

AUGUST 2022 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	2 8am Waterless Carwash 9.15am Stretch Exercises for Seniors 2.30pm Chit Chat – Meet & Greet	3 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm SERIES: The Lincoln Lawyer	4 9am Art Group 9.30am Knitting Group 10am SHOE LADY 10am Line Dancing 10am Kind2Hearing 2.30pm Book Club 7pm Canasta	5 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 7pm Classic Movie: South Pacific	6 John Adams Fruit & Veg Bakkie 2pm Canasta	7 8.45am Online Church service – BIG TV area SUNDAY LUNCH Sage & Apple Roast Pork with Crackling *** Chutney Roast Chicken with Gravy 6.30pm MOVIE Night Persuasion	
8 Wind-O-Wash 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta	9 Women's Day 9.15am Stretch Exercises for Seniors 10am Women's Day Brunch – see menu 10h30 – 12h30 'Clean Beauty Spa' Free Demo & talk 7pm Classic Movie: Carousel	10 Wind-O-Wash 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: The Lincoln Lawyer	11 9am Art Group 9.30am Knitting Group 10am Line Dancing 2pm Spring Garden talk – "Old wives' tales & edible plants" by our very own Janice Behr 4pm BINGO 7pm Music Appreciation 7pm Canasta	12 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 11.30am Organ Donation Foundation Talk – poster to follow 5pm Bar night 6pm Fish/Calamari & Chips	13 World Organ Day John Adams Fruit & Veg Bakkie 2pm Canasta	14 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast Beef & Yorkshire Pudding *** Lemon & Thyme Roast Chicken 6.30pm MOVIE Night Purple Hearts	
15 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 3pm - Women's Month - "It seems impossible until it's done" by Dr Shirley Zinn. 7pm Canasta	16 9.15am Stretch Exercises for Seniors 9.30am RESCOM Meeting 10am Alida's Fashions 2.30-4pm Oefen Afrikaans	17 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Poetry Club 3pm Dementia Support Group 6.30pm SERIES: The Lincoln Lawyer	18 9am Art Group 9.30am Knitting Group 10am Line Dancing 7pm Canasta	19 7.15am Walking group 9.15am Stretch Exercises for Seniors 9.30am Outing to SANCCOB 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Bar night 6pm Fish/Calamari & Chips	20 John Adams Fruit & Veg Bakkie 2pm Canasta	21 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R120 Roast Leg of Lamb with Mint sauce *** Apricot Gazed Roast Chicken with Gravy 6.30pm MOVIE Night Love Happens	
22 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	23 9.15am Stretch Exercises for Seniors 10am Telecare Talk with Anton de Beer – see poster	24 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 10.30am SanParks Talk by Mark Hawthorne 6.30pm SERIES: The Lincoln Lawyer / Shooter	25 9am Art Group 7.15am Walking group 9.30am Knitting Group 10am Line Dancing 4pm BINGO 7pm Music Appreciation 7pm Canasta	26 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	27 John Adams Fruit & Veg Bakkie 2pm Canasta	28 8.45am Online Church service – BIG TV area SUNDAY LUNCH Apricot Glazed Gammon with Gravy *** Mediterranean roast chicken served with gravy 6.30pm MOVIE Night The Perfect Pairing	
29 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 6pm Camera Club – at the Big TV 7pm Canasta	30 9.15am Stretch Exercises for Seniors 9am Men's Breakfast – Guest Speaker TBC – poster to follow	31 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Shooter				 <p>Dr Shirley Zinn May 2022</p> <p>Dr Shirley Zinn is the former Group Head of Human Resources at Woodvilles Holdings Limited. Prior to this, she was the Head of Human Resources of Standard Bank. She also was head of HR at Vodacom, SATS, and Borealis. She is also an Honorary Professor at the University of Pretoria's Department of Human Resource Management, and former Adjunct Professor at the University of Cape Town.</p> <p>She holds from the Cape Film in Cape Town, and started her career as a secondary school teacher of English, then moved to the University of the Western Cape where she lectured in Teacher Education. She currently serves as an independent non-executive director on several JSE listed boards (Santam, MTN, SA SpazaCo). She also served on the UCT Council and is the Past President for the Harvard Alumni Association, South Africa. She is also the Chairperson of the V&A Waterfront.</p> <p>In 2015, she wrote her autobiography entitled "Sakelemye Ukhuphila" which focuses on her personal and professional journey. She holds a BA (University of the Western Cape), MA in Education (University of the Western Cape), S. Ed (Western University), M. Ed (University of the Western Cape), Ed.M (Harvard), and Doctorate in Education (UdE) (Harvard).</p> <p>She has been awarded several Top Women in Business and Government awards. She also completed her ninth Two Oceans Half Marathon in March 2022.</p>	