

NEWSLETTER

ALOE ALOE

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

~ Buddha ~

Dear Residents,

I hope you all had a good week and enjoyed the activities this past week. As the village continues to grow so too does the need for an increased range of activities. This coming week we will have three new activities for you to try out - 2 different approaches to Pilates and because classes for these are limited, we are also introducing Tai Chi. Please read more about these activities and let's get healthy as we get further into summer.

On Tuesday, 15th, we introduce you to the magical world of bees followed by a complimentary honey tasting.

You will also see the first real teaser about our Christmas Market and Carols. This year we are joined by the Cape Town Men's Choir who will entertain us with their harmonious voices and get us all in the mood to belt out those beloved Christmas Carols!

Our last Quiz Night for the year will also take place on the 24th so please don't forget to book your tables in time.

Also read more about this year's Christmas Food drive for the residents of The Douglas Murray Home that we continue to support throughout all our Evergreen Villages.

With the changes in the Bistro being in effect for almost 2 weeks now, I would like to ask everyone dining in the Bistro to make use of the comment cards provided and to complete them correctly. We need your valuable feedback to ensure we maintain our service levels and offer good quality meals. It also helps us improve on both as needed.

In this week's newsletter, we have two easy and healthy recipes perfect for summer entertaining in What's Cooking, while in Bottoms Up, we bid farewell to an iconic drink.

With that, we wish you all a wonderful weekend ahead.

Regards
Riaan and the Evergreen Team

14 - 20 NOV

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

What's On The Menu

Delicious meals on offer this week!

What's Cooking?

Easy mains, sides and desserts for summer entertaining

Bottom's Up!

Farewell TaB

Resident Activities

Tai Chi Talk & Demonstration

Complimentary Strength & Mobility and Pilates Classes

Bee Talk & Honey Tasting

Quiz Night

Christmas Market & CT Mens Choir



WEEKLY ACTIVITIES

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



MONDAY 14 NOV	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 443	GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089		
TUESDAY 15 NOV	09h00 CALLNETICS ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	10h00 BEE TALK ACTIVITY ROOM 1 Linda 082 410 9443	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY 16 NOV	09h00 STRETCH CLASS 1ST FLOOR LOUNGE Sue 072 212 0277	2, 16 & 30 NOV 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018	10h00 PILATES ACTIVITY ROOM 1 Linda 082 410 9443		
THURSDAY 17 NOV	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2143	10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	11h15 TÁI CHI ACTIVITY ROOM 1 Robert ext. 22129	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089
FRIDAY 18 NOV	09h00 BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 AQUA AEROBICS POOL Renate 082 519 1873	11h15 PILATES/MOBILITY TBL TENNIS ROOM Catherine 074 891 8263	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL From 18h00 WEEKLY DINNER BISTRO ext. 2404
SATURDAY 19 NOV					
SUNDAY 20 NOV			12h00 SUNDAY LUNCH BISTRO ext. 2404		

IT'S A CELEBRATION

WISHING YOU MANY HAPPY MOMENTS AND THE VERY BEST MEMORIES!

BIRTHDAYS

14 NOVEMBER

PETER STONE - Noordhoek

17 NOVEMBER

SHOENA SMITH - Noordhoek

18 NOVEMBER

SALLY WILLIAMS - Noordhoek

19 NOVEMBER

RICHARD MAGNIN - Noordhoek

STUART LEACH - Lake Michelle

20 NOVEMBER

RON ADAMS - Noordhoek

ANNIVERSARIES

17 NOVEMBER

LUTZ & IRENE UFFHAUS - Noordhoek

MICK & JOY MACDONALD

19 NOVEMBER

KEITH & ALETTA KNOX - Noordhoek

NEW RESIDENTS

PATRICK & SHEILA GROBBELAAR

- Noordhoek Apartment 25



WHAT'S ON THE MENU?

Bistro

WEEKLY MENU

OPTION 1

OPTION 2

MONDAY 14 NOV	Cornish Pie with Gravy, Garlic Baby Potatoes & Pan-Fried Vegetables	Roasted Chicken & Leek Phyllo Tart with Garden Salad
TUESDAY 15 NOV	Thai Fish Cakes With Sweet & Sour Sauce, Basmati Rice & Stir-Fried Vegetables	Spaghetti Bolognese Topped with Cheddar Cheese & Greek Salad
WEDNESDAY 16 NOV	Roasted Onion, Feta & Spinach Stuffed Chicken Supreme, White Wine Risotto & Roasted Vegetables	Beef Curry with Basmati Rice, Roti & Sambals
THURSDAY 17 NOV	Beef Stroganoff with Basmati Rice & Roasted Vegetables	Salmon & Spinach Pasta with Garden Salad
FRIDAY 18 NOV	Fried/Grilled Hake with Chips, Fresh Lemon, Tartar Sauce & Coleslaw	See Page 5 for Dinner Menu
SATURDAY 19 NOV	Southern Fried Chicken Schnitzel, Mushroom Sauce, Garlic Baby Potatoes & Roasted Vegetables	Cheddar-melt Beef Burger with Chips
SUNDAY 20 NOV	See Full Menu	Chicken & Mushroom Tagliatelle with Greek Salad <i>Heat & Eat Only</i>

