



Second Processing Second Pro	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Peter van der Spek Aviden Photographer Book af Reception Characteristis Char	\/		1	2	3	4	5
CANCERT Peter van der Sach Peter		CAP WILSI CHUR Cir Cymwyr Yferdyn Wartor					
Peter van der Spek Book af Reception Cape Weich Choir Rasip per (deck Rasip pe			2nm Rummikuh & Chess		Exercises for Seniors	2pm Canasta	
Peter van der Spack Afficieren Solder Michael Solde		Ik likit isterat		12pm Kind2Hearing	0	6pm Residents' Braai	Roast Lamb with whole
Saym MOVE Night Recycles Saym Move Night Rec		A feast of Choral singing and music		9.30am Knitting Group			
Cape Welch Choir Pick pricket from Reception Rec		Evergreen Lifestyle Muizenberg	6 30pm MOVIE NIGHT	9.30am Line Dancing	11-12pm Table Tennis		6 30pm MOVIE Night
Tron Ricage	Book at Reception		•	2.30pm Book Club	Trizpin rabio romino		
Same Places				7pm Canasta			
Sum Piletes 9.30am Bas to Longbasch Man Bas to Blue Rough Man Bas		7 0 15am Strotch Exercises	8 Zam Walking group	9 Oam Art Group			
9.30am Rusering with Steph 9.30am Rusering with Steph 9.30am Rusering with Steph 10 30am Aqua Aerotics 9m Scrabble 10 30am Aqua Aerotics 9m Scrabble 10 30am Aqua Aerotics 9m Rusering 10 30am Aqua Aerotics 10 30am Aqua Aerotics 7m Caressa 10 30am Aqua Aerotics 7m Caressa 10 30am Rusering 10 30am Aqua Aerotics 10 30am Aqua Aerotics 7m Caressa 10 30am Aqua Aerotics 10 30am Aqua							
9.30em Buste Longbeach 10am Tile Shoe Lady Pop- 30m Rumikuls & Chees 9.30em Buste Longbeach 10al	9am Pilates	9.15am Blue Route Mall	11-12pm Table Tennis	9.30am Knitting Group		2pm Canasta	SUNDAY LUNCH _
Some Nutry Nuts Popugation Comment of Processing Purpose Comment of Purpose Comment o	9.30am Drawing with Steph	10am The Shoe Lady Pon-	2pm Rummikub & Chess	9.30am Line Dancing			R120
Item Choir Practice Legends Airshow at Universe Legends Airs				3pm B I N G O	Fellowship –		
10.30am Aqua Aerobics 2.30pm MoVIE Night Photography 10.30am Aqua Aerobics 3pm Scrabble 6.30pm MoVIE Night Photography 13.3 14 15 15 16 16 16 16 16 16	Mall	11am Choir Practice		7nm Canasta	Interdenominational		
30 am Aqua Aerobics 3pm Scrabble 1.3 pm Scrabble 1.3 pm MoVE Night 1.2 pm Table Tennis 1.3 pm Scrabble 1.3		2.20pm Chit Chat		7 pm Ganasia	11-12pm Table Tennis		
10.30am Aqua Aerobics 7pm Canasta 13	SHOP				7pm Cape Welsh Choir		
Type Canasta Type	10.30am Aqua Aerobics	3pm Scrabble	•				
Wind-O-Wash Wind-O-Wash 7am Walking group 3,15am Stretch Exercises for Seniors 9,30am Restable 1,12pm Table Tennis 2,30am Routing Group 3,15am Stretch Exercises for Seniors 1,12pm Table Tennis 2,30am Routing Group 3,30am Routing G							
9.30am Making group 9am Pilates 9.30am Bus to Blue Route Mall 9.30					17 St Patrick's Day 7am Walking group		
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Pop-up shop MAC Coaching Top Canasta	0.30am Drawing with Stanh	10am Alida's Fashion		9.30am Line Dancing	10am Religious	6pm Quiz evening –	
11-12pm Table Tennis			MAC Coaching	7pm Canasta	Fellowship –	_	Yorkshire pudding &
20 7am Walking group 9.15am Stretch Exercises for Seniors Pick your own 29.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta 28 9.15am Stretch Exercises for Seniors 2pm Rummikub & Chess		3pm Scrabble	11-12pm Table Tennis		interdenominational		vegetables
Tom Canasta Som Dementia Support Group Som Dementia Support School Som Dementia Support Som Dementia Support Som Stretch Exercises for Seniors Som Bind Go	10.30am Agua Aerobics		2pm Rummikub & Chess		11-12pm Table Tennis		
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10am Nutty Nuts Pop-up shop 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta 7pm Canasta 11-12pm Table Tennis pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.		opin Geren Arrikaans			Fellowship –		
shop 10.30am Aqua Aerobics 6pm Camera Club	Ividii	3pm Scrabble	Pick your own	**No Book Club in April	interdenominational	pinched! The tradition	is tied to folklore that
10.30am Aqua Aerobics 6pm Camera Club				7pm Canasta	11-12pm Table Tennis	leprechauns, which like	
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