

NEWSLETTER

ALOE ALOE

“Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.” -Martin Seligman

Dear Residents,

I hope you've all had a good week.

With one busy week behind us and another ahead - let's look at a few highlights from this past week. On Tuesday we had yet another well attended opera hosted by Mike Jacklin - it is pleasing to know that there has been not only a consistent interest but also an increased interest in this activity.



On Wednesday, Pete Van Der Spek hosted an aviation talk, where the focus was mainly on fire pilots and their experience in recent fire rescues. We also had the pleasure of Elvirah bringing us a beautiful message in song which was so enjoyed by all attending at the Christian Fellowship on Wednesday.

On page 11 we reflect back on, both Tuesday's hiking group and the Wednesday Walkers - both groups of which are fairly new but nonetheless fairly popular.

This Friday evening and Saturday morning - we look forward to the art exhibition of Gwen Harms, arranged by Sally Johnson. Eats and drinks will be available to purchase for those who will be attending.

Furthermore, we have the St Patrick's celebrations to look forward to - please ensure to read through all the information shared in the pages below and book your seats with the respective contact persons.

Wishing you all a
Wonderful weekend.

Regards
The Evergreen Team

Week 10

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 Happening

Alida's fashions 11th
March @ 10:00

Fynbos Get-together 13th
March @ 16:00

Movie @ 15:00

What's On The Menu

Delicious meals on offer
this week!

Library Corner

New Books

UPCOMING EVENTS

MARCH

ALIDA'S FASHION- 11TH
MOBEEWASH - 13TH & 27TH
ST PATRICKS QUINGO - 14TH
ST PATRICK'S DINNER - 15TH
MOSAIC CLASS - 12TH & 26TH
WOL AAN DIE ROL - 28TH
CHRISTIAN FELLOWSHIP - 20TH

APRIL

CHRISTIAN FELLOWSHIP - 3RD & 17TH
MOBEEWASH - 10TH & 24TH

MAY

CHRISTIAN FELLOWSHIP - 15TH & 22ND

WEEKLY EVENTS

| MON 11 MAR | TUE 12 MAR | WED 13 MAR | THUR 14 MAR | FRI 15 MAR | SAT 16 MAR | SUN 17 MAR |
|---|--|---|--|---|---|---|
| 09h00 STRETCH CLASS 1ST FLOOR LOUNGE | 09h00 CALLINETICS ACTIVITY ROOM 1 | 08h30 AQUA AEROBICS POOL | 08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1 | 09h00 BACK CARE YOGA ACTIVITY ROOM 1 | | |
| | 10h00 BRIDGE ACTIVITY ROOM 2 | 09h00 TÁI CHI (2) ACTIVITY ROOM 1 | 09h00 STRETCH CLASS 1ST FLOOR | 09h15 AQUA AEROBICS POOL | | |
| 10h15 AQUA AEROBICS POOL | | 09h00 MOBEEWASH BASEMENT PARKING | 10h00 KNITTING GROUP MAIN LOUNGE | 11H00 LINE DANCING ACTIVITY ROOM 1 | | |
| 10h30 CATHOLIC GROUP ACTIVITY ROOM 2 | 14h00 GOLF CROQUET FISH HOEK BOWLING CLUB | 15h00 LINE DANCING ACTIVITY ROOM 1 | 10h30 TÁI CHI (1) ACTIVITY ROOM 1 | 16H00 RESIDENT SOCIAL MAIN LOUNGE | | 12H00 SUNDAY LUNCH BISTRO |
| 11h00 BALLROOM DANCING ACTIVITY ROOM 1 | | 16h00 FYNBOS GET-TOGETHER FYNBOS BAR | 14h30 TABLE TENNIS TABLE TENNIS ROOM | | 14h30 TABLE TENNIS TABLE TENNIS ROOM | 14h30 TABLE TENNIS TABLE TENNIS ROOM |
| 14h00 BRIDGE /CARD GAMES BISTRO | 14h30 TABLE TENNIS TABLE TENNIS ROOM | | 15h00 MOVIE CINEMA ROOM | 18H00 ST PATRICK'S DINNER BISTRO | | |
| | |  REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY | 18H00 ST PATRICK'S QUINGO BISTRO | | | |

WHAT'S HAPPENING?

MOVIE



The Man with the Golden Gun

Date: Wednesday 13th March

Time: 15:00

Booking sheet available on the village notice board

On Wednesday 13th March, we present "The Man with the Golden Gun".

Scaramanga is a hitman who charges one million dollars per job. He becomes linked to the death of a scientist working on a powerful solar cell, and James Bond is called in to investigate. As he tracks down Scaramanga, he realizes that he is highly respected by the killer, but will this prove to be an advantage in the final showdown?

CANASTA



NOORDHOEK VS BERGVLIET

Date: Monday 11th March

On the 11th of March our lovely Residents are going to Bergvliet for friendly games of Canasta!

We wish them all the best and all the luck, and hope they have an excellent time.

