



Dear Evergreener's

August is Woman's month and we celebrate "Woman's Day" on 9 August. Do take advantage of the Woman's Day brunch arranged by Western Province Caterers to celebrate this special day. The new Tuesday night pub supper menu offers two options, one being a lovely soup and bread roll for R15. August is also important as we prepare for our upcoming AGM on 4th September at 3pm. Rescom members who are eligible for re-election are Chris Bennett, Chris Turner and David Rosenberg. I wish to thank John Morgan, Gill Pearson, Steph De Haas, June Orsmond (Secretary) and those mentioned before for all their efforts over the past two years. It has been a real pleasure working alongside them knowing they always carried the village's best interests at heart. Lastly, please inform us if you are going away or there is a change in your health status. This is vitally important as the village grows in number and to attend to your needs.... Warm regards, Melanie.



## Special Events to Diarise in August

- \*Tuesday, 1 August-Keith Jewell at the keyboard: 4:15pm
- \*Tuesday, 8 August-Talk by Margi Sim at 10h30am-Benefits of Pilates
- \*Wednesday, 9 August-Woman's Day Brunch at 9h30-R75 pp. Book by 4<sup>th</sup> August
- \*Thursday, 10 August-Bingo at 5pm-Cost: R30. Book at reception
- \*Tuesday, 15 August-Talk by Lynne Abrahamson at 3pm-Benefits of Yoga
- \*Tuesday, 22 August-Kenilworth Travel Presentation at 3pm. RSVP by 18 August
- \*Wednesday, 23 August-Talk by Wouter van Warmelo at 5pm on "The Island of Cyprus"
- \*Monday, 4 September-AGM at 3pm (Please inform reception of your attendance by Thursday 31 August)

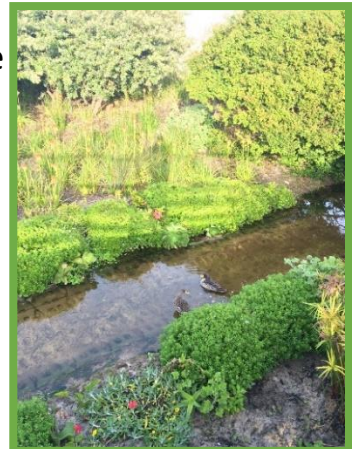


A warm welcome to the newest members of the Evergreen family...

- Michael Webber (Apart 22 )
- Frieda Koenig (Apart 242)
- Alfred & Carol Gadd (Apart 247)
- Nick & Lizanne Barnett (Apart 317)
- Brian & Jean King (Unit 48)
- Andries & Judith Coetsee (Apart 245)

Marie Snijders (Unit 29) is collecting bread tags for a charity. Please drop these off at reception. Thank you!

Have you spotted the new additions to our village: ducks in the boardwalk river.



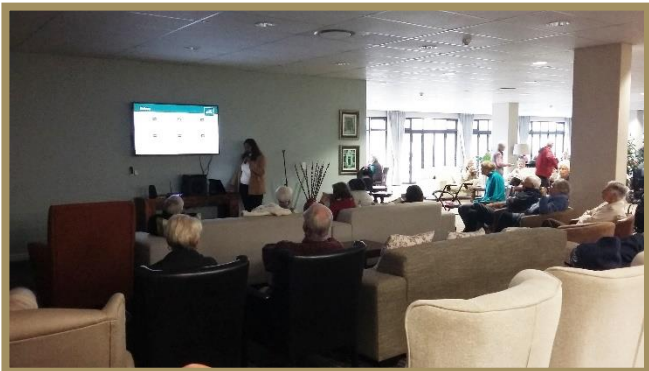


**Mark Naidoo, a Physiotherapist from “Physiotherapy at Home” presented on the effects of ageing on the body on 12 July.**

**Cameron Reardon, one of their physiotherapists is based in the Unique Health Care Centre and does visits twice a day. Please contact the Care Centre reception for an appointment.**



**Prieshka Taylor from Amdec Marketing Department did a presentation on the recent marketing campaign done at Muizenberg. Thank you to all who participated in making this campaign a success and to every resident who makes this village a special place to live in.**





**Christmas in July-25 July.** Western Province Caterers served a superb meal and the ambience was further enhanced with entertainment by Peter the violinist. Lucky draws were won by some, Isobel Hales knitted the most beautiful Christmas booties and Steph De Haas & Denise Elkin decorated the Christmas tree. Thank you to all who attended and made the evening a memorable one.



