

SA LOCKDOWN AT EVERGREEN MUIZENBERG

DO YOUR PART, STAY AT HOME AND STAY SAFE!



Keeping busy...

21 APRIL 2020

Guess the book by Emojis and a quick game of Sudoku - Answers in next edition



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Delicious Soup Recipe That'll Instantly Warm You Up on a Chilly Night

Ingredients

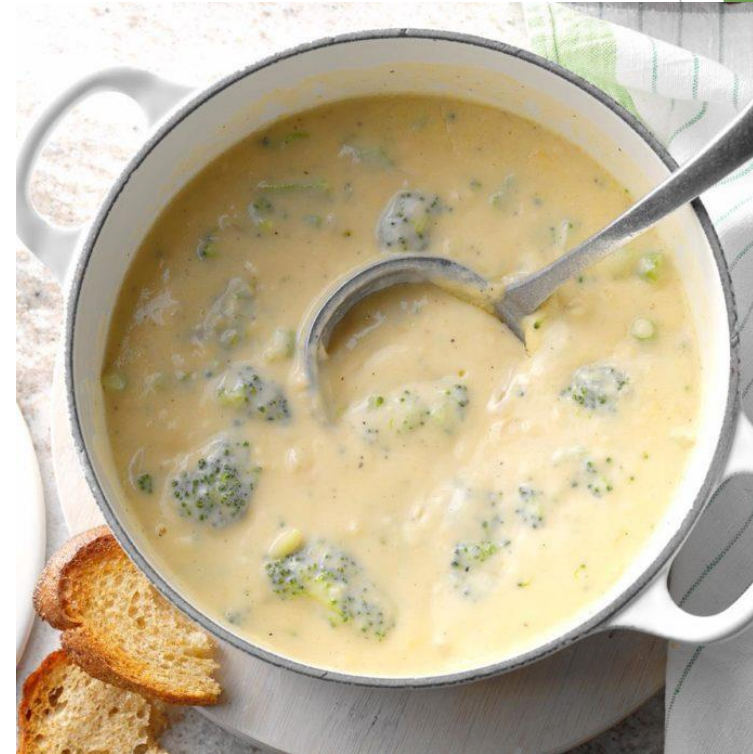
1/4 cup chopped onion
1/4 cup butter, cubed
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups 2% milk
3/4 cup chicken broth
1 cup cooked chopped fresh or frozen broccoli
1/2 cup shredded cheddar cheese

Directions

In a small saucepan, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended; gradually add milk and broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Add broccoli. Cook and stir until heated through. Remove from the heat; stir in cheese until melted.

Nutrition Facts

1 cup: 494 calories, 37g fat (24g saturated fat), 116mg cholesterol, 1145mg sodium, 26g carbohydrate (11g sugars, 2g fiber), 16g protein



Feel free to Send in photo's (or tasters 😊) of your Soup

Beautiful things in these UNUSUAL Times



Our Beautiful village first thing in the morning



First Poppy this season at H17
Thank you for sharing Shirley Olivier



Beautiful sunset at Evergreen
Noordhoek



This is Wilson. He is now working from home 😊



y'all realize that we're gonna be in the house till junevember 34th if y'all don't stay inside!

Showing their support

#Evergreenshaveforthebrave

#Evergreenhairforcare



Just a few of our colleagues from Evergreen showing their support during these UNUSUAL times

Meet the team behind the Calls



Neo Mazibuko



Charlotte Swart



Natalie van den Berg



Sharne Swart



Cindy Johnson

These are the lovely ladies that have been checking in on you, over the phone, for the past few weeks – Thank you ladies



Antonie Jordaan

Antonie is our 'resident Shopper' that runs to PnP & Pharmacy for you. Thank you Antonie



Celeste van Graan

Celeste is the lovely lady behind the scenes who co-ordinates the calls & the 'resident shopper' for you.

We appreciate your assistance

Sudoku & Crossword – Answers

7	9	3	8	6	4	5	1	2
6	5	4	1	2	3	8	9	7
1	2	8	9	7	5	3	6	4
5	8	6	2	1	9	7	4	3
2	7	9	3	4	6	1	8	5
3	4	1	7	5	8	6	2	9
8	3	5	4	9	1	2	7	6
9	1	2	6	3	7	4	5	8
4	6	7	5	8	2	9	3	1

T	R	I	P		P		S
	U		R	E	A	C	H
B	L	U	E		G		I
	E		S	W	E	E	P
F	R	E	S	H		I	
O		A		E	D	G	E
U	N	C	L	E		H	
R		H		L	A	T	E

Did you guess it?

1. You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle, or the fire? **Light the match first**
2. A farmer has 17 sheep and all but nine die. How many are left? **Nine**
3. Before Mt. Everest was discovered, what was the highest mountain in the world? **Mt Everest has always been the highest, it just hadn't been discovered yet**
4. Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by hungry sharks, just waiting to feed on you. How can you put an end to this? **Stop imagining**
5. Which travels faster? Hot or Cold? **Hot travels faster, as you can catch a cold**
6. First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat? **Corn on the cob**



1. Winnie the Pooh
2. Cat in the hat
3. The very hungry caterpillars
4. Three little pigs
5. Where the wild things are
6. Charlottes Webb