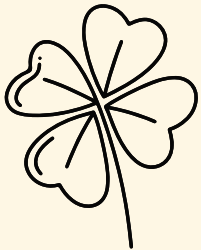
If you're interested in supporting them, please contact Norma Roos at Ext. 2089 for more details.



St. Patrick's Day Quingo

Date: Thursday, 14th March

Time: 18:00



R20 per person -
Book with Norma Ext. 2089



Theme: St Patrick/Ireland/Green

Round 1: General questions with answers in a matrix

Round 2: Music Bingo with answers in a matrix

Round 3: General questions with answers in a matrix



Teams: Teams of up to 6 residents/family/friends

Prizes: 2 x Individual prizes per round

Team prize for overall winning team

ST PATRICK'S DAY CELEBRATION

Friday 15th March



Let's Make this a Happening!

Please join us for a spectacular evening of music, food, and dance this Friday. We'll be playing traditional Irish Songs during dinner, and dance music after.

Organise your own groups

Decorate your own tables

Wear Green & Fancy Dress (If you dare)!

Book your tables at the Bistro for Dinner

The Bar will be remaining open until 19:00

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

14TH MARCH

ELINOR KEREN - Noordhoek
DERRETT EVANS - Noordhoek

16TH MARCH

ELIZABETH MACKINNON-LITTLE -
Noordhoek
SHEILA FARMER - Noordhoek

ANNIVERSARIES

16TH MARCH

JOHN & PRISCILLA GRIMMER -
Noordhoek

NEW RESIDENTS

PATRICIA BAYLIS - APARTMENT 123



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404



DAILY MEALS - R65 or R72

MONDAY

Neapolitan meatballs served with pasta, a side salad and a garlic roll - R65

OR

Panko Chicken strips served with a cheese sauce, potato wedges and a side salad -

R72

TUESDAY

Chicken mince lasagne served with a green salad and a garlic roll - R65

OR

Pork and apple pie served with roasted vegetables, baby potatoes and pan fried greens - R72

WEDNESDAY

Cape Malay bobotie served with yellow rice, roasted pumpkin and sambals - R65

OR

Hake mornay served with mash potato and seasonal vegetables - R72

THURSDAY

Roasted BBQ ¼ chicken served with potato wedges and seasonal vegetables

- R65

OR

Salisbury steak served with mashed potatoes and seasonal vegetables - R72

FRIDAY

Beef mince filled pancakes topped with cheese sauce served with roasted vegetables and a side salad - R65

OR

Battered fish with chips served with tartar sauce, lemon wedge and a green salad - R72

SATURDAY

Grilled chicken tortilla wrap served with sweet potato fries and a side salad. -

R65

OR

Homemade fish cakes served with tomato and onion smoor, mashed potatoes and roasted vegetables - R72

Sunday Lunch - R140

MAIN MEAL

Red Onion and peppers roasted beef served with a red wine gravy, Yorkshire pudding, Garlic and herb roasted potatoes and seasonal vegetables

DESSERT

Blueberry cheesecake



St. Patrick's Day Dinner

15th March

STARTER

Irish soda bread served
with butter

MAIN MEAL

Guinness beef pie served with honey
glazed carrots & parsnips onion gravy,
and boiled cabbage

or

Pork Bangers and colcannon mash
served with peas and onion gravy

or

Beer battered hake and chips

DESSERT

Bailey's cheesecake

or

Irish coffee

Price: R140 PP



LIBRARY CORNER

New Books

We recently bought a selection of brand new books with the last of the funds raised with our raffle in December last year.

Cornwell, Patricia. *Unnatural death.* In this 28th outing for Kay Scarpetta, the Chief medical examiner travels to the wilderness of Northern Virginia to investigate the brutal murders of two outdoor enthusiasts.

Fforde, Katie. *Island in the sun.* Take of love, friendship and courage set on the hurricane-ravaged Caribbean island of Dominica. Cass has been sent there on a photographic assignment for her father. Accompanying her is the handsome Ranulph with whom she MUST NOT fall in love...

Fforde, Katie. *A wedding in Provence.* Alexandra, a young heiress, finds herself accidentally becoming a nanny to three children who live with their father, a handsome count, in a chateau in Provence. This feel-good novel with a delightful heroine has echoes of *Mary Poppins* and a huge dose of romantic escapism.

Hannah, Kristin. *Other women.* Hannah presents a new and importantly FEMALE take on the well-worn narrative arc of the Vietnam War of shattered patriotic innocence in the midst of the barbarity of war, the return home to a hostile nation accompanied by despair and then the healing power of activism. [Kirkus Review] This sweeping novel engrossing novel follows a young nursing student who impulsively joins the Army Nurse Corps when her brother ships out.

Hilderbrand, Elin. *The Hotel Nantucket.* Lizbet wants a fresh start after a bad break-up and so assumes the position of general manager of a grand old hotel in Nantucket. She has a lot on her plate, from winning over the new billionaire owner to getting a five star review from an important influencer. But naturally, there's a lot that goes on behind the scenes..... an escapist compulsive read.

