



# Cape Jewish Seniors

# Events Calendar JULY 2018



	<p><b>Monday 2</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin R10 11.15 Ageless Grace R30 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Pop In: Joy Sifren on working through Bipolar Disorder and her success as a Body Alignment Therapist and intuitive healer R10</p> <p><b>S/Suburbs</b> 9.30 Outing to the Donald Greig Foundry at the Waterfront. Enjoy watching a pouring R30</p>	<p><b>Tuesday 3</b></p> <p><b>Sea Point</b> 10.00 A morning with Rev Derek Pratt on Family History R10 12.00 Bridge classes with Harold R10 2.00 Mosaic with Yvette R30 2.00 Yoga with Leina Sank R10 2.00 Lifts to Highlands House and Gitlin Library R20</p> <p><b>Milnerton</b> 9.30 Outing to the Taal Monument and museum R50. Tea own acc. 9.30 Kalooki set tables R10 1.30 Mosaic with Sonia Norrie R20 1.45 Line Dancing with Hannah Seinik</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R5</p>	<p><b>Wednesday 4</b></p> <p><b>Sea Point</b> 10.00 Craft with Yvette and Jeanette R15 1.45 Social Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R5</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Cathy Hudson R20 10.00 Bnoth Zion Meets 10.15 Ageless Grace with Yvonne R20</p>	<p><b>Thursday 5</b></p> <p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10</p> <p><b>Milnerton</b> 10.30 Pop In Tamar Lazarus speaking on the WIZO wheelchair project R10</p> <p><b>S/Suburbs</b> 1.00 Bridge and Kalooki R10</p> <p><b>West Coast</b> 11.30 A morning with Glenn Heneck R10</p>	<p><b>Friday 6</b></p> <p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p> <p>10.30 Milnerton Men's Schmooze morning with Rabbi Bryan Opert. Jewish Jokes and the Jewish Community R10</p>
	<p><b>Monday 9</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin R10 11.15 Ageless Grace R30 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Bnoth Zion 12.15 Milnerton Committee Meeting R10 2.00 Musical Appreciation with Doreen Kantor R10 3.00 Shiur with Rabbi Bernstein R10</p> <p><b>S/Suburbs</b> 9.30 Outing to Grand West Casino R20. Tea for own account. 2.00 Yiddish mit Rita R10</p>	<p><b>Tuesday 10</b></p> <p><b>Sea Point</b> 10.00 Pop In with Jaco van der Merwe of the SA Archives R10 12.00 Bridge classes with Harold R10 2.00 Yoga with Leina Sank R10</p> <p><b>Milnerton</b> 1.45 Line Dancing with Hannah Seinik 10.00 Birthday Pop In: A morning with entertainers Rosemary Magid and June Hayman R20</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 1.30 Mosaic Classes with Sonia Norrie – R20 2.00 Knitting Group. All welcome R10</p> <p><b>West Coast</b> 9.15 Outing to the Hout Bay Museum R 40 includes entrance and tea 10.30 A morning with Rev Derek Pratt on Family History R10</p>	<p><b>Wednesday 11</b></p> <p><b>Sea Point</b> 9.30 Visit the home of Paula Glaser to enjoy a vast collection of special Venetian glass. Tea included R15. Booking Essential. Limit 8 people. 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R10</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Cathy Hudson R20 10.15 Ageless Grace with Yvonne R15 10.00 Men's Schmooze: Rabbi Bryan Opert on Jewish Jokes and the Jewish Community R10</p>	<p><b>Thursday 12</b></p> <p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10 9.30 Kalooki R10</p> <p><b>Milnerton</b> 10.30 A morning with Rev Derek Pratt speaking on Family History R10</p> <p><b>S/Suburbs</b> 1.00 Bridge and Kalooki R10</p> <p><b>West Coast</b> 10.30 Pop In: A morning with Adam Kempkey of Bridges for Peace R10</p>	<p><b>Friday 13</b></p> <p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p>
