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Dear Evergreener's

Please join me in welcoming Christine Smit, Western Province Caterers new kitchen supervisor. We wish Christine a long and happy stay at Evergreen Muizenberg. The Western Cape water shortage is at a critical stage with level 4 water restrictions on the cards from 1 June. Please make every effort to limit water usage & use non-potable water or re-use shower, bath, sink, washing machine water wherever possible. Only fill kettles to the required level to save water & electricity. For those who use the gym showers please limit your shower time to 2 minutes. See extract below for more details. Some of our fellow residents are celebrating 90th birthdays and are looking amazing for their age. We wish them many more happy years at Evergreen Muizenberg. As we celebrate Father Day on 18 June, we extend our best wishes to all our village fathers.....Warm regards, Melanie.

Special Events to Diarise in June

- *Tuesday, 6 June-Keith Jewell at the keyboard: 4:15pm
- *Thursday, 8 June-Bingo at 5pm
- *Tuesday, 13 June-Telecare Presentation by Anton de Beer at 3pm
- *Thursday, 15 June-Jewellery Sale at 3pm: Kathy Struwig
- *Sunday, 18 June-Father's Day
- *Wednesday, 21 June-Wouter van Warmelo: Presentation: Crop Circles
- *Tuesday, 27 June-Mark Naidoo: Talk on the effects of ageing on the body (Physiotherapy at home)



Slipper Day

Well done to Ruth Reichlin who won the prize for the best decorated slippers. Ruth generously shared her prize with Lennox Grobler who bravely wore her warm slippers on the day. Many thanks to all our residents who bought tickets to support this worthy cause, "Reach for a dream".

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

- Paul & Audrey Selby (Apart 308)
- Harold Cox (Apart 313)
- David & Anne Robertson (Apart 241)
- Star Milton (Apart 116)
- Lillian Huggett (Apart 317)
- Diane Steward (Apart 108)
- Nigel & Ann Myles (Unit 27)
- Mymoena Hendricks (Apart 106)
- Raymond & Pat van Eyssen (Apart 231)

Important Info
Audrey Marshall at Unit 63 is a Commissioner of Oaths. She is able to certify documents at no charge. Please contact Audrey on Ext 163.



Level 4 Water Restrictions

New rules that will come into effect on 1st June

- Use 100 litres a day per person
- No irrigation with municipal water allowed at all
- No washing of vehicles, trailers, or caravans, or boats using municipal water. May only use non-drinking water or waterless products
- No topping of swimming pools at all, either manually or automatically.
- Those using boreholes or treated effluent water, spring water or well points are encouraged not to irrigate within 7 days after rainfall.
- All exemptions granted under level 2 or level 3 restrictions are no longer applicable and have been revoked.



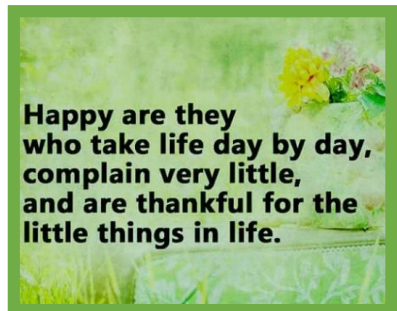
Gavin Pike, Hospital Manager of the new Melomed Tokai gave a presentation of the hospital and services it offers on Tuesday 25 April. Salama Josephs the Ambulance Services Manager also spoke on the services offered by their in-house ambulance service.



The De Villiers-On the move

Hydle and Gawie de Villiers moved to Cape Town from Bloemfontein at the end of 1966. They lived in Unit 48 for more than 7 years and were the first to pay a deposit for an apartment 9 years ago. They feel the wait was well worth it. Hydle says that in all the years in Cape Town, they have never had such a warm welcome as they had now from both residents and staff. They feel truly blessed!

Keith Jewell and Billy van der Vyver both enjoyed special birthday celebrations on the 11 & 19 May when they celebrated 90 years of life. They are indeed jolly good fellows that nobody can deny!



Alma Swanepoel who lives at Apart 301 hosted a **“Passage Party”** to get to know her neighbours in her passage. By the look of it, everybody had a great time and enjoyed the delicious food prepared by Alma!

From left to right: Alma, Anne, Willie & Hazel Sahler, Audrey & Paul Selby, David Davidson, Rae, Annaleen, Piet & Lydia

Alma Swanepoel

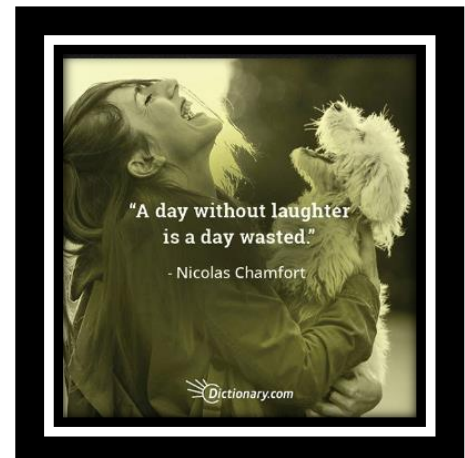


Piet & Annaleen Erasmus with Lydia Smith

Anne McLaren and Rae Graham



Rose McDermid, Meg Bennett & Felicity Menzies enjoying a game of table tennis in the gym. As they called it: American singles



Mad Hatter's Tea Party: Residents had a great time getting to know each other and enjoying a time of fun on 25 May. Keith & Denise Elkin, Sophia McKellar & Liz Kinman won prizes for the best hats. Thanks to Steph de Haas for organising the event & John Morgan for arranging the entertainment with Mike Connolly.



Texting Codes For Seniors

- HOG - Hot Old Guy
- ABFF - At Best Friends Funeral
- BMW - Bring My Walker
- ATD - At the Doctor's
- DBI - Disaster Because Incontinent
- FWIWG - Forgot Where I Was Going
- GGBCI - Gotta Go, Bladder Control Issues
- HGBM - Had Great Bowel Movement
- TOT - Texting on Toilet
- LMD - Lost My Dentures
- SMM - Slipped My Mind
- ODGS - Oh Dear! Gas. Sorry!

Some funnies. Enjoy !

Reflections on Age

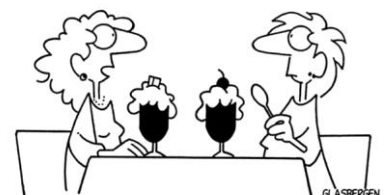
- *You know that tingly feeling you get when you really like someone? That's common sense leaving your body.
- *I did not make it to the gym today. That makes five years in a row.
- *I decided to stop calling the bathroom the "John" I renamed it the "Jim". I feel so much better saying I went to the Jim this morning
- *Old age is coming at a really bad time. When I was a child I thought "Nap Time" was punishment. Now, as a grownup, it feels like a small vacation.
- *If God wanted me to touch my toes, He would have put them on my knees
- *Last year I joined a group of procrastinators, we haven't met yet
- *Of course I talk to myself; sometimes I need expert advise

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"I was going to wake up early to go jogging, but my toes voted against me 10 to 1."

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"If you put a crouton on your sundae instead of a cherry, it counts as a salad."