appreciated to the maximum.

SEPTEMBER

On the 24th we celebrate National Braai Day with a Bring & Braai similar to the 2021 New Years Eve Braai - more details to follow.

OCTOBER

It's time for a bigger and better Oktoberfest 2022 with more food stalls and food trucks and definitely more beer for everyone to sample and enjoy.

NOVEMBER/DECEMBER

By this time and certainly by the time December rolls around we will have increased seating capacities and will be enjoying no Covid-19 restrictions meaning that Christmas Eve Dinner and Christmas Day Lunch will be enjoyed by as many residents as possible.

As always, in addition to our regular pages, we bring you a slightly different Green Fingers page. You will also find a little something for everyone in the Good Reads section and a host of resident activities for the following week and even for this coming weekend.

In the Musical Corner you will find an invitation to join Mike Jacklin as he hosts another great Opera Afternoon, this time a production of 'Carmen' by the Royal Opera House.

And last but not least, GO BOKKE! The game tomorrow will be shown in the cinema rooms and snacks and drinks are available as it was last week.

Wishing you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

15 - 21 AUGUST

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Your weekly guide to sport & recreational activities

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Delicious meals on offer this week!

It's A Celebration

Birthday's, Anniversaries & New Residents

Resident Activities

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Green Fingers

DIY Pressed Proteas

Good Reads

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GREENLIGHTS by Matthew McConaughey


BARBARIAN DAYS: A Surfing Life by William Finnegan



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		GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY	09h00 CALLANETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 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	10h00 LOW IMPACT CARDIO DEMO ACTIVITY ROOM 1 Louise ext. 2143	10 & 24 AUGUST 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	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	18h00 BINGO NIGHT BISTRO Dianne ext. 2061
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	10h15 & 11h15 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	
SATURDAY					
SUNDAY			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

15 AUGUST

AMANDA SIMPSON - Noordhoek
JOHN BOTHA - Noordhoek
MAUREEN WHITE - Noordhoek

16 AUGUST

DAPHNE RAUBENHEIMER - Noordhoek
DENNY WILLIAMS - Noordhoek

17 AUGUST

KEN GRAY - Noordhoek

18 AUGUST

IRENE VAN ZYL - Noordhoek

21 AUGUST

MADLINE JARVIS - Lake Michelle

ANNIVERSARIES

NO ANNIVERSARIES
THIS WEEK

NEW RESIDENTS

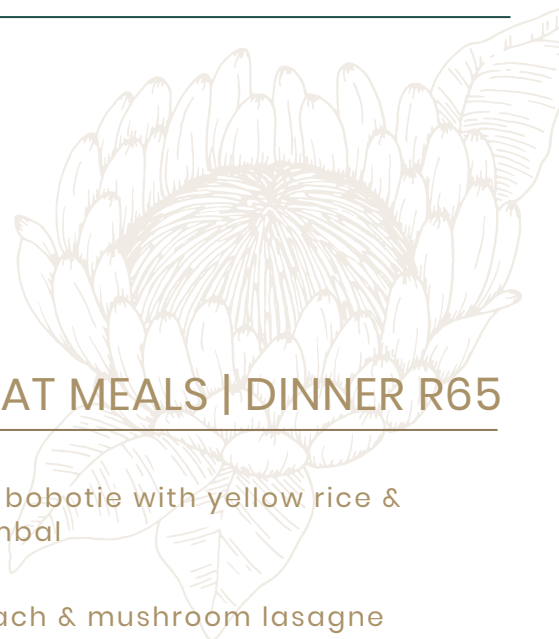
NO NEW RESIDENTS
THIS WEEK



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU



DAILY MEAL | BREAKFAST

BACON BENEDICT

English muffin topped with rocket, 2 poached eggs, hollandaise sauce

ENGLISH BREAKFAST

2 eggs, bacon, beef sausage, grilled tomato, toast & preserves

DAILY MEALS | LUNCH R65

MONDAY

Bacon, feta & red onion homemade quiche with Greek salad

TUESDAY

Salisbury steak with mushroom sauce, mashed potatoes & pan-fried vegetables

WEDNESDAY

Sweet & sour pork chow mein with stir-fried vegetables & egg noodles

THURSDAY

Tuscan chicken with basmati rice & pan-fried greens

FRIDAY

Fried/grilled hake & chips with tartar sauce & garden salad

SATURDAY

Crunchy chicken schnitzel with mushroom sauce, potato wedges, roast vegetables

SUNDAY | LUNCH - R120

SERVED FROM 12H00

MAIN COURSE

Rosemary & garlic roasted leg of lamb with mint jus, roasted pumpkin, creamy spinach & hasselback potatoes

