

NEWSLETTER

ALOE ALOE

“If you really want to receive joy and happiness, then serve others with all your heart. Lift their burden, and your own burden will be lighter.”

-Ezra Taft Benson

Dear Residents,

I hope you've all had a good week.

With the much anticipated Two Oceans Marathon taking place this Saturday & Sunday and the respective road closures - the Village Bistro will be closing at 2pm on both the 13th & 14th of April.

For those wanting to learn a new skill, Rose Hoek is starting a watercolor workshop. Watercolor is one of the loveliest mediums of painting, and we have many residents who are quite skilled at it - so if you're already a master, or just beginning, if you're interested, please contact Rose Hoek at Ext. 22220.

Fergie's Shoes will also be making a return to the Lifestyle Centre, just in time to prepare for winter. Many shoes will be on offer, so please join us on 17th April.



This week we look forward to the relaunch of the bird watching group. This group caters for all interested in birds, bird watching (from beginners to experienced) and those interested in wildlife in general.

On the 18th we have a Bingo Night! It starts at 6 p.m and is for groups of 6. If you'd like to join, please contact Norma Roos at Ext. 2089.

Lastly, another thank you to all residents and staff members from Evergreen who thoughtfully contributed to the little newborns on the way. It all was very well received and highly appreciated

Regards
The Evergreen Team

Week 15

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

Christian Fellowship 17th April @ 10:00

Movie 17th April @ 15:00

Fynbos Get-together 17th April @ 16:00

Fergie's Shoes 17th April @ 10:00

Bingo 18th April @ 18:00

What's On The Menu

Delicious meals on offer this week!

UPCOMING EVENTS

APRIL

BIRD WATCHING CLUB RELAUNCH- 16TH
CHRISTIAN FELLOWSHIP - 17TH
MOBEEWASH - 24TH
MOVIE - 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 15 APR	TUE 16 APR	WED 17 APR	THUR 18 APR	FRI 19 APR	SAT 20 APR	SUN 21 APR
09h00 STRETCH CLASS 1ST FLOOR	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		10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR	09h30 MUSCLE HEALTH TALK CINEMA ROOM	11H00 LINE DANCING ACTIVITY ROOM 1		
10h30 CATHOLIC GROUP ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	10h00 FERGIE'S SHOES MAIN LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE	12H00 LINE DANCING ACTIVITY ROOM 1		12H00 SUNDAY LUNCH BISTRO
11h00 BALLROOM DANCING ACTIVITY ROOM 1		15h00 LINE DANCING ACTIVITY ROOM 1	10h30 TÁI CHI (1) ACTIVITY ROOM 1	16H00 RESIDENT SOCIAL MAIN LOUNGE	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	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 FRIDAY DINNER BISTRO		
		 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY	18h00 BINGO BISTRO			

WHAT'S HAPPENING?

MOVIE

An Officer & A Gentleman

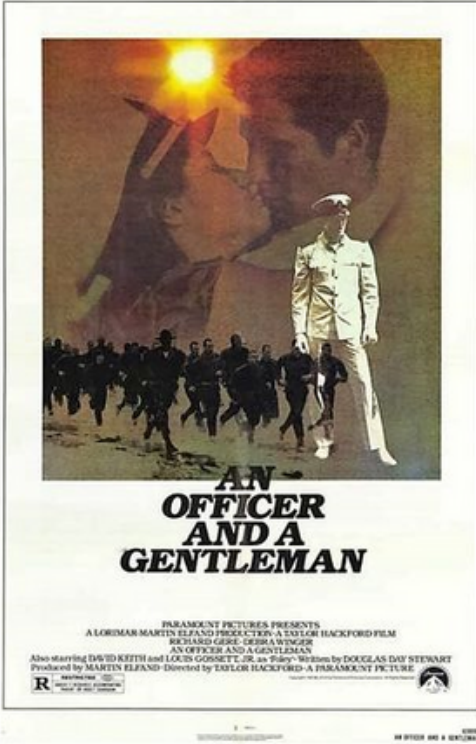
Date: Wednesday 17 April

Time: 15:00

Venue: Cinema Room 1

Booking sheet will be available on the village notice board

Zack Mayo is a loner who has never had to rely on anyone but himself. As a child, he was sent to live with his father, a career Navy man based in the Philippines, after his mother commits suicide. After graduating from college, he shocks his father by telling that he has enlisted in the Navy and will enter training as a naval aviator. He meets Paula, a woman who attends base functions in the hope of nabbing a young officer and Sid Worley, a classmate with whom he forms a close bond. The training is difficult but not as tough as having to deal with their training officer, Gunnery Sergeant Emil Foley who teaches Zack a lesson in the importance of relying on your friends and colleagues.



