"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



Birthday's, Anniversaries & New Residents

MOSTD CTS

World Cup Warm up fixtures Sat 12 Aug

Wales v England Scotland v France Ireland v Italy

7 - 13 AUGUST 2023 / Page 1

Week 32

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	women's DAY	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	
	2:30 pm Craft Class		3:00 pm Pentaque	5 pm Waterhole	England v Wales France v Scotland Italy v Japan	
	5 pm Ladies pool/ Waterhole		06:00 pm Movie Night			

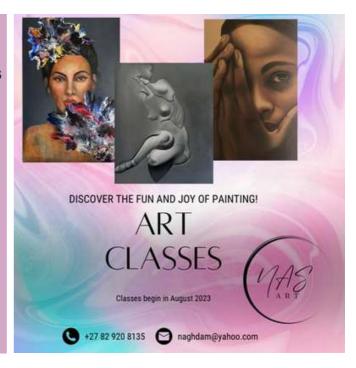
ACTIVITIES & EVENTS

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.





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

WEDNESDAY SOCIAL DINNER

TUESDAY 8 AUGUST Cream of potato and leek soup with cheese and tomato health rol - R68

WEDNESDAY
9 AUGUST

PUBLIC HOLIDAY (CLOSED)

PUBLIC HOLIDAY (CLOSED)

THURSDAY
10 AUGUST

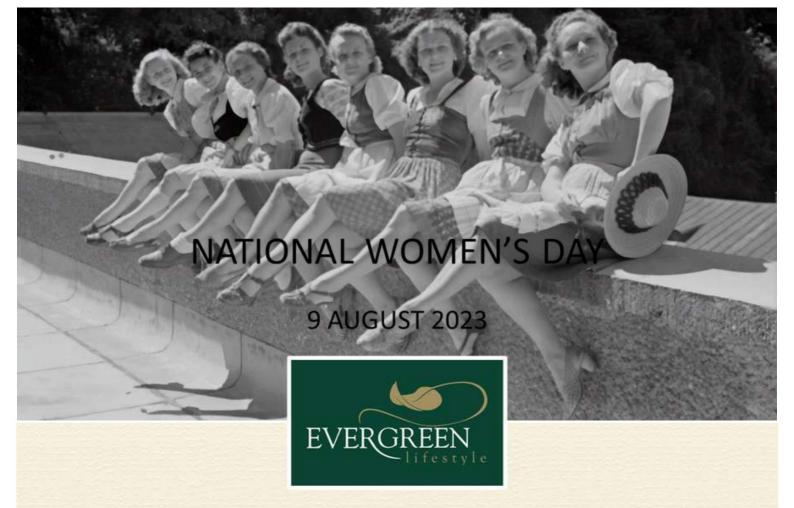
Beef goulash with cheesey mash potatoes, saute green beans and sweet corn -R68

FRIDAY
11 AUGUST

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

DAILY MEAL ORDERS BY 09h00 BOOK ON EXT 1209

BOOK BY 17:00 PRIOR DAY

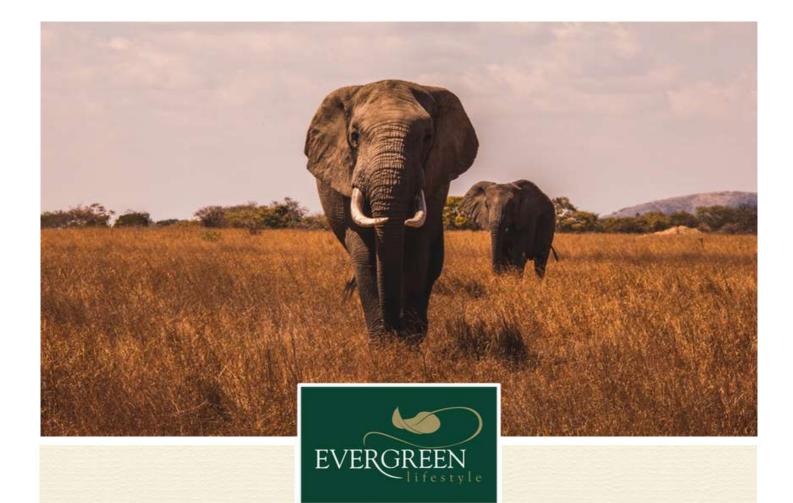


NATIONAL WOMEN'S DAY

South Africa commemorates Women's Month in August and Women's Day on the 9th 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 12th, 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.

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