



Dear Evergreener's

Its been a while since our last Tendril. Lots has happened & many new interesting and wonderful people have joined our Evergreen family. Transitions in life are not easy, especially as you age. Clinical Psychologist, Malcolm Pillay will be presenting on "grief & loss" in March, an important topic that affects us all at one time or other in our lives. I recently received a call from Anton De Beer from Telecare, notifying me that one of our residents got lost in the Blue Route Centre. The buddy band she was wearing was extremely useful and the resident received the help she needed. A reminder that wifi vouchers may be purchased from reception at R20 per week. Come and enjoy a cup of coffee and do all your browsing and connecting in the Bistro. Remember to save water where you can, its become a scares resource. Until next time.....Warm regards, Melanie.

Special Events to Diarise in March

***Friday, 3 March – Arts/Crafts/Hobbies exhibition at 3pm**

***Thursday, 9 March – Bingo at 5pm (Book at reception R30)**

***Friday, 17 March – St Patrick's Day Dinner at 7pm**

***Monday, 20 March – Entertainment by the Companions at 11am (donation will be taken)**

***Wednesday, 22 March-Talk by Malcolm Pillay (Clinical Phycologist) on Grief and Loss at 3pm**



A warm welcome to the newest members of the Evergreen family...

- Connie Tennant (Apart 213)
- Annette Dodds (Apart 215)
- Felicity Menzies (Apart 321)
- Peter & Jean Hart (Apart 319)
- Jenny Moreland (Apart 214)
- Jenny Seed (Apart 106)
- Ed & Sally Vincent (Apart 314)
- Kay Blumeris (Apart 118)
- Lydia Smith (Apart 305)
- Anne McLaren (Apart 307)
- Willie & Hazel Sahler (Apart 304)
- James Davidson (Apart 309)
- James & Joan McPherson (Apart 316)
- Leslie & Daphne Smith (Apart 315)
- Christopher Kihn (Apart 113)
- Keith & Denise Elkin (Apart 320)
- Sharon Airth (Apart 225)
- Rosemary Swaisland (Apart 318)
- Francis Barden (Apart 111)
- Charles & Marlene Burt-Move from Unit 27 to Apart 240

Taking the initiative

A big thank you to Neville Baling (Unit 13) for taking the initiative to build a small ramp leading to the paper bank recycle bin. The

ramp makes it easier for residents to deposit their papers into the bin. Lennox Grobler had a couple of bricks which she donated and our handy gardeners showed that they were skilled in more than just gardening as they assisted in building this ramp. Thank you all for a job well done!! .

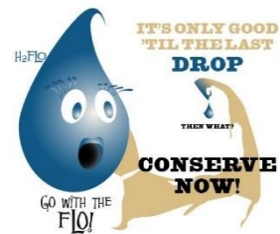


Water saving tip from Bettina Badenhorst (Unit 21)

Bettina like others in our village have gone to great lengths to save grey water. A useful tip for saving at least a litre of water when flushing your toilet, is to place a filled litre bottle in your cistern. Eddie & Sheila Norton Unit 4 as well as Roland Green Unit 59 have had well points installed. Please remember to apply through the office by completing a Variation Request Form if you would like to have this done. Our own water tanks have been delivered and will be installed within the next 2 weeks.

Generous hearts, Open hands

Capricorn Primary received a generous donation from Evergreen residents during December to support families of children who rely on the school for support. Your contribution made a big difference in the lives of these children and families-THANK YOU!!





Unique Health Care Centre:

A report from Mrs Pam Prevost

Pam Prevost had no idea that she would end up in our Care Centre managed by Unique Health until she fell and sustained injuries. Pam has nothing but praise for the great care she received. She reports that the nursing staff were always cheerful and helpful. She also made some friends during her stay. Pam admires the wonderful way in which the area has been furnished and says the long walks in the passages while receiving physiotherapy made her recuperation easier as she enjoyed the many magnificent pictures of places around the world, some familiar to her. Thank you Unique Health for caring for Pam Prevost with such dignity and making her stay such a pleasant one.

I'd rather look back
at my life and say
"I can't believe I did that"
instead of saying,
"I wish I did that."

Congratulations

Charles & Marlene Burt

who are our very first residents to move from the village (Phase 1) into an apartment. They felt like newly weds and were super excited to be moving into their new home. We wish them a long and happy stay.

The Sound of Music

Most people living in the village would have heard the beautiful choruses drift down the passage. After a long search we found a real gem in Claire Mortimore who agreed to conduct our choir. What an amazing change was noticed. Enthusiasm grew and more members joined with each practice. It just shows that with correct training and the love of music, each crow can be turned into a nightingale! Music fills the heart with joy, uplifts the spirit and is a good dose of brain medicine.



Remembering past events



Spring Tea



Games morning



Armistice Day



UDI Drinks

Callinetics

Callinetics classes take place every Tuesday and Friday. These are low intensity exercises involving both stretching and frequent repetition of small muscular movements and squeezes, designed to improve muscle tone, mobility and agility. It's fun and everyone is encouraged to work at their own pace and ability. If you are interested, please come and watch or join in a class, to see how you like it. Sue Kinnell the instructor is introducing a new class starting in March which will cater for residents who are not as mobile or agile as others.

New Class times from March:

09h20-10h00 &

Special Class 10h15-10h45

Class Days: Tuesdays and Fridays

Please wear something comfortable and "tackies" on your feet. Contact Sue Kinnell on 072 2120277 for more



Tea Bag presentation

