






February 2024

EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am Waterless Car Wash 10am Kind2Hearing 10am Tabitha's Fashions 2.30pm Book Club 7pm Canasta	2 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	3 John Adams Fruit & Veg 2pm Canasta	4 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Roasted rosemary and red onion pork leg served with roasted potatoes, seasonal veg & gravy Chicken option available
	5 6.45am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta	6 9.15am Stretch Exercises for Seniors 9am Bus to Blue Route Mall 11am CHOIR 2.30pm Scrabble 2.30pm CHIT CHAT 3pm Colour-in Mandala	7 6.45am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group	8 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm  7pm Canasta	9 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	10 John Adams Fruit & Veg 2pm Canasta 6pm Residents Braai 
12 Wind-O-Wash 6.45am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10am Shoe Lady 10.30am Aqua Aerobics 7pm Canasta	13 Wind-O-Wash 9.15am Stretch Exercises for Seniors 11am Sally-Ann Creed pop-up shop 11am CHOIR 2.30pm Scrabble	14 6.45am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 6pm VALENTINE'S DINNER – poster to follow	15 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta	16 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	17 John Adams Fruit & Veg 2pm Canasta 6pm Quiz Night 	18 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Roasted pork fillet with cranberry sauce served with broccoli & cauliflower bake and roasted potatoes Chicken option available
19 6.45am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10am Nutty Nuts 10.30am Aqua Aerobics 3pm Poetry Club 7pm Canasta	20 9.15am Stretch Exercises for Seniors 9am Bus Constantia Village 11am CHOIR 2.30pm Scrabble 3pm Colour-in Mandala	21 6.45am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group	22 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 9.30am Wol aan die rol 3pm  7pm Canasta	23 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	24 John Adams Fruit & Veg 2pm Canasta	25 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R132 Roasted thyme and garlic lamb served with mint gravy, roasted herb potatoes and seasonal veg
26 6.45am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta	27 9.15am Stretch Exercises for Seniors 10.15 RESCOM Meeting 11am CHOIR 2.30pm Scrabble 3pm Oefen Afrikaans	28 6.45am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess	29 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta			MARCH 2024 MON TUE WED THU FRI SAT SUN 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31