

JANUARY 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 January 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobic 6pm Camera Club 7pm Canasta	31 January 9.15am Stretch Exercises for Seniors 7pm Music Appreciation	Choir resumes in February Tuesdays at 11am Waterless car wash and The Shoe Lady will be back in February Only 1 BINGO event this month Friday night Fish & Chips now served from 5-6pm				1 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast beef & gravy *** Lemon & herb Roast chicken 6.30pm MOVIE Night The Space Between
2 7am Walking group 9am Pilates 9.30am Drawing with Steph 10.30am Aqua Aerobics 7pm Canasta	3 9.15am Stretch Exercises for Seniors 9.30am Bus to Longbeach Mall	4 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm MOVIE NIGHT The Recruit	5 9am Art Group KIND TO HEARING - TBC 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta	6 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5-6pm Fish/Calamari & Chips	7 John Adams Fruit & Veg Bakkie 2pm Canasta	8 8.45am Online Church service – BIG TV area SUNDAY LUNCH Apricot roast chicken & gravy *** Roast pork leg, Gravy 6.30pm MOVIE Night Lady Chatterley's Lover
9 Wind-O-Wash 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta	10 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village	11 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm MOVIE NIGHT The Recruit	12 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta	13 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5-6pm Fish/Calamari & Chips	14 John Adams Fruit & Veg Bakkie 2pm Canasta	15 8.45am Online Church service – BIG TV area SUNDAY LUNCH Rosemary roast beef *** Roast pork fillet Mustard sauce 6.30pm MOVIE Night Zodiac
16 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	17 9.15am Stretch Exercises for Seniors 7pm Music Appreciation	18 7am Walking group 11am Health Talk Diabetes 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm MOVIE NIGHT The Recruit	19 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta	20 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5-6pm Fish/Calamari & Chips	21 John Adams Fruit & Veg Bakkie 2pm Canasta	22 8.45am Online Church service – BIG TV area SUNDAY LUNCH Lemon & herb roast chicken & gravy *** Pork Kassler chops Gravy 6.30pm MOVIE Night Random Hearts
23 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	24 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route 9.30am RESCOM MEETING 3pm Oefen Afrikaans	25 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm MOVIE NIGHT The Recruit	26 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm BINGO 7pm Canasta	27 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5-6pm Fish/Calamari & Chips 6pm Quiz evening	28 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Resident's Braai	29 8.45am Online Church service – BIG TV area SUNDAY LUNCH Rosemary roast beef Gravy *** Lemon & herb roast chicken & gravy 6.30pm MOVIE Night First Knight