

Olympic Games Paris 2024

26 July 2024 - 11 August 2024 :



2024 Summer Olympics opening ceremony / Date

Fri, 26 Jul 2024, 7:30 pm – 11:15 pm

The big screen will be up on Friday evening for those who want to watch the opening ceremony

The Waterhole will stay open later to accommodate members watching the ceremony

"The most
important
thing in the
Olympic
games is not
winning but
taking part,
the essential
thing in life
is not
conquering,
but fighting
well."

Pierre Coubertin



SASHNI MUNNISUNKER

AUDIOLOGIST

30th of July 2024 10:00 - 13:00 Lifestyle Care Centre Call 010 597 1975 To make an appointment Or call Sipho on Ext 1220



Monday | 29 JULY

Tuesday | 30 JULY

9h00 Water Aerobics 1 9h45 Water Aerobics 2 10h00 Knit & Natter 13h00 Bridge 17h00 Men's pool/ Snooker & Waterhole 9h00 Therapeutic Exercise Class 10h00 Audiologist: Sashni Munnisunker 14h00 Rummikub 14h00 Scrabble 14h30 Craft Class 17h00 Ladies Pool & Waterhole

Wednesday | 31 JULY

Thursday | 01 August

8h15 Lower back group class 9h00 **Dainfern Shopping Centre**

9h00 Yoga 10h00 Art Class 10h00 Visual Music 14h00 Bridge 14h30 Rummikub 15h00 **Pétanque** 18h30 Movie Night





Friday | 02 August

Saturday | 03 August

9h00 Line Dancing 10h30 Bible study 12h30 Fish & Chips 17h00 Waterhole

15h00 Pétanque



Sunday | 04 August

17h00 Movie: A Passage to India



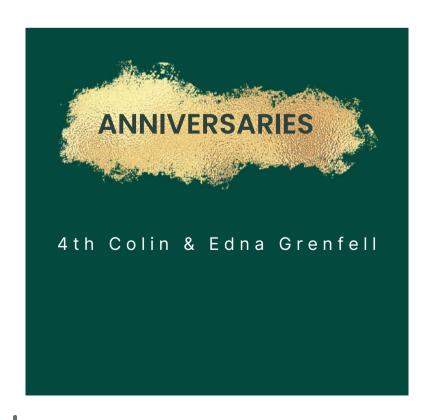
LET'S CELEBRATE!

Count your age by friends, not years.

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











THE BISTRO

MONDAY - 29 JULY

Beef meat loaf, tomato gravy, green beans with sauteed potatoes - **R72**

TUESDAY - 30 JULY

Crusted pork, sweet and sour sauce, crispy fried potatoes, with roasted cauliflower and stuffed tomatoes - **R72**

WEDNESDAY- 31 JULY

Chicken with mushrooms, Hassel back sweet potatoes, garden salad with baked cauliflower - **R72**

THURSDAY - 01 AUGUST

Balsamic roast pork tenderloin, thyme gravy, butternut mash, steamed broccoli - **R72**

FRIDAY- 02 AUGUST

Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad- R92

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



WEDNESDAY - 31 JULY 2024 CHRISTMAS IN JULY MENU R195 PER PERSON

STARTER

Starter winter vegetable and lentil soup with chives cream cream and freshly baked bread

MAIN BUFFET

Slow roasted,olive & citrus stuffed lamb shoulder, mint and thyme jus, roasted deboned turkey, cranberry and thyme copote and chiken veloute Lentil Moussaka. (V)

SALAD STATION

Warm butternut salad, toasted sunflower seeds, citrus dressing Salad bar with condiments & dressings. Chicken liver parfait with an orange sherry and betroot marmalade &

cumin lavish.

SWEET TEMPTATIONS

Sticky date & ginger pudding with caramel and coconut creme anglaise. Seasonal fruit salad with ginger and thyme syrup. Chococlate ice-cream with berry coulis Yale log with dark chocolate mousse.

BOOK BY 01 JULY 2024 AT 17:00 WITH TSHWANELO ON EXT 1200





SHOPPING SHUTTLE WEDNESDAY 31 JULY 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.

