



Dear Evergreener's

My recent trip to Ireland as an absolutely amazing one. For as long as I can remember, my heart's desire was to visit this country. Though small in size and population, it has lots to offer by way of tourism which currently generates a large percentage of their income. We travelled from Dublin, down to Waterford, Cork and ended up in Galway. The never ending green meadows and pastures were breath-taking, as were the cities filled with rustic and quaint buildings. I was pleasantly surprised when I came across an Evergreen shop in Galway. See the photo on the left, the yellow building.



We sadly said goodbye to Bandile one of our star waiters and wished him all the best as he started his chef career. On the 18 July, we celebrate Mandela Day. Many of our residents are already involved in community projects and our knitting group have done much in the way of contributing to those in need. See the letter from Fish Hoek Lions Club regarding this on page 2. I recently read an interesting article on the benefits of hugging. In many ways it lowers stress levels and promotes well being. If nothing else, make a point of hugging someone on Mandela Day!

Please continue to conserve water as water restrictions have reached level 4b from 1 July and everybody is encouraged to use only 87 litres of water daily per household.....Warm regards, Melanie.



Special Events to Diarise in July

- Thursday, 4 July-Jewellery Sale at 3pm: Kathy Struwig
 - *Tuesday, 4 July-Keith Jewell at the keyboard: 4:15pm
 - *Tuesday, 11 July-Talk by Dietician Chantelle Moore at 3pm
 - *Wednesday, 12 July-Talk by Physiotherapist Mark Naidoo at 3pm: The effects of ageing on the body
 - *Thursday, 13 July-Bingo at 5pm
 - *Monday, 18 July-Presentation by Amdec Marketing at 3pm.
- RSVP by 14 July
- *Tuesday, 25 July-Christmas in July at 7pm
 - *Sunday, 30 July-Entertainment: Oldies but Goldies: R50 pp
- RSVP by 26 July.

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

- Michael & Cynthia Dean (Unit 57)
- Geoffrey & Letitia Hughes (Unit 27)
- Walter Reid (Apart 248)
- We think about those we have lost.....
- Lillian Huggett (Apart 317)
- Dr le Rene le Roex (Apart 246)
- John Lightfoot (Unit 27)
- Dr David Robertson (Apart 241)

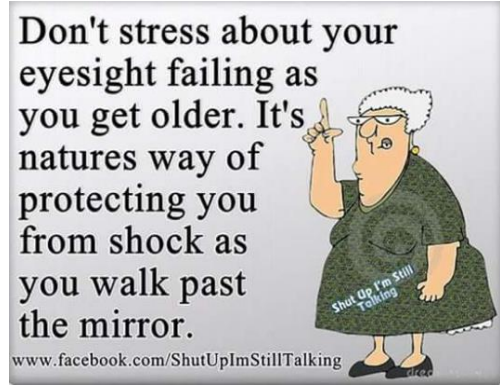
Sign in a shop in Ireland

I am lost
I have gone to look for myself
If I return before I get back
Please ask me to wait

Things are getting worse,
please send chocolate



Our **Evergreen Knitting Club** active as always!
 Thank you ladies for your dedication and
 commitment in making a difference in others lives.
 You are appreciated.



Bandile hard at work doing what he loves. We wish him all the best. Thank you to all who contributed towards a farewell gift for him.



An interesting observation by Pam Lightfoot-Unit 28.

One evening our cat Oliver was avidly watching something out in the dark on the grass out front. On investigation I found this Western Leopard toad. He was not at all fussed about me and he was a very long way away from any water. Never saw him again.



Our very own David Philander in his hey days when he worked for the Post Office. No wonder he is so fit!

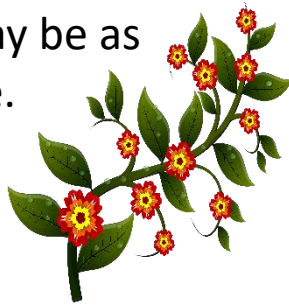


Important Notice: The recycle bins have all been labelled indicating the various kinds of items to place in the bins. We would appreciate your assistance in placing the correct items in the correct recycle bin.

Gawie De Villiers (Apart 236) turned 90 on 22 June. He celebrated in style with family & friends in the Bistro on 25 June. May he enjoy many more!



Happy 90th Birthday **Muriel Owen** (Apart 235). May this day be as special as you are.



24 residents attended the talk by **Western Province Caterers Dietician Chantelle Moore** held on 11 July. She highlighted the importance of eating a well balanced meal, drinking enough water and getting just the right amount of exercise.



Benefits of Drinking water at the correct time

- 2 Glasses**
After waking up
Helps activate internal organs
- 1 Glass**
30 Mins Before a Meal
Helps digestion
- 1 Glass**
Before Taking a bath
helps lower blood pressure
- 1 Glass**
Before Going To bed
avoid stroke and heart attack

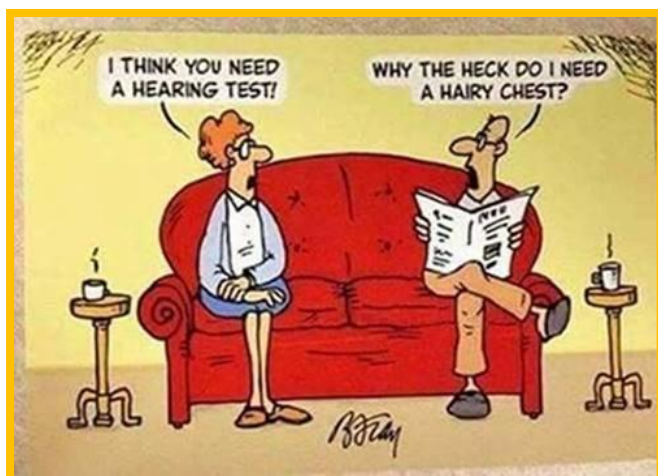
finesrecipes.tumblr.com



Some funnies. Enjoy !

TRAVELLING BY ANONYMOUS

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone. I've also never been in Cognito. I hear no one recognises you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, family, and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm Incapable, and I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age, I need all the stimuli I can get! I may have been in Continent, but I don't remember what country that was in. It's an age thing. They tell me it is very wet and damp there.



A minister decided that a visual demonstration would add emphasis to his Sunday sermon.

Four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second worm was put into a container of cigarette smoke.

The third worm was put into a container of chocolate syrup.

The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the minister reported the following results:

The first worm in alcohol Dead!

The second worm in cigarette smoke . . Dead!

Third worm in chocolate syrup . . . Dead!

Fourth worm in good clean soil . . Alive!

So the minister asked the congregation, "So my friends? What did you learn from this demonstration?"

Maxine, sitting in the back quickly raised her hand and said,

"As long as you drink, smoke and eat chocolate, you won't have worms!"

That pretty much ended the service!