

JULY 2022

# EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Mandela Day July 18</p> 				<p><b>1</b> 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – <b>Interdenominational</b> 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari &amp; Chips <b>7pm Classic Movie:</b> South Pacific (DVD)</p>	<p><b>2</b> John Adams Fruit &amp; Veg Bakkie 2pm Canasta</p>	<p><b>3</b> 8.45am Online Church service – BIG TV area Roast Beef with Yorkshire pudding *** Roasted chutney chicken with gravy <b>6.30pm MOVIE Night</b> Against the Ice</p>
<p><b>4</b> <b>WELLNESS WEEK (4<sup>th</sup>- 8<sup>th</sup>)</b> 7.15am Walking group 9am Pilates 9.30am Drawing with Steph <b>9.30am Bus to Blue Route</b> 10.30am Aqua Aerobics 7pm Canasta</p>	<p><b>5</b> 9.15am Stretch Exercises for Seniors <b>10am SHOE LADY</b> <b>2.30pm Chit Chat – Meet &amp; greet</b></p>	<p><b>6</b> 7.15am Walking group <b>10am Kind2Hearing</b> 11-12pm Table Tennis 2pm Rummikub &amp; Chess 3pm Dementia Support Group 6.30pm <b>SERIES:</b> New Amsterdam</p>	<p><b>7</b> <b>8am Waterless Carwash</b> 9am Art Group 9.30am Knitting Group 9.30am Line Dancing <b>2.00pm Book Club</b> <b>4pm BINGO</b> 7pm Canasta</p>	<p><b>8</b> 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – <b>Interdenominational</b> <b>11am Wellness Day HealthCare Risk Assessments – See poster</b> 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari &amp; Chips</p>	<p><b>9</b> John Adams Fruit &amp; Veg Bakkie 2pm Canasta</p>	<p><b>10</b> 8.45am Online Church service – BIG TV area <b>SUNDAY LUNCH</b> Roast pork leg with crackling *** Mediterranean roast chicken with gravy <b>6.30pm MOVIE Night</b> Love and Gelato</p>
<p><b>11</b> <b>Wind-O-Wash</b> 7.15am Walking group 9am Pilates 9.30am Drawing with Steph <b>9.30am Bus to Longbeach Mall</b> 10.30am Aqua Aerobics 7pm Canasta</p>	<p><b>12</b> <b>Wind-O-Wash</b> 9.15am Stretch Exercises for Seniors <b>2pm RESCOM Meeting</b> <b>7pm Classic Movie:</b> Andrea Bocelli – Live in Tuscany</p>	<p><b>13</b> 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub &amp; Chess 6.30pm <b>SERIES:</b> New Amsterdam</p>	<p><b>14</b> 9am Art Group 9.30am Knitting Group 9.30am Line Dancing <b>2pm Frogfoots Froggin' out in Evergreen with Frogfoot air / Frogfoot fibre – poster to follow</b> 7pm Music Appreciation 7pm Canasta</p>	<p><b>15</b> 7.15am Walking group 10am Religious Fellowship – <b>Interdenominational</b> 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari &amp; Chips</p>	<p><b>16</b> John Adams Fruit &amp; Veg Bakkie 2pm Canasta <b>6pm Resident's Braai</b></p>	<p><b>17</b> 8.45am Online Church service – BIG TV area <b>SUNDAY LUNCH – R100</b> Roast leg of lamb with red wine jus *** Lemon &amp; herb roast chicken with jus <b>6.30pm MOVIE Night</b> Too Close for Christmas</p>
<p><b>18</b> <b>NELSON MANDELA DAY (67 MINUTES)</b> 9am Pilates 9.30am Drawing with Steph <b>9.30am Bus to Blue Route</b> 10.30am Aqua Aerobics 7pm Canasta</p>	<p><b>19</b> 9.15am Stretch Exercises for Seniors 2.30-4pm Oefen Afrikaans</p>	<p><b>20</b> 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub &amp; Chess <b>3pm Poetry Club</b> 3pm Dementia Support Group 6.30pm <b>SERIES:</b> New Amsterdam</p>	<p><b>21</b> 9am Art Group 9.30am Knitting Group 9.30am Line Dancing <b>4pm BINGO</b> 7pm Canasta</p>	<p><b>22</b> 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – <b>Interdenominational</b> 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari &amp; Chips</p>	<p><b>23</b> John Adams Fruit &amp; Veg Bakkie 2pm Canasta</p>	<p><b>24</b> 8.45am Online Church service – BIG TV area <b>SUNDAY LUNCH</b> Apricot glazed Gammon with gravy *** Honey &amp; mustard roast chicken with gravy <b>6.30pm MOVIE Night</b> Madagascar</p>
<p><b>25</b> 7.15am Walking group 9am Pilates 9.30am Drawing with Steph <b>9.30am Bus to Blue Route</b> 10.30am Aqua Aerobics 6pm Camera Club – at Big TV 7pm Canasta</p>	<p><b>26</b> 9.15am Stretch Exercises for Seniors <b>2pm RESCOM Meeting</b></p>	<p><b>27</b> 7.15am Walking group 11-12pm Table Tennis <b>12h30 Christmas in July Lunch – See menu</b> 6.30pm <b>SERIES:</b> New Amsterdam</p>	<p><b>28</b> 7.15am Walking group 9.30am Knitting Group 9.30am Line Dancing 7pm Music Appreciation 7pm Canasta</p>	<p><b>29</b> 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – <b>Interdenominational</b> <b>11am Outing to SANCCOB – poster to follow</b> 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari &amp; Chips</p>	<p><b>30</b> John Adams Fruit &amp; Veg Bakkie 2pm Canasta</p>	<p><b>31</b> 8.45am Online Church service – BIG TV area <b>SUNDAY LUNCH – R100</b> Roast leg of lamb with red wine jus *** Pineapple roast chicken with jus <b>6.30pm MOVIE Night</b> Tomb Raider (2018)</p>