

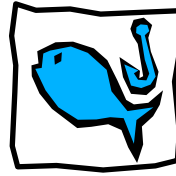


NEWSLETTER

December / January

2019

SOCIAL CLUB FISH HOEK



61C Central Circle FISH HOEK 7975
PO Box 22373 FISH HOEK 7974
PHONE AND FAX 021 782 2719
OFFICE HOURS 9.00AM – 12 NOON
OPEN MONDAY, THURSDAY, FRIDAY
e-mail bgmurrell@telkomsa.net
Reg No: 2006/003084/08

Chairman: Brenda Murrell
Vice-Chair: Manie Jooste
Treasurer & Database: Glyn Murrell
Entertainment & Newsletter: Val Kimpton and Pam van Rooyen

Catering & Teas: Dot & Arthur Larkan
Braai co-ordinator: Edmund Thomas
Secretary: Lin Pearce

FORTHCOMING MEETINGS AND OUTINGS

Contact Pam & Val 083 380 1360

Monthly Hall Meetings (9am the 2nd Wednesday of every month at the Civic Centre)

NOTE: Unless stated otherwise entry is R10 per member and R15 for non-members this includes Tea/Coffee

- Nov 28th **BONUS ENTERTAINMENT - THE NAVY BAND WILL PLAY CHRISTMAS THEMED MUSIC**
- December **NO MEETING**
- January **(CANCELLED - NO MEETING)**
- Feb 13th Pianist Sharon Balzam will help us celebrate Valentine's Day. Prizes for the best "Valentines"

OUTINGS:

NOTE: Please ensure that you are a PAID UP MEMBER when booking for an outing.

Cancellations: Transport and venue costs are paid in advance. See cancellation policy at the office

The bus departs from the Outspan in Kommetjie Road. Please check your ticket for departure time

- Dec 4th Christmas Lunch at Carl's (Clovelly Country Club) 12.00 for 12.30pm. Few seats still available.
- 2019 Jan No Outing
- Feb 19th Kirstenbosch. R100 Wander the gardens at your leisure. Tea / Lunch for your own account. Moyo Restaurant has a pensioners menu, or bring a picnic and a blanket. We need 42 seats booked to make this trip viable. Booking opens on 7th January 2019 at the office.
- Mar 19th Zevenwacht trip provisional. Booking would then open at the February meeting. More details later

Meetings & Outings may be subject to change without notice

REGULAR SOCIAL ACTIVITIES

BINGO AND THE BEAN GAME Last Thursday of the month at 2.30pm

BRIDGE (Rubber) Tuesdays 13.30 to 16.30 Minor Hall Civic Centre

BRIDGE (Duplicate) Fridays 13.30 to 17.00 St Margaret's Church Hall

SCRABBLE Mondays 2.00pm Library Hall, Civic Centre

BRAAI 2nd Thursday of the month at Gordon's Camp.

R20 includes a raffle draw.

Contact Steve Medcalf 021 782 4662

Contact Pat Kayton 021 785 3120

Contact Henry Fenn 074 372 5750

Contact Audrey Pike 021 785 6903

Contact Edmund Thomas 021 782 2618

For those interested in walking groups please contact the U3A

AVON

Cosmetics, Fragrances,
Skin Care, Accessories etc
Lots of monthly specials

Sheila Lewis

shemlew@yahoo.co.uk

021 782 1620
083 548 4313

Carol Mestern Speech Therapy

Fish Hoek · Tokai · Home Visits

carol@cmspeechtherapy.co.za

www.cmspeechtherapy.co.za

084-505-5678 021-782-6958



NATALIE TAIT 082 816 7078

natalie@asherproperties.co.za

PROPERTY CONSULTANT

Friendly and free assistance with
new legislation of property sales.

**DISCOUNTED COMMISSION FOR
SAARP MEMBERS**

OUR ADVERTISERS SUPPORT US, PLEASE SUPPORT THEM. Tell them you saw their advert here!

