



# Cape Jewish Seniors

# Events Calendar MAY 2019



Please note that the annual subscription for membership to CJSA is now due. We do not send out invoices so this serves as notification to pay your 2019 membership.  
**R130**



**Wednesday 1**  
**Office Closed**  
**Worker's Day**

**Thursday 2**  
**Sea Point** 9:15 JOY Programme with Alon Ashel Learners  
10:15 Yiddish mit Veronica R10  
2:00 Bridge and Kalooki R10  
**Milnerton**  
**S/Suburbs** 9:30 Kalooki R10  
10:30 Pop In with James Mc Donald on the complimentary health technique programme Stress Release R10  
**West Coast** 1:00 Bridge and Kalooki R10  
11:30 Pop In with Sarah Davies on managing pain with body stress release R10

**Friday 3**  
**Sea Point** 9:30 Shopping with Malcolm R20  
**Milnerton** 10:30 Men's Schmooze Group with Director of the Jewish Board of Deputies Stuart Diamond R10  
6:00 Milnerton Shabbat at our centre Enjoy a warm family evening with members at 106A Pringle Road R70 for members R80 for non-members Booking essential by Tuesday 30 April



**Monday 6**  
**Sea Point** 10:00 Pop In with the Jubilee Dancers R10  
10:00 Pop In NSRI representative speaks on protecting our coasts R10  
2:00 Music appreciation with Doreen Kantor R10  
**S/Suburbs** 9:15 Outing to the Cheetah outreach in Somerset West R70 Tea for own account

**Tuesday 7**  
**Sea Point** 10:00 Ageless Grace with Joycelyn R25  
10:00 Talking Point with Colin R10  
12:00 Bridge classes R10  
2:00 Yoga Classes with Leina R10  
**Milnerton** 10:00 Pop In with Nadia Thorn on cultural heritage preservation and rehabilitation of Monasteries in Nepal R10  
1:30 Mosaic Classes with Sonia Norrie R30  
1:45 Line Dancing with Hannah Seinik R10  
**S/Suburbs** 9:30 Social Bridge R10. New members welcome  
10:00 Kalooki R10  
2:00 Knitting Group All welcome R10  
**West Coast** 9:30 Outing to Hillcrest Berry Farm R40 Tea for own account

**Wednesday 8**  
**Office Closed**  
**Elections**

**Thursday 9**  
**Sea Point** 9:15 JOY Programme with Alon Ashel Learners  
10:15 Yiddish mit Veronica R10  
2:00 Bridge and Kalooki R10  
**Milnerton**  
**S/Suburbs** 10:30 Pop In with Anton De Beer on Telecare products R10  
1:00 Bridge and Kalooki R10  
**West Coast** 11:30 Pop In: Suzanne Miller speaks on her stroke-struck husband, life before and after R10

**Friday 10**  
**Sea Point** 9:30 Shopping with Malcolm R20

*CJSA wishes all our members a Chag Kasher v'Semeach*

**Monday 13**  
**Sea Point** 10:00 Pop In with Nadia Thorn on cultural heritage preservation and rehabilitation of Monasteries in Nepal R10  
2:00 Reminiscing with Hazel R10  
2:00 Bridge R10  
**Milnerton** 10:00 Craft with Sonia Norrie R25  
12:15 Milnerton Committee Meeting  
**S/Suburbs** 9:30 Outing to the District 6 Museum R30 Tea for own account:  
2:00 Yiddish mit Rita R10

**Tuesday 14**  
**Sea Point** 10:00 Ageless Grace with Joycelyn R25  
10:00 Talking Point with Colin R10  
12:00 Bridge classes R10  
2:00 Yoga Classes with Leina R10  
17:30 Twilight Supper Stephanie Schultzer of The Two Oceans R60  
**Milnerton** 10:00 Birthday Pop In with the Jubilee Dancers R10  
1:30 Mosaic Classes with Sonia Norrie R30  
1:45 Line dancing with Hannah Seinik R10  
**S/Suburbs** 9:30 Social Bridge R10. New members welcome  
10:00 Kalooki R10  
2:00 Knitting Group. All welcome R10  
**Muizenberg**  
**West Coast** 10:30 Pop In with Boerejood Gerald Potash R10  
9:30 Outing to the Cheetah Outreach in Somerset West R70 Tea own account

**Wednesday 15**  
**Sea Point** 10:00 Craft with Yvette and Jeannette R20  
1:45 Bridge and Kalooki R10  
**Milnerton** 12:00 Art Classes with Karen Cohen R25  
**S/Suburbs** 10:00 Ageless Grace with Cathy Hudson R20  
10:15 Ageless Grace with Yvonne R20  
17:30 Twilight Supper Beryl Eichenberger and Ryland Fisher, former editor of the Cape Times, on *One City Many Cultures* R60

**Thursday 16**  
**Sea Point** 9:15 JOY Programme with Alon Ashel Learners  
10:15 Yiddish mit Veronica R10  
2:00 Bridge and Kalooki R10  
**Milnerton**  
**S/Suburbs** 10:30 Pop In Dr David Gotlieb, rheumatologist, speaks on arthritis and pain control R10  
**West Coast** 11:30 Pop In NSRI representative speaks on protecting our coasts R10

