

# WEEKLY ACTIVITIES

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



<b>MONDAY</b> <b>26 SEP</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>10h15</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443		<b>GAMES</b> ACTIVITY ROOM 2 Cecile ext. 2011 Norma ext. 2089	
<b>TUESDAY</b> <b>27 SEP</b>	<b>09h00</b> CALLENETICS WITH LOUISE ACTIVITY ROOM 1 Louise ext. 2043	<b>10h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	 <b>REMINDER!</b> <b>WEDNESDAY IS</b> <b>RECYCLING</b> <b>COLLECTION DAY</b>	
<b>WEDNESDAY</b> <b>28 SEP</b>	<b>09h00</b> STRETCH CLASSES 1ST FLOOR LOUNGE Sue 072 212 0277	<b>5 &amp; 19 OCTOBER</b> <b>10h00</b> CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE John ext. 2018			
<b>THURSDAY</b> <b>29 SEP</b>	<b>08h45</b> LOW IMPACT CARDIO ACTIVITY ROOM 1 Louise ext. 2043	<b>10h00</b> KNITTING GROUP MAIN LOUNGE Jen ext. 2026	<b>14h00</b> BRIDGE ACTIVITY ROOM 2 Cecile ext. 2011	<b>14h00</b> GOLF CROQUET FISH HOEK BOWLING CLUB Norma ext. 2089	
<b>FRIDAY</b> <b>30 SEP</b>	<b>09h00</b> SPINE SHINE BACK CARE YOGA ACTIVITY ROOM 1 Clair 083 453 5539	<b>09h15 - 10h00</b> AQUA AEROBICS POOL Renate 082 519 1873 Linda 082 4109 443	<b>11h00</b> LINE DANCING ACTIVITY ROOM 1 Shereen 071 471 3624	<b>17h00</b> RESIDENT SOCIAL LIFESTYLE CENTRE Norma ext. 2089	<b>18h00</b> WEEKLY DINNER BISTRO ext. 2404
<b>SATURDAY</b> <b>1 OCT</b>					
<b>SUNDAY</b> <b>2 OCT</b>			<b>12h00</b> SUNDAY LUNCH BISTRO ext. 2404		