








JULY 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 July 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta	 <p>Enter your teams of 4-6 people Book with Reception by 12 July</p> <p>Quiz Night Bistro Sat, 15 July 2023 6pm - 8pm</p> <p>NB information</p> <ul style="list-style-type: none"> • BRING OWN SNACKS & DRINKS • DONATIONS FOR PRIZES APPRECIATED • ENTRANCE IS FREE • PROFESSIONAL QUIZ HOST HAVE FUN! <p>See you there!</p>	 <p>THE CHAMPIONSHIPS WIMBLEDON</p>	 <p>CHRISTMAS in July</p>	1 John Adams Fruit & Veg Bakkie 2pm Canasta	2 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Roast beef served with Yorkshire pudding	
3 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta	4 9am Waterless Car Wash 9.15am Stretch Exercises for Seniors 10am Alida's Fashions pop-up store 2.30pm Chit Chat 2.30pm Scrabble	5 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Kinesiology Talk presented by Jutta 3pm Dementia support group	6 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am Nutty Nuts pop-up shop 2pm Book Club 3pm BINGO 7pm Canasta	7 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Pizza & Wine evening	8 John Adams Fruit & Veg Bakkie 2pm Canasta	9 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Roast Eisbein served with roast potatoes Chicken option available
10 Wind-O-Wash 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10am The Shoe Lady pop-up store 10.30am Aqua Aerobics 7pm Canasta	11 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9.00am Bus to Constantia Village 9.30am Women's Breakfast followed by guest speaker Wayne Robertson 2.30pm Scrabble	12 7.15am Walking group 10am Bible Study – Interdenominational 10.30am Naval Medal Talk by William de Villiers 11-12pm Table Tennis 2pm Rummikub & Chess	13 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 9.30am Wol aan die Rol 7pm Canasta	14 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	15 John Adams Fruit & Veg Bakkie 2pm Canasta 3pm Wimbledon Ladies Finals  6pm Quiz Evening 	16 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Roast beef served with potato bake 3pm Wimbledon Men's Finals 
17 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta	18 Nelson Mandela Day 9.15am Stretch Exercises for Seniors 10.30am Dodging Dementia presented by Dr Guin Lourens 2.30pm Scrabble	19 7.15am Walking group 10am Bible Study - Interdenominational 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia support group	20 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm BINGO 7pm Canasta	21 7.15am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6pm Christmas in July with DJ Ernie	22 John Adams Fruit & Veg Bakkie 2pm Canasta	23 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R120 Roast lamb served with roast potatoes and mint sauce
24 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta	25 9.15am Stretch Exercises for Seniors 9.00am Bus to Blue Route Mall 9.30am RESCOM Meeting 11am Choir Practice 2.30pm Scrabble 3pm Oefen Afrikaans	26 7.15am Walking group 10am Bible Study - Interdenominational 10.30am MAC Coaching talk presented by Desiree 11-12pm Table Tennis 2pm Rummikub & Chess	27 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am Nutty Nuts pop-up shop 7pm Canasta	28 7.15am Walking group 9.15am Stretch Exercises for seniors 11-12pm Table Tennis 10am Religious Fellowship – Interdenominational 5pm Fish & Chips / Calamari	29 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Resident's Braai 	30 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Roast pork belly served with apple sauce