ART AT KIRSTENBOSCH

ART EXHIBITION

Date:

Sunday 14 April - Thursday 25 April

Location:

Richard Crowie Hall, Kirstenbosch Gardens



(Stay Away from my Girl)



(White Plant & Two Little Birds)

Kirstenbosch Gardens is hosting an art exhibition from the **14th to the 25th of April at Richard Crowie Hall**. The gardens have existed for over a century and host a variety of beautiful flora unique to South Africa.

This Art Exhibition contains work from one of our very own residents, **Rosalie Hoek**, with samples of her artwork above. If you'd like to support her and the other artists while enjoying a day at the gardens, Pensioners can enter the garden **free of charge on Tuesdays**.

WHAT'S HAPPENING?

BIRD WATCHING GROUP



RELAUNCH OF THE EVERGREEN BIRD WATCHING GROUP

Date: Tuesday 16 April - Book with reception

Time: 15:00

Venue: Upstairs Lounge

In this relaunch meeting there will be a special feature on an outstanding film on the "Intaka Island Wetland and Bird Sanctuary" near Century City, focusing on 28 bird species, including the Black Crowned Night Heron, Malachite Kingfisher and African Spoonbill.

A visit to this sanctuary is one of the planned group excursions. In order to complete membership registration forms - residents attending the meeting are asked to please bring along a pen.

GARDEN CLUB

GARDEN CLUB MEETING

Date: Thursday 18 April

Time: 10:30

Venue: Harry Goeman's

**Contact: Val Stockden on Ext.
2056/083 260 9764**

The Garden Club meeting is being held at the Harry Goeman's nursery in Kommetjie - "Our garden home."

Jeremy will chat to us about winter planting and bulbs particularly in pots.

As usual coffee and cakes are available at the restaurant.





BINGO NIGHT



WHEN? Thursday 18 at 18h00
WHERE? Evergreen Noordhoek
Bistro



HOW IT WORKS

1. A couple of rounds of standard Bingo, ie. the B-4, I-20, N-37, G- 51, O-73 type of Bingo
2. Two rounds of Music Bingo, ie. where you are asked questions on music and where the answers appear in a Bingo-like grid. The questions will range over topics such as musicals, the classics, South African music, songs from the hit parades, etc. and include many audio and video clips.

- Enter teams of 6 or sign up to join a table, there will be 20 teams.
- Entry is R20pp. All proceeds go towards the Village Social Fund.



To book or for more details contact
Norma Roos. Ext 2089

IT'S A CELEBRATION

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

BIRTHDAYS

18th APRIL

HENNIE KOEN - Noordhoek
PETER BROWN - Noordhoek
HEATHER MCLEROTH - Noordhoek

21ST APRIL

GEOFFREY STEDALL - Noordhoek

ANNIVERSARIES

17TH APRIL

HENRY & KATHLEEN DUNCAN
- Noordhoek

18TH APRIL

GRAHAM & JOYCE FUTCHER
- Lake Michelle

NEW RESIDENTS

SHEILA MCLEAN APARTMENT 106 - NOORDHOEK



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 gravy and roasted vegetables

-R50

OR

Home-made fish cakes served with tartare sauce, herbed mash and roasted vegetables - R65

TUESDAY

Bobotie served with sweet yellow rice and seasonal vegetables

-R50

OR

Pork stew served with rice and seasonal vegetables - R65

WEDNESDAY

Chicken lasagne served with a garlic roll and green salad - R50

OR

Beef and vegetable stew served with rice and beetroot salad - R65

THURSDAY

Bacon and feta quiche served with salad -R50

OR

Swedish Pork meat balls served with mushroom sauce, mashed potato and seasonal vegetables - R65

FRIDAY

Hawaiian chicken burger served fries - R72

OR

Pub style fish and chips served with coleslaw and tartare sauce - R65

SATURDAY

Pork Ribs served with fries and Roasted vegetables - R50

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 - R105

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

Option 2 - R145

Beef Fillet served with mashed potato, seasonal vegetables and red wine gravy

Option 3 - R105

Spinach and feta Chicken Roulade served with mashed potato, seasonal vegetables and red wine gravy

Sunday Lunch - R138

Main Course

Roasted pork fillet served with rosemary gravy, potato bake and Roasted vegetables

Dessert

Peppermint tart