

MAY 2022 EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 May 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	31 May 9.15am Stretch Exercises for Seniors					1 WORKERS DAY 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R100 Roast Gammon with honey & mustard sauce *** Spinach & feta chicken Roulade with gravy 6.30pm MOVIE Night
2 PUBLIC HOLIDAY – NO REFUSE COLLECTION 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	3 8am Waterless Carwash 9.15am Stretch Exercises for Seniors 2.30pm Chit Chat – Meet & greet	4 7.15am Walking group 10am SHOE LADY 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm SERIES: Designated Survivor	5 9am Art Group 9.30am Knitting Group 10am Kind2Hearing 10am Line Dancing 2.30pm Book Club 7pm Canasta	6 7.15am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips 7pm Classic Movie: Secretariat (DVD)	7 John Adams Fruit & Veg Bakkie 10am Celebrating Mother's Day Brunch – R65p/p 2pm Canasta	8 MOTHER'S DAY 8.45am Online Church service – BIG TV area MOTHER'S DAY LUNCH Roast leg of lamb served with mint sauce *** Roast honey & mustard chicken with Jus 6.30pm MOVIE Night
9 Wind-O-Wash 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta	10 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9.30am RESCOM Meeting 10am Tabitha Fashions	11 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Poetry Club 6.30pm SERIES: Designated Survivor	12 NATIONAL NURSES DAY 9am Art Group 9.30am Knitting Group 10am Line Dancing 4pm BINGO 7pm Music Appreciation 7pm Canasta	13 7.15am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips	14 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Resident's Braai	15 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast leg of pork with crackling, gravy & roast potatoes *** Roast Chutney Chicken served with gravy 6.30pm MOVIE Night
16 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	17 9.15am Stretch Exercises for Seniors 11am Music Therapy DEMO (Gym) – See Poster 7pm Classic Movie: Lincoln (DVD)	18 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm SERIES: Designated Survivor	19 9am Art Group 9.30am Knitting Group 10am Line Dancing 7pm Canasta	20 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips	21 John Adams Fruit & Veg Bakkie 2pm Canasta	22 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast beef & Yorkshire pudding with gravy *** Mediterranean roast chicken served with gravy 6.30pm MOVIE Night
23 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	24 9.15am Stretch Exercises for Seniors 2.30-4pm Oefen Afrikaans	25 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Truth about Stress and Ageing Seminar – See Poster 6.30pm SERIES: Designated Survivor	26 7.15am Walking group 9.30am Knitting Group 10am Line Dancing 4pm BINGO 7pm Music Appreciation 7pm Canasta	27 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips	28 John Adams Fruit & Veg Bakkie 2pm Canasta	29 8.45am Online Church service – BIG TV area SUNDAY LUNCH Slow roast apple & sage infused pork neck served with Jus *** Chicken Roulade served with Jus 6.30pm MOVIE Night