

# OCTOBER 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b> 7.00am Walking group  9am Pilates  9.30am Drawing with Steph  9.30am Bus to Blue Route Mall  9.30am Health Coaching group with MAC Coaching  10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta	<b>31</b> 9.15am Stretch Exercises for Seniors  9.30am Bus to Constantia Village  10.15am RESCOM Meeting  11am Choir Practice  2.30pm Scrabble	 <p>“teach your child the joy of giving”</p> <p><b>Santa Shoebox Project</b></p>		<b>OPEN GARDENS 2023</b> Saturday 21 October 2023 11am to 2.30pm Look for the balloons and you will find the OPEN Gardens at the back  	 <p>Enter your teams of 4-6 people Book with Reception by 19 Oct</p> <p><b>Quiz Night</b> Bistro Sat, 21 October 2023 6pm - 8pm</p> <p><b>NB Information</b></p> <ul style="list-style-type: none"> <li>• BRING OWN SNACKS &amp; DRINKS</li> <li>• DONATIONS FOR PRIZES APPRECIATED</li> <li>• ENTRANCE IS FREE</li> <li>• PROFESSIONAL QUIZ HOST</li> <li>• HAVE FUN!</li> </ul> <p>See you there!</p> 	<b>1</b> 8.45am Online Church service – BIG TV area  <b>SUNDAY LUNCH – R105</b> Slow roast beef served with roast potatoes & veg  9pm SA vs Tonga  
<b>2</b> 7.00am Walking group  9.30am Drawing with Steph  9.30am Bus to Longbeach Mall  9.30am Health Coaching group with MAC Coaching  10.30am Aqua Aerobics 7pm Canasta	<b>3</b> 9.15am Stretch Exercises for Seniors  9.30am Bus to Constantia Village  10am Nutty Nuts Pop-up  11am Choir Practice  2.30pm Chit Chat  2.30pm Scrabble	<b>4</b> 7.00am Walking group  10am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis  2pm Rummikub & Chess  3pm Dementia support group	<b>5</b> 9am Art Group  9.30am Knitting Group  9.30am Line Dancing  10am Kind 2 Hearing  2.30pm Book Club  7pm Canasta	<b>6 BOK FRIDAY</b> 7.00am Walking group  9.15am Stretch Exercises for Seniors  10am Religious Fellowship – Interdenominational  11-12pm Table Tennis  5pm Fish & Chips / Calamari  9pm RWC FRA vs ITA	<b>7</b> John Adams Fruit & Veg Bakkie  2pm Canasta  9pm RWC IRE vs SCO	<b>8</b> 8.45am Online Church service – BIG TV area  <b>SUNDAY LUNCH – R105</b> Pork neck, roast potatoes and veg ***** Chicken alternative available
<b>9</b> <b>Wind-O-Wash</b>  7.00am Walking group  9.30am Drawing with Steph  9.30am Bus to Blue Route Mall  9.30am Health Coaching group with MAC Coaching  10.30am Aqua Aerobics 7pm Canasta	<b>10</b> <b>Wind-O-Wash</b>  9.15am Stretch Exercises for Seniors  9.00am Bus to Constantia Village  10.30am The Shoe lady pop-up  10.30am Tabita's Fashion pop-up  11am Choir Practice  2.30pm Scrabble	<b>11</b> 7.00am Walking group  10am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis  2pm Rummikub & Chess	<b>12</b> 9am Art Group  9.30am Knitting Group  9.30am Line Dancing  9.30am Health Coaching group with MAC Coaching  3pm <b>B I N G O</b>  7pm Canasta	<b>13 BOK FRIDAY</b> 7.00am Walking group  9.15am Stretch Exercises for Seniors  10am Religious Fellowship – Interdenominational  11-12pm Table Tennis  5pm Fish & Chips / Calamari	<b>14</b> John Adams Fruit & Veg Bakkie  2pm Canasta  5pm RWC Quarter Final  9pm RWC Quarter Final	<b>15</b> 8.45am Online Church service – BIG TV area  <b>SUNDAY LUNCH – R132</b> Roast leg of lamb served with veg, potatoes & mint sauce  5pm RWC Quarter Final  9pm RWC Quarter Final
<b>16</b> 7.00am Walking group  9.30am Drawing with Steph  9.30am Bus to Blue Route Mall  9.30am Health Coaching group with MAC Coaching  10.30am Aqua Aerobics 7pm Canasta	<b>17</b> 9.15am Stretch Exercises for Seniors  9.00am Bus to Blue Route Mall  11am Choir Practice  2.30pm Scrabble  3pm Oefen Afrikaans	<b>18</b> 7.00am Walking group  10am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis  2pm Rummikub & Chess  3pm Dementia support group  5pm Max Maximilian – Live Piano Music	<b>19</b> 9am Art Group  9.30am Knitting Group  9.30am Line Dancing  7pm Canasta	<b>20 BOK FRIDAY</b> 7.00am Walking group  9.15am Stretch Exercises for seniors  10am Religious Fellowship – Interdenominational  11-12pm Table Tennis  5pm Fish & Chips / Calamari  9pm RWC Semi final	<b>21</b> John Adams Fruit & Veg Bakkie  11am OPEN Gardens  2pm Canasta  6pm Quiz Evening  9pm RWC Semi final	<b>22</b> 8.45am Online Church service – BIG TV area  <b>SUNDAY LUNCH – R105</b> Roast topside served with potatoes and veg
<b>23</b> 7.00am Walking group  9am Pilates  9.30am Drawing with Steph  9.30am Bus to Blue Route Mall  9.30am Health Coaching group with MAC Coaching  10.30am Aqua Aerobics 7pm Canasta	<b>24</b> 9.15am Stretch Exercises for Seniors  9.00am Bus to Blue Route Mall  9am Men's Breakfast with guest speaker Alan Winde  11am Choir Practice  2.30pm Scrabble  Santa shoebox final drop-off day	<b>25</b> 7.00am Walking group  10am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis  2pm Rummikub & Chess	<b>26</b> 9am Art Group  9.30am Knitting Group  9.30am Line Dancing  3pm <b>B I N G O</b>  7pm Canasta	<b>27 BOK FRIDAY</b> 7.00am Walking group  9.15am Stretch Exercises for seniors  10am Nutty Nuts Pop-up  10am Religious Fellowship – Interdenominational  11-12pm Table Tennis  6pm MZB Choir evening – Those were the days	<b>28</b> John Adams Fruit & Veg Bakkie  2pm Canasta  9pm RWC Final  	<b>29</b> 8.45am Online Church service – BIG TV area  <b>SUNDAY LUNCH – R132</b> Roast leg of lamb served with potatoes, veg & mint sauce