



Dear Evergreener's

The weather has started cooling down considerably and winter woollies are emerging. It's time to wear your favourite cap or jersey again. As always lots has been happening in the village. Pat Swilling has started exercise classes for the Care Centre residents with the help of Denise Elkin and the residents are enjoying this activity. May month is special for all our mothers in the village. I have included a beautiful poem for all our precious ladies to remind you that you are valued and loved. Hydle De Villiers is starting a new group called "Chit Chat" for those who simply want to get together for a good old chat. See details below. We will be saying goodbye to Lou Devine at the end of April. Lou has decided to join family abroad. We thank Lou for the contributions she has made to the village and wish her all the best as she embarks on this new season in her life. Lou's position will be filled by Sister Gerty Noyle who is experienced in High-Care and ICU. We also welcome Mandy Mulders as a new additional receptionist. We are a growing team and this is exciting!

Until next time, take care and stay warm. Regards, Melanie.



Mandy Mulders lived in Pretoria for 10 years where she ran a Pilates studio. In 2017 she moved to Fish Hoek to be closer to her parents & adult children. For the last 2 months she assisted Kim at Evergreen Noordhoek. She is an avid walker and loves to read. Welcome Mandy!



Gisela Hurling won the Unique Health employee of the month during March. She is an excellent nurse who thinks on her feet. Her procedural knowledge is always on target. Gisela's energy is bubbly & infectious and she is respected by all. Well done Gisela!

Special Events to Diarise in May

- *Tuesday, 1-Keith at the piano 16h15-16h45
- *Tuesday, 1-Chit Chat @15h00 (1st Meeting) Initiated by Hydle De Villiers Ext 2238
- *Thursday, 3-Kind to Hearing from 10h00-13h00-Boardroom
- *Thursday, 3-Book Club @ 14h45: Special speaker Shirley Zinn (R12 for tea & outreach kitty) RSVP 2 May with Hildegard Oosterhuis Ext 109
- *Tuesday, 8-Rescom @8h30 am
- *Wednesday, 9-CCH Productions @ 12-Love Songs (free lunch time entertainment)
- *Thursday, 10-Bingo @ 17h00 (R30: Book & Pay reception)
- *Tuesday, 15-Talk by Diskem Pharmacy @14h30 (RSVP by 14 May)
- *Wednesday, 16 Talk by Wouter on Cyprus @ 17h00
- *Wednesday, 23-Decoupage Workshop by Steph De Haas. Cost 25pp (Includes materials and tea/coffee) RSVP by 15 May with Steph Ext 2002
- *Thursday, 30 Quiz Night @ 17h00. RSVP reception by 28 May. Team of 4 may enter. Entry Free

A warm welcome to the newest members of the Evergreen family.....
Roy & Helen Paterson (Apart 239)
Dawn Gordon (Apart 246)
Caroline Damstra (Apart 125)
Peter & Cecelia Burns (Apart 218)

Condolences to the families of
Sheila Morris (Care Centre)
Lennox Grobler (Unit 62)

We said goodbye to
Liz Deenik (Apart 9)

To all our mothers: Happy Mothers Day

WOMAN. . . .



When God created woman he was working late on the 6th day.....

An angel came by and asked." Why spend so much time on her?"

The Lord answered. "Have you seen all the specifications I have to meet to shape her?"

She must function on all kinds of situations, She must be able to embrace several kids at the same time, Have a hug that can heal anything from a bruised knee to a broken heart, She must do all this with only two hands," She cures herself when sick and can work 18 hours a day"

THE ANGEL was impressed" Just two hands.....impossible!

And this is the standard model?"

The Angel came closer and touched the woman" "But you have made her so soft, Lord". "She is soft", said the Lord, "But I have made her strong. You can't imagine what she can endure and overcome"

"Can she think?" The Angel asked... The Lord answered. "Not only can she think, she can reason and negotiate"

The Angel touched her cheeks.... "Lord, it seems this creation is leaking! You have put too many burdens on her" "She is not leaking...it is a tear" The Lord corrected the Angel...

"What's it for?" Asked the Angel..... . The Lord said. "Tears are her way of expressing her grief, her doubts, her love, her loneliness, her suffering and her pride..."

This made a big impression on the Angel, "Lord, you are a genius. You thought of everything. A woman is indeed marvellous"

Lord said. "Indeed she is. She has strength that amazes a man. She can handle trouble and carry heavy burdens. She holds happiness, love and opinions. She smiles when she feels like screaming. She sings when she feels like crying, cries when happy and laughs when afraid. She fights for what she believes in.