DESSERT

Sticky toffee pudding with vanilla custard

HEAT & EAT MEALS | DINNER R65

MONDAY

Cape Malay bobotie with yellow rice & chutney sambal

TUESDAY

Bacon, spinach & mushroom lasagne with garden salad

WEDNESDAY | DINNER - R130

SERVED FROM 18H00

MAIN COURSE

Authentic beef Madras curry with basmati rice, buttered garlic naan & coriander raita

or

Creamy salmon & dill pasta on fettucine with garlic toasted ciabatta

or

Roasted bell pepper & feta pork roulade with mashed potatoes & seasonal vegetables

DESSERT

Pecan nut tart & cream

or

Saucy chocolate pudding with vanilla ice cream

THURSDAY

Pork bangers with gravy, mashed potatoes & seasonal vegetables

FRIDAY

Beef mince ragu with penne pasta & garden salad

SATURDAY

Smokey pulled pork pita with crispy oven roasted potato wedges or garden salad

SUNDAY

Grilled chicken & crispy bacon cob salad

OPEN 08H00 - 16H30 | SIT DOWN | HEAT & EAT / TAKE-AWAY | HOME DELIVERY |
BOOKINGS ESSENTIAL - DAILY MEAL AND HEAT & EAT OPTIONS BOOKED BEFORE 09H00 DAILY

RESIDENT ACTIVITY



CASTLE LAGER
THE RUGBY
CHAMPIONSHIP

DATE: SATURDAY, 13 AUGUST

KICK-OFF: 17H00

VENUE: CINEMA ROOM 1

MENU: SNACK BASKET & BEER - R65

BEEF SAMOSA, CHICKEN STRIPS, MEATBALLS & TORTILLA CHIPS + DIP
& 1 BEER OR 1 CIDER

(BOOK BY 12H00 AND COLLECT BY 17H00 ON THE DAY)

A graphic for a bingo night event. It features a dark blue background with diagonal white lines. In the center, the words 'BINGO NIGHT' are written in large, bold, white letters on a yellow and blue 3D-style banner. To the left are three bingo balls: a red one with the number 6, and two yellow ones with the number 33. To the right is a white bingo card grid with some numbers circled. A yellow lightning bolt is on the left, and a blue one is on the right. A yellow telephone handset icon is at the bottom left.

BINGO NIGHT

THURSDAY, 18 AUGUST
TIME: 18H00 | VENUE: BISTRO
ENTRY R20PP - ALL PROCEEDS GO
TOWARDS THE RESIDENT SOCIAL FUND |
SNACKS AVAILABLE FROM THE BISTRO
TO BOOK CONTACT
DIANNE CHILES. EXT 2061

RESIDENT ACTIVITY



LOW IMPACT CARDIO

Low Impact Cardio is a form of exercise that increases your heart rate while minimising the amount of stress or impact you put on your joints while also improving blood circulation.

Ladies and Gents welcome.

Remember to bring a bottle of water.

**Demo Class: Wednesday 17 August
at 10h00**



Contact Louise on ext. 2143

RESIDENT ACTIVITY



The Ladies Meet & Greet Club

'Life is better with Friends'

If you're new to the Village or would like to meet regularly to socialise with a great group of ladies, please do join
The Ladies Meet & Greet Club.

WHEN: Wednesday
17th August 2022 at 15h00.

WHERE: 1ST FLOOR LOUNGE

CONTACT:
Bridget on ext. 2002 or Irene on ext. 2031.

Everyone to please wear their name tags.

Janice Salthouse will host a talk on Reflexology

Coffee / Tea and mini-scones will be available at R20 pp. Order directly with Bistro. ext 2404

MUSICAL CORNER

WHEN MUSIC FLOWS IN YOUR HEART IT ENRICHES YOUR SOUL

An artistic illustration of the character Carmen. She has pale skin, closed eyes, and a red tear on her cheek. Her hair is light blue. She is surrounded by large, vibrant red roses. In the background, there is a large, intricate black lace fan or parasol. The word 'Carmen' is written in a large, elegant, red cursive font across the top left of the illustration.

