

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 7.30am Walking group	2 8am Waterless Carwash	3 7.30am Walking group	4 John Adams Fruit & Veg Bakkie	5 8.45am Online Church service – BIG TV area
		10am TeleCare REFRESHER TALK	9am Art Group	10am Religious Fellowship – Interdenominational	2pm Canasta	Roasted Beef served with
		11-12pm Table Tennis	9.30am Knitting Group 10am Kind2Hearing	11-12pm Table Tennis		Yorkshire Pudding *** Roast chicken with gravy
		2pm Rummikub & Chess	10am Line Dancing	12 - 2pm 2nd hand		6.30pm MOVIE Night Silver Skates
		3pm Dementia Support Group - Boardroom	2.30pm Book Club	clothing Turfhall Charity sale 5pm Bar night		
		6.30pm SERIES : Designated Survivor	7pm Canasta	6pm Fish/Calamari & Chips		
			7pm Music Appreciation	7pm Classic Movie: Silverado (Netflix)		
6 7.30am Walking group	7 9.15am Stretch Exercises for Seniors	8 WORLD OCEAN DAY 7.30am Walking group	9 9am Art Group	10 7.30am Walking group	11 John Adams Fruit & Veg Bakkie	12 8.45am Online Church service – BIG TV area
9am Pilates	10am Alida's Fashion	11-12pm Table Tennis	9.30am Knitting Group	10am Religious Fellowship –	2pm Canasta	Apricot glaze gammon with
9.30am Drawing with Steph 9.30am Bus to Blue Route	2pm Evg Noordhoek / MZB Games	2pm Rummikub & Chess 2.30pm Evergreen Health	10am Line Dancing 12pm CCH	Interdenominational		gravy *** Roasted honey & mustard
10am SHOE LADY	Challenge at Evg Noordhoek	Information Session by Elize Porter, MD of Evg Health	Productions presents Impersonators- See poster	5pm Bar night		chicken with gravy
10.30am Aqua Aerobics 6pm Camera Club – at Big		6.30pm SERIES:	4pm B I N G O	6pm Fish/Calamari & Chips		6.30pm MOVIE Night A beautiful day in the neighbourhood
TV 7pm Canasta		Designated Survivor	7pm Canasta			
13 Wind-O-Wash	14 Wind-O-Wash	15 7.30am Walking group	16 PUBLIC HOLIDAY 9am Art Group	17 7.30am Walking group	18 John Adams Fruit & Veg Bakkie	19 FATHER'S DAY 8.45am Online Church
7.30am Walking group	9.15am Stretch Exercises for Seniors	11-12pm Table Tennis	9.30am Knitting Group	10am Religious Fellowship –	12pm Father's Day	service – BIG TV area
9am Pilates 9.30am Drawing with Steph	9.30am RESCOM Meeting	2pm Rummikub & Chess 3pm Poetry Club	10am Line Dancing	Interdenominational	Celebration Lunch with LIVE entertainment – R85	SUNDAY LUNCH - R100 Roast leg of lamb with mint sauce
9.30am Bus to Longbeach Mall	2.30pm Chit Chat	3pm Dementia Support	7pm Canasta 7pm Music	5pm Bar night	p/p - See poster	*** Roast lemon & herb chicken quarter with gravy
10.30am Aqua Aerobics	7pm Classic Movie: Oklahoma (DVD)	Group - Boardroom 6.30pm SERIES:	Appreciation	6pm Fish/Calamari & Chips	2pm Canasta	6.30pm MOVIE Night
7pm Canasta 20	21	Designated Survivor	23	24	25	Against the ice
7.30am Walking group	9.15am Stretch Exercises for Seniors	7.30am Walking group	9am Art Group	7.30am 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	11-12pm Table Tennis 2pm Rummikub & Chess	9.30am Knitting Group 10am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	SUNDAY LUNCH White wine marinated Pork
9.30am Bus to Blue Route		3pm The Conversation Project – 'let's talk'	4pm B I N G O	10am Religious Fellowship – Interdenominational	6pm Monthly Resident's Braai	neck with roast potatoes & veg
10.30am Aqua Aerobics		presented to you by Christine Dempers – See	7pm Canasta	11-12pm Table Tennis		Lemon & herb roast chicken with red wine jus
7pm Canasta		6.30pm SERIES:		5pm Bar night 6pm Fish/Calamari &		6.30pm MOVIE Night The Trial of the Chicago 7
27	28	New Amsterdam 29	30	Chips		
7.30am Walking group 9am Pilates	9.15am Stretch Exercises for Seniors	7.30am Walking group 11-12pm Table Tennis	9.30am Knitting Group 10am Line Dancing	Fat	her	
9.30am Drawing with Steph		2pm Rummikub & Chess	7pm Music Appreciation		spirational per	son;
9.30am Bus to Blue Route		6.30pm SERIES : New Amsterdam	7pm Canasta	emulated, admired and much loved; a strong character with		
10.30am Aqua Aerobics 6pm Camera Club – at Big				exceptional patience and unrivalled wisdom; often referred		
TV					aughters first l	
7pm Canasta						

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JUNE 2022