

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 10am Kind 2 Hearing	<b>2</b> 11-12pm Table Tennis	<b>3</b> 9.30am Knitting Group	<b>4</b> 9.15am Stretch Exercises	5 John Adams Fruit &	6 8.45am Online Church
	monthly visit	2pm Rummikub & Chess	10am Line Dancing	for Seniors 10am Religious Fellowship	Veg Bakkie	service – BIG TV area
	9.15am Stretch Exercises for Seniors	3pm Dementia Support Group	3pm Book Club	- Interdenominational	2pm Canasta	SUNDAY LUNCH Roast leg of lamb with red wine jus
	2.30pm Chit Chat – Meet & Greet	6.30pm <b>SERIES</b> : Designated Survivor	7pm Canasta	3.30pm Choir practice -Gym		*** Mediterranean Roast chicken served gravy
	7pm Music Appreciation			5pm Bar night 6pm Fish/Calamari & Chips Classic Movie:		6.30pm <b>MOVIE</b> : Go Carts
				Pride and Prejudice		
<b>7</b> 7am Walking group	<b>8</b> 8am Waterless Carwash	9 7am Walking group	<b>10</b> 9am Art Group	<b>11</b> 7am Walking group	<b>12</b> John Adams Fruit & Veg Bakkie	13 <mark>Cape Town Cycle Tour</mark>
9am Pilates	9.15am Stretch	10am Kind 2 Hearing Quiz morning	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	2pm Canasta	8.45am Online Church service – BIG TV area
9.30am Drawing with Steph 9.30am Bus to Blue Route	Exercises for Seniors	11-12pm Table Tennis	10am Banana & Caramel pancakes – R15	10am Religious Fellowship – Interdenominational		SUNDAY LUNCH Glazed apricot gammon
10am SHOE LADY	9.30am RESCOM Meeting	2pm Rummikub & Chess		11-12pm Table Tennis		served with roast potatoes
10.30am Aqua Aerobics	Classic Movie: Great Gatsby	6.30pm <b>SERIES</b> : Designated Survivor	10am Line Dancing 7pm Canasta	3.30pm Choir practice -Gym		Roast Greek chicken served with gravy
7pm Canasta				5pm Bar night 6pm Fish/Calamari & Chips		6.30pm <b>MOVIE</b> : The Sentinel
14 Wind-O-Wash 7am Walking group	15 Wind-O-Wash 9.15am Stretch	<b>16</b> 7am Walking group 11-12pm Table Tennis	17 St Patrick's Day	18 <u>South</u> <u>Africa</u> v <u>Bangladesh</u> (1st ODI) 7am Walking group	<b>19</b> John Adams Fruit & Veg Bakkie	20 8.45am Online Church service – BIG TV area South
9am Pilates	Exercises for Seniors	2pm Rummikub & Chess 3pm Poetry Club	9am Art Group	9.15am Stretch Exercises	2pm Canasta	<u>Africa</u> v <u>Bangladesh</u> (2nd ODI)
<ul><li>9.30am Drawing with Steph</li><li>9.30am Bus to Blue Route</li></ul>	7pm Music Appreciation	3pm Dementia Support Group	9.30am Knitting Group	for Seniors 10am Religious Fellowship – Interdenominational		SUNDAY LUNCH Roast beef & Yorkshire pudding
10.30am Aqua Aerobics		6.30pm SERIES:	10am Line Dancing 11.30 St Patrick's Day	11-12pm Table Tennis		*** Roast lemon & rosemary chicken served with gravy
7pm Canasta		Designated Survivor	Lunch with live music – R85 p/p	3.30pm Choir practice -Gym 5pm Bar night		6.30pm <b>MOVIE</b> : The Judge
21	22	23	7pm Canasta 24	6pm Fish/Calamari & Chips 25	26	27
7am Walking group	9.15am Stretch Exercises for Seniors	<u>South</u> <u>Africa</u> v <u>Bangladesh</u> (3rd ODI)	9am Art Group	7am Walking group	John Adams Fruit & Veg Bakkie	8.45am Online Church service – BIG TV area
9am Pilates 9.30am Drawing with Steph	2.30-4pm Oefen Afrikaans	7am Walking group	9.30am Knitting Group 10am Line Dancing	9.15am Stretch Exercises for Seniors 10am Religious Fellowship	2pm Canasta	SUNDAY LUNCH Spinach & feta stuffed pork
9.30am Bus to Blue Route		11-12pm Table Tennis 2pm Rummikub & Chess	1.30pm Scone special – R20	- Interdenominational 11-12pm Table Tennis		with gravy
10.30am Aqua Aerobics 7pm Canasta		6.30pm <b>SERIES</b> : Designated Survivor	7pm Canasta	3.30pm Choir practice -Gym		Chutney roast chicken with gravy
				5pm Bar night 6pm Fish/Calamari & Chips		6.30pm <b>MOVIE</b> : 2012
<b>28</b> 7am Walking group	<b>29</b> 9.15am Stretch	30 <u>South</u> <u>Africa</u> v <u>Bangladesh</u> (1st	<b>31</b> 9am Art Group	GRAB YOUR QU	UIZ PARTNER	
9am Pilates	Exercises for Seniors 2.30-4pm Oefen	Test) Day 1 7am Walking group	9.30am Knitting Group	And join us for	a morning of funt	
<ul><li>9.30am Drawing with Steph</li><li>9.30am Bus to Blue Route</li></ul>	Afrikaans	10-12pm Sales Morning	10am Line Dancing 7pm Canasta	4	Time: SUBAL	
10.30am Aqua Aerobics	7pm Music Appreciation	11-12pm Table Tennis 2pm Rummikub & Chess	i pin Janasia		elidas, OB March 2022 Serginan Multiorfiles Second Statement	
6pm Camera Club – at Big TV		6.30pm SERIES:		Hearing	N DEQ 633 DEQT amathaolghafte ao ao firena amathaolghafte ao ao	
7pm Canasta		Designated Survivor		Contract and the second states of	indinanty is inverte?	

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