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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 VOTING DAY / Public Holiday	2 8am Waterless Carwash	3 7am Walking group	4 9am Art Group	5 7am Walking group	6 John Adams' Fruit &	7 8.45am Online Church
7am Walking group	9am Callanetics 9.30am Bus to Blue	10am-2pm The Shoe Lady	9.30am Knitting Group	9am Callanetics followed by	Veg Bakkie	service – BIG TV area
9am Pilates	Route	11-12pm Table Tennis	10am Line Dancing	Callanetics Light @10.15am	2pm Canasta	SUNDAY LUNCH Roast Beef with
10.30am Aqua Aerobics	10h15am Callanetics Light	2pm Rummikub & Chess	3pm Book Club	10am Religious Fellowship – Interdenominational	LUNCH with Live entertainment –	Yorkshire Pudding with Red Wine Jus
7pm Canasta	2.30pm Chit Chat – Meet & Greet LSC	3pm Dementia Support Group	7pm Canasta	11-12pm Table Tennis 5pm Bar night	Fanie Le Roux en sy orkes	Chicken Kiev with Red Wine Jus
	5pm Bar night 7pm Music Appreciation Evening in the LSC	6.30pm SERIES Dancing with the Birds & Our Planet		6pm Fish/Calamari & Chips 7pm Friday movie night: The Drop Box (2015)		6.30pm MOVIE : Stardust
8 7am Walking group	9 9am Callanetics	10 7am Walking group 11-12pm Table Tennis	11 REMEMBERANCE DAY 9am Art Group	12 7am Walking group	13 John Adams' Fruit & Veg Bakkie	14 8.45am Online Church
9am Pilates	9.30am RESCOM Meeting	2pm Rummikub & Chess	9.30am Knitting Group	9am Callanetics followed by Callanetics Light @10.15am	2pm Canasta	service – BIG TV area
9.30am Drawing with Steph9.30am Bus to Blue Route	10h15am Callanetics Light	3pm Poetry Club	11am Remembrance Day Service	10am Religious Fellowship – Interdenominational		Slow Roast Apple & Sage Pork Neck with Jus
10am Kind 2 Hearing	5pm Bar night	6.30pm SERIES Chesapeake Shore S5	10am Line Dancing	11-12pm Table Tennis		*** Honey & Mustard Roast Chicken with Jus
10.30am Aqua Aerobics 7pm Canasta	7pm classic movie: Me before you (2016)		4pm BINGO	2.30pm Lee Kilian - "Let's have a Conversation, the benefits of coaching"		6.30pm MOVIE :
Wind-O-Wash	Wind-O-Wash		7pm Canasta 🛛 👅	5pm Bar night 6pm Fish/Calamari & Chips		Shawshank Redemption
15 WORLD DIABETES DAY	16 9am Callanetics	17 7am Walking group	18 9am Art Group	19 7am Walking group	20 John Adams' Fruit &	21 8.45am Online Church
7am Walking group	10am Tabitha's Fashion	11-12pm Table Tennis	9.30am Knitting Group	9am Callanetics followed by Callanetics Light @10.15am	Veg Bakkie 10am Breakfast	service – BIG TV area SUNDAY LUNCH
10-12pm Blood sugar testing 9am Pilates	10h15am Callanetics Light	2pm Rummikub & Chess	10am Line Dancing	10am Religious Fellowship – Interdenominational	Special with Live entertainment -'Shades of Shadows'	Roast leg of lamb with Red Wine Jus & Mint Sauce
9.30am Drawing with Steph9.30am Bus to Blue Route	5pm Bar night	2.30pm Exploring the Bible	Inter Village Challenge Muizenberg vs Noordhoek	11-12pm Table Tennis	2pm Canasta	*** Roast Apricot Chicken
10.30am Aqua Aerobics	7pm Music Appreciation Evening in the LSC	3pm Dementia Support Group	7pm Canasta	5pm Bar night 6pm Fish/Calamari & Chips		with Gravy 6.30pm MOVIE :
3pm Diabetic Wound Care Talk presented by WoundNet 7pm Canasta		6.30pm SERIES Chesapeake Shore S5				The Tourist
22 7am Walking group	23 9am Callanetics	24 7am Walking group	25 9am Art Group	26 7am Walking group	27 John Adams' Fruit &	28 8.45am Online Church
9am Pilates	10h15am Callanetics Light	11-12pm Table Tennis	9.30am Knitting Group	9am Callanetics followed by Callanetics Light @10.15am	Veg Bakkie 2pm Canasta	service – BIG TV area
9.30am Drawing with Steph	8.30am Outing to the	2pm Rummikub & Chess	10am Line Dancing	10am Religious Fellowship – Interdenominational		SUNDAY LUNCH Apricot Glazed Gammon served with Gravy
9.30am Bus to Blue Route	V&A Waterfront	6.30pm SERIES	4pm BINGO	11-12pm Table Tennis		*** Chicken Cordon Bleu
10.30am Aqua Aerobics	5pm Bar night	Chesapeake Shore S5	7pm Canasta	MOVEMBER - Burger & Beer 4.30pm Beer tasting with		with Gravy 6.30pm MOVIE :
7pm Canasta				Cape Point Breweries 5pm Bar night 6pm Fish/Calamari & Chips		The Highwaymen
29 7am Walking group	30 9am Callanetics	1 November Local Elections	6 November Boere Dag	11 November Remembrance Day	26 November Cape Point Breweries Craft Boor Tacting	1 – 30 November
9am Pilates	10h15am Callanetics Light	X	made and	11 NOVEMBER	Beer Tasting	
9.30am Drawing with Steph9.30am Bus to Blue Route	2.30-4pm Oefen		1 A	Remembrance Day		MOVEMBER
10.30am Agua Aerobics	Afrikaans	IEG		REMEMBRANCE DAY.		
6pm Camera Club – at Big TV 7pm Canasta	5pm Bar night	SOUTH AFRICA				

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