**Marlene Burt** beautified the pot plants outside our Leisure Centre. Thank you Marlene for a job well done!  
It looks fantastic



**Marion Fulton** celebrated her 80<sup>th</sup> birthday on 1 August. May you enjoy many more at Evergreen Muizenberg!



The **"Poetry Group"** have a new meeting place. Join them on the 3<sup>rd</sup> Wednesday of every month at 3pm on the 2nd Floor, North Block with a beautiful view of the mountains.

**QUOTE OF THE DAY**

Do everything with  
*A Good Heart*  
& expect nothing in return  
& you will never be  
*Disappointed.*



**Top 10**  
Facebook / Top10HomeRemedies

**"I am prepared to go anywhere, provided it be forward."  
David Livingstone.**

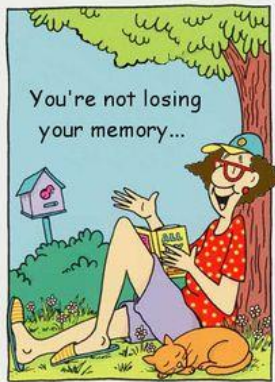


Some funnies. Enjoy !

## Wonderfully British

In a train from London to Manchester, an American was berating the Englishman sitting across from him in the compartment. "The trouble with you English is that you are too stuffy. You set yourselves apart too much. You think your stiff upper lip makes you above the rest of us. Look at me... I'm me! I have a little Italian in me, a bit of Greek blood, a little Irish and some Spanish blood. What do you say to that?"

The Englishman lowered his newspaper, looks over his glasses and replied, "How very sporting of your mother!"



You're just really good at letting go of the past!



### HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" and he said "no". Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I've just shot them." Then he hung up. Within five minutes three police cars, an Armed Response Unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed. One of the Policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"



### Afrikaans grappie

Twee 90-jarige mans, Mike en Joe, is al hul hele lewe lank boesemvriende. Toe die einde vir Joe nader kom, besoek Mike hom elke dag. Eendag se hy vir hom: "Joe, ons albei is baie lief vir rugby en ons het baie jare Saterdag saam rugby gespeel of gekyk. Doen asseblief vir my een guns: Wanneer jy in die hemel is, moet jy op een of ander manier vir my laat weet of daar rugby is.

Joe kyk van sy sterfbed op. "Mike, jy was baie jare lank my beste vriend", se hy. "As dit enigins moontlik is, sal ek dit vir jou doen." Kort daarna sterf Joe. N paar nagte later word Mike om middernag wakker toe n verblindende ligstraal by sy kamer inskyn. Hy hoor n stem roep: "Mike! Mike! "Wie is dit?" vra Mike.

"Mike dis ek, Joe

"Joe! Waar is jy?

"In die hemel kom die antwoord. "En ek het baie goeie nuus en ook n bietjie slegte nuus."

"Gee my eerste die goeie nuus", se Mike.

"Die goeie nuus is daar is rugby in die hemel. En al ons ou vriende wat voor my gesterf het, is ook hier: Ons almal is weer jonk. Die beste van alles is dat ons kan rugby speel soos ons wil en ons word nooit moeg of beseer nie."

"Fantasties!" Roep Mike uit. "Dit is beter as in my wildste drome. Maar wat is die slegte nuus dan?"

"Jy is in die span vir Saterdag."!!! 😊😊

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(True Story) Don't mess with old people!!