<p><b>Monday 16</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Roni 11.15 Ageless Grace R30 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Tamar Lazarus speaking on the WIZO wheelchair project R10</p> <p><b>S/Suburbs</b> 9.15 Outing to Earthworks Nursery in Hout Bay. Tea for own account R30</p>	<p><b>Tuesday 17</b></p> <p><b>Sea Point</b> 10.00 Birthday Pop In: A morning with Glen Heneck R10 12.00 Bridge classes with Harold R10 2.00 Yoga Classes with Leina R10 17.30 Twilight Supper with UCT campus rabbi, Nissen Goldman talking on Jewish student activities on campus R60</p> <p><b>Milnerton</b> 10.00 Movie Morning. A film from the Gitlin — to be advised R10 13.30 Mosaics with Sonia Norrie R20 1.45 Line dancing with Hannah Seinik</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p> <p><b>West Coast</b> 9.30 Outing to the Taal Monument and museum R50. Tea own acc.</p>	<p><b>Wednesday 18</b></p> <p><b>Sea Point</b> 9.30 Outing to the Taal Monument and museum R50. Tea own account 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting a R10</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Cathy Hudson R20 10.15 Ageless Grace with Yvonne R20 12.00 Outing to Muizenberg for fish and chips lunch. Transport R20. Lunch own account</p>	<p><b>Thursday 19</b></p> <p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 2.00 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 18.00 Twilight Supper with UCT campus rabbi, Nissen Goldman talking on Jewish student activities on campus R60</p> <p><b>S/Suburbs</b> 10.30 Pop In: A morning with Balu R10</p> <p><b>West Coast</b> 11.30 Pop In with Jaco van der Merwe of the SA Archives R10</p>	<p><b>Friday 20</b></p> <p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p>	
<p><b>Monday 23</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Colin 11.15 Ageless Grace R30 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Birthday Pop In: A morning with Rev Derek Pratt speaking on Family History R10</p> <p><b>S/Suburbs</b> 9.30 Outing to Boeresjiek tearoom and beautiful collectables shop R30. Tea for own account. 2.00 Yiddish mit Rita R10</p>	<p><b>Tuesday 24</b></p> <p><b>Sea Point</b> 10.00 Bingo morning with special prizes R10 12.00 Bridge classes with Harold R10 2.00 Yoga Classes R10</p> <p><b>Milnerton</b> 9.30 Outing to Oom Samie se Winkel in Stellenbosch R30. Tea for own account 1.00 Kalooki R10 13.30 Mosaics with Sonia Norrie R20 1.45 Line dancing with Hannah Seinik.</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p>	<p><b>Wednesday 25</b></p> <p><b>Sea Point</b> 9.30 Outing to Oom Samie se Winkel in Stellenbosch R30. Tea for own account 1.45 Bridge and Kalooki R10</p> <p><b>Milnerton</b> 10.00 Art Classes with Karen Cohen R25 10.00 Knitting Morning. Bring your own knitting R10</p> <p><b>S/Suburbs</b> 10.00 Ageless Grace with Cathy Hudson R20 10.15 Ageless Grace with Yvonne R20</p>	<p><b>Thursday 26</b></p> <p><b>Sea Point</b> 10.00 Yiddish mit Veronica R10 11.30 An interactive exercise class with Mariamne R10 1.45 Bridge and Kalooki R10 9.30 Kalooki R10</p> <p><b>Milnerton</b> 10.30 Pop In: A morning with Ken Andrew speaking on "Yesterday, Today and Tomorrow. SA In transition" R10</p> <p><b>S/Suburbs</b> 10.00 Art with Sharon Lopis R35</p> <p><b>West Coast</b> 10.00 Art with Sharon Lopis R35</p>	<p><b>Friday 27</b></p> <p><b>Sea Point</b> 9.30 Shopping with Malcolm R20</p> <p>10.30 Men's Schmooze: Morning with Rabbi Bryan Opert: Jewish Jokes and the Jewish Community R10</p>	
<p><b>Monday 30</b></p> <p><b>Sea Point</b> 10.00 Talking Point with Marcia R10 11.15 Ageless Grace R30 2.00 Bridge R10 2.00 Reminiscing with Hazel R10</p> <p><b>Milnerton</b> 10.00 Pop In: A morning with Ken Andrew speaking on "Yesterday, Today and Tomorrow. SA In transition" R10</p> <p><b>S/Suburbs</b> 9.15 Outing to the Hout Bay Museum R40 includes entrance. Tea for own account</p>	<p><b>Tuesday 31</b></p> <p><b>Sea Point</b> 10.00 Pop In: Enjoy a reality TV morning with Hymie Liebman R10 12.00 Bridge classes with Harold R10 2.00 Yoga Classes R10</p> <p><b>Milnerton</b> 9.15 Outing to Hout Bay Museum R40 incl entrance, tea and biscuits 13.30 Mosaics with Sonia Norrie R20 1.45 Line dancing with Hannah Seinik</p> <p><b>S/Suburbs</b> 9.30 Social Bridge R10 New members welcome 10.00 Kalooki R10 2.00 Knitting Group. All welcome R10</p>				

Please note that the programme might change. All of our presenters are volunteers and give of their time, however things do crop up and sometimes we have to find replacements at very short notice.

www.cjsa.co.za  
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