



Dear Evergreener's

September marks the beginning of Spring! The blooms have reared their beautiful faces in many places in our village and I am beginning to feel the warmth of the sunshine in my office again. I do however hope we will get the much needed rain to fill our dams. Phyllis Classe started teaching residents in the Care Centre how to play Rummoli. Please join Phyllis if you would like to be part of this group that will meet Mondays at 11am. We received many compliments regarding Cameron, the physiotherapist based in the Care Centre, who has a warm and professional approach. The current occupational therapy room in the Care Centre is being set up as a physiotherapy room as well, which will be a great benefit to our residents. Church services will continue to be held in the lounge area in the Care Centre. We said goodbye to Aimee Ravens and wish her well in her future endeavours. Please diarise the events below like the Vitality Wellness Day on 15 September! There are lots happening you can be part of .....Warm regards, Melanie.



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

- Peter & Pat Attenborough (Apart 243)
- Terry Dancer (Apart 244)
- Jenny Angehrn (Apart 340)
- Heather McLachlan (Apart 237)
- We remember those we have lost.....
- Reginald Staak (Apart 129)

### Special Events to Diarise in September

- \*Friday, 1 September-Spring Tea @ 3pm. Cost R35pp
- \*Monday, 4 September-AGM @ 3pm
- \*Tuesday, 5 September-Life Matters Foundation presentation at 3pm in library
- \*Wednesday, 6 September-Rescom @8am
- \*Wednesday, 6 September-CCH Production-Lunch time entertainment: The MOD SQUAD @ 12pm
- \*Wednesday, 6 September-Start of Yoga Classes at 10h30-11h30 by Lynne Abrahamson
- \*Wednesday, 13 September-Wine Tasting by Louisvale Wines at 3pm. R15pp, RSVP by 8 September.
- \*Thursday, 14 September-Bingo at 5pm-Cost: R30. Book at reception
- \*Friday, 15 September-Vitality Wellness Day-8am-3pm



Sister Lou Devine is the new manager in charge of Unique Health Care Centre. Lou comes to us with many years of experience in the health care field. We welcome her warmly and wish her a long and happy stay at Muizenberg.



Phyllis Classe teaching Care Centre residents how to play Rummoli. The group will meet Monday's at 11am in the Care Centre

You don't stop having fun when you get old, you get old when you stop having fun!







**James & Monique Cassells** entertained our residents on Sunday 30 July. A fantastic show and what great singing voices. They took many down memory lane with the oldies but goldies. Some were brave enough and got up to dance. Definitely a couple to invite back in the future.



The **Woman's Day Brunch** was thoroughly enjoyed by all who attended. Well done to Western Province Caterers for organising a great morning!



**"WELL BEHAVED  
WOMEN RARELY  
MAKE HISTORY."**





**Lynne Abrahamson** did a talk on the benefits of **Yoga** on 15 August. Classes start Wednesday 6 September from 10:30-11:30 in the gym. Charges are R250 per month or R65 per class.



Please join **Keith Jewell** on the 1<sup>st</sup> Tuesday of every month at 4:15 when he entertains residents to beautiful melodies at the piano. Not to be missed!

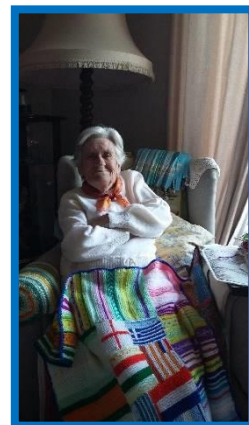


**Pilates** classes held by **Margie Sim** started up on Monday 14 August from 9-10am. A maximum class is 6 people. Charges: R250 per class divided by number of participants.



**Vivienne 't Hart** conveys a **Big Thank You** to the Unique Health Care Centre staff, including the cleaners for the care she received after a very scary bout with pneumonia. After her recovery in the Care Centre she was able to return to her own space, where she is coping well, while taking things slowly and carefully. The staff soon discovered that Viv is an independent gal, who is fiercely determined to do things for herself! (ex-room 12)

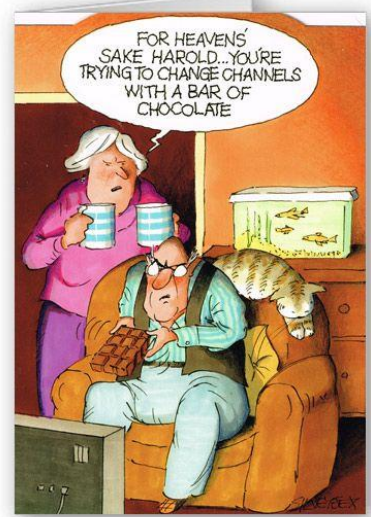
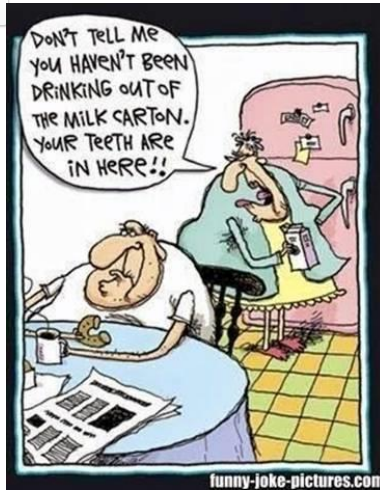
For those residents who have missed Viv, please pop in for a visit at Apart 28. She has an easy chair plus the seat of her walker for visitors. If you would like to call Viv, do so between 8.45 & 9.30am, when she is still close to her phone. It's good to have you back Viv!





## Some funnies. Enjoy !

Three sisters age 92, 94 and 96 live in a house together. One night the 96 year old draws a bath, puts her foot in and pauses. She yells down the stairs, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know, I'll come up and see." She starts up the stairs and pauses, then she yells, "Was I going up the stairs or coming down?" The 92 year old was sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then yells, "I'll come up and help both of you as soon as I see who's at the door."



Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful!'"

The doctor said, "I didn't say that. I said you got a heart mummer and be careful."

HAR HAR HE HE HA HA



**'Some people ask the secret of our long marriage. We take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes Tuesdays, I go Fridays.'**

**Anonymous**

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!" The four men didn't wait for a second threat. They got out and ran like mad.

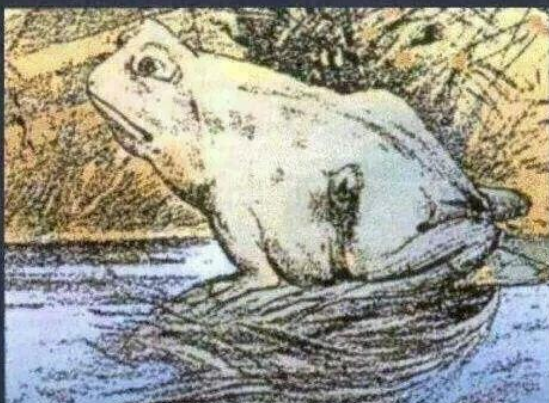
The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat. A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

### Share When You See The Horse



This is going to be real challenge .. 99% of people can't find the horse. If you see the horse then share with your friends. Ask them to find it... Could you find it?