| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------|--------------------------------------|---|---|---|----------------------------------|--|
| \ | | 1 7am Walking group | 2 9am Art Group | 3 7am Walking group | 4 John Adams Fruit & | 5 8.45am Online Church |
| | | 11-12pm Table Tennis | 12pm Kind2Hearing | 9.15am Stretch Exercises | Veg Bakkie | service – BIG TV area |
| M MG | | 2pm Rummikub & Chess | 9.30am Knitting Group | for Seniors | 2pm Canasta | SUNDAY LUNCH Roast Beef with gravy |
| | | 3pm Dementia Support | | 10am Religious Fellowship – Interdenominational | | and potatoes |
| | | Group Group | 9.30am Line Dancing | | | Glazed Gammon with |
| FIRE SA | FFTY | 6.30pm MOVIE NIGHT | 10.30am Micasa Energy Solutions Talk | 11-12pm Table Tennis | | gravy and roast potatoes |
| FIRE SA AWARENE | 22 | Pick your own | 2.30pm Book Club | 5-6pm Fish/Calamari & Chips | | 6.30pm MOVIE Night |
| MUMILIA | .00 | | 7pm Canasta | | | |
| 6 7 Walling and | 7 | 8 | 9 | 10 | 11 | 12 |
| 7am Walking group | 8am Waterless Carwash | 7am Walking group | 9am Art Group | 7am Walking group | John Adams Fruit & Veg Bakkie | 8.45am Online Church service – BIG TV area |
| 9am Pilates | 9.15am Stretch | 11-12pm Table Tennis | 9.30am Knitting Group | 9.15am Stretch Exercises for Seniors | 2pm Canasta | SUNDAY LUNCH |
| 9.30am Drawing with Steph | Exercises for Seniors | 2pm Rummikub & Chess | 9.30am Line Dancing | 10am Religious Fellowship | | Lemon & herb roast Chicken with gravy |
| 9.30am Bus to Longbeach Mall | 9.15am Bus to Constantia Village | 6.30pm MOVIE NIGHT Pick your own | 10am Fire Safety Awareness Talk by | - Interdenominational | | *** Roast Pork leg with |
| 10.30am Aqua Aerobics | 10am The Shoe Lady | Tion your own | Jemma Wheatley from Disaster Management | 10am Tabita's Fashions | | gravy and roast |
| 7pm Canasta | Pop-up shop | | | Pop-up shop | | potatoes |
| 7 pm Ganasta | 11am Choir Practice | | 3pm B I N G O | 11-12pm Table Tennis | | 6.30pm MOVIE Night |
| | 2.30pm CHIT CHAT | | 7pm Canasta | 5-6pm Fish/Calamari & Chips | | |
| 13 Wind-O-Wash | 14 Wind-O-Wash | 15 7am Walking group | 16 9am Art Group | 17 7am Walking group | 18 John Adams Fruit & | 19 8.45am Online Church |
| 7am Walking group | | | 9.30am Knitting Group | | Veg Bakkie | service – BIG TV area |
| 9am Pilates | 9.15am Stretch Exercises for Seniors | 11-12pm Table Tennis | | 10am Religious Fellowship – Interdenominational | 2pm Canasta | SUNDAY LUNCH |
| 9.30am Drawing with Steph | Valentine's Day | 2pm Rummikub & Chess | 9.30am Line Dancing | 11-12pm Table Tennis | | Apricot Roast Chicken with gravy |
| 9.30am Bus to Blue Route | Cocktail function – see poster | 2.30pm Book Club | 7pm Canasta | 5-6pm Fish/Calamari & | | *** Roast Beef with gravy |
| Mall | | 3pm Dementia Support Group | | Chips | | 6.30pm MOVIE Night |
| 10.30am Aqua Aerobics | | 7pm Music Appreciation | | | | 0.00pm movie reight |
| 7pm Canasta | | | | | | |
| 20 7am Walking group | 21 9.15am Stretch | 22 7am Walking group | 23 9am Art Group | 24 7am Walking group | 25 John Adams Fruit & | 26 8.45am Online Church |
| 9am Pilates | Exercises for Seniors | 11-12pm Table Tennis | 9.30am Knitting Group | 10am Religious Fellowship | Veg Bakkie | service – BIG TV area |
| 9.30am Drawing with Steph | 11am Choir Practice | 2pm Rummikub & Chess | 9.30am Line Dancing | - Interdenominational | 2pm Canasta | SUNDAY LUNCH Lemon & herb roast |
| 9.30am Bus to Blue Route | 9.15am Bus to Blue Route | 6.30pm MOVIE NIGHT | 10.30am TeleCare | 11-12pm Table Tennis | | Chicken with gravy and |
| Mall | | Pick your own | Refresher Talk with | 5-6pm Fish/Calamari & | | roast potatoes |
| 10.30am Aqua Aerobics | | | Anton de Beer | Chips | | 6.30pm MOVIE Night |
| 7pm Canasta | | | 3pm B I N G O | | | |
| 27 | 28 | - | 7pm Canasta | | | |
| 7am Walking group | 9.15am Stretch Exercises for Seniors | - Februa | ry | | 9 | * 📚 j 🐣 |
| 9am Pilates | Everoises in Selling | | 0 | | | |
| 9.30am Drawing with Steph | 9.30am RESCOM | 1 ha | | 30° 25° | | |
| 9.30am Bus to Blue Route | Meeting | | | | his | |
| Mall | 3pm Oefen Afrikaans | | | En Pil | | . 9.0 |
| | | 100 | ₩ | | | |
| 10.30am Aqua Aerobics | 7pm Music Appreciation | Month of L | 2018 | | | |