

# WHAT'S HAPPENING

NEXT WEEK 7 - 13 August 2023

“Where there's hope, there's life. It fills us with fresh courage and makes us strong again.”

Anne Frank

## New Art Teacher

Residents interested in art lessons across various mediums. Art teacher Nas will be in the Recreation room for meet and greet on Friday  
4 Aug 2023 at 11:00

## What's On The Menu

Delicious meals on offer this week!

Woman's Day  
Sunday Lunch -  
13 Aug 2023

Week 32



World Cup Warm up  
fixtures Sat 12 Aug

Wales v England  
Scotland v France  
Ireland v Italy

## It's A Celebration

Birthday's,  
Anniversaries & New  
Residents

# ACTIVITIES & EVENTS

MON 7 AUG	TUE 8 AUG	WED 9 AUG	THUR 10 AUG	FRI 11 AUG	SAT 12 AUG	SUN 13 AUG
09h00 Water Aerobics 1  09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class	<b>WOMEN'S DAY</b>	08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing	 World Elephant Day	
			09:00 am Yoga	09:30 am Line Dancing		
10 am Knitter & Natter			10 am Visual Music	10 am Visual Music		12:00 pm  Woman's Day Lunch
1 pm Bridge	2 pm Rummikub	2:30 pm Christian Fellowship	2:00 pm Rummikub	10:30 am Bible Study		
5 pm Men's pool/Snooker Waterhole	2:30 pm Scrabble		2:00 pm Bridge	12:30 pm Fish & Chips	 Rugby World Cup Warm up fixtures  England v Wales France v Scotland Italy v Japan	
	2:30 pm Craft Class		3:00 pm Pentaque	5 pm Waterhole		
	5 pm Ladies pool/ Waterhole		06:00 pm Movie Night			

# ACTIVITIES & EVENTS

Art teacher who teaches across various mediums from drawing to painting as well as sculpturing. Nas is available to teach at the Village on either Monday/ Fridays. (10:00 - 13:00)

R900.00 per month.

She is available to start teaching in August 2023 as she is overseas doing an exhibition in July 2023.

Interested residents to send Wilma their names and indicate their preferred day being either Monday or Friday.



DISCOVER THE FUN AND JOY OF PAINTING!

## ART CLASSES

Classes begin in August 2023

+27 82 920 8135    naghdam@yahoo.com



## SALON OPEN ON SATRDAYS

Charmaine the hairdresser have agreed to working two Saturdays per month to assist those residents who are not available during the week.

**She will be available on the below Saturdays :**

- 29 July 2023 from 09:00 - 13:00
- 5 August 2023 from 09:00 - 14:00
- 19 August 2023 from 09:00 - 14:00
- 2 September 2023 - From 09:00 - 14:00
- 16 September 2023 - From 09:00 - 14:00
- 30 September 2023 - from 09:00 - 14:00
- 14 October 2023 - from 09:00 - 14:00
- 28 October 2023 - from 09:00 - 14:00

Bookings can be done with her directly on **073 031 8677**

## UPCOMING EVENTS

August 2023

Woman's Day - 9 Aug

AGM - 17 Aug

September 2023

Spring day - 1st

Start of Rugby World Cup - 2nd

Arbour day - 9th

Heritage day - 24th

National Braai Day - 24th

# IT'S A CELEBRATION

*Count your age by friends, not years.*

*Count your life by smiles, not tears. — John Lennon*

## ANNIVERSARIES

**7 - 13 AUGUST**

## BIRTHDAYS

**7 - 13 AUGUST**

8th Trevor Morgan  
9th Hester Killian  
9th Anthony Pitman  
13th Pat DutHoit

## Therapeutic Colouring "Get together"

Thursdays at 10:00  
in Lifestyle Centre.  
Contact Kay Olie Unit 49



# WHAT'S ON THE MENU?

## THE BISTRO

### SOCIAL DINNER – WEDNESDAY

**MONDAY  
7 AUGUST**

**Pork Schnitzel with chive  
mash, cheese sauce,  
spinach and carrots –  
R68**

**TUESDAY  
8 AUGUST**

**Cream of potato and  
leek soup with cheese  
and tomato health rol  
– R68**

**WEDNESDAY  
9 AUGUST**

**PUBLIC HOLIDAY (CLOSED)**

**THURSDAY  
10 AUGUST**

**Beef goulash with  
cheesy mash  
potatoes, saute green  
beans and sweet corn –  
R68**

**FRIDAY  
11 AUGUST**

**Grilled or deep/fried  
Hake with chips, tartar  
sauce, carrot and  
pineapple salad and  
garden salad – R85**

**WEDNESDAY SOCIAL DINNER**

**PUBLIC HOLIDAY (CLOSED)**

**DAILY MEAL ORDERS BY 09h00  
BOOK ON EXT 1209**

**BOOK BY 17:00 PRIOR DAY**



# NATIONAL WOMEN'S DAY

9 AUGUST 2023



## NATIONAL WOMEN'S DAY

South Africa commemorates Women's Month in August and Women's Day on the 9<sup>th</sup> of August every year as a tribute to the more than 20 000 women who marched to the Union Buildings in 1956 in protest against the extension of Pass Laws to women.

Since the advent of democracy and freedom South Africa has seen a number of women taking up leadership in positions in areas previously dominated by men. One of the success stories of our democracy is that of the representation of women in political and decision-making positions. Involving women in governance processes constitutes one of the South Africa's globally acclaimed success stories.

Women's month is a tribute not only to the thousands of women who marched on that day in 1956, but also a tribute to the pioneers of the women's movement in this country, dating back to 1913, when women like Charlotte Maxeke led the way in establishing the ANC Women's League and encouraging women to engage in the struggle for freedom.



## WORLD ELEPHANT DAY

Personifying prehistoric beauty, theological relevance, and environmental importance, this August 12<sup>th</sup>, we honour one of Earth's most magnificent creatures with World Elephant Day. Over the last decade, the number of elephants has significantly dropped by 62% and they could be mostly extinct by the end of the next decade.

It is estimated that, every day, 100 African elephants are killed by poachers. World Elephant Day was created to raise awareness and create change to save these majestic creatures. This is a day where organisations and individuals can rally together to give a voice to the issues threatening elephants so that future generations can appreciate them.

Learn about what others are doing to conserve and protect elephants. Support efforts to treat and care for these magnificent creatures in a non-exploitive and sustainable environments where they can thrive. You can also donate to the World Elephant Society or the Elephant Reintroduction Foundation, which focuses on restoring natural habitats, changing legislation, and the rehabilitation of these animals.