**Friday 17**  
**Sea Point** 9:30 Shopping with Malcolm R20

**Monday 20**  
**Sea Point** 10:30 Birthday Pop In with Clare Dudley from the Helen Keller Society on solutions for those with low vision  
2:00 Reminiscing with Hazel R10  
**Milnerton** 10:00 Craft with Sonia Norrie R25  
**S/Suburbs** 9:30 Outing to Hillcrest Berry Farm R40 Tea for own account  
9:30 DVD series R10

**Tuesday 21**  
**Sea Point** 10:00 Ageless Grace with Joycelyn R25  
10:00 Talking Point with Roni R10  
12:00 Bridge classes R10  
2:00 Yoga Classes with Leina R10  
**Milnerton** 9:30 Outing to the Spice Route R40 Tea for own account  
1:30 Mosaic Classes with Sonia Norrie R30  
1:45 Line dancing with Hannah Seinik R10  
**S/Suburbs** 9:30 Social Bridge R10. New members welcome  
9:30 Kalooki R10  
2:00 Knitting Group. All welcome R10

**Wednesday 22**  
**Sea Point** 9:30 Outing to the Cheetah Outreach in Somerset West R70 Tea for own account  
1:45 Bridge and Kalooki R10  
**Milnerton** 12:00 Art Classes with Karen Cohen R25  
10:00 Ageless Grace with Cathy Hudson R20  
**S/Suburbs** 10:00 Men's Schmooze Group with the Director of the Jewish Board of Deputies Stuart Diamond R10  
10:15 Ageless Grace with Yvonne R20

**Thursday 23**  
**Sea Point** 9:15 JOY Programme with Alon Ashel Learners and Seniors  
10:15 Yiddish mit Veronica R10  
2:00 Bridge and Kalooki R10  
**Milnerton** 9:30 Kalooki R10  
18:30 Twilight Supper Beryl Eichenberger and Ryland Fisher, former editor of the Cape Times, on *One City Many Cultures* R60  
**S/Suburbs** 10:3 Pop In with Nancy Krusch R10  
**West Coast** 10:30 Pop In Nadia Thorn on the cultural heritage preservation and rehabilitation of Monasteries in Nepal

**Friday 24**  
**Sea Point** 9:30 Shopping with Malcolm R20

**PESACH WINE**  
CJSA Pesach wine now available. Kosher under the Beth Din. Support our fundraising endeavour and enjoy our special wine. Don't be disappointed, order early. They make lovely gifts too R80 per bottle

**Monday 27**  
**Sea Point** 10:00 Pop in Enjoy a reality TV morning with Hymie Liebman R10  
2:00 Reminiscing with Hazel R10  
**Milnerton** 10:00 Pop In: Suzanne Miller speaks on her stroke-struck husband, life before and after R10  
**S/Suburbs** 9:30 Outing to the Spice Route R40 Tea for own account:  
2:00 Yiddish mit Rita R10

**Tuesday 28**  
**Sea Point** 10:00 Talking Point with Marcia R10  
2:00 Beginners Bridge R10  
2:00 Yoga Classes R10  
**Milnerton** 9:30 Outing to Hillcrest Berry Farm R40 Tea for own account  
1:30 Mosaic Classes with Sonia Norrie R30  
1:45 Line dancing with Hannah Seinik R10  
**S/Suburbs** 9:30 Social Bridge R10. New members welcome  
9:30 Kalooki R10  
2:00 Knitting Group. All welcome R10

**Wednesday 29**  
**Sea Point** 9:30 Outing to Hillcrest Berry Farm R40 Tea for own account  
1:45 Bridge and Kalooki R10  
**Milnerton** 9:30 Art Classes with Karen Cohen R25  
9:30 Ageless Grace with Cathy Hudson R20  
**S/Suburbs** 10:00 Ageless Grace with Yvonne R20  
11:00 DVD series R10

**Thursday 30**  
**Sea Point** 9:15 JOY Programme with Alon Ashel Learners  
10:15 Yiddish mit Veronica R10  
11:30 Exercises with Mariamne  
1:45 Bridge and Kalooki R10  
9:30 Kalooki R10  
**Milnerton**  
**S/Suburbs** 10:30 Pop In with Nadia Thorn on cultural heritage preservation and rehabilitation of Monasteries in Nepal  
1:00 Kalooki R10  
**West Coast** 10:00 Art with Sharon Lopis R35

**Friday 31**  
**Sea Point** 9:30 Shopping with Malcolm R20  
10:30 Men's Schmooze Group with the Director of the Jewish Board of Deputies Stuart Diamond R10  
6:00 Southern Suburbs Shabbat Claremont Shul R60 for members R180 for non-members Booking Essential

DIRECTOR: Diana Sochen 021 434 9691 director@cjsa.org.za ADMIN: Amanda 021 434 9691 admin@cjsa.org.za www.cjsa.org.za

PROFESSIONAL STAFF: **S/Point:** Lara Stein 021 434 9691; **Milnerton:** Hajiera Safidien-Maloon 021 555 1736; **S/Suburbs:** Monique Nieuwenhuys 021 761 7960; **W/Coast:** Melanie van Emmenes 074 405 5186

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