

# EVERGREEN NEWSLETTER

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*“Why do you like thunderstorms?  
Because it shows even nature needs to scream  
sometimes” -Unkown*

Dear Residents,

I hope you've all had a good week.

It seems as if winter is creeping up on us much earlier than expected this year. Animals and plants respond to winter by entering dormancy. Some plants die, leaving seeds behind, while others temporarily cease growth until spring. Many animals hibernate, and numerous insects meet their end during this chilly season. Whether you're a fan of bundling up or eagerly awaiting spring, we look forward to the changes winter may bring. Please keep warm and remain safe with the severe weather predictions expected in the Cape this coming week.

With that said, Riaan's Fruitvan will be joining us tomorrow morning rather than Monday morning, as to avoid the rain predicted for Monday. Kindly come and show your support at the lifestyle centre parking lot tomorrow at 10am.

We have recently received communication from Mobeewash that they have increased the price of their services. Luckily - only one particular car wash has had a price increase. The increase is applicable to the 'Deluxe' wash - this wash includes an outside wash and a vacuum. The old cost was R140 per wash and has now increased to R155 per wash. The 'Express' and 'Premium' washes retain the same service price. The team will be on site this Wednesday, so please ensure to book with reception accordingly.

Looking further ahead, we look forward to the relaunch of our bird watching group that has been under the radar for a while now. This is a resident-run group and is open to all interested - kindly revert to page 4 for more information. Our Garden Club - run by Val Stockden will also be meeting for a talk about winter planting and bulbs particularly in pots. This will take place at Harry Goemans on the 18th of April - more information will be shared next week.

Regards  
The Evergreen Team

## Week 14

### 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

Riaan's Fruitvan 8th April @ 10:00

Mobeewash 10th April @ 09:00

Movie 10th April @ 15:00

#### What's On The Menu

Delicious meals on offer this week!

## UPCOMING EVENTS

### APRIL

BIRD WATCHING CLUB RELAUNCH- 16TH  
CHRISTIAN FELLOWSHIP - 17TH  
MOBEEWASH - 10TH & 24TH  
MOVIE - 10TH & 24TH  
BINGO - 18TH  
GARDEN CLUB MEETING - 18TH  
CLASSICAL MUSIC GROUP - 23RD

### MAY

OPERA - 7TH  
CHRISTIAN FELLOWSHIP -  
1ST, 15TH & 22ND  
QUIZ - 16TH

### JUNE

BINGO - 20TH

# WEEKLY EVENTS

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

# INTER- VILLAGE

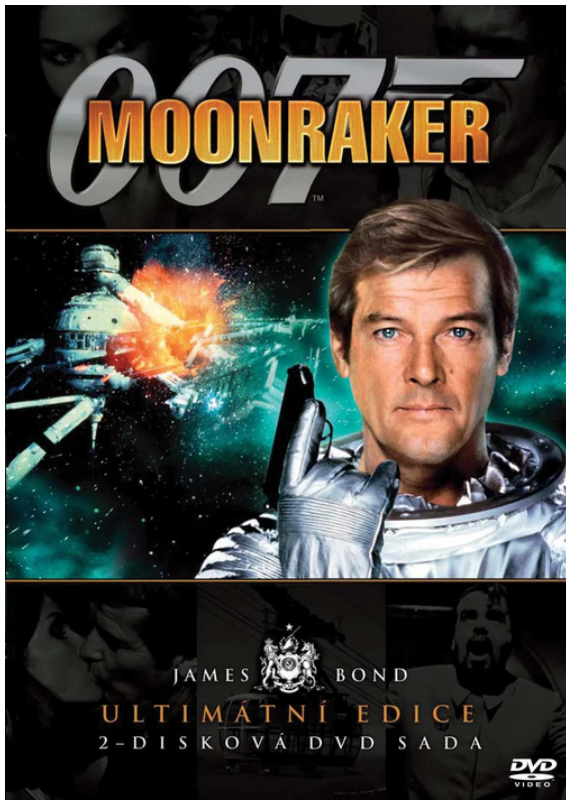
On the 22nd of March some of our residents headed over to Evergreen Muizenberg for a lovely afternoon of fun and games as Muizenberg invited and challenged Evergreen Noordhoek to table tennis, pool and Canasta.

Take a look below to see photos shared by Jenny Wyllie.



# WHAT'S HAPPENING?

## MOVIE



### Moonraker

**Date: Wednesday 10 April**

**Time: 15:00**

**Venue: Cinema Room 1**

**Booking sheet will be available on the village notice board**

When a U.S. space shuttle is stolen in a mid-air hijacking, only Bond can find the evil genius responsible. The clues point to billionaire Hugo Drax, who has devised a scheme to destroy all human life on Earth.

As Bond races against time to stop Drax's evil plot, he joins forces with Dr. Holly Goodhead, a N.A.S.A. scientist who is as beautiful as she is brilliant, and 007 needs all the help he can get, for Drax's henchman is none other than Bond's old nemesis Jaws, the indestructible steel-toothed giant. Their adventure leads all the way to a gigantic space station, where the stage is set for an epic battle for the fate of all mankind.

