

MARCH 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Pete van der Spek Aviation Photographer Book at Reception</p>	 <p>CONCERT A feast of Choral singing and music Evergreen Lifestyle Muizenberg</p> <p>Cape Welsh Choir R50 per ticket from Reception</p>	<p>1 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm MOVIE NIGHT Pick your own</p>	<p>2 8am Waterless Car wash 9am Art Group 12pm Kind2Hearing 9.30am Knitting Group 9.30am Line Dancing 2.30pm Book Club 7pm Canasta</p>	<p>3 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis</p>	<p>4 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Residents' Braai</p>	<p>5 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R120 Roast Lamb with whole grain mustard sauce & vegetables 6.30pm MOVIE Night Pick your own</p>
<p>6 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10am Nutty Nuts Pop-up shop 10.30am Aqua Aerobics 7pm Canasta</p>	<p>7 9.15am Stretch Exercises for Seniors 9.15am Blue Route Mall 10am The Shoe Lady Pop-up shop 11am Choir Practice 2.30pm Chit Chat 3pm Scrabble</p>	<p>8 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Pete van der Spek presenting <i>Flying Legends Airshow at Duxford</i> – Aviation Photography 6.30pm MOVIE NIGHT Pick your own</p>	<p>9 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm BINGO 7pm Canasta</p>	<p>10 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 7pm Cape Welsh Choir</p>	<p>11 John Adams Fruit & Veg Bakkie 2pm Canasta</p>	<p>12 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R120 Roast pork fillet topped with mushroom sauce & served with vegetables 6.30pm MOVIE Night Pick your own</p>
<p>13 Wind-O-Wash 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>14 Wind-O-Wash 9.15am Stretch Exercises for Seniors 10am Alida's Fashion Pop-up shop 3pm Scrabble</p>	<p>15 7am Walking group 10.30am 'How to look after your brain health in your senior years' presented by Desiree of MAC Coaching 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group</p>	<p>16 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta</p>	<p>17 St Patrick's Day 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis</p>	<p>18 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Quiz evening – see poster</p>	<p>19 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R90 Roast beef served with Yorkshire pudding & vegetables 6.30pm MOVIE Night Pick your own</p>
<p>20 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>21 Human Rights Day 9.15am Stretch Exercises for Seniors 11am Choir Practice 3pm Scrabble</p>	<p>22 7am Walking group 9.15am Bus to Constantia Village 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm MOVIE NIGHT Pick your own</p>	<p>23 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm BINGO 7pm Canasta</p>	<p>24 7am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis</p>	<p>25 John Adams Fruit & Veg Bakkie 2pm Canasta</p>	<p>26 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R90 Roast chicken served with roasted potatoes & vegetables 6.30pm MOVIE Night Pick your own</p>
<p>27 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10am Nutty Nuts Pop-up shop 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta</p>	<p>28 9.15am Stretch Exercises for Seniors 9.30am RESCOM Meeting 3pm Oefen Afrikaans 3pm Scrabble</p>	<p>29 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm MOVIE NIGHT Pick your own</p>	<p>30 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 2.30pm Book Club **No Book Club in April 7pm Canasta</p>	<p>31 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis</p>	<p>St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years.</p> <p>Why do we wear Green on this day?</p> <p>Leprechauns are actually one reason you're supposed to wear green on St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.</p> 	