



## CALENDAR FOR OCTOBER 2018

### Monday, 1 October 2018

- 8.15am Therapeutic Aquatics Class (Gym in the Lifestyle Centre)
- 10am Knit & Natter (Lifestyle Centre)
- 10am Howard Health Shoes (Lifestyle Centre)
- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 1pm Social Bridge (Lifestyle Centre)

### Tuesday, 2 October 2018

- 8am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 2:30pm Scrabble (Lifestyle Centre)

### Wednesday, 3 October 2018

- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 5pm Social Evening (Lifestyle Centre)

### Thursday, 4 October 2018

- 7:30am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 10am Series Movie Morning (Lifestyle Centre)
- 6.30pm Movie Evening (Lifestyle Centre)

### Friday, 5 October 2018

- 10am The Cavern Resort Talk (Lifestyle Centre)
- 10am Line Dancing (Gym in the Lifestyle Centre) (R30 per session contact Lynn Turner on ext. 104)
- 10.30am Christian Bible Study (at #24)

### Monday, 8 October 2018

- 8.15am Therapeutic Aquatics Class (Gym in the Lifestyle Centre)
- 10am Knit & Natter (Lifestyle Centre)
- 10am DND Fashions (Lifestyle Centre)
- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 1pm Social Bridge (Lifestyle Centre)
- 7pm Rummikub – All Welcome (Lifestyle Centre) (2<sup>nd</sup> Monday of every month)

### Tuesday, 9 October 2018

- 8am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 2:30pm Scrabble (Lifestyle Centre)



**Wednesday, 10 October 2018**

- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 2.30pm Christian Fellowship Group Meeting (at #69 - All welcome) (2<sup>nd</sup> Wednesday of the month)
- 5pm Social Evening (Lifestyle Centre)

**Thursday, 11 October 2018**

- 7:30am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9:30am ResCom Meeting (Lifestyle Centre Boardroom) (2<sup>nd</sup> Thursday of every month)
- 10am Series Movie Morning (Lifestyle Centre)
- 2pm Visual Music Entertainment (at #81) (2<sup>nd</sup> Thursday of every month)
- 6.30pm Movie Evening (Lifestyle Centre)

**Friday, 12 October 2018**

- 10am Line Dancing (Gym in the Lifestyle Centre) (R30 per session contact Lynn Turner on ext. 104)
- 10.30am Christian Bible Study (at #24)

**Saturday, 13 October 2018**

- 5pm Resident's Fun Walk (Furry Paws entries allowed. Four different walk distances from 700m to 5.4km) Contact Ernie on ext. 180 for more information)**

**Monday, 15 October 2018**

- 8.15am Therapeutic Aquatics Class (Gym in the Lifestyle Centre)
- 10am Knit & Natter (Lifestyle Centre)
- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 1pm Social Bridge (Lifestyle Centre)

**Tuesday, 16 October 2018**

- 8am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 2:30pm Scrabble (Lifestyle Centre)

**Wednesday, 17 October 2018**

- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 10am Alzheimer's Support Group (Lifestyle Centre) (3<sup>rd</sup> Wednesday of every month)
- 5pm Octoberfest Social Evening (Lifestyle Centre) German Food & Draught Beer with Oompah Band Music**

**Thursday, 18 October 2018**

- 7:30am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 10am Series Movie Morning (Lifestyle Centre)
- 6.30pm Movie Evening (Lifestyle Centre)

**Friday, 19 October 2018**

- 10am Line Dancing (Gym in the Lifestyle Centre) (R30 per session contact Lynn Turner on ext. 104)
- 10.30am Christian Bible Study (at #24)
- 2.30pm Bingo with Trevor & Heather Morgan (R20 a card and cash prizes. For more information contact Trevor & Heather Morgan on ext. 169)**



### **Monday, 22 October 2018**

- 8.15am Therapeutic Aquatics Class (Gym in the Lifestyle Centre)
- 10am Knit & Natter (Lifestyle Centre)
- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 1pm Social Bridge (Lifestyle Centre)

### **Tuesday, 23 October 2018**

- 8am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 2:30pm Scrabble (Lifestyle Centre)

### **Wednesday, 24 October 2018**

- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 5pm Social Evening (Lifestyle Centre)

### **Thursday, 25 October 2018**

- 7:30am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 10am Series Movie Morning (Lifestyle Centre)
- 6.30pm Movie Evening (Lifestyle Centre)

### **Friday, 26 October 2018**

- 10am Line Dancing (Gym in the Lifestyle Centre) (R30 per session contact Lynn Turner on ext. 104)
- 10.30am Christian Bible Study (at #24)

### **Monday, 29 October 2018**

- 8.15am Therapeutic Aquatics Class (Gym in the Lifestyle Centre)
- 10am Knit & Natter (Lifestyle Centre)
- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 1pm Social Bridge (Lifestyle Centre)

### **Tuesday, 30 October 2018**

- 8am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 9am Therapeutic Exercise Class (Gym in the Lifestyle Centre)
- 2:30pm Scrabble (Lifestyle Centre)
- 6.30pm Bingo – Lions Charity Evening (R20 a card. Please bring your own snacks and drinks)**

### **Wednesday, 31 October 2018**

- 10am – 12pm Art Classes (For more information contact Sandy De Villiers on ext. 1121)
- 5pm Social Evening (Lifestyle Centre)

**ROY MARTIN  
VILLAGE MANAGER**