

## ENTERTAINMENT AND EVENT REPORT FOR MARCH/ APRIL 2023

### Weekly activities:

- We have a new weekly activity of Aqua Aerobics with instructor Tanya Pearse every Wednesday from 10:30 – 11:30. Classes are R50 per session.
- Moving Moments at 8.30am, in the Recreation Room, every Tuesday, Thursday and Saturday
- Fellowship group meets every alternate Thursday from 10h30 – 12h30 in the Rec, Room
- HNA Active Aging Class taken by Nick takes place every Friday from 11h00 – 11h45 in the Rec Room
- Weekly cake and Tea on Thursday from 3pm in the Bistro for R25
- Weekly Braai in the Bistro on Saturday from 6p.m.
- Bridge takes place in the Rec. Room on Tuesday afternoons from 14h00 – 16h00 but as there are not enough players this is not taking place. Call Sheila Feitelberg Ext 1602 if you would like to play Bridge

### Events and Entertainment since 15 March:

- 15 March - Monthly Bingo Night was a well-organized and fun evening as always.
- 17 March - St Patrick's day lunch was very well attended, and décor and food were lovely. Thanks to Christine and Amanda and Fedics for all the arrangements!
- 31 March - Unfortunately, the Movie "The Two Popes" could not be watched as we could not get onto Netflix as a new password was required.
- 3 April - The Conversation project series of "Let's Talk – Part 3 was held. The focus was on having a say in your health care and what matters most.
- 4 April – Tabitha's fashion Pop-up Shop was held in the Rec. Room
- 5 April – Dr Guin Lourens gave a most interesting talk about Dodging Dementia when the focus was on Neuro-Cognitive decline and prevention strategies.
- 11 April – Informative Talk on 'How to look after your brain.'

### Coming Up:

- 14 April – Kind to Hearing will be here from 12:30 – 13:30 for anyone who wishes to have their hearing tested.
- 17 April – Alida's Clothing Pop Up Shop in the Rec. Room from 10:00 - 14:00
- 19 April – Bingo at 7 p.m. in the Bistro. Book with Margaret Hull on Ext 1716
- 25 April – Pamper Day 10:00 – 15:00 in the Sky Lounge - By Appt only. Please see notice on Notice board in the Foyer.
- 26 April – SKY LOUNGE MARKET DAY 10:30 – 15:00 – All welcome. Book your Table for your wares. Invite your family and friends.
- 28 April – Movie Evening in the Rec Room at 6 p.m. Name of movie to follow.

Bistro: Fedics: Attendance at meals has been good. Food has been well presented and tasty. With the introduction now of a daily Vegetarian choice there is a choice of 3 meals each day. There is also a meal choice on Saturday as well as a choice of breakfasts, toasted sandwiches etc. On Sunday there is a weekly roast. If you haven't yet tried a meal from Fedics, we would love to see you in the Bistro.

Thank you.

Margie Lee