

WEEKLY ACTIVITIES

ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | COVID PROTOCOLS TO BE ADHERED TO



MONDAY 19 SEP	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	10h15 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443		GAMES ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
TUESDAY 20 SEP	09h00 CALLENETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2143	10h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	16h00 AIRSHOW PRESENTATION 1ST FLOOR LOUNGE Clare ext. 2035	 REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY
WEDNESDAY 21 SEP	09h00 STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	7 & 21 SEPTEMBER 10h00 CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			
THURSDAY 22 SEP		10h00 KNITTING GROUP MAIN LOUNGE Jen ext. 2026	14h00 BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
FRIDAY 23 SEP	09h00 SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	09h15 - 10h00 AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	11h00 LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	17h00 RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	18h00 WEEKLY DINNER BISTRO ext. 2404
SATURDAY 24 SEP					
SUNDAY 25 SEP			12h00 SUNDAY LUNCH BISTRO ext. 2404		