Attivitajiet ghax-xahar ta' Novembru 2018

Il-Gimgha 2 ta' Novembru : 8.00pm : Project House, Floriana. Illum se naghmlu quddiesa ghall-ghieziez mejtin taghna. Iqaddes Fr.Saviour Chircop. Nitolbu ghall-mejtin u ghall-hajjin biex Alla jtina l-ghajnuna.

Il-Gimgha 9 ta' Novembru : 8.00pm :Project House, Floriana. Illum is-sur Joseph Farrugia, membru tal-grupp, se jaghmlilna tahdita interessanti dwar "Leggendi ghax-Xahar ta' Novembru." Is-sur Farrugia zgur li dejjem izommna msammrin nisimghu! Titilfux din it-tahdita.

Il-Gimgha 16 ta' Novembru : 8.00pm : Project House, Floriana. Illum se naghmlu loghob bejnietna...........Staqsini Ghoxrin! Rigali x'jintrebhu!!

Ejjew ha tiehdu gost!!!

Is-Sibt 17 ta' Novembru. Illum se mmorru One-Night Break go San Pawl Hotel. Nidhlu fil-kmamar taghna s-Sibt ,17 ta' Novembru, fis-saghtejn ta' wara nofsinhar (2.00pm) u nohorgu 'l-Hadd fil-ghaxra ta' filghodu.(10.00am). **Prezz: €20** kull persuna f'kamra doppja li jinkludi l-ikla tas-Sibt filghaxija u breakfast il-Hadd filghodu. (Half Board). Ghal min joqghod go kamra singola il prezz huwa : **€30**. Booking ghal aktar minn lejl wiehed suggett ghall disponibilita' u dan irid isir arrangement mal-lukanda dirett. Booking ma' Mark Farrugia mob. no. **79452005.**

Il-Gimgha 23 ta' Novembru :7.45pm : Il Cortile: San Gwann.

Illum se niccelebraw il-Birthday Celebrations gol-Cortile li jinsab hdejn id-disco "Aria" go San Gwann.

Menu:

Soup/ Pasta Bolognaise.

Buffet: Fish/Chicken/Pork.

Birthday Cake.

Soft Drink u Wine/Water

Prezz : €23

Free Parking.

Booking ma' Maria Caruana fuq mobile number **99890727**.

Il-Gimgha 30 ta' Novembru : 8.00pm :Project House, Floriana. Illum se jkollna attivita' nteressanti. Dettalji aktar tard.

Gheziez Hbieb,

Nispera li intom u l-gheziez taghkom tinsabu tajbin. Kif tafu tajjeb dan l-ahhar kellna hafna taqlib biex insibu post fejn niltaqghu imma wara hafna tahbit fl-ahhar sibna wkoll. Nixtieq hawnhekk nirringrazzja lill-membri tal-kumitat li ghamlu hilithom biex insibu post u anke xi membri li nteressaw ruhhom jistaqsu u jfittxu post u jaghtuna s-suggerimenti taghhom. Minghajr l-ghajnuna u l-kooperazzjoni ta' kulhadd ma naghmlu xejn.

Nixtieq ukoll nirringrazzja lil dawk kollha li jghidulna b'nies li kapaci jaghmlu tahdita fil-grupp ghax xahar wara l-iehor difficli li dejjem tivvinta u tippjana attivitajiet godda. B'hekk nistghu dejjem nintroducu nies godda lilkom u nisimghu affarijiet interessanti u ta' gid ghalina. Nixtieq nirringrazzja lil Mr. Dorian Xuereb, Orthopaedic Surgeon, li gentilment tana mill-hin prezzjuz tieghu u gie jaghtina talk tassew interessanti u bzonnjuza. Nirringrazzja lil papa' tieghu Manuel Xuereb, li huwa membru fil-grupp, li tani s-suggeriment nistieden lil ibnu. Prosit tassew!

Dan ix-xahar ghandna hafna attivitajiet importanti u nteressanti ghalikom fosthom il-quddiesa, il-one-night break gos-San Pawl Hotel, l-Irtir gol-Mellieha , tahditiet , il-birthday celebrations etc. Ibbukkjaw kmieni u ibbukkjaw ma min hu nkarigat, jekk joghgobkom. Ghandkom id-dettalji kollha fin-newsletter.