Robotham, Michael. *Lying beside you.* Things get personal in this gripping insightful thriller featuring forensic psychologist Cyrus Haven. His brother, who twenty years previously had murdered their family members, is being released from a secure psychiatric facility just as he takes on a case of a double murder.

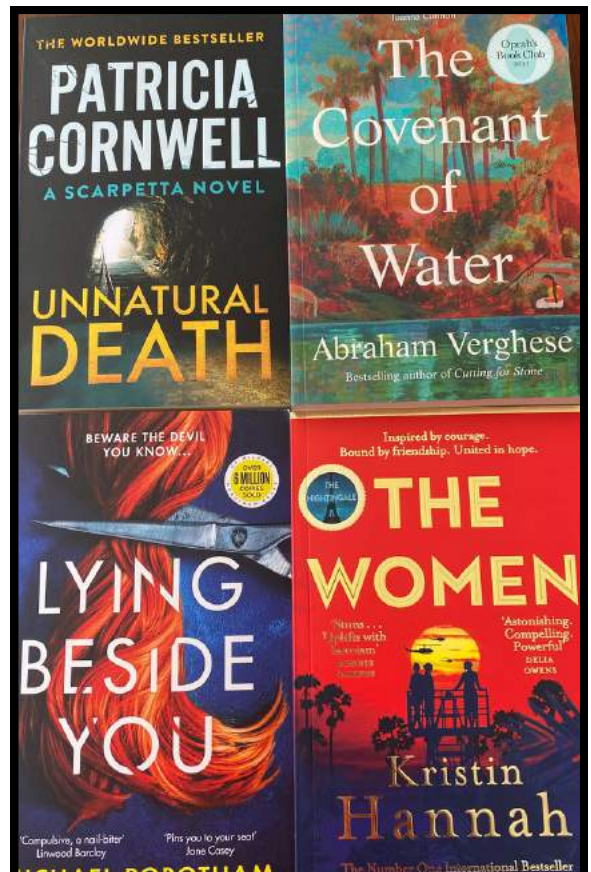
LIBRARY CORNER

Vergheese, Abraham. The covenant of water. Spanning seven decades, this sprawling saga is set in Kerala, South India where water is everywhere. This is especially problematic for the family at the centre of the novel for in each generation one person dies by drowning. Vergheese is a physician turned novelist with the practice of medicine central to his story, as it was with his highly praised *Cutting for Stone*. According to Hamilton Cain, "Vergheese...is that rare novelist unencumbered by the petty cynicisms of our age. An accomplished wordsmith...he conveys ineffable wonder at the tapestry of all life ... one of our most sweeping and empathic novels about medicine..."

Weiner, Jennifer. The breakaway. Readable feel good novel about finding your own path. Abby leads a group of cyclists on a 12 day trip from New York to Niagara Falls. Matters get complicated when she discovers that Sebastian, her one-night stand will be joining the group as well as her mother!

Please continue to support our fund-raising efforts to revitalize the library's stock.

-Johanna de Beer



HIKING HIGHLIGHTS

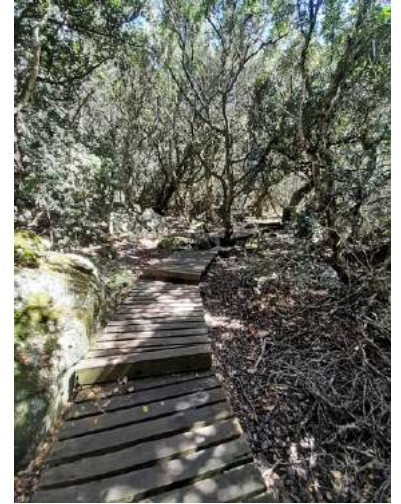
Last Tuesday the Tuesday Hikers hiked into the Spes Bona Indigenous Forest above Kalk Bay. Much of the upper mountain slopes had been burnt in recent fires.



View en route to the Spes Bona indigenous forest at the top of Soes Bona valley above Kalk Bay.



Numbers of the "Common Paintbrush" (*Haemanthus Sanguineus*) have popped out in full bloom.



The Spes Bona Indigenous Forest at the top of Spes Bona valley above Kalk Bay. The trees are mostly Milkwoods and Yellowwoods.

WEDNESDAY WALKERS



Here are some of our Wednesday Walkers – A delightful potpourri of spirited, fun loving individuals.

Some of our walks thus far have included, Muizenberg to St James boardwalk; Pedlars to Silverhurst loop Constantia; Kommetjie beach walk; Glencairn beach to Simonstown and the Tokai Forest loop with a lovely break at the Secret Forest Cafe.

Everyone enjoys the exercise, the fresh outdoors and the beautiful sights around us. We also get to know one another as we share and listen to one another's stories and experiences.

There is also so much rich history and interesting information around our neck of the woods and someone in the group will always share some interesting facts with the rest. The cherry on the top is the cuppa tea or drink afterwards at one of the nearby spots.