

NEWSLETTER

THE NEWSLETTER HAS COME OUT OF ITS WINTER HIBERNATION!!! - What's on in April?

LET'S START BY PUTTING A SPRING IN OUR STEP ON A WALK IN THE WIENERWALD WITH HEALTH and FITNESS EXPERT **GRETA MIKAN!**



What's the latest and greatest fitness trend? TRX training!
www.thebodyproject.at

No worries, we will take an easy walk while Greta does all the work! She will demonstrate TRX and other fitness tricks that we can easily incorporate into our daily routines. **Instruktionen in Englisch und Deutsch.**

Meet **Saturday, April 18 11:00am** at the 35A bus stop Agnesgasse for a walk in the vineyards of Neustift am Walde, 1190 Wien, with a rest stop at Gasthaus Häuserl am Stoan. Duration including refreshment break, 2 to 2 ½ hours.

Children, family members, friends and dogs welcome.

“SOCIETY SOCIAL”

It may still be a bit fresh to meet at an outdoor café but we can enjoy sundown now that it is setting later but in the comfort of a room with a view, in the middle of Kärntnerstrasse!

Have a glass of wine and a chat with fellow members **Wednesday, April 1** starting anytime after 18:00!

Sky Bar

Kärntnerstrasse 19, 1010

(Steffl department store, elevator to top!)

Leave your wallet at home, drinks are on the house !!!!



MARK YOUR CALENDAR'S.....

Fresh off the press and in stores now, Gunther Polnizky's "Timber Creek - Man erntet, was man sät", a fictional thriller set in the Canadian hinterland.

He will introduce his newly published work, read some excerpts from the book and engage in a short Q&A.



Meet Gunther and society members on **Tuesday, April 28, 19:00** at Thalia Bookshop Landstraßer Hauptstraße 2, 1030.

Refreshments will be served.
Veranstaltungssprache Deutsch.