

WEEKLY ACTIVITIES

LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | ALL COVID PROTOCOLS MUST BE ADHERED TO



MONDAY	09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277	10h15 - 11h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443	14h00 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089		REMINDER! BOOK FOR SHUTTLE SERVICE
TUESDAY	09h00 - 10h00 EXTEND SENIOR FIT Crafts Room Judith ext. 2063	10h00 BRIDGE Bistro Cecile ext. 2011		14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY	09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277		13 & 27 OCT 10h00 - 12h00 CHRISTIAN FELLOWSHIP 1st Floor Lounge John ext. 2018		18h00 - 20h00 DINNER Village Bistro ext. 2404
THURSDAY	09h00 - 10h00 EXTEND SENIOR FIT Crafts Room Judith ext. 2063	10h00 KNITTING GROUP Lounge Jen ext. 2026	16h00 TABLE TENNIS, POOL / SNOOKER 1st Floor	14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089	
FRIDAY	09h00 - 10h00 SPINE SHINE BACK CARE YOGA Crafts Room Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443			
SATURDAY					
SUNDAY			12h00 - 14h00 SUNDAY LUNCH Village Bistro Melanie ext. 2404		