

7pm Canasta



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2000 and 000		1-1-11	9am Art Group	2 6.45am Walking group	3 John Adams Fruit & Veg 2pm Canasta	8.45am Online Church service – BIG TV area
			9.30am Knitting Group 9.30am Line Dancing	9.15am Stretch Exercises for Seniors	zpm Canasta	SUNDAY LUNCH – R105 Roasted rosemary and
			10am Waterless Car Wash	10am Religious Fellowship – Interdenominational		red onion pork leg served with roasted potatoes, seasonal veg & gravy
V			10am Kind2Hearing	11-12pm Table Tennis		Chicken option available
OUO.OU			10am Tabitha's Fashions 2.30pm Book Club	5pm Fish & Chips / Calamari		
	108.21	March 1 Houseway	7pm Canasta		40	
6.45am Walking group	9.15am Stretch Exercises for Seniors	6.45am Walking group	9am Art Group	9 6.45am Walking group	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
9am Pilates9.30am Drawing with	9am Bus to Blue Route Mall	10am Bible Study – Interdenominational (Boardroom)	9.30am Knitting Group 9.30am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta 6pm Residents Braai	SUNDAY LUNCH – R105 Roasted onion and
Steph 9.30am Bus to Longbeach	11am CHOIR	11-12pm Table Tennis	3pm Eingo	10am Nutty Nuts 10am Religious	PLEAST, JOHN US FOR A	peppers beef served with roasted potatoes,
Mall 10.30am Aqua Aerobics	2.30pm Scrabble	2pm Rummikub & Chess	7pm Canasta	Fellowship – Interdenominational	BRING S BRAAI	seasonal veg, Yorkshire pudding and horseradish
6pm Camera Club	2.30pm CHIT CHAT	3pm Dementia Support Group		11-12pm Table Tennis	16 FERRIARY START 2824 PM	
7pm Canasta	3pm Colour-in Mandala			5pm Fish & Chips / Calamari		
12 Wind-O-Wash 6.45am Walking group	13 Wind-O-Wash	14 6.45am Walking group	15 9am Art Group	16 6.45am Walking group	17 John Adams Fruit & Veg	18 8.45am Online Church
9am Pilates	9.15am Stretch Exercises for Seniors	10am Bible Study – Interdenominational	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	2pm Canasta	service – BIG TV area SUNDAY LUNCH – R105
9.30am Drawing with Steph	11am Sally-Ann Creed pop-up shop	(Boardroom) 11-12pm Table Tennis	9.30am Line Dancing 7pm Canasta	10am Religious Fellowship –	6pm Quiz Night Enter your teams of 4-6 people	Roasted pork fillet with cranberry sauce served with broccoli & cauliflower
9.30am Bus to Blue Route Mall	11am CHOIR	2pm Rummikub & Chess		Interdenominational	You can Book with Reception of Just 20th US ON THE HIGHT. YOU WITH AN AVY'S have space for New Comers Builz Night	bake and roasted potatoes
10am Shoe Lady	2.30pm Scrabble	6pm VALENTINE'S		11-12pm Table Tennis	Sat. 17 February 2024 ópm - 8pm NB Information • BRING OWN SMACES & DRINKS	Chicken option available
10.30am Aqua Aerobics 7pm Canasta		DINNER – poster to follow		5pm Fish & Chips / Calamari	- CONATIONS FOR PORTS ASSOCIATED - FORTMANCE IS THEE - POOT TOOMAN QUE HISTO - POUT FOOT OF ALL HAVE FUR See you there!	onionon option a randor
19 6.45am Walking group	20 9.15am Stretch Exercises	21 6.45am Walking group	22 9am Art Group	23 6.45am Walking group	24 John Adams Fruit & Veg	25 8.45am Online Church
9am Pilates	for Seniors 9am Bus Constantia	10am Bible Study – Interdenominational	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	2pm Canasta	service – BIG TV area SUNDAY LUNCH – R132
9.30am Drawing with Steph	Village	(Boardroom)	9.30am Line Dancing 9.30am Wol aan die rol	10am Religious Fellowship –		Roasted thyme and garlic lamb served with mint
9.30am Bus to Blue Route Mall	11am CHOIR 2.30pm Scrabble	11-12pm Table Tennis 2pm Rummikub & Chess	3pm Fingol	Interdenominational		gravy, roasted herb potatoes and seasonal veg
10am Nutty Nuts	3pm Colour-in Mandala	3pm Dementia Support	7pm Canasta	11-12pm Table Tennis 5pm Fish & Chips /		
10.30am Aqua Aerobics 3pm Poetry Club	- opin colour-in mandala	Group		Calamari		
7pm Canasta						
26 6.45am Walking group	27 9.15am Stretch Exercises	28 6.45am Walking group	29 9am Art Group			Y
9am Pilates	for Seniors 10.15 RESCOM Meeting	10am Bible Study – Interdenominational	9.30am Knitting Group			NARCH 2024
9.30am Drawing with Steph	11am CHOIR	(Boardroom) 11-12pm Table Tennis	9.30am Line Dancing 7pm Canasta			1 2 3
9.30am Bus to Blue Route Mall	2.30pm Scrabble	2pm Rummikub & Chess				1 12 13 14 15 16 17
10.30am Aqua Aerobics	3pm Oefen Afrikaans			T VARON		18 19 20 21 22 23 24 25 26 27 28 29 30 31
6pm Camera Club				MARCH		