DAINFERN 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



THE HAIR STUDIO

By Lana & Nicci

July Special: Wash and blow wave on Tuesday & Fridays - R100.00

- Book now with reception

GENTS

Cut R 130
Cut & Shave R 150
Shave R 100



LADIES

Wash	R 70
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
Half Head, Cut, Blow-Dry & Set Full Head, Cut Blow-Dry & Set Own Colour, Treatment, Cut & Blow	R 400 R 430 R400
Tint, Cut, Set and Blow-Dry Tint With own Colour & Set	R 430 R 380
Tint With own Colour, Set & Blow-Dry	R 400

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

Art Classes

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



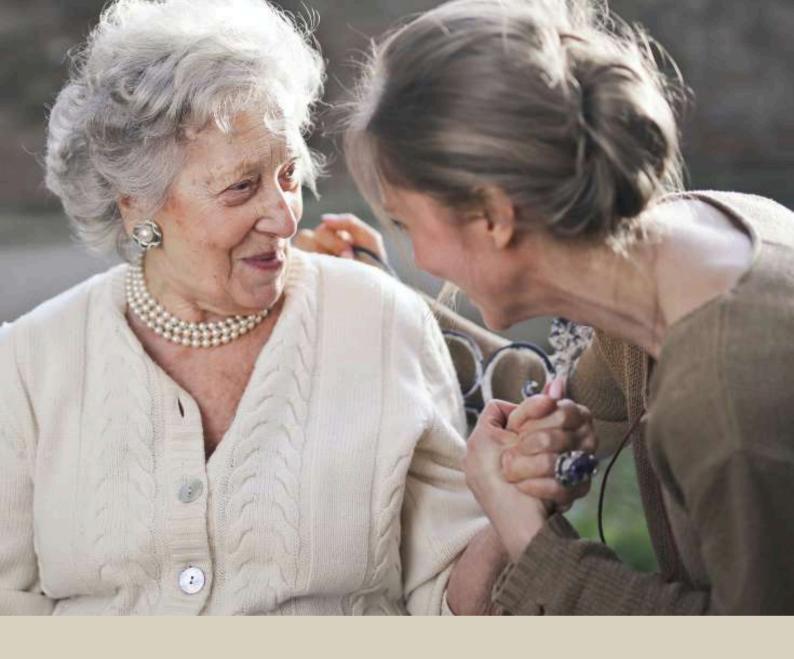


Relaxing and therapeutic guided art classes

every Thursday from 10:00 - 13:00

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

Contact: 082 920 8135



5 TIPS FOR TAKING CARE OF YOUR HEALTH AS YOU AGE

Aging is an inevitable part of life we are all going to have to contend with at some point. With that being said, old age isn't necessarily something you need to dread. We work hard all our lives, and these twilight years should be about seeing the fruits of your labors and leaving a legacy.

This should be the point in your life when you stop contending with that work-life balance and start to focus on spending quality time with your family and doing the hobbies you love.

However, to truly enjoy these years, you need to ensure you are in relatively good health, both physically and mentally. In order to increase your chances of being a healthy senior, here are a few things you can take action on now:



1.Keep Active

When it comes to your health, regular exercise is one of the greatest gifts you can give your body, both in the physical and mental sense. Maintaining an active life will help you stay fit and allow you to enjoy your life more independently. Exercise also plays a role in preventing the onset of chronic conditions like heart disease, diabetes and arthritis.



2.Eat Healthy

A healthy balanced diet is another key element in maintaining your faculties as you age. Try to reduce your salt intake, which can contribute to conditions like hypertension and cardiovascular disease.

Choose to eat nutrient-dense foods like fresh fruit, vegetables and whole-grains. Everyone's dietary requirements are different so speak to a doctor or nutritionist for specific advice.



3.Stay Mentally Stimulated

These days, Alzheimer's and dementia are becoming increasingly common in elderly people. Thankfully, there are now more care homes for seniors with Alzheimer's that are equipped to deal with these conditions. While some cognitive decline is a natural part of the aging process, studies show that people who stay mentally stimulated through active learning will slow their mental decline.

Try to keep yourself mentally active. Whether it's learning new languages, attending lectures or playing sudoku, find something that exercises that grey matter.

4.Be Social

Loneliness is a huge problem amongst the elderly. The loss of a spouse, retirement, and health issues can all contribute to social isolation. Make an effort to form solid friendships and keep family close if you possibly can and try your best to get involved in group activities that help grow your social network. Keeping loneliness at bay helps alleviate conditions like anxiety and depression.



5.Reduce Stress

Although, we'd hope that our retirement years are fairly stress free, a person's ability to cope with stress declines as we age. Long-term stress can lead to depression, memory loss, and fatigue – all of which also have implications on our physical health. So take care of yourself and try to incorporate relaxation techniques such as meditation into your life.

Maintaining a high level of physical fitness as well as cognitive aptitude are key factors to ward off the negative impact of aging. It's important to manage your expectations because we won't always be as sprightly as we once were. However, taking simple steps now will certainly play a significant role in allowing you to fully embrace old age.