

SEPTEMBER 2023

EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>MVG Productions Presents MY FELLOW SOUTH AFRICANS Multi-act satirical commentary in the tradition of the award-winning <i>Pay Back the Curry</i> and <i>Believe Republic</i> By Mike van Graan Featuring Kim Blanche Adams Wednesday, 6 September Venue: Life Style Centre, Big TV Area Time: 5pm meet for a glass of wine, show starts at 6pm (ends at 7pm) Price: R95 Ticketing: at Reception - Limited seating, book early to avoid disappointment</p>	<p>Enter your teams of 4-6 people Book with Reception by 14 Aug</p>  <p>Quiz Night Bistro Sat, 16 September 2023 6pm - 8pm NB information • BRING OWN SNACKS & DRINKS • DONATIONS FOR PRIZES APPRECIATED • ENTRANCE IS FREE • PROFESSIONAL QUIZ HOST HAVE FUN! See you there!</p>	 <p>DON'T FORGET IT'S ALMOST TIME! SPRING FAIR CRAFT MARKET CASH ONLY Don't forget your shopping bag FUN SATURDAY 30 SEPTEMBER 23 10AM - 3PM</p>	<p>1 BOK Friday 8am Waterless car wash 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari</p>	<p>2 John Adams Fruit & Veg Bakkie 2pm Canasta</p>	<p>3 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Slow roast silverside, roast potatoes and roast veg with gravy</p>	
<p>4 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>5 9.15am Stretch Exercises for Seniors 9am Bus to Constantia Village 11am Choir Practice 2.30pm Chit Chat 2.30pm Scrabble</p>	<p>6 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia support group 6pm MVG Productions presents 'My fellow South Africans'</p>	<p>7 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am Kind 2 Hearing 2pm Book Club with guest speaker Sindiwe Magona 7pm Canasta</p>	<p>8 BOK Friday 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Pizza and wine evening 9.15pm FRA vs NZ</p>	<p>9 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Residents Braai 9pm ENG vs ARG</p>	<p>10 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Pork fillet, roast potatoes, veg and gravy *** Chicken option available 5.45pm SA vs SCO </p>
<p>11 Wind-O-Wash 7.15am Walking group 9.30am Drawing with Steph 9.30am Health Coaching group with MAC Coaching 9.30am Bus to Blue Route Mall 10am Adventuring on purpose: Our life story by Howard Fairbank 10am The Shoe Lady 10.30am Aqua Aerobics 7pm Canasta</p>	<p>12 Wind-O-Wash 9.15am Stretch Exercises for Seniors 10am Sally-Ann Creed - Talk and display of products 11am Choir Practice 2.30pm Scrabble</p>	<p>13 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess</p>	<p>14 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10.30am MAC Coaching monthly session 3pm B I N G O 7pm Canasta</p>	<p>15 BOK Friday 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Pizza and wine evening</p>	<p>16 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Quiz Evening</p>	<p>17 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Rosemary roasted chicken with garlic baby potatoes, veg and gravy 3pm SA vs ROM </p>
<p>18 7.15am Walking group 9.30am Drawing with Steph 9.30am Health Coaching group with MAC Coaching 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>19 9.15am Stretch Exercises for Seniors 9am Bus to Blue Route Mall 10am Alida's Fashions 11am Choir Practice 2.30pm Scrabble 3pm Oefen Afrikaans 3pm Spring Tea</p>	<p>20 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 10am Talk on Blood Pressure presented by Desiree of MAC Coaching 11am Choir Practice 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia support group</p>	<p>21 World Alzheimer's Day 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 9.30am Wol aan die Rol 7pm Canasta</p>	<p>22 BOK Friday 7.15am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Pizza and wine evening 5.45pm ARG vs SAM</p>	<p>23 John Adams Fruit & Veg Bakkie 2pm Canasta 9pm SA vs IRE </p>	<p>24 HERITAGE DAY 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R132 Roast leg of lamb, roast potatoes, roast veg served with Mint sauce 9pm WAL vs AUS</p>
<p>25 Public Holiday 7.15am Walking group 9.30am Drawing with Steph 9.30am Health Coaching group with MAC Coaching 10.30am Aqua Aerobics 12.30 Heritage Day Braai 6pm Camera Club 7pm Canasta</p>	<p>26 9.15am Stretch Exercises for Seniors 09.30 RESCOM Meeting 9.30 Bus to Blue Route Mall 11am Choir Practice 2.30pm Scrabble 3pm Oefen Afrikaans</p>	<p>27 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess</p>	<p>28 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm B I N G O 7pm Canasta</p>	<p>29 BOK Friday 7.15am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 10am Nutty Nuts 11-12pm Table Tennis 5pm Pizza and wine evening 9pm NZ vs ITA</p>	<p>30 John Adams Fruit & Veg Bakkie 10am – 3pm Spring Fair Market Day</p>	<p> PIZZA & WINE EVENING - R72 September Fridays 8th, 15th, 22nd & 29th **** Speak to the Bistro for pizza options & bookings </p>