OPEN DAILY

08H00 - 16H30

BOOK ON

EXT 2404

**DAILY MEAL
ORDERS BY 10H00**

BREAKFAST R65

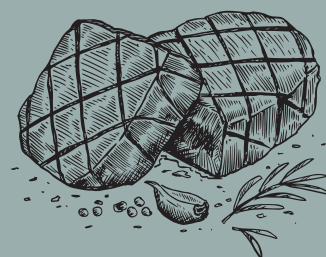
**SERVED FROM
08H00 - 11h00**

BACON BENEDICT

English Muffin Topped with Rocket, 2 Poached Eggs, Hollandaise Sauce

ENGLISH BREAKFAST

2 Eggs, Bacon, Beef Sausage, Grilled Tomato, Toast & Preserves



SUNDAY LUNCH - R120

**1ST SEATING 12H00
2ND SEATING 12H30**

MAIN COURSE

Sage & Apple Roast Pork with Roast Potatoes, Crackling, Mustard Sauce & Roasted Vegetables

DESSERT

Malva Pudding with Vanilla Custard

**ORDERS CLOSE
FRIDAY AT 14H00**

WHAT'S ON THE MENU?



BISTRO LUNCH PROMOTION

Following our very successful wine promotion in September we have decided to have another amazing wine Estate featured for the month of November.

All can enjoy a glass of Secateurs Sauvignon Blanc or Shiraz at R20 per glass during lunch [only].

Profiter Du Vin!

All Terms and Conditions stipulated in package agreement apply.

Bistro

FRIDAY DINNER MENU R95PP

1ST SEATING 18H00
2ND SEATING 18H30

Steak (200g sirloin) & Chips
with side veg (butternut & creamed spinach) or side salad

Chicken Schnitzel & Chips
with side veg (butternut & creamed spinach) or side salad

Barbeque Pork Ribs (400g) & Chips
with side veg (butternut & creamed spinach) or side salad

Honey Mustard Kassler (200g)
with mashed potato, sauerkraut & fine beans or side salad

Hake & Chips / Calamari & Chips / Hake & Calamari Combo & Chips
with Coleslaw

Table Salad (R45)
Add chicken – R30
Add beef – R30
Add falafel balls (V) – R20

Book at Bistro on ext. 2404

WHAT'S COOKING?



LIME AND CHILLI CHICKEN WITH SMOKY CORN

INGREDIENTS

4 cobs corn, with husks | Westfalia Butter Flavoured Avocado Oil, for brushing | 15ml (1 tbsp) finely grated lime rind | sea salt, to taste
4 x 200g chicken breast fillets, trimmed | 80ml (⅓ cup) coriander leaves | 2 spring onions, sliced | 1 long red chilli, chopped | 15ml (1 tbsp) Plain Avocado Oil | 15ml (1 tbsp) lime juice | lime wedges, to serve

INSTRUCTIONS

1. Pull the husks back from the corn and tie with kitchen string. Braai until tender and golden, about 10 – 12 minutes.
2. Combine the butter-flavoured avocado oil, lime rind and salt, and brush over the cooked corn. Set aside.
3. Slice the chicken breasts in half horizontally, brush with the butter-flavoured avocado oil and braai until cooked through, about 1 – 2 minutes on each side.
4. Mix to combine the coriander, spring onions, chili, plain avocado oil and lime juice. Top the chicken with the coriander mixture and serve with the corn cobs and lime wedges.



TROPICAL SALAD WITH CHILLED MINT SYRUP

INGREDIENTS

- 125ml (½ cup) water
- 100g (½ cup) sugar
- grated peel and juice of 1 lime or lemon
- 5cm ginger, peeled and finely grated
- a handful of fresh mint leaves
- 1 small papaya, peeled and sliced into wedges
- 1 mango, peeled and sliced lengthways
- 2 guavas, peeled and sliced into wedges
- 2 kiwi fruits, peeled and sliced into wedges
- 2 granadillas, quartered
- 12 litchis, peeled
- a handful of fresh mint leaves, to serve
- lime wedges, to serve

INSTRUCTIONS

Place the water and sugar in a small saucepan and heat over medium heat until the sugar dissolves. Bring to a boil. Add the lime or lemon peel, juice and ginger and boil for 5 – 7 minutes. Add the mint and set aside to cool.

