

“Giving is not just about making a donation, It is about making a difference.” -Kathy Calvin

Week 40

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!

Health Corner

Gut Health

Dear Residents,

I hope you've all had a wonderful week.

As we head towards another Springbok match, we hope that everyone has managed to remain optimistic regarding the Bokke's momentum heading towards the quarter finals. Our Boktown has been well supported and we thank all our residents and guests for the continuous support and thank you's.

As you're probably aware the weekend storms resulted in flooding, fire and damage to structures in the nearby townships, especially at Masiphumelele.

Michael Williams and Jane Bodin volunteer at Living Hope, which is just around the corner on the Kommetjie Road. Living Hope is a Faith-based Non-Profit Organisation whose vision is to reach people for Christ, bringing hope and breaking the despair of poverty and disease. Living Hope undertakes community development through educational, social, income generation, and health related programmes; and plays a vital role in the prevention, care and treatment of people infected and affected by HIV/AIDS and other chronic illnesses.

There will be a charity run in support of the storm relief at Living Hope - and we ask any interested residents to get involved and do their part. More information has been shared on page 5.

With warmer weather approaching, we are excited about our open gardens happening next weekend. For those who have not joined us for the open gardens before - more information & a map will be shared early next week.

This past month we have lost a few close friends and for some, very close family members. We share our condolences and deepest sympathies to those who are grieving at this time. A memorial service has been arranged for Ian Alexander on the 10th of October. More information has been shared on Page 6.

Lastly, a kind reminder to book with reception for the health talk taking place on Wednesday the 4th October.

Wishing you all a wonderful weekend.

Regards
The Evergreen Team

WEEKLY EVENTS

| MON 02 OCT | TUE 03 OCT | WED 04 OCT | THUR 05 OCT | FRI 06 OCT | SAT 07 OCT | SUN 08 OCT |
|---|--|---|---|---|---|---|
| 09h00 STRETCH CLASS 1ST FLOOR LOUNGE | 09h00 CALLNETICS ACTIVITY ROOM 1 | 09h00 STRETCH CLASS 1ST FLOOR LOUNGE | 08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 | 09h00 BACK CARE YOGA ACTIVITY ROOM 1 | | |
| | | 09h00 TÁI CHI (2) ACTIVITY ROOM 1 | 10h00 KNITTING GROUP MAIN LOUNGE | 09h15 AQUA AEROBICS POOL | | |
| 10h15 AQUA AEROBICS POOL | 10h00 BRIDGE ACTIVITY ROOM 2 | 09H00 11TH & 25th MOBEEWASH | 10h30 TÁI CHI (1) ACTIVITY ROOM 1 | 11H00 LINE DANCING ACTIVITY ROOM 1 | | |
| 14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2 | 14h00 GOLF CROQUET FISH HOEK BOWLING CLUB | 09h30 HEALTH TALK CINEMA ROOM | 10h30 GARDEN CLUB MEETING HARRY GOEMANS | | | 12H00 SUNDAY LUNCH BISTRO |
| | 14h00 OPERA CINEMA ROOM | 10h00 06th & 20TH CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE | 14h00 BRIDGE ACTIVITY ROOM 2 | 17H00 RESIDENT SOCIAL MAIN LOUNGE | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 14h30 TABLE TENNIS TABLE TENNIS ROOM |
| | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 15h00 LINE DANCING ACTIVITY ROOM 1 | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 18H00 DINNER BISTRO | | |
| | |  REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY | | | | |

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socializing for an amazing cause.

Jen - ext. 2026
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

OCTOBER

OPERA - 3RD

EVERGREEN NOORDHOEK OPEN GARDENS - 7TH & 8TH

MOBEEWASH - 11TH & 25TH

QUIZ NIGHT- 19TH

OKTOBERFEST - TBC

NOVEMBER

QUINGO NIGHT- 23RD

GROUPS & EVENTS

OPERA



03 OCTOBER - 14:00
CINEMA ROOM 1

On Tuesday afternoon in Cinema 1 we present a brilliant and very funny opera by Gaetano Donizetti, "L'elisir d'amore" or "The Elixir of Love".

