



SOMERSET HOUSE

NON NOBIS SOLUM
FOUNDED 1948

THE ADVERTISER

JULY 2024 EDITION



DECOR HIRE SHOP
EVENT FLOWERS
SET-UP/STYLING

CONCEPTS : CHANTAL 0722215986
HIRING : ANNAMARIE -
HIRING@LOVEAFFAIR.CO.ZA

MARKET WE SERVE:

- * Weddings
- * Corporate Parties and events
- * Kids parties
- * Dinner Parties at Home (Whole concept in a box from linen, plates, cutlery to vases, candleholders and candles)
- * Birthday Parties
- * High Teas
- * Kitchen Teas
- * Baby Showers Etc

Web: www.loveaffair.co.za
Insta: @loveaffaireventsc

Mixed Martial Arts Pre-School Programme



AIM OF THE LITTLE NINJA PROGRAMME:

To give children a solid foundation for any future, formal martial art training.

Terry-Lynn: 083 208 5584 | terry-lynn@sa-selfdefence.co.za
Jerome: 083 462 9089 | jerome@apex-jiujitsu.co.za



Brazilian Jiu Jitsu is a martial art that allows the smaller, weaker person to successfully defend themselves against a bigger and stronger assailant.

Brazilian Jiu Jitsu stimulates the mind and strengthens the body. This results in a thoroughly enjoyable and effective martial art.

All classes are given by professional coaches



To book your TWO free trial classes contact:

Jerome: 083 462 9089 | jerome@apex-jiujitsu.co.za

Terry-Lynn: 083 208 5584 | terry-lynn@apex-jiujitsu.co.za



SOUTH AFRICAN SELF DEFENCE ACADEMY Mixed Martial Arts

KARATE | TRADITIONAL WEAPONS | BRAZILIAN JIU JITSU

Fitness, Co-ordination, Agility, Self Defence, Self Discipline,
Confidence, Awareness, Motorskills Development, Improved
Concentration, Improved Muscle Tone



CLASSES AVAILABLE FOR CHILDREN FROM THE AGE OF 4 YEARS
Classes are disciplined and well structured, with focus on a good balance of
enjoyment, hard work and the continual progression of students.

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Jerome: 083 462 9089 | jerome@apex-jiujitsu.co.za**

www.sa-selfdefence.co.za



August Souperb

Menu Whatsapp

orders:

076 977 6993

Free deliveries

All Meals

Serving 2

Soup Prices:

1L/R90

2L/R160

Thursday 1st: Chicken Classic Soup or Chicken Korma Soup

Friday 2nd: Greek Style Beef Burgers with Tzatsiki , Whipped Feta and Roasted Vegetable and Couscous Salad R150 or a Roasted Tomato, Red Pepper and Red Lentil Soup

Monday 5th: Roasted Chutney Chicken Portions Or Pepper Steak, Steak or Chicken and Mushroom Pies with Savoury Rice, Gravy and Roasted Vegetables R160

Tuesday 6th: Broccoli and Bacon/ Cheesy Broccoli or Roasted Carrot, ,Apple and Ginger Soup

Wednesday 7th: Cape Malay Bobotie or Roasted Sweet Potato and Lentil Bobotie both served with Long Grain Rice R140

Thursday 8th: Dutch Pea and Bacon Soup or Creamy Tomato, Chicken and Cheddar Soup

Friday 9th: Beef Burgers with Mushroom Sauce, Chips and Onion Rings R160

Monday 12th: Crumbed Pork Chop, Mashed Potato and Gravy, Roasted Butternut and Peas R160

Tuesday 13th: Potato, Leek and Lamb Soup or Roasted Sweet Potato, Biltong and Blue Cheese Soup

Wednesday 14th: Chicken, Vegetable and White Wine Potjie with Rice and Ouma Brood R160

Thursday 15th: Roasted Butternut, Tomato and Feta Soup or Morroccan Lamb and Lentil Soup

Friday 16th: Cheese and Bacon Beef Burgers with Roasted Sweet Potato Wedges R150 and a Tomato, Feta and Basil Soup

Monday 19th: Roasted Chicken or Pepper Steak, Steak or Chicken and Mushroom Pies with Savoury Rice, Gravy and Roasted Vegetables R160

Tuesday 20th: Beefy Bean Soup or Roasted Carrot, Apple and Ginger Soup

Wednesday 21st: Meatballs Napolitana with Grated Cheese, a Touch of Basil Pesto and served on Linguini or Asian Style Meatballs with Egg Noodles and Vegetable Stir fry R140

Thursday 22nd: Indian Butter Chicken, Indian Butter Bean or Classic Chicken Soup

Friday 23rd: Joeys Boerewors Rolls with Fried Onions, Smoor and a Bean Salad R150

Monday 26th: Roasted Butternut and Bacon Soup or Roasted Butternut and Ginger Soup

Tuesday 27th: Beef and Vegetable Potjie with Rice and Ouma Brood R160

Wednesday 28th: Chicken or Veggie Chow Mein R140 or Thai Chicken Noodle and Lentil Soup

Thursday 29th: Beef Lasagne or Black Mushroom, Spinach and Feta Lasagne R150

Friday 30th: Tjumps Lekker Crumbed Chicken Burgers with Cheese Sauce and a Bow Tie and Vegetable Pasta Salad R150 or a Broccoli, Spinach, Potato and Parmesan Soup

PET SITTING



Are you going away and in need of a reliable pet sitter? My name is Cameron Angus. I am a past pupil from SH and live in Somerset West. I love animals and am available to feed, water and spend time with your furry friends!

I am available on Weekends and holidays.

Please contact me: 078 863 1756

Price R150 per day.



Looking for a house sitter?

I am available to house sit your house during the holidays and term. Somerset West area.

R250 per night

Please feel free to contact me.

Caroline Hodge

083 23 28 25 2



YOGA WITH ZOE

RESTORATIVE YOGA

18:30 - 19:30

Monday 29th July

&

Tuesday

6th, 13th, 20th, 27th August

HATHA FLOW (beg-int)

7:30 - 8:30

Thursdays

MAKE SPACE - REST, STRETCH, REFLECT

8:30 - 9:30

Thursdays

8th, 15th, 22nd, 29th August

Exchange:

R 100/class

For enquiries, WhatsApp message me (Zoë) on

0822244260

**Classes held @ Think Silver Studio, Mayfair Cottage,
Bright Street, Somerset West**

Study Smart Workshop (1)

**Healthy tools for learning
Grade 4 - Grade 7**

**Practical tools to help young people
navigate exams and tests without
overwhelm.**

Facilitated by: Zoe Douglas
Registered Counsellor
Yoga Instructor

**For more information
message me on
0822244260**

Mindset
Healthy body

Breathwork
Movement