

## **Latest News**



Let music warm your heart at the JPO's Winter Symphony Season Concerts

Following a sold-out Summer Season, the Johannesburg Philharmonic Orchestra (JPO) brings an exciting and diverse programme over the winter season. The Winter Symphony Season runs from 30 May to 20 June with concerts taking place every Thursday evening. The programme includes the return of popular conductors, and debut performances by an exciting line-up of soloists.

Cost: R170 - R400pp, book via Quicket

When: Running until 20 June, from 7.30pm

Where: Wits Linder Auditorium, 27 St Andrews Rd, Parktown, Johannesburg

a day without laughter is a day wasted

Charlie Chapman



#### Monday | 17 JUNE

#### Tuesday | 18 JUNE

#### **PUBLIC HOLIDAY**

10h00 Knit and Natter 13h00 Bridge 17h00 Pool/Snooker & Waterhole 09h00 Therapeutic Exercise Class 14h00 Rummikub 14h30 Scrabble 17h00 Ladies Pool/Snooker

#### Wednesday | 19 JUNE

#### Thursday | 20 JUNE

#### 9:00 Shuttle to Nicolway Shopping Centre



8h15 Lower back group class 9h15 Walking group 10h15 Frail Care keep active class 11h15 Hip and knee group class 17h00 Social Dinner 08h00 Therapeutic Exercise Class

09h00 Yoga

10h00 Art Class

10h00 Visual music #81

14h00 Bridge & Rummikub

15h00 Petanque

18h00 Movie Night

#### Friday | 21 JUNE

#### Saturday | 22 JUNE

09h00 Line Dancing 10h30 Bible Study 12h30 Fish and Chips 17h00 Waterhole 10h00 - Medical talk:
Dr Karen Vukovic (Psychiatrist)
How to deal with anxiety and
depression

15h00 Petanque

#### Sunday | 23 JUNE

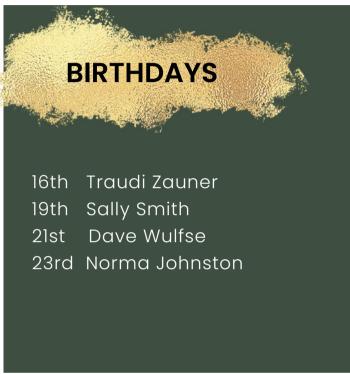


# LET'S CELEBRATE!

Count your age by friends, not years.

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











THE BISTRO

WITH TSHWANELO ON EXT 1200

#### MONDAY - 17 JUNE

CLOSED - PUBLIC HOLIDAY

#### TUESDAY - 18 JUNE

Mild butter chicken , salsa, poppadum, basmati rice , banana & yoghurt salsa - **R72** 

#### WEDNESDAY-19 JUNE

Meat loaf, beef tomato gravy, green beans, saute potatoes and garden salad - **R72** 

#### THURSDAY - 20 JUNE

Lemon & thyme chicken pieces, garlic crushed baby potatoes, gravy, meditaranian veg - **R72** 

#### FRIDAY - 21 JUNE

Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweetcorn salad and garden salad-**R92** 

OPEN DAILY 08H00 - 16H00 DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY BOOK ON EXT 1209

# WEDNESDAY 12 JUNE 2024 SOCIAL DINNER

#### **STARTER**

Potato and leek soup, topped with chopped chives and crispy fried crisps

#### MAINS:

Rosemary roasted Beef, glazed carrots, seasonal buttered vegetables, rich red wine jus, herbed potato mash R90.00

or

Chicken Parmesan, napolitana sauce, herbed mash, root vegetables, broccoli bake R85.00

#### **DESSERT:**

Toasted almond Ice cream sundae R45.00

# THE HAIR STUDIO

By Lana & Nicci

Friday specials



#### **GENTS**

Cut & Shave R 150
Shave R 100

Free
Cappuccino
with all Friday
bookings



#### **LADIES**

Wash

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Wash, Set and Blow-dry	R 200
Spray, Cut and Quick Dry	R 150
Wash, Cut, Set and Blow-dry	R 220
Perm Short Hair	R 360
Perm Medium Hair	R 390
Perm Long Hair	R 450
Tint, Cut, Set and Blow-Dry	R 430
Tint With own Colour & Set	R 380
Tint With own Colour,	
Set & Blow-Dry	R 400

#### **Highlights**

Half Head, Cut, Blow-Dry & Set R 400 Full Head, Cut Blow-Dry & Set R 430 Own Colour, Treatment, Cut & Blow R400

Available for bookings on Tuesdays and Fridays in the Salon Bookings to be made with Tshwanelo at reception On Ext 1200



# SHOPPING SHUTTLE WEDNESDAY 19 JUNE 2024



The bus will pick you up at 09:00 from the Village. Driver will wait till 11:30 to bring you back to the Village.

### **Nicolway Shopping Centre**

Cost: R50.00 per person per trip.
This will be charge to your levy account.
No cash / No shows will be charged

Please book your seat with Tshwanelo at Reception on EXT 1200 by Monday at 17:00





# JOIN US FOR A TALK BY DR KAREN VUKOVIC. PSYCHIATRIST ON

Worry worry

how to deal with anxiety & depression '

Saturday. 22 June

10:00 am for refreshments for

the talk @ 10:30am







# **Art Classes**

Professional Artist; Naz Ashdam teaches: art classes on various mediums such as painting / sketching / sculpting



Relaxing and therapeutic guided art classes

every Thursday from 10:00 - 13:00

**R800.00** per month = **R66.66** per hour

Contact: 082 920 8135