It has charmed audiences for almost 200 years with its witty, fast-moving plot and beautiful music.

This production is from The New York Met and stars the amazing Anna Netrebko as Adina, Matthew Polenzani as Nemorino, Marius Kwiecien as the pompous military officer Belcore and the very funny Ambrogio Maestri as Dr Dulcamara, the traveling peddler who supplies the "magic love potion."

Sung in Italian with English subtitles as usual

MIKE JACKLIN EXT 2112 OR BY WHATSAPP OR
TEXT 082 900 3248

GARDEN CLUB

NOORDHOEK OPEN GARDENS

7TH & 8TH OCTOBER



For more information on this these events or more information
on the garden club contact Val Stockden at 2056

WHAT'S HAPPENING?

EVERGREEN **BOK TOWN** OUR BLOOD RUNS GREEN & GOLD

All games will be televised, but the following fixtures are where the real focus will be.

| | | |
|-------------------|---------------|--|
| 10 September 2023 | 17:45 | SA VS SCOTLAND |
| 17 September 2023 | 15:00 | SA VS ROMANIA |
| 23 September 2023 | 21:00 | SA VS IRELAND |
| 01 October 2023 | 21:00 | SA VS TONGA |
| 14 October 2023 | 17:00 21:00 | QUARTER FINALS |
| 15 October 2023 | 17:00 21:00 | QUARTER FINALS |
| 20 October 2023 | 21:00 | SEMI-FINAL |
| 21 October 2023 | 21:00 | SEMI-FINAL |
| 27 October 2023 | 21:00 | 3 RD AND 4 TH PLACE PLAY-OFF |
| 28 October 2023 | 21:00 | FINAL |

LIVING HOPE

In times like these Living Hope also renders support to residents through their Community Response initiative. If anyone has any blankets, bedding or warm clothing they would like to donate to Living Hope, Michael and Jane are happy to collect and take it round to Living Hope. You can also drop off any donations at House 63.

If you wish to find out more about this initiative or Living Hope, Jane's cell phone number is 073 602 0907 or you can contact her on Ext. 2063.



MEMORIAL SERVICE



Ian's wife, Gill, would like to thank all those who have so kindly expressed their condolences to her and her family, which includes her son Evan and his wife, Jacqui, her daughter Robyn and her husband, Chris, and Ian and Gill's beloved granddaughters Georgia (8) and Charlotte (6).

Gill and the family would like to invite everyone at Evergreen Noordhoek to attend the memorial events organised to give thanks for Ian's long and wonderful life. These will take place on Tuesday 10 October, as follows:

- 2.30pm: Memorial service at St Margaret's Anglican Church, 1 5th Ave, Fish Hoek
- 4.00pm: Commemoration gathering with tea, coffee, drinks and snacks at the Lifestyle Centre, Evergreen Noordhoek

In order to accurately estimate catering requirements for the gathering at the Lifestyle Centre, please let the Evergreen Front Desk know by Friday 6 October if you are intending to join us there.

Finally, we're putting together a words-and-pictures tribute to Ian for the commemoration gathering. If you have a good photograph of him – with you and other friends, or on his own – and a few words to share about an especially memorable moment you spent with him, please could you send these to Robyn Alexander, via email at robynalxndr@gmail.com. For this, we need your input by the end of the day on Wednesday 4 October, please.

We very much hope you will join the family on 10 October so that we can celebrate Ian's life together.



IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

BIRTHDAYS

02nd OCTOBER

VAL STOCKDEN- Noordhoek
SUE INGPEN- Lake Michelle
PETER VON BORMANN - Lake Michelle

05th OCTOBER

IRENE UFFHAUS - Noordhoek
MICHAEL MCLEROTH - Noordhoek
LINDA VAN SWELM - Noordhoek
DAVID FROST- Noordhoek

06th OCTOBER

EUGENE SARKIS- Noordhoek
DEIDRE PLANE - Noordhoek

07th OCTOBER

JOAN POLLACHI - Noordhoek
JEANETTE DE JAGER - Noordhoek
JENNY WYLLIE - Noordhoek

08th OCTOBER

ROY POTTER - Noordhoek
DANIEL NEL- Noordhoek

ANNIVERSARIES

02nd OCTOBER

NEELS & EDITH BOTHA
Noordhoek

03rd OCTOBER

ED & WENDY VAN DER NIET
Noordhoek

08th OCTOBER

RODNEY & YVONNE WILSON
Noordhoek

NEW RESIDENTS

NO NEW RESIDENTS THIS WEEK



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65/R72

MONDAY

Cottage pie served with seasonal vegetables - R65

OR

Homemade fish cakes served with mashed potatoes and seasonal vegetables - R72

TUESDAY

Beef meatballs served in a tomato and onion sauce on a bed of pasta and a side of seasonal vegetables - R65

OR

Spinach, chicken and feta quiche served with a green salad and potato wedges - R72

WEDNESDAY

Chicken lasagna served with a cocktail garlic roll and a green salad - R65

OR

Beef and vegetable stew served with white rice and sambals - R72

THURSDAY

Pork bangers served with mashed potatoes and seasonal vegetables - R65

OR

Beef stroganoff served on a bed of pasta - R72

FRIDAY

Bobotie served with yellow rice and seasonal vegetables - R65

OR

Fried hake and chips, served with seasonal vegetables, tartar sauce and a lemon wedge - R72

SATURDAY

Butter chicken curry served with white rice and a side of seasonal vegetables - R65

OR

Beef nachos served with guacamole, sour cream and pasta - R72

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

MEAL PACKAGE - R1220

- 20 Meals for the month (priced at R61 per meal)
- Only applicable to Option 1 meals or Vegetarian options
- Excluding: Special functions, Sunday lunches & Friday dinners
- Including: A la carte breakfast - Full house

Additional charge: R6 for take-away containers. If you would like option 2, an additional R10 can be added for each meal

FRIDAY DINNER - R105

OPTION 1

Spinach and feta chicken roulade served with mashed potatoes, seasonal vegetables and pea puree

OPTION 2

Battered fish and calamari with chips served with tartar sauce, lemon wedge and a green salad

OPTION 3

Pork ribs served with chips and a side of roasted vegetables

SUNDAY LUNCH - R138

MAIN MEAL

Thyme & lemon roast pork belly served with gravy, roasted potatoes and butternut and green beans

DESSERT

Chocolate brownie served with ice-cream

WHAT'S ON THE MENU?

MENU

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404

DAILY VEGETARIAN MEALS- R65

MONDAY

Lentil cottage pie served with seasonal vegetables

TUESDAY

Spinach and feta quiche served with a green salad and potato wedges

WEDNESDAY

Vegetable lasagna served with a cocktail roll and a green salad

THURSDAY

Mushroom stroganoff served on a bed of pasta

FRIDAY

Lentil bobotie served with yellow rice and seasonal vegetables

SATURDAY

Vegetable curry served with white rice and salsa

HEALTH CORNER



Healthy Gut. Healthy Brain.

In the past few years, our understanding of the link between the gut and the brain has expanded. Many studies now reveal the close physiological relationship between the gut and the brain.

Join us in this one-hour session, where we'll explore gut health in more detail, the microbiome, how the gut and the brain communicate, and what you can do to look after your gut.

This talk will kick off a series of free weekly group coaching sessions aimed at helping residents learn more about health issues relevant to older adults as well as the space to engage and ask questions.

If you're interested to join in these free coaching sessions then please join us for this talk .

Speaker: Desiree Pule, Certified Health Coach.

Date: 4th October 2023

Time: 9h30 - 10h30

Place: Cinema Room