From The Office

MEMBERSHIP RENEWALS: If your card expires in **November or December** come into the office and renew. **If it has already expired, please rush in to pay or let the office know if you wish to cancel your membership.**

NEW MEMBERS: Mr J & Mrs D De Wilde, Mrs J van Niekerk, Mrs PE Norris, Mrs AMS Olivier and Mrs MM Trautman. Welcome to everyone! We hope you will enjoy the activities and outings with us, and make new friends too!

MISCELLANEOUS: Congratulations to all those celebrating birthdays and anniversaries. **Best wishes** for a speedy recovery to all who are ill or recuperating.

To those members who have lost a loved one recently, we offer our deepest sympathies and heartfelt condolences.

PLEASE NOTE: THE OFFICE WILL CLOSE FROM 10TH DECEMBER AND REOPEN ON 7TH JANUARY



Let us help you and contribute to your Social Club. For friendly local personal advice for your insurance, phone **021 782 0112** for a FREE quotation or call at our offices, **5B Fish Hoek Centre Building** Corner Central & Main Road

STEPHENSON & HODGKINSON
OPTOMETRISTS cc
TEL
782-6092/3
No. 10 The Arcade
104 Main Road, Fish Hoek
FREE GLAUCOMA TESTING
Pensioner's Discount

Karyn Hodgkinson

BSc. Physio (Wits.)

PHYSIOTHERAPIST

27 Kinross Crescent
Fish Hoek

Tel / Fax: **021 782 5546**

HEARING AIDS

MICHAEL FOURIE B. Pharm Dip. HAA
"Registered with HPCSA"

HEARING TESTS **HEARING AIDS** If you are interested, sms "HEAR" to 34007

The Arcade Main Rd (opp Pick n Pay) Fish Hoek
(Next to AP Jones)
Contracted into Medical Aids

For an appointment any day please phone
Cell: 083 272 3112 • Call Toll - Free 086 066 6660

OUR ADVERTISERS SUPPORT US, PLEASE SUPPORT THEM. Tell them you saw their advert here!

*****ENTERTAINMENT & OUTINGS*****



Our October outing to the Alpaca Loom & Coffee Shop and the Spice Route was fully booked within a week. Dietmar, who introduced us to the alpacas, took one half of the group on a tour of the paddocks and barn while Kerstin ensured that the other half enjoyed delicious muffins and tea. At the Spice Route we explored at leisure. Many headed for the eating places while others went on a tasting spree. The glass blowers were working that day and fascinating to watch.



Friends of Music
Friday 23rd Nov: The Cape Town City Ballet presents "DANCE DELIGHTS". The programme includes one of the most challenging pas de deux in the classical repertoire, *Diane and Acteon*, and features excerpts from well-known classics such as *Giselle*, *The Sleeping Beauty* and *Cinderella*. The audience will get a short preview of the up-coming seasons of Adam Sage's *The Little Mermaid* and Sean Bovim's *Swingtime* coming to ARTSCAPE in December, while the well-known solo, the *Dying Swan*, completes the programme. The **Fish Hoek Civic Centre** doors open at 7:00pm, and the show starts at 7.30pm. Seats are unreserved. Tickets are **R100** and available from: Kleinjan's Biltong Bar, Main Rd, Fish Hoek (opposite Standard Bank) or in Longbeach Mall (near the Pick & Pay entrance); and also at Busy Bees in Vallyland, See local press for details.

A word from "The Sisters" Trying to fill Brenda and Glyn's shoes is a daunting task and we appeal to other members to come on board in order to keep our club active and vibrant. We need new and fresh ideas so as to cater for the varied interests of the members. We urgently need help in organising day trips and / or entertainment for the monthly meetings. We especially need someone to arrange an away trip as this is out of our range of knowledge and expertise.

Please chat to us after the meeting, or phone 083 380 1360, or email pamandval@telkomsa.net.

Wishing all our members and readers a joyful and safe festive season and a prosperous and healthy 2019