

December 2022

# EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>South Market</b> Opens 15 December 130 Boundary Rd, Diep River</p> <p><b>Earth Fair Food Market</b> Every Wed 4 – 9pm Every Sat 10am -3pm Cnr St Joans Rd &amp; Timour Hall Rd Constantia</p>			<p><b>1</b> 9am Art Group</p> <p><b>10am Kind2Hearing</b></p> <p>9.30am Knitting Group 9.30am Line Dancing</p> <p><b>2.30 pm Book Club</b></p> <p>7pm Canasta</p>	<p><b>2</b> 7am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p><b>4-5pm Wine tasting with Blue Bottle Liquors</b></p> <p>4-5pm Fish or Calamari &amp; Chips</p>	<p><b>3</b> John Adams Fruit &amp; Veg Bakkie</p> <p>2pm Canasta</p>	<p><b>4</b> 8.45am Online Church service – BIG TV area</p> <p><b>SUNDAY LUNCH</b> Rosemary roast beef with gravy *** Lemon &amp; herb roast chicken with gravy</p> <p>6.30pm <b>MOVIE Night</b> Motherless Brooklyn</p>
<p><b>5</b> 7am Walking group</p> <p><b>8am Waterless Carwash</b></p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Longbeach Mall</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p><b>6</b> 9.15am Stretch Exercises for Seniors</p> <p><b>10am The Shoe Lady</b></p> <p>10am Dr Adriaan Victor (Aldo) <b>Pain relief therapy – Cryostimulation &amp; Heat Percussion – Demo &amp; talk</b></p> <p><b>6pm Choir Practice</b></p>	<p><b>7</b> 7am Walking group</p> <p>11-12pm Table Tennis</p> <p>11am Health Talk Dr Guin Lourens presenting <b>Dodging Dementia</b> - research informed prevention strategies</p> <p>2pm Rummikub &amp; Chess</p> <p><b>3pm Dementia Support Group</b></p> <p>6.30pm <b>SERIES:</b> Keep Breathing / Sweet Magnolias</p>	<p><b>8</b> 9am Art Group</p> <p>9.30am Knitting Group</p> <p>9.30am Line Dancing</p> <p><b>3pm B I N G O</b></p> <p>7pm Canasta</p>	<p><b>9</b> 7am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>4-5pm Fish or Calamari &amp; Chips</p> <p><b>6pm Year-end / Christmas Dinner with LIVE Entertainment</b></p>	<p><b>10</b> John Adams Fruit &amp; Veg Bakkie</p> <p>2pm Canasta</p>	<p><b>11</b> 8.45am Online Church service – BIG TV area</p> <p><b>SUNDAY LUNCH</b> Roast leg of pork gravy &amp; roast potatoes *** Roast Chutney Chicken served with gravy</p>
<p><b>12</b> <b>Wind-O-Wash</b></p> <p>7am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p><b>13</b> <b>Wind-O-Wash</b></p> <p>9.15am Stretch Exercises for Seniors</p> <p>9.15am Bus to Blue Route Mall</p> <p><b>3pm Christmas Carols performed by MZB Village Choir – see poster</b></p>	<p><b>14</b> 7am Walking group</p> <p><b>9.30am Men's Breakfast with guest speaker David Grier</b></p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub &amp; Chess</p> <p><b>3pm Residents 'TOWN HALL' Meeting with Garry Reed, ELV MD</b></p> <p>6.30pm <b>SERIES:</b> Keep Breathing / Sweet Magnolias</p>	<p><b>15</b> 9am Art Group</p> <p>9.30am Knitting Group</p> <p>7pm Canasta</p>	<p><b>16 Day of Reconciliation</b></p> <p>7am Walking group</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>4-5pm Fish or Calamari &amp; Chips</p>	<p><b>17</b> John Adams Fruit &amp; Veg Bakkie</p> <p>2pm Canasta</p> <p><b>6pm Residents Braai</b></p>	<p><b>18</b> 8.45am Online Church service – BIG TV area</p> <p><b>SUNDAY LUNCH</b> Roast Gammon with mustard sauce *** Lemon &amp; herb roast chicken with gravy</p> <p>6.30pm <b>MOVIE Night</b> The Green Glove Gang</p>
<p><b>19</b> 7am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>7pm Canasta</p>	<p><b>20</b> <b>10am Alida's Fashion Pop-up Shop</b></p>	<p><b>21</b> 7am Walking group</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub &amp; Chess</p> <p>6.30pm <b>SERIES</b> Keep Breathing / Sweet Magnolias</p>	<p><b>22</b> 9.30am Knitting Group</p> <p>7pm Canasta</p>	<p><b>23</b> 7am Walking group</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>4-5pm Fish or Calamari &amp; Chips</p>	<p><b>24 Christmas Eve</b></p> <p>John Adams Fruit &amp; Veg Bakkie</p> <p>2pm Canasta</p>	<p><b>25 Christmas Day</b></p> <p>8.45am Online Church service – BIG TV area</p> <p><b>CHRISTMAS LUNCH</b> Cold Roast Gammon &amp; Roast Beef with variety of salads</p> <p>6.30pm <b>MOVIE Night</b> The Christmas Chronicles</p>
<p><b>26 Day of Goodwill</b></p> <p>7am Walking group</p> <p><b>12h30 Day of Goodwill Braai</b></p> <p>7pm Canasta</p>	<p><b>27</b> 9.15am Bus to Blue Route Mall</p>	<p><b>28</b> 7am Walking group</p> <p>9.30am Bus to Blue Route Mall</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub &amp; Chess</p> <p>6.30pm <b>SERIES:</b> Keep Breathing / Sweet Magnolias</p>	<p><b>29</b> 9.30am Knitting Group</p> <p>7pm Canasta</p>	<p><b>30</b> 7am Walking group</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>4-5pm Fish or Calamari &amp; Chips</p>	<p><b>31 New Year's Eve</b></p> <p>John Adams Fruit &amp; Veg Bakkie</p> <p>2pm Canasta</p>	 <p><b>HAPPY New year 2023</b></p>