## BIRD WATCHING GROUP

### RELAUNCH OF THE EVERGREEN BIRD WATCHING GROUP

**Date: Thursday 16 April - Book with reception**

**Time: 15:00**

**Venue: Cinema Room 1**

In this relaunch meeting there will be a special feature on show, titled: "Intaka Island Wetland and Bird Sanctuary" - (this is also one of the groups proposed outings)

Depending on interest, activities of the group will include:

- outings to bird watching sites
- birdwatching related videos/movies
- wildlife related videos/movies
- possible presentations by professional birders
- possible bird identification training



# IT'S A CELEBRATION

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*Count your age by friends, not years.*

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

## BIRTHDAYS

**10th APRIL**

KEITH KNOX - Noordhoek

**11th APRIL**

VICKI BRANDER - Noordhoek

**12th APRIL**

WILMA HAINS - Noordhoek

**13th APRIL**

CHRIS COX - Noordhoek

**14th APRIL**

BRIDGET COYNE- Noordhoek

## ANNIVERSARIES

**08TH APRIL**

PETER & PETA CRAMB

- Noordhoek

RICHARD & MAV MAGNIN

- Noordhoek

**10TH APRIL**

PETER & BRIDGET SCHOLTE

- Noordhoek

ED & VICKI BRANDER

- Noordhoek

## NEW RESIDENTS

NO NEW RESIDENTS



# 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 - R50 or R65

#### MONDAY

Southern fried chicken served with a baked potato and roasted vegetables

-R50

OR

Fish goujons served with savoury rice, tartar sauce and lemon wedge - R65

#### TUESDAY

Chicken & butternut lasagna served with a garlic roll and pan-fried greens

-R50

OR

Beef stroganoff served with basmati rice and stir-fry vegetables - R65

#### WEDNESDAY

Cottage pie served with seasonal roasted vegetables - R50

OR

Chicken & broccoli pasta bake served with pumpkin and baby marrow - R65

#### THURSDAY

Pork meatloaf served with a gravy, creamy mashed potatoes and seasonal vegetables

-R50

OR

Tomato bredie served with basmati rice and green beans - R65

#### FRIDAY

Battered hake served with chips served with a Greek salad, a tartar sauce and a lemon wedge - R72

OR

Pork meatballs served with mashed potatoes and seasonal vegetables - R65

#### SATURDAY

Pie of the day served with chips and vegetables - R50

OR

Grilled chicken burger with mushroom sauce served with fries and a salad - R65

# WHAT'S ON THE MENU?

## THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - 18H00

DAILY MEAL ORDERS BY 09H00

BOOK ON EXT 2404



### Friday Dinner

#### Option 1 - R115

Fish and calamari served with fries, a lemon wedge, tartar sauce and a side salad

#### Option 2 - R115

Pork Ribs served with fries and a side of roasted vegetables or a side salad

#### Option 3 - R135

Irish Phyllo - wrapped baked line fish with fennel and lemon cream, served with traditional colcannon and roasted vegetables

### Sunday Lunch - R138

#### Main Course

Roast beef with red onion and peppers served with red wine gravy, Yorkshire pudding, seasonal pan fried vegetables and roasted garlic herb potatoes

#### Dessert

Lemon Meringue

# GARDEN CORNER



## What to do in APRIL

After our scorching hot Cape Town summer, with multiple mountain fires, the first rains have already triggered regrowth of our fynbos. This drop in temperature and slight increase in rain heralds our Autumn season, the perfect time to plant in the Western Cape. Spring flowering bulbs like Anemone, Freesia, Daffodil and Ranunculus are in stock and should be planted in composted, well drained soil.

For an end-of-season blast we have just received a range of Starke Ayres potted chilis. From hot Scotch Bonnet, medium Bishops Crown with fruit like bells to the mild and smokey Biquinho they will all look good in pots and brighten up a corner.

Fynbos will be showing its glorious colours soon. They can be fed with low phosphate fertilisers like [Culterra Eynpro](#), specifically formulated for fynbos with slow release nitrogen, low phosphate and low nitrates. Talborne Vita green 5:1:5 is also suitable when used in moderation.

Winter annuals are trickling onto the shelves. Reinvigorate your pots with compost or potting soil and get them ready to be planted with Delphiniums, Stocks and Foxgloves. Feed Pansies and Violas with [Talborne Seedling food](#). The 6:2:5 ratio in powder form is excellent for all bedding plants as well as for container plants.

Growing trees in the garden is enormously beneficial. They provide shade, prevent erosion, absorb carbon dioxide from the air and attract birds and wildlife to the garden. Besides their lovely spring flowers, deciduous fruit trees add the extra bonus of providing edible fruit. When selecting a fruit tree one needs to consider the following: What type will suit the local climate, will it need a companion for cross-pollinating, will it need to be wind-resistant, how big will it get and is the soil sufficiently well drained?

One example of an attractive, wind-resistant tree is the evergreen Olive. A range of varieties is available that will provide either oil, fruit or both. Two carefully chosen varieties will encourage cross-pollination to increase yield. Plant in well drained, composted soil. Trees should start bearing within 4 years. Fruit is borne on previous year's growth and never twice on the same wood. Prune to remove last season's fruit bearing wood but leave the shoots that developed in the previous season. Cultivars can be upright, compact, spreading or willowy.

Last, but not least, prepare your indoor environment for the colder, rainy months when going outside is not a lot of fun, by filling up with indoor plants. Cyclamens, Begonias, Aglaonemas and a host of other exotic delights will help with the winter blues.