

П

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 6.45am Walking group 9.15am Stretch Exercises for Seniors	2 John Adams Fruit & Veg 2pm Canasta	3 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R132
- 6 04	NCV'C			10am Religious Fellowship – Interdenominational		Roasted Thyme & garlic Lamb served with mint gravy, roasted potatoes & seasonal vegetables
(DAU	DAY			10am Waterless Car Wash		
				11-12pm Table Tennis		
				5pm Fish & Chips / Calamari	and the second second	- marganet and
4 6.45am Walking group	5 9.15am Stretch Exercises	6 6.45am Walking group	7 9am Art Group	8 6.45am Walking group	9 John Adams Fruit & Veg	10 8.45am Online Church
9am Pilates	for Seniors 9am Bus to Blue Route	10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	service – BIG TV area
9.30am Art with Steph9.30am Bus to Longbeach	Mall	(Boardroom)	9.30am Knitting Group 10am Kind2Hearing	10am Nutty Nuts pop-up	6pm Residents Braai	Rosemary & garlic roast beef served with gravy,
Mall	10am Alida's Fashion pop-up shop	11-12pm Table Tennis 2pm Rummikub & Chess	10am Shoe Lady pop-up	shop 10am Religious	BRAAI	Yorkshire pudding, roasted potatoes &
10.30am Aqua Aerobics	11am CHOIR	3pm Dementia Support	shop 2.30pm Book Club	Fellowship – Interdenominational	+ Time +	seasonal vegetables
6pm Camera Club	2.30pm Scrabble	group	7pm Canasta	11-12pm Table Tennis		a states that
7pm Canasta	2.30pm CHIT CHAT	4pm Christine's Welcome Cocktail		5pm Fish & Chips /	9 March LIFESTYLE CENTRE	
and the second second	3pm Colour-in Mandala	Function – see poster	Contention - a	Calamari	ISHOO BRING & BRAAI RSVP HUGH TILL A210	
11 Wind-O-Wash 6.45am Walking group	12 Wind-O-Wash	13 6.45am Walking group	14 9am Art Group	15 6.45am Walking group	16 John Adams Fruit & Veg	17 St Patrick's Day
9am Pilates	9.15am Stretch Exercises for Seniors	10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	service – BIG TV area
9.30am Art with Steph	11am CHOIR	(Boardroom)	9.30am Knitting Group		St Patrick's Dinner with	Pork fillet served with
9.30am Bus to Blue Route Mall	2.30pm Scrabble	11-12pm Table Tennis	3pm Eingol	10am Religious Fellowship – Interdenominational	live music – see poster	Cranberry roasted garlic baby potatoes and seasonal vegetables
10.30am Aqua Aerobics	3pm Botanical Society of South Africa Talk	2pm Rummikub & Chess	7pm Canasta	11-12pm Table Tennis		Seasonal Vegetables
7pm Canasta				5pm Fish & Chips / Calamari		Happy St. Patruk's Day!
18 6.45am Walking group	19 9.15am Stretch Exercises	20 6.45am Walking group	21 HUMAN RIGHTS DAY 9am Art Group	22 6.45am Walking group	23 John Adams Fruit & Veg	24 8.45am Online Church
9am Pilates	for Seniors 9am Bus Constantia	10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	service – BIG TV area
9.30am Art with Steph	Village	(Boardroom)	9.30am Knitting Group	10am Nutty Nuts pop-up	6pm Quiz Night	SUNDAY LUNCH – R105 Roasted chicken pieces
9.30am Bus to Blue Route Mall	9am Men's Breakfast with guest speaker Clive	10am Evergreen Sales Event	7pm Canasta	shop 10am Religious	Enter your teams of 4-6 people You can Book with Reception OR just JOIN US ON THE NICHT - we will ALWAYS have space for New comers	served with garlic & herb roasted potatoes & seasonal vegetables
10.30am Aqua Aerobics	Human – see poster	11-12pm Table Tennis		Fellowship –	Suiz Night	
3pm Poetry Club	11am CHOIR	2nm Pummikuh & Chose	Carlos a start	Interdenominational	Bistro	S. Carlos and S. S. S.

21

4

March 2024

I.

7pm Canasta	2.30pm Scrabble 3pm Colour-in Mandala	2pm Rummikub & Chess 3pm Dementia Support group 5pm Wine Tasting with Hawksmoor Wines – see poster		11-12pm Table Tennis 5pm Fish & Chips / Calamari	Bistro Sat, 23 March 2024 Jopm - 8pm DB Information - BRING OWN SNACKS & DRINKS - DONATIONS FOR PRIZES APPRECIATED - BINTRANCE IS FREE - PROFESSIONAL QUIZ HOST - BUT MOST OF ALL HAVE FUN:	
25 6.45am Walking group	26 9.15am Stretch Exercises	27 6.45am Walking group	28 9am Art Group	29 GOOD FRIDAY 6.45am Walking group	30 John Adams Fruit & Veg	31 EASTER SUNDAY 8.45am Online Church
9am Pilates	for Seniors	10am Bible Study –	9am Line Dancing	10am Religious	2pm Canasta	service – BIG TV area
9.30am Art with Steph	10.15am RESCOM Meeting	Interdenominational (Boardroom)	9.30am Knitting Group	Fellowship – Interdenominational		SUNDAY LUNCH – R132 Roasted Rosemary &
9.30am Bus to Blue Route Mall	11am CHOIR	11-12pm Table Tennis	9.30am Wol aan die rol	11-12pm Table Tennis		Thyme lamb served with roasted potatoes,
10.30am Aqua Aerobