

# EVENT CALENDAR



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