



Dear Evergreener's

The days are getting cooler and we are all praying for much needed rain. Sadly, Johan Balt and Marjorie Green passed away. Samantha Fritz, Western Province Caterers kitchen supervisor has decided to venture out and has taken up the challenge of running a new unit. We wish her all the best in her future endeavors and thank her for everything she has done for our residents at Muizenberg. On 14 May we celebrate Mothers Day and wish all our village mothers a special day. I will be taking annual leave from 2-5 May and from 2 to 23 June. You will be in good hands with Glynis, Christo, Amanda and Mfundo at the helm. Derek will also be overseeing during my absence to make sure all is on track. Like they say in Afrikaans, hou die blink kant bo and keep smiling. Until next time.....Warm regards, Melanie.

### *Special Events to Diarise in May*

- \*Tuesday, 2 May–Keith Jewell at the keyboard: 4:30pm
- \*Sunday, 7 May–Entertainment by Roland Perold & Richard Jewson at 4pm (Nostalgia)
- \*Thursday, 11 May-Bingo at 5pm
- \*Friday, 12 May–Slipper Day (Secret prize up for grabs!)
- \*Sunday, 14 May-Mothers Day
- \*Wednesday, 17 May-Wouter van Warmelo: Presentation on "Orkney Islands" at 5pm
- \*Thursday, 18 May-Bonnie Vale Wine Tasting at 3pm
- \*Wednesday, 24 May-Smart phone session 2-Whatsapp with Kyle Knight at 3pm
- \* Thursday, 25 May–CCH Productions: Musical: Crazy bout Classics at 12h00 in the Bistro



Tickets available at reception for R10. Wear your slippers and your wristband on the day and stand a chance to win a prize for the best slippers.



Thank you to all our eager residents who help us fill the Green Mpac Paper Bank within the allotted 2 week period. Keep it up!

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

- Lydia Hirschmann (Apart 17)
- Alan & Pam Delport (Apart 221)
- Sheila O'Linn (Apart 247)
- George Rutter (Apart 29)
- Myrtle Graham (Apart 306)



### Friendly Reminder

Refuse is collected **Monday to Friday between 8 & 9am (excludes public holidays)** from your house or apartment. Please do not leave refuse bags in the passages or at your front door overnight to prevent rodent infestation.

## Entertainment by Roland Perold on 9 April 2017

Roland sang and entertained residents by presenting music and song from well known composers from the Golden Age of Musical Theatre. Part of his show included making a pot of tea and sharing a cup with someone in the audience. Jenny Seed was the lucky lady who enjoyed this cup of tea while watching the show. His next show will be a two man show with Richard Jewson, a presenter on Fine Music Radio, Sunday 7 May at 3pm.



Look whose turned 90! Well done to **Dr Rene le Roex** on this special day. It looks like his hiding behind the 90!



**Keith & Denise Elkin** enjoying a Tuesday evening Build a Burger meal



**Allyson Vine** won the **“Guess Who”** competition for the most photographs identified of residents during younger years. The competition was so much fun and the photographs became a daily talking point. Allyson opted to have a painting done of her cats. Thanks to Di Hawke for arranging this competition and the lovely prize



A **big thank you** to all who contributed to the **Easter Eggs** collection for **Capricorn Primary School**. Each child was given their own little bag of Easter Eggs and as you can see in the pictures below, they were delighted!



A presentation by **Flight Centre** was held on 30 March. Many thanks to Glynis for arranging this event. The residents enjoyed cheese and wine after the talk and Allyson Vine won a prize.



# Some funnies. Enjoy !

## A funny story

This is for all of us closing in on the "Golden Years". This is something that happened at an assisted living center.

The people who lived there have small apartments but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast, so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly so she went back to the dining area. An hour later he still hadn't arrived so she went back up towards his room and she found him on the stairs. He was coming down the stairs but was having a hell of a time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room he was completely unable to get up even the first step so they called an ambulance for him. A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one leg of his boxer shorts. I am sending this to my children so that they don't sell the house before they know all the facts.



Old age used to be all in my head, Now it's in my joints too.

