


APRIL 2022

EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>MUSIC THERAPY SUPPORT GROUP FOR PEOPLE LIVING WITH DEMENTIA</p> <p>A monthly programme of music, song, music-making and laughter for people living with dementia and their carers.</p> <p>When: The last Tuesday of the month from 2020-2022 Starting on Tuesday 20th April 10am-11.30am Cost: R200 per session - Covers shared hire of chairs</p> <p>BOOKING IS ESSENTIAL</p> <p>FREE DEMONSTRATION on Tuesday 5th April at 10:00 at the Gym 110 Church Street, Muizenberg Email: info@musictherapy.co.za Telephone: 021 788 2122</p>	<p>pain</p> <p>PAIN</p> <p>27 APRIL 10 AM 12 APRIL 10 AM 14 APRIL 10 AM 28 APRIL 10 AM</p>	<p>THE TRUTH ABOUT STRESS AND AGEING</p> <p>This valuable seminar contains two seminars in one.</p> <p>The first part will explore popularly held beliefs around ageing that are completely false and harmful. By dispelling these surprising myths one can positively change the way they age. Covering complex topics, this seminar is well researched, clear and easy to understand. We will question the role of genetics, the inevitability of frailty and cognitive decline, energy, happiness, chronic disease and chronological vs biological age. It is based on scientific research, what we know about 'blue zones' and my many years of field experience working with people who have advanced cognitive decline.</p> <p>The second part of the seminar will be an informative discussion on stress and how to manage it better. This will include practical advice and useful tools. Stress affects our health, sleep, relationships, happiness, creativity and productivity. It is completely possible to live a life without chronic underlying tension, but you need certain skills that are simple and learnable. The idea is to share information that is life changing and life enabling, to look at us humans in our entirety and connect the dots.</p> <p>I am on a mission to help people experience better quality of life for as long as possible so I have curated this seminar to give maximum advantage and value. Please share information about the seminar with friends and family, all are welcome.</p>		<p>1</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Bar night</p> <p>6pm Fish/Calamari & Chips</p> <p>Classic Movie: Mona Lisa Smile (DVD)</p>	<p>2</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>3</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH – R100 Roast leg of lamb with red wine jus *** Lemon & herb Roast chicken with red wine jus</p> <p>6.30pm MOVIE: The Bourne Identity</p>
<p>4</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route</p> <p>10am SHOE LADY</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>5</p> <p>8am Waterless Carwash</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Alida's fashions</p> <p>10.30am Music Therapy DEMO (Gym) – See Poster</p> <p>2.30pm Chit Chat – Meet & greet</p> <p>5pm Bistro Carpet Cleaning</p>	<p>6</p> <p>7.15am Walking group</p> <p>10am National Walking Day</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>3pm Dementia Support Group</p> <p>6.30pm SERIES: Designated Survivor</p>	<p>7</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Sales Event</p> <p>10am Line Dancing</p> <p>3pm Book Club</p> <p>7pm Canasta</p>	<p>8</p> <p>7.15am Walking group</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Bar night</p> <p>6pm Fish/Calamari & Chips</p>	<p>9</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p> <p></p>	<p>10</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH Roast gammon with honey & mustard sauce served with roast potatoes *** Chicken Corden Bleu with gravy and roast potatoes</p> <p>6.30pm MOVIE: The Hard Way</p>
<p>11</p> <p>Wind-O-Wash</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>12</p> <p>Wind-O-Wash</p> <p>9.15am Stretch Exercises for Seniors</p> <p>9.30am RESCOM Meeting</p> <p>5pm Bistro carpet cleaning</p>	<p>13</p> <p>7.15am Walking group</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>3pm Poetry Club</p> <p>6.30pm SERIES: Designated Survivor</p>	<p>14</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Line Dancing</p> <p>2pm Pain Management Talk presented by Dr Karriem and Dr James – See Poster</p> <p>4pm BINGO</p> <p>7pm Music Appreciation</p> <p>7pm Canasta</p>	<p>15 Good Friday</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Bar night</p> <p>6pm Fish/Calamari & Chips</p>	<p>16</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>17 Easter Sunday</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH Rosemary Roast Beef with jus & roast potatoes *** Roast Chutney Chicken served with jus</p> <p>6.30pm MOVIE: Downfall: The Case Against Boeing</p>
<p>18 Family Day</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>19</p> <p>9.15am Stretch Exercises for Seniors</p> <p>Classic Movie: Message in a bottle (DVD)</p>	<p>20</p> <p>7.15am Walking group</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>3pm Dementia Support Group</p> <p>6.30pm SERIES: Designated Survivor</p>	<p>21</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Line Dancing</p> <p>7pm Canasta</p>	<p>22</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Bar night</p> <p>6pm Fish/Calamari & Chips</p>	<p>23</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>24</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH Thyme infused pork neck with gravy & roast potatoes *** Greek style roast chicken with gravy</p> <p>6.30pm MOVIE: The Tinder Swindler</p>
<p>25</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route</p> <p>10.30am Aqua Aerobics</p> <p>6pm Camera Club – at Big TV</p> <p>7pm Canasta</p>	<p>26</p> <p>9.15am Stretch Exercises for Seniors</p> <p>2pm – The Truth about Stress & Ageing presented by Salome – See Poster</p> <p>2.30-4pm Oefen Afrikaans</p>	<p>27 Freedom Day</p> <p>7.15am Walking group</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>6.30pm SERIES: Designated Survivor</p>	<p>28</p> <p>7.15am Walking group</p> <p>9.30am Knitting Group</p> <p>10am Line Dancing</p> <p>4pm BINGO</p> <p>7pm Music Appreciation</p> <p>7pm Canasta</p>	<p>29</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Bar night</p> <p>6pm Fish/Calamari & Chips</p>	<p>30</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>1 May Workers Day</p>