

Mediamark

RECLAIM  
*Summer*



HOME OF THE  
AFROPOLITAN

# RECLAIM Summer



## NOTE FROM THE STATION

Much of our lives in 2020 have been engulfed by the unimaginable outcomes caused by the Covid-19 outbreak. No one was expecting a year of cancelled plans and social distancing. However, with the easing of lockdown regulations we are encouraging Afropolitans to RECLAIM and REDISCOVER their passions and interests while having a safe summer.

We are excited to introduce Kaya FM's official Summer Guide; a selection of places to go and things to experience, hand-picked by our presenters with you in mind. As the pandemic continues to rage on globally with no end in sight — we urge Afropolitans to continue adhering to all Covid-19 regulations to guarantee a safe and stress-free Summer.



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# SAFETY FIRST



Have a safe summer with these tips from our resident doctor — **Dr. Sindi Van Zyl**



1 Wear sunscreen at all times.



2 Stay hydrated by drinking enough water.



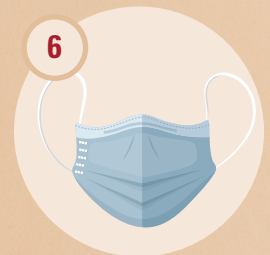
3 Eat your greens.



4 Cut down on sugary food and starch.



5 Smile! It's good for you.



6 Don't forget to wear your mask and sanitize!



Sidebar with Sindi.  
Mondays- Thursdays. 19:00-20:00



# EAT AND DRINK

Brunch dates that turn into epic lunches, and sundowners at the hottest places in town. Here are our presenters' favourite spots.



## Gugulethu Mfuphi



### Silver Orange Bistro Hartbeespoort (Johannesburg)

A great hideaway that will remind you of the Cape Winelands, with light refreshing meals and a beautiful garden seating.



### Glenda's Hyde Park (Johannesburg)

A clean and contemporary patisserie which is a delight for anyone with a sweet tooth like me. Great for breakfast, high teas (my fave!) or a light brunch with friends.



### Kolonaki Parkhurst (Johannesburg)

A great lunch spot on a hot summer's day, in the heart of urban and cosmopolitan Joburg.



**Kaya Bizz with Gugulethu Mfuphi.**  
Mondays -Thursdays, 18:00-19:00.

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<https://www.shutterstock.com/> | <https://unsplash.com/>



## Unathi Nkayi



### Neighbourgoods Market Braamfontein (Johannesburg)

Perfect for brunch and cocktails. I love getting tipsy during the day. This is a place for great food, rooftop music, drinks and shopping all at once.



### Signature Restaurant Rivonia (Johannesburg)

The food here is exceptional. The restaurant and bar area are beautifully designed and the people look and smell good.



### Sakhumzi Orlando (Soweto)

A great place to experience heritage, food, music and drinks.



**Midday Joy with Unathi.**  
Mondays-Thursdays, 12:00-15:00



## Jason Goliath



### Golden Dish Athlone (Cape Town)

Undeniably the best place for Gatsby's, a culinary institution of the Mother City.



### Britannia Hotel Springfield (Durban)

This famous hotel is known for their delicious bunny-chows and curries. The finest example of Indian cuisine in that part of the country.



### Fernandos Chicken House in Richmond Hill

(Port Elizabeth) – Authentic Portuguese flavours, the prawns and chicken are my top picks.



**Kaya Breakfast.**  
Mondays -Thursdays, 06:00-09:00



"I am passionate about my work, which keeps me going throughout the year. It is important for me to find balance in time away with my family. ”



**Wilgewandel**  
Holiday farm in Oudtshroon (Klein Karoo)



**Valley of the Waves**  
Sun City (Rustenburg)



**Misty Mountain Lodge**  
Sabie River (Sabie)



**Zimbali Lodge**  
Balito (Durban)



**The Best T in the City.** Mondays-Thursdays, 09:00-12:00  
**Platinum Fridays.** Fridays, 09:00 – 12:00

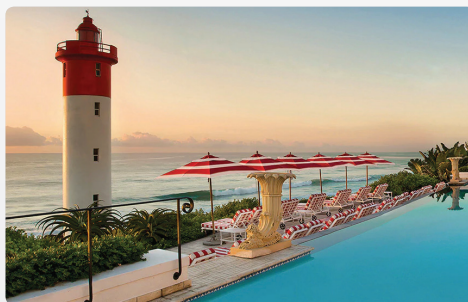
## Proverb's Favourite Local Getaway Spots



**Pezula Resort & Spa**  
Sparrebosch (Knysna)



**Bongani Mountain Lodge**  
Malelane (Nelspruit)



**The Oyster Box**  
Umhlanga (Durban)



**African Penthouse**  
Central Johannesburg (Johannesburg)



**Kayasette.** Fridays, 12:00-15:00  
**The Winner's Circle.** Saturdays, 12:00-15:00

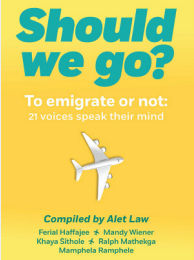
Image source: www.wilgewandel.co.za / http://suncoity.hotel.co.za / http://mistymountain.co.za / www.luxuryhotelsguides.com / www.wilgewandel.co.za / http://suncoity.hotel.co.za / http://mistymountain.co.za / africanpenthouses.com/#city-living



Our selection of books, movies and comedy to enjoy while you reset and relax these holidays.



