

THE TENDRIL

EVERGREEN
lifestyle
muizenberg



April 2017



Dear Evergreener's

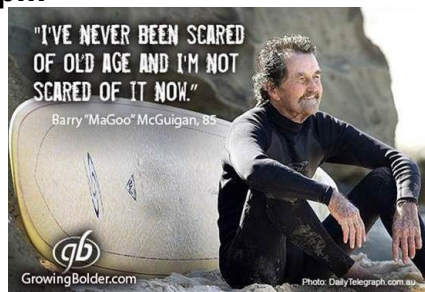
On 1 May I will be celebrating my 6th year at Evergreen Muizenberg. The village started with 70 homes and now a further 147 apartments have been added. Getting to know new residents has become a challenge but to make this easier we are aiming to display (with permission of course) pictures of new residents, to assist with meeting and greeting. Thank you to all who contributed to the Capricorn Primary Easter Egg collection for the children. Our latest addition to the list of activities is a table tennis board. Read about the benefits of this activity on page 4. Western Province Caterers have initiated "build it burger" on Tuesdays starting in April. Try it, you may be pleasantly surprised. And lastly, a blessed Easter to all who celebrate this special time. Until next time.....Warm regards, Melanie.

Special Events to Diarise in April

- *Tuesday, 4 April – Keith Jewell at the keyboard: 4:30pm
- *Thursday, 9 April –Entertainment by Roland Perold at 4pm (Nostalgia)
- *Wednesday, 12 April – Talk by Wouter van Warmelo at 5pm (Silvermine-After the Fire)
- *Thursday, 13 April – Mantelli's biscuits at 10am
- *Thursday, 13 April-Bingo at 5pm
- *Thursday, 20 April-Wendy Templeton: Clothing & Jewellery display an sale at 3pm

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

- Joy Hobson (Apart 238)
- Norman Reynolds (Apart 322)
- Dr le Roex-Move from Unit 64 to Apart 246



Join Piano Maestro
Keith Jewell at the
keyboard the first Tuesday
of every month at 4h30
What a treat!



INTERESTED IN PLAYING
BRIDGE?
JOIN PHYLLIS CLASSE EVERY
TUESDAY AT 2PM IN THE
LIBRARY.

Aging hasn't slowed
us
down and
it hasn't shut us up
either.



I do not have
gray hair.
I have
wisdom highlights.

WomenWorking.com

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Arts/Crafts & Hobbies Exhibition- 3 March 2017

Thank you to June Orsmond and all the willing volunteers who made this event possible. We are hoping to host another one closer to December.

My hobbies



Linda Till
Miniature's



Joan Jackson
Raffle for
TEARS



Admiral
Bennett



Liz
D'Alton-
Miniature
Doll House



Phyllis Classe
admiring
some fine art
work



Arts/Crafts & Hobbies Exhibition continued

Marlene Burt, Di Hawke, Carol Smuts, Liz Deenik



Ron Scott & Lennox Grobler



Ursula Law & visitor



Steph De Haas demonstrating decoupage



Kathy Struwig, Merleen & Billy van der Vyver



White elephant table



Entertainment by the Companions



Irish Fire Insurance

A man and his wife moved back home to Cavan, from London.

The wife had a wooden leg and to insure it in Britain was £2000.00 a year!

When they arrived in Bailieborough, they went to an Insurance agency to see how much it would cost to insure the wooden leg. The agent looked it up on the computer and said to the couple, '€39.00.'

The husband was shocked and asked why it was so cheap here in Ireland to insure, because it cost him £2000.00 in England! The agent turned his computer screen to the couple and said, 'Well, here it is on the screen, it says:

Any wooden structure, with a sprinkler system over it, is €39.00.

Here are the Top 10 Health Benefits of Ping Pong:

- Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics.
- Develops mental acuity. The speed, spin and placement of the ball are crucial in table tennis, and practiced players are highly skilled in both creating and solving puzzles involving these three attributes.
- Improves reflexes. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. The game is distinguished by bursts of exertion and recovery, leading to fast-twitch muscle development.
- It's easy on the joints. Have you had knee surgery, back problems, tired of twisting your ankles? Try table tennis. It's a great way to improve your leg, arm and core strength without overtaxing your joints.
- Burns calories. A 150-pound person can burn 272 calories by playing table tennis for an hour. Considering the fact that the sport is entertaining and addictive, it can be a fun and easy way to burn calories.
- Offers a social outlet. Whether you play in the community centre or at home with friends, table tennis offers a great way to bond with other people while you lose weight. Because young and old people can play the game, it can help improve communication and build relationships, irrespective of age.
- Keeps your brain sharp. Alzheimer's Weekly reports a clear increase in motor skills and cognitive awareness from playing table tennis, after a series of preliminary clinical studies in Japan found that table tennis markedly increases the flow of blood to the brain, and could possibly even prevent dementia.
- Improves coordination. Following the ping pong ball as it moves quickly toward you, and following its trajectory as your opponent hits it helps improve hand-eye coordination.
- Improves balance. Staying balanced and being able to quickly change direction are key to being successful in a ping pong rally. This is especially important for the elderly.
- Stimulates various different parts of the brain. By anticipating an opponent's shot, a player uses the prefrontal cortex for strategic planning. The aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long-term facts and events.