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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A conserved with the second of	MZB CHRISTMAS CAROLS SIMM A Long Evening WED, 13 DECEMBER 2023 LIFESTVLE CENTRE STARTING AT 6PM Book with Reception for seating purposes Song sheets will be available Bring your own snacks & drinks	Happy Holidays	7 0 20ers Keiking O	1 6.45am Walking group 8am Waterless carwash 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari 8 6 45am Walking group	2 John Adams Fruit & Veg 2pm Canasta 9	3 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Rosemary roast beef served with garlic baby potatoes, gravy & pan- fried vegetables
<ul> <li>6.45am Walking group</li> <li>9am Pilates</li> <li>9.30am Drawing with Steph</li> <li>9.30am Bus to Longbeach Mall</li> <li>9.30am Health Coaching group with MAC Coaching</li> <li>10.30am Aqua Aerobics</li> <li>7pm Canasta</li> </ul>	11am Choir practice         2.30pm Scrabble	6.45am Walking group 10am The Shoe Lady 10am Kind2Hearing 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group	<ul> <li>9.30am Knitting Group</li> <li>10am Nutty Nuts</li> <li>2.30pm Book Club</li> <li>7pm Canasta</li> </ul>	6.45am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	John Adams Fruit & Veg 2pm Canasta 6pm Residents Year-end Christmas Dinner with DJ Jonny	8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Pork belly served with orange & sage sauce, roast potatoes and seasonal vegetables ** Chicken option available
11 Wind-O-Wash6.45am Walking group9am Pilates9.30am Drawing with Steph9.30am Bus to Blue Route Mall9.30am Health Coaching group with MAC Coaching10.30am Aqua Aerobics7pm Canasta186.45am Walking group9am Pilates9.30am Bus to Blue Route Mall9.30am Drawing with Steph9.30am Bus to Blue Route Mall9.30am Marking group9am Pilates9.30am Bus to Blue Route Mall9.30am Aqua Aerobics7pm Canasta10.30am Aqua Aerobics7pm Canasta	12 Wind-O-Wash         9am Bus Blue Route Mall         11am Choir practice         2pm Derek's Farewell         party         2.30pm Scrabble         19         9.30am Men's         Breakfast with guest         speaker Gavin Cowley         – poster to follow         2.30pm Scrabble         3pm Oefen Afrikaans	13         6.45am Walking group         10am Bible Study –         Interdenominational         (Boardroom)         11-12pm Table Tennis         2pm Rummikub & Chess         6pm Christmas songs         Sing-a-long with Village         singers         20         6.45am Walking group         10am Bible Study –         Interdenominational         (Boardroom)         11-12pm Table Tennis         2pm Rummikub & Chess         3pm Dementia Support         Group	14 9.30am Knitting Group 3pm B I N G O 7pm Canasta 21 9.30am Knitting Group 7pm Canasta	15 Public Holiday6.45am Walking group10am Religious Fellowship – Interdenominational11-12pm Table Tennis5pm Fish & Chips / Calamari22 6.45am Walking group10am Religious Fellowship – Interdenominational10am Religious Fellowship – Interdenominational10am Nutty Nuts11-12pm Table Tennis Spm Fish & Chips / Calamari	<ul> <li>16 Day of Reconciliation</li> <li>John Adams Fruit &amp; Veg</li> <li>2pm Canasta</li> <li>"Reconciliation means working tegether to correct the legacy of past injustice"</li> <li>23 John Adams Fruit &amp; Veg</li> <li>2pm Canasta</li> </ul>	17 8.45am Online Church service – BIG TV area SUNDAY LUNCH – Menu to follow 24 Christmas Eve 8.45am Online Church service – BIG TV area SUNDAY LUNCH – Menu to follow
25 Christmas Day 12.30pm Christmas Lunch – Menu to follow Menryy Christmas	26 Day of Goodwill 2.30pm Scrabble	27 6.45am Walking group 9.30 Bus to Blue Route Mall 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess	<ul> <li>28</li> <li>9am Bus to Constantia Village</li> <li>9.30am Knitting Group</li> <li>7pm Canasta</li> </ul>	29 6.45am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	<b>30</b> 2pm Canasta	31 New Years Eve The second se

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