

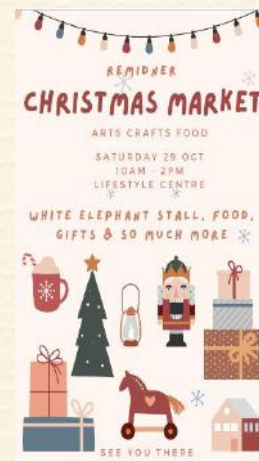


OCTOBER 2022 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 6pm Camera Club – at Big TV 7pm Canasta				1 John Adams Fruit & Veg Bakkie 2pm Canasta 3-4pm Senior Citizens Day Tea	2 8.45am Online Church service – BIG TV area SUNDAY LUNCH Rosemary Roast beef with gravy *** Lemon & Herb Roast chicken with gravy 6.30pm MOVIE Night Colours of Love	
3 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10am Tea and Chat Ward Cllr Mandy Marr 10.30am Aqua Aerobics 7pm Canasta						4 OPEN GARDENS 8am Waterless Carwash 10am SHOE LADY 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route 10am – 2pm Open Gardens Viewing 2pm Chit Chat 7pm Music Appreciation
10 Wind-O-Wash 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	11 Wind-O-Wash 9.15am Stretch Exercises for Seniors 11am CHOIR 4-5pm Pizza and Wine Evening 7pm Classic Movie: Australia	12 7am Walking group 11am - 12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Shooter	13 9am Art Group 9.30am Knitting Group 10am Line Dancing 3pm BINGO 7pm Canasta	14 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11am Santa Shoebox - box decorating tea 11-12pm Table Tennis 5pm Fish/Calamari & Chips	15 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Resident's Braai	16 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast Chutney chicken *** Roast Lamb served with gravy 6.30pm MOVIE Night 12 Mighty Orphans
17 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	18 9.15am Stretch Exercises for Seniors 9am Men's Breakfast – Guest Speaker “Sharks of False Bay” Dr Pat Garratt – Marine Biologist, retired CEO of the Two Oceans Aquarium 9.15am Bus to Constantia Village 10am Alida's Fashions 2.30-4pm Oefen Afrikaans 7pm Music Appreciation	19 7am Walking group 11am - 12pm Table Tennis 2pm Rummikub & Chess 3pm Poetry Club 3pm Dementia Support Group 6.30pm SERIES: Shooter	20 9.30am Knitting Group 10am Line Dancing 7pm Canasta	21 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish/Calamari & Chips 7pm Classic Movie: Emma	22 John Adams Fruit & Veg Bakkie 2pm Canasta	23 8.45am Online Church service – BIG TV area SUNDAY LUNCH Lemon & Herb Roast chicken with gravy *** Sage & Apple Roast Pork with crackling 6.30pm MOVIE Night Concrete Cowboys
24 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	25 9.15am Stretch Exercises for Seniors 9am Outing to Ysterplaat Airforce Museum – See poster 9.30am RESCOM Meeting 11am Choir practice	26 7am Walking group 11am - 12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Shooter / Thai Cave Rescue	27 9.30am Knitting Group 10am Line Dancing 3pm BINGO 7pm Canasta	28 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish/Calamari & Chips	29 John Adams Fruit & Veg Bakkie 10am – 2pm Christmas Craft Market 2pm Canasta	30 8.45am Online Church service – BIG TV area SUNDAY LUNCH Rosemary Roast beef with gravy *** Lemon & Herb Roast chicken with gravy 6.30pm MOVIE Night Rescued by Ruby