Refrigerate for 1 hour.

Arrange the fruit on a plate. Drizzle with the lime syrup, scatter over the mint leaves and serve with lime wedges

BOTTOM'S UP!

At age 59, the countdown to the demise of diet soft drink TaB has begun, two years after Coca-Cola first announced it would be canning the brand.

With just over two months to go before the iconic sugar - and caffeine-free drink is no more, Coca-Cola is ramping up its marketing campaign on social media about its replacement: Coca-Cola No Sugar No Caffeine. The latest advertising campaign states TaB is "saying goodbye to SA for the last time" but that its brand "Coke No Sugar No Caffeine" is ready to take its place. The departure of TaB has been known by the market for some time, with the company announcing its plan to retire it along with other select products in various markets around the world in 2020. But, nonetheless, TaB, which is synonymous with the growth of the fitness industry in the 1980s that saw people pouring themselves the diet drink while getting into shape in aerobics classes and gyms around SA, will be sorely missed.

Coca-Cola confirmed that it will stop production of TaB at the end of the 2022 but its "availability in stores is contingent on consumer purchasing behaviour". This means consumers may still be able to pick up the drink in the new year depending on stock availability. As to whether customers are flocking to stores to build up their TaB stocks in anticipation, Coca Cola said that "as communication on our digital platforms has only recently begun, it is too early to make a determination at this time". Coca-Cola said the move to retire TaB and certain other products was "part of a global portfolio refresh, prioritising category-leading brands



with the greatest potential for scale". "This portfolio refresh will allow the company to invest in scaling brands and creating a portfolio of drinks that are positioned to capture growth in a fast-changing marketplace", it said. It added that TaB was first introduced in 1963 as Coca-Cola's "first-ever diet soft drink", also confirming that it "became a cultural icon in the 1980s and maintained a small but loyal following over the last few decades, primarily among fans who grew up with the beloved brand". "For those consumers who prefer low-calorie / low-kilojoule, caffeine-free beverages, we continue to offer Coca-Cola No Sugar No Caffeine in South Africa."

RESIDENT ACTIVITY



ABOUT T'AI CHI & ROBERT (ROY) DE VOS

T'ai chi is a form of relaxed, slow use of the body in walking, shifting weight, focusing on the way we support ourselves and how we breathe.

T'ai chi began in China centuries ago as both a meditative and martial art form, but today the practice is mainly used to maintain our bodies as we get older, as the movements are slow, controlled and require the attention of the mind and the breath in performing simple movements like walking and balance. There are a number of different styles of t'ai chi, as there in ballroom dancing or yoga but all are essentially based on the same principle of understanding the flow of movement through the joints of the body, controlled by the mind and the breath.

Robert has been a practitioner of Yang style t'ai chi for over thirty years which he studied under the head of Karate Do Kushido Denis St John Thomson who trained in Taiwan and taught under him with the rank of Sifu (instructor) for some twenty years. Robert will be offering classes which will comprise of an easy option to exercise, work with breath and mind in simple aspects of the t'ai chi form which can also be taken away to use in your daily life.

Robert would like to introduce the concept in a short introductory talk with questions and answers and then allow residents to experience some very simple exercises. A weekly class of about an hour at most would incorporate the movements, breathing, relaxation and some easy introduction to meditation.

Date: Thursday, 17 November 2022

Time: 10h30

Venue: Activity Room 1

RSVP: Robert (Roy) De Vos ext. 22129

RESIDENT ACTIVITIES



STRENGTH & MOBILITY CLASSES

PILATES BASED / FUNCTIONAL EXERCISE FOR JOINT HEALTH

Start exercising again after injury or surgery. Maintain your joint health. Increase the strength, control & range of motion of your spine, hip & shoulder joints. Learn to move better. Improve your respiratory function and capacity.

Catherine has close to 20 years experience in teaching pilates and movement. She is experienced in working with people who are recovering from injury or surgery, or are experiencing pain. Her approach is precise, analytical and detailed. Read more about her at www.scienceinmotion.online

Join Catherine for a complimentary introductory class. Please bring **a mat or a thick towel to lie on.**



DATE: FRIDAY, 18 NOVEMBER 2022
TIME: 11H15
VENUE: TABLE TENNIS ROOM
RSVP ON WHATSAPP: 074 891 8263



PILATES CLASSES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

When practicing yoga, you typically adopt a position and hold it, or flow into a different position. In Pilates, you adopt a position and then challenge your core by moving your arms or legs.

Here are five benefits of Pilates that might convince you.

- It can help relieve tension in your shoulders, back and legs.
- It boosts your body's natural ability to burn fat.
- It's a great way to cross train and prevent injury.
- It promotes mindfulness and body awareness.
- Technically, all you need is a mat.