Bhalma naghmlu kull sena se naghmlu **Rtir ghal zmien l-Avvent**.

Se naghmluh nhar il-**Hadd 9 ta' Dicembru** go La Salle Retreat Home , il-Mellieha , go Santa Marija Estate. Iddumux ma tibbukkjaw ghax irridu naghtuhom in - numru ta' nies li sejrin. Hlas mal-booking. **Programm** :

9.30am : Meeting : Coffee/Tea and Cake.

10.30am : Father Saviour Chircop....Reflessjoni. **11.30am** : Quddiesa.

12.30am : Ikla ta' Nofsinhar.

Menu: 3 Course Meal u Dessert. **Prezz : €22**. Booking ma' Marija fuq mob no. **99271981**.

Fl-ahharnett, xtaqt infakkarkom f'xi regoli tal-grupp li qeghdin fl-istatut maghmulin minnkom, ghalikom. Ftakru li ahna ma nistghux naccettaw nies li mhumiex romol u 'l fuq minn 61 sena. Taqbdux u tghidu lil nies biex jidhlu fil- grupp jekk ma jaqghux taht dawn il-kategoriji ghax jien u membri tal- kumitat dejjem nidhru koroh nirrifjutaw in-nies u vera niddejjaq nghid le u nirrifjuta lin-nies li, fuq kollox jigu ghal-ghajnuna.

Niftakru li membru ma jistax igib aktar minn guest wiehed ghall-attivitajiet ta' barra. Ghall-attivitajiet ta' gewwa ma jigux accettati guests. Regola ohra hija li, meta membri jitilqu mill-grupp ghal xi zmien u ma jhallsux il-membership u jilhqu jaqbzu l-eta ta' 61, ma jistghux jergghu jigu accettati bhala membri. Dawn huma regoli li dejjem gbidnilkom l-attenzjoni fuqhom u ma nistghux noqoghdu nibdlu r-regoli kif gie gie ghax ahna ma jkollniex kas wiehed u nkunu diga rrifjutajna nies ohra fl-istess sitwazzjoni.

Nawguralkom Sahha u Sliem.

Dejjem taghkom,
Marija

5 tips for a healthier you

Following a healthy lifestyle can help prevent 80% of premature deaths from heart disease and strokes and 60% due to cancer. Here are five tips from experts on how to take a few simple steps towards living a healthier life.

1. Always eat breakfast

"Breakfast is linked to improved nutrient intake, as well as improved concentration and alertness. Studies show that skipping breakfast is associated with increased stress, anxiety, depression, fatigue and tiredness."

2. Unwind your brain

"Before you go to sleep, you need to give your brain a chance to wind down. Allocate between 30 and 60 minutes for this. Going to bed directly after working or after exercise can make it more difficult to fall asleep. Caffeine and alcohol can affect sleep, and sufficient time should be allowed

3. Hydrate, hydrate, hydrate

"Being well-hydrated is important for overall health. You can use herbs such as mint, chopped fruit and lemon slices to make water more interesting. Remember that store-bought flavoured

4. Be mindful!

"Set your alarm clock for 10 minutes earlier in the mornings. Find somewhere quiet, with a comfortable seat. Close your eyes and focus on your breath allowing it to move freely in and out of your nose. Start with five minutes and see how you go from there. If you really aren't a morning person, try it in the evenings. Tonight, instead of your usual routine of flicking on the TV when you get home, take a few moments, find a quiet space with no technology on or around you and just breathe. Find a way of moving your body that feels good. Try out different exercise or yoga classes, until you find an environment that's comfortable to you."

5. Find balance in your life

"Focus on yourself from time to time and pamper yourself. You can't expect others to nurture you if you can't nurture yourself. Learn to say no without feeling guilty. Having reasonable boundaries is healthy, and it helps you to regulate how much you take on. Set SMART goals for yourself – specific, measurable, attainable, realistic and time specific."