**BOOKS** – get stuck between the pages of our presenter’s top picks.



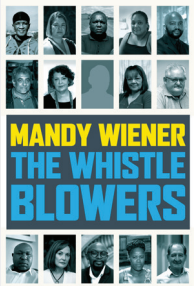
### Should We Go?

Compiled by Alet Law (Graffiti Books)

“An anthology of perspectives from 21 different South Africans reflecting on the state of the nation, its future prospects, and answering the simple question of whether emigration is an answer. I am one of the 21 featured voices in the book. As citizens reflect on a most unusual year that has created health, economic and social casualties, the question seems even more pertinent now.” - **Khaya Sithole.**



**On the Agenda with Khaya Sithole.**  
Mondays, 20:00-21:00



### The Whistle Blower

Many Weiner (Pan Mcmillan South Africa)

“This book is ABSOLUTELY important because it tells the story of corruption in South Africa. Most importantly, the bravery of the people who were exposed and sacrificed their lives to bring about the untold story of the consequence when people act against society. The book is like a movie, highly entertaining and educational. It is very relevant to our times”. – **David O Sullivan.**



**Kaya Breakfast.**  
Mondays-Thursday, 06:00-09:00



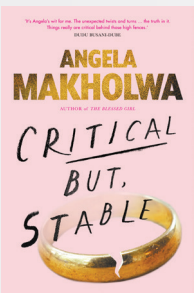
### Becoming

Michelle Obama (Penguin Random House South Africa)

“Michelle Obama’s compelling book gave us real insight into her personal identity. Often as women we are judged and seen as incapable because we are female and black. Her story, which starts before she became the First Lady, is an inspiring look at overcoming life’s challenges.” - **Sumitra Nydoo**



**My Money and Me with Sumitra Nydoo.**  
Tuesdays, 20:00 -21:00



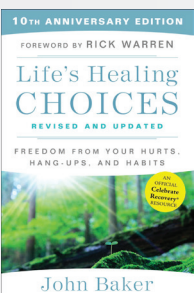
### Critical but Stable

Angela Makholwa (Pan McMillan South Africa).

“There’s only one book to rock your socks off this season and it’s this witty, wicked and wonderful take on Sandton’s high society where nothing is quite as perfect as it seems.” – **Jenny Crwys Williams**



**Saturdays with Jenny.**  
Saturdays, 09:00-11:00



### Life’s Healing Choices

John Baker ( Simon & Schuster)

“This book is a journey into the depths of self. It inspired me to heal, live freely and peacefully- while affirming my confidence in my true being as Modimo’s beloved child.” - **Thabiso Sikwaneo**



**Kaya Breakfast.**  
Mondays-Thursday. 06:00-09:00

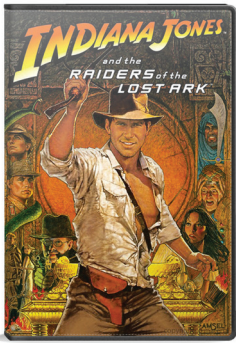
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# FILMS



Re-watch the classics or catch the latest blockbusters with **Sandile Van Heerden's** selections.



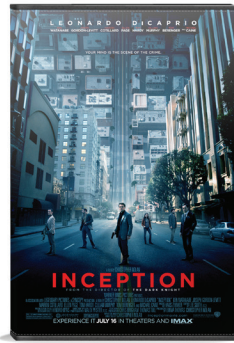
**Indiana Jones: Raiders of the Lost Ark**



**Avengers: Infinity War**



**The Departed**



**Inception**



**Bad Boys 3**



**The Drive Thru.** Fridays, 15:00- 18:00



# COMEDY



One of South Africa's leading funny-men, **Skhumba Hlope**, shares his top three local comedians to catch this summer.



**Loyiso Gola**

We can all agree that this actor, writer and two-time Emmy nominated stand-up comedian is a national treasure. Follow him on Instagram and Twitter (@loyisogola) to find out where to catch him this season.



**Celeste Ntuli**

The multi-talented comedian and actress is not afraid to broach uncomfortable topics with punctures of laughter. Follow her on Instagram and Twitter (@celestentuli) to find out where she will be performing this summer.