Join Linda for a complimentary introductory class. Please bring a mat or a thick towel to lie on.

DATE: WEDNESDAY, 16 NOVEMBER 2022
TIME: 10H00
VENUE: ACTIVITY ROOM 1
RSVP ON WHATSAPP: 082 410 9443

RESIDENT ACTIVITIES

QUIZ NIGHT

TEST YOUR GENERAL KNOWLEDGE
IN OUR LAST QUIZ NIGHT OF THE
YEAR

HOW IT WORKS

- Enter teams of 6 or sign up to join a table
- Bring your own snacks and drinks, or place your order with the Bistro
- Prizes to win!
- Entry is R20pp. All proceeds go towards the Village Social Fund.

MENU

- Tapas R25 per portion
- Panko Crumbed Chicken strips with Sweet chili mayo
- Beef Kofta with Hummus (3)
- Vegetable spring roll with sweet chili sauce (3)
- Beef Samosa with coriander & mint chutney (3)
- Falafel with tzatziki sauce (5)
- Chicken Satay with peanut sauce (3)

DATE: THURSDAY, 24 NOVEMBER 2022

TIME: 18H00

VENUE: BISTRO

RSVP: NORMA ROOS EXT 2089



A TALK ON BEEKEEPING IN SOUTH AFRICA – NICHOLAS HITGE

On Tuesday, 15 November at 10h00 Nicholas Hitge will be hosting a talk on beekeeping in South Africa.

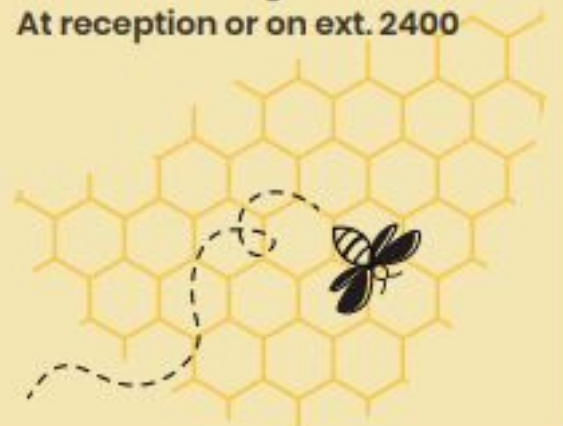
Nicholas will briefly touch on the history of beekeeping, challenges faced locally and abroad, many fun and interesting facts about bees, honey and beekeeping. You can also enjoy a honey tasting after the talk.

Date: Tuesday, 15 November 2022

Time: 10h00

Venue: First Floor Lounge

RSVP: At reception or on ext. 2400



RESIDENT ACTIVITIES



Christmas Market & Carols

Join us on Friday, 9 December for our annual Christmas Market where the Cape Town Mens Choir will also perform, followed by Christmas Carols.

Evergreen family and friends are all welcome!

Market stalls open from 16h00

Bistro open from 16h00 to 20h00

Wine, Craft Beer and a Gin Bar available.

**PLEASE NOTE
SOME TRADERS ARE ONLY ABLE TO
ACCEPT CASH**

RESIDENT ACTIVITIES

Douglas Murray Christmas Food Drive

**MAKE A DIFFERENCE. LET'S MAKE CHRISTMAS
MEMORABLE FOR EVERYONE**

As we approach the Festive Season, this year, lets make sure everyone is able to enjoy the true spirit of Christmas. We appeal to the generosity of all our residents to help in donating non-perishable food items for the elderly residents at Douglas Murray Home for the Aged.

**NON-PERISHABLE FOOD ITEMS MAY BE DROPPED OFF AT
RECEPTION BY NO LATER THAN FRIDAY, 2 DECEMBER.**

The Douglas Murray Home for the Aged (DMH) has been providing quality residential care for the frail and elderly residents at the home for more than 40 years. Located in the suburb of Retreat on the Cape Flats, the DMH employs more than 50 professionally trained staff members whose primary responsibility it is to provide for the physical, social and emotional needs of the approximately 70 residents at the home on a 24/7 basis. DMH is an independent non-profit organization with its own board of governors. It draws most of its revenue from the board and lodging fee charged to clients and from the frail care subsidy received from the Department of Social Development. In addition the organization also raises funds through regular appeals to donor agencies and charitable trusts, and to benevolent organizations and individuals. However, the depressed state of the economy has had a devastating effect on the fundraising climate in the country with many organizations cutting back on their social spend. In addition many of the current residents at the home come from very poor backgrounds and are unable to afford to pay the full board and lodging fee of R4800 per month. This has had a severe and negative impact on the operations budget of DMH and its ability to sustain its frail care programme