Her love is unconditional. Her heart is broken when a next-of-kin or a friend dies but she finds strength to get on with life"

The Angel asked: So she is a perfect being? The Lord replied: No. She has just one drawback "She often forgets what she is worth".

Residents celebrated **Earth Day** on 22 April by watching a David Attenborough documentary and thereafter enjoying some lovely eats.



Meet the Team was hosted by Unique Health on 19 April. They consisted of an Occupational Therapist, Physiotherapist, Psychologist, Speech Therapist and Care Consultant. Good to know we have these wonderful services available when needed. Thank you to Lou for arranging this event.



NSRI-The National Sea Rescue Institute hosted a talk on the 3 April. An organisation known to many and very well supported.

Pat Swilling, a retired physiotherapist and resident started **exercises classes** in the Care Centre. This takes place every Wednesday at 10am. Thank you Pat for availing your time and expertise.



Easter Egg donation-Capricorn Primary

The kids at Capricorn Primary thoroughly enjoyed their Easter eggs and the teachers loved the "Aliens" (donated by Jim Raubenheimer) which were given to kids as an incentive for good behaviour and hard work. Also handed out were the "Reading caps" to the 2 Grade R classes, which the Knitting club have been working on for the past few months. The kids were delighted as seen from their happy expressions. **THANK YOU** to all who contributed. You have brought much joy to these precious little one's.



Alida's pop up clothing shop displayed and sold lovely clothing items on 10 April. Seen below is Lydia Hirschmann with a red jersey she bought on the day..



Laughter is good medicine. Enjoy !

Afrikaans - die "lekka" taal.

afree: kierieverlof
alkhol: slingersous
bleeksiel: fooskoos
fiets: draadkameel
eet: tandslaan
aap: sitbok
blonde oomblik: brein pouse
E-pos: vonkpos
Grimering: jeugdeug
toilet: porselein skoeter
mooi meisie: asem dief
omgekrapte maag: barsblerts
oorgewig: duidelik sigbaar
sakrekenaar: sompompie
lyftaal: skeletklets
skipants: sellulietsokkies
snelweg: boete roete
springmielies: kitskoring
tipex: flater water
tissue: snoetsponsie
wind opbring: keelknal
Graanvlokkies: olifant skilfers!!
slaap: lappetrap
mes en vurk: pik spanners
ouetehuis: kieriekoshuis

(British exam answers from 15 year olds)
*What happens to your body as you age?
When you get old , so do your bowels and you get intercontinental.
*Who did not welcome the return of the prodigal son? The fatted calf.
*How can you delay milk turning sour? Keep it in the cow.
*What does "varicose" mean? Nearby
*What is an enema? Someone who is not your friend.

Sir, please understand, to buy an anti-depressant pill, you need a proper prescription...Simply showing your marriage certificate & wife's picture is not enough...



BLAPSE IN KERK-PAMFLETTE

Dames, moenie die krap-en-koop-aand vergeet nie. Dis ook jou kans om van al die onnodige goed in jou huis ontslae te raak. Onthou om jou man saam te bring.

Moenie dat bekommernis jou doodmaak nie. Laat die kerk help.

Volgende Donderdag is daar oudisies vir die kerkkoor. Kom gerus as jy niks aan het nie.

Die pastoor gaan sy afskeidsprek lewer, waarna die koor gaan sing, "O blye dag".

Bertie Buitendag en Petro Prinsloo is op 3 Oktober getroud. En so eindig 'n mooi vriendskap wat in hul skooljare begin het.

Die onderwerp van Maandagaand se gemeentebiduur is: "Die hemel, hoe kan jy daar kom?"
Vervoer vertrek om 19:00 van die bushalte oorkant die ouetehuis.

Die lae selfbeeld-ondersteuningsgroep vergader Donderdagmiddag om 15:00 in die sypaal.
Gebruik asseblief die agterdeur.

Die Weight Watchers-groep vergader Dinsdagmiddag om 14:00 in die saal. Gebruik asb die dubbeldeure by die sy-ingang.

n Man is besig om "darts" na 'n foto van sy vrou te gooi, maar kan nie een keer raak gooi nie. Uit die kombuis roep sy vrou: "Liefie wat doen jy?" Hy antwoord: "Ek mis iou!" 😂😂

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, 'Why are some of your hairs white , Mum?' Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turn white.' The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'