



p MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 October @ 2pm	6 October @ 10.30am	STB 15 October @ 11.30am	Big Small Firm	1 7am Walking group 9am Callanetics followed by Callanetics light @ 10.15am 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish / Calamari & Chips 7pm Friday movie night: The Pelican Brief (1993)	John Adams' Fruit & Veg Bakkie 2pm Canasta	8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast beef with Yorkshire pudding *** Roast, pineapple chicken served with gravy 6.30pm MOVIE: A Star is born
4 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 2pm Two Oceans Aquarium 7pm Canasta	5 8am JZL Carwash (waterless / water) 9am Callanetics 10am The Shoe Lady 10h15am Callanetics Light 2.30pm Chit Chat – Meet & Greet LSC 5pm Bar night 7pm Music Appreciation Evening in the Lifestyle Centre	6 7am Walking group 10.30am Madhatter Tea Party 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES Anne with an "E"	7 9am Art Group 9.30am Knitting Group 10am Kind 2 Hearing 11am Line Dancing 3pm Dementia Support group 3pm Book Club 7pm Canasta	8 7am Walking group 9am Callanetics followed by Callanetics Light @10.15am 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips	9 John Adams' Fruit & Veg Bakkie 2pm Canasta	8.45am Online Church service – BIG TV area SUNDAY LUNCH Roasted pork leg with crackling, gravy *** Mediterranean roast chicken with gravy roast 6.30pm MOVIE: Poseidon
7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	9am Callanetics 10h15am Callanetics Light 5pm Bar night 7pm Classic movie night: Pretty Women (1990)	13 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Poetry Club 6.30pm SERIES Chernobyl	9.30am Knitting Group 10.00am Alida's fashion 11am Line Dancing 4pm B I N G O 7pm Canasta	15 7am Walking group 9am Callanetics followed by Callanetics Light @10.15am 10am Religious Fellowship – Interdenominational 11.30 STTB - When do you need to appoint a Curator? 11-12pm Table Tennis 5pm Bar night	16 John Adams' Fruit & Veg Bakkie 2pm Canasta 6pm Resident Braai (Catering Committee)	8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast leg of lamb served jus & mint sauce *** Lemon & herb roast chicken with jus 6.30pm MOVIE: The Tuxedo
7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta 25 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route	9am Callanetics 9.30am RESCOM Meeting 10h15am Callanetics Light 5pm Bar night 7pm Music Appreciation Evening in the Lifestyle Centre 26 9am Callanetics 10h15am Callanetics Light 2.30-4pm Oefen Afrikaans 5pm Bar night	20 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Exploring the Bible 6.30pm SERIES Chernobyl 27 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES Chernobyl	21 9am Art Group 9.30am Knitting Group 11am Line Dancing 3pm Dementia Support group 7pm Canasta 28 9am Art Group 9.30am Knitting Group 11am Line Dancing 4pm B I N G O	22 7am Walking group 9am Callanetics followed by Callanetics Light @10.15am 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips 29 7am Walking group 9am Callanetics followed by Callanetics Light @10.15am 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	John Adams' Fruit & Veg Bakkie 2pm Canasta 30 John Adams' Fruit & Veg Bakkie 2pm Canasta	8.45am Online Church service – BIG TV area SUNDAY LUNCH Apricot glazed gammon served with gravy *** Honey & mustard roast chicken served with gravy 6.30pm MOVIE: 42 31 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast leg of lamb with red wine jus *** Lemon & herb roast chicken
10.30am Aqua Aerobics 6pm Camera Club – LSC at Big TV 7pm Canasta			7pm Canasta	2pm CRAFT MARKET 4 – 6pm Wine tasting with Gunbay Wines 5pm Bar night		with jus 6.30pm MOVIE : Just like Heaven