**Siya Seya**

The two-time Savanna Comics' Choice Award winner's stand-up routine is no joke. Follow him on Instagram and Twitter (@siyaseya/ @siyaseyacomedy) to see where you can catch him live this season.



**Good Friday with Skhumba.** Fridays, 06:00-09:00

Image source: www.imdb.com

Source: All images supplied

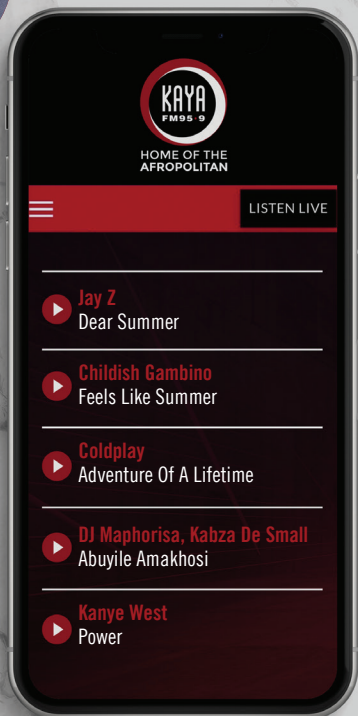




# RECLAIM SUMMER WITH THESE PLAYLISTS CURATED FOR YOU BY OUR DJs



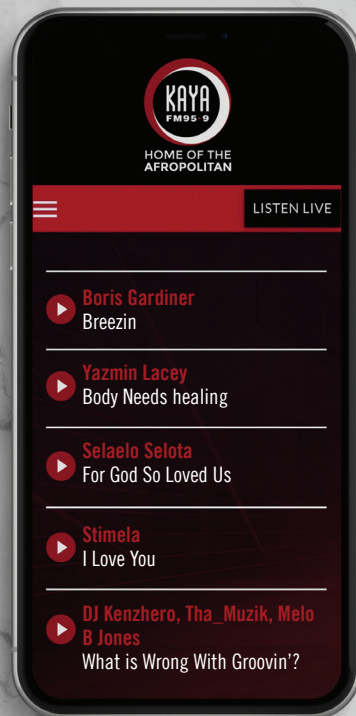
## Sizwe Dhlomo



**Kaya Drive with Sizwe.** Mondays- Thursdays, 15:00-18:00



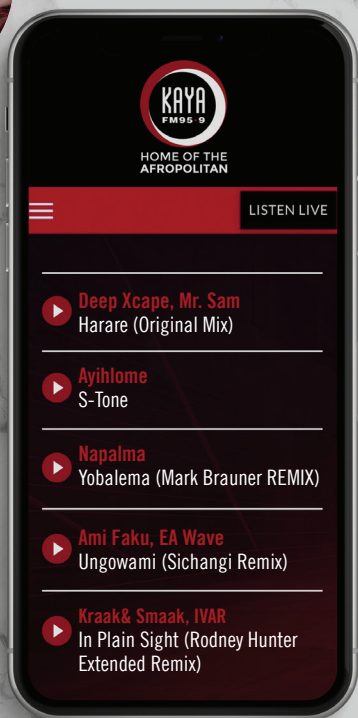
## DJ Kenzhero



**Sound Supreme.** Saturdays, 14:00-15:00  
**What is Wrong With Groovin'?** Sundays, 14:00-18:00



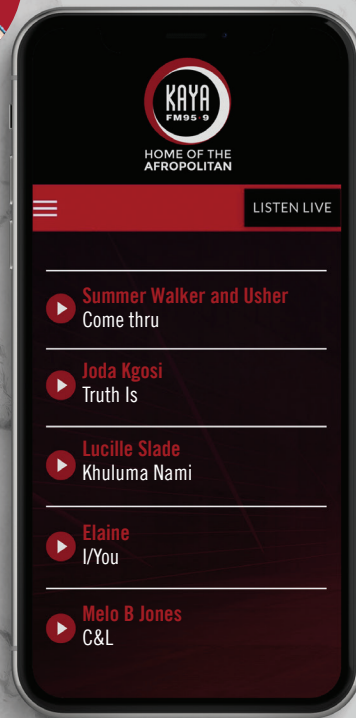
## Nicky B



**The World Show With Nicky B.** Sundays, 18:00-22:00



## Kgomotso Meso



**Elite Nites With Kgomotso Meso.** Fridays & Saturdays 18:00-21:00

# SOUL INSPIRED CONCERT

BROUGHT TO YOU BY SPAR



Artist:

## SPIRIT OF PRAISE

### DATE: 6TH DECEMBER 2020

VENUE

The Comfort of Your Home via:  
[kayafm.co.za](http://kayafm.co.za), Facebook Live and YouTube

SPAR



[www.kayafm.co.za](http://www.kayafm.co.za)



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