Carmen

Dear Opera lover

On August 25 at 2h30 we will present Carmen, a production of the Royal Opera House, Covent Garden with Jonas Kaufman and Anna Catarina Antonucci. An excellent cast and an acclaimed production.

Come along and have some fun.

Forza Opera!

FOR OPERA LOVERS, AND NEWBIES WHO WANT TO FIND OUT WHAT OPERA IS ALL ABOUT!

THURSDAY 25 AUGUST IN THE CINEMA ROOM 1 | LIMITED SEATING AVAILABLE (24PAX)

STARTS 14H30 (2 HOURS, 40MIN WITH INTERVAL)

RSVP: MIKE JACKLIN - 0829003248 / MIKEJACKLIN718@GMAIL.COM

GREEN FINGERS

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



DIY Pressed Proteas

With so much flamboyant fynbos in the air, Life is a Garden has found a way for you to preserve this beauty forever. Pressed botanical collages are a timeless, elegant way to showcase your homegrown glory. Frame your stylish creations and hang them up in your home or office as organic art masterpieces for all to admire.

YOU WILL NEED:

- Frames with glass: You could use multiple smaller frames or go for one large artwork. Consider a sleek white or deep purple frame to compliment the more pastel colours of the preserved flowers.
- Backboard: This is what you will use to create your collage on. You can find thick cardboard in a variety of colours at your local stationery shop. Once again, a plain white or deep purple would work well for an overall sleek look, whereas bright greens or blue cardboard would give it more of a stylised feel.
- Clear-drying craft glue: Once all your plant pieces have dried, the glue will be used to stick them onto the cardboard sheet.
- Paper towels or fabric: These materials will be used on both sides of your flowers during pressing for protection and moisture absorption.
- Pressing materials: These could be big books or slabs of wood or bricks. Anything heavy will work well, provided you protect both sides of your flowers with a paper towel or fabric.
- Flowers: Fynbos works particularly well as their colour holds nicely and the added texture creates a more 3D look. Our top flower picks for pressing are:
 - All fynbos and protea varieties
 - Peony, roses, heliobore, Queen Anne's lace, astilbe, seeded eucalyptus, dahlias, ranunculus, lavender, as well as peonies, roses, ranunculus, and hydrangea.

Top flower tip: Avoid using anthurium, orchids, lilies, plumeria, and succulents as they hold a lot of excess moisture, which makes them very challenging to preserve properly. Once pressed, white flowers will turn to a more winter white, so keep this in mind when selecting colours. Go for richly coloured blooms that will turn out in even deeper shades once preserved.

Continued....

GREEN FINGERS

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



METHOD:

The most important part of capturing the full shape and dimension of your protea is actually to press the parts individually. Once dried, you will be able to reconstruct your centrepiece flower to better mimic its original glorious form. As such, begin your pressing process by carefully taking apart the major elements of your protea. Other smaller flowers and foliage can be left as is, but it is nice to also have individually pressed leaves for later detailing and texture. Once you have all the pieces of your protea and accompanying flowers, prepare your chosen pressing environment by placing your paper towel or fabric on the bottom surface. Place all your plants on the paper towel or fabric and then place another layer of material over them. Place the top part of your chosen pressing slab/brick/book on top of your arrangement and allow it to completely dry for 3 to 4 weeks.

TOP TIP:

To test if your plants have dried enough, see if they crack when you try to bend them. It's a good idea to include some extra test pieces during the pressing process to use as your sacrificial plants. This will help you determine if your arrangement has dried properly.

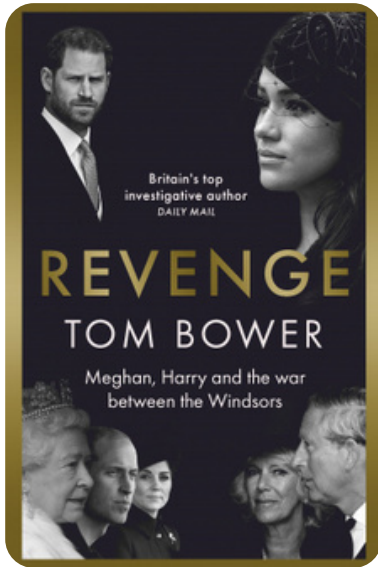
- Remove all your plant pieces and begin planning your bouquet on the cardboard. You can really get creative here and use anything from calligraphy pens to ribbon and other craft paper to accentuate and personalise your design to suit your décor style.
- Once you are happy with the design, apply a small amount of glue to the back of the plant pieces and watch as your organic masterpiece comes to life.
- Place the cardboard back into the frame and secure the glass. Your botanical artwork is now ready for the wall!



Head down to your Garden Centre for a selection of truly flamboyant fynbos to add to your garden. Indigenous plants are always a win for the ecosystem as they home and feed our local wildlife and are naturally suited to our climate. Remember to check which fynbos is particularly suited to your area and grab a bag of fertiliser to boost their growth after transplanting.

GOOD READS

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



REVENGE by Tom Bower

The British Royal Family believed that the dizzy success of the Sussex wedding, watched and celebrated around the world, was the beginning of a new era for the Windsors. Yet, within one tumultuous year, the dream became a nightmare.

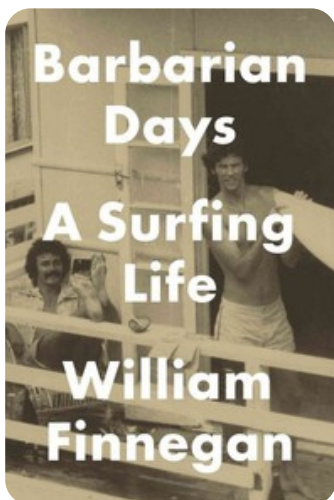
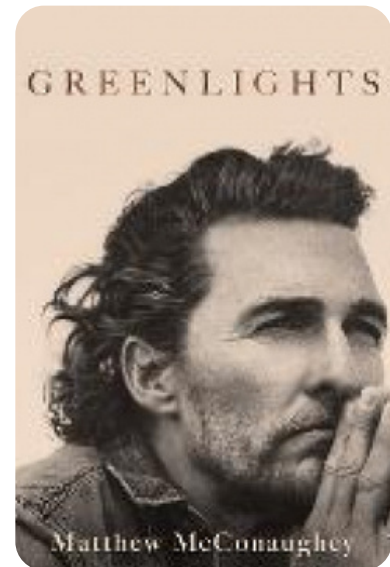
In the aftermath of the infamous Megxit split and the Oprah Winfrey interview, the Royal Family's fate seems persistently threatened. The public remains puzzled. Meghan's success has alternatively won praise, bewildered and outraged. Confused by the Sussexes' slick publicity, few understand the real Meghan Markle. What lies ahead for Meghan? And what has happened to the family she married into? Can the Windsors restore their reputation? With extensive research, expert sourcing and interviews from insiders who have never spoken before, Tom Bower, Britain's leading investigative biographer, unpicks the tangled web of courtroom drama, courtier politics and thwarted childhood dreams to uncover an astonishing story of love, betrayal, secrets and revenge.

GREENLIGHTS by Matthew McConaughey

From the Academy Award-winning actor, an unconventional memoir filled with raucous stories, outlaw wisdom, and lessons learned the hard way about living with greater satisfaction.

I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges – how to get relative with the inevitable – you can enjoy a state of success I call 'catching greenlights.'

It's a love letter. To life. It's also a guide to catching more greenlights-and to realising that the yellows and reds eventually turn green too.



BARBARIAN DAYS: A Surfing Life by William Finnegan

Winner of the Pulitzer Prize and William Hill Sports Book of the Year: Barbarian Days is a deeply rendered self-portrait of a lifelong surfer looking for transcendence 'that recalls early James Salter' (Geoff Dyer, Observer)

Surfing only looks like a sport. To devotees, it is something else entirely: a beautiful addiction, a mental and physical study, a passionate way of life. New Yorker writer William Finnegan first started surfing as a young boy in California and Hawaii. Barbarian Days is his immersive memoir of a life spent travelling the world chasing waves through the South Pacific, Australia, Asia, Africa and beyond. Finnegan describes the edgy yet enduring brotherhood forged among the swell of the surf; and recalling his own apprenticeship to the world's most famous and challenging waves, he considers the intense relationship formed between man, board and water. Barbarian Days is an old-school adventure story, a social history, an extraordinary exploration of one man's gradual mastering of an exacting and little-understood art. It is a memoir of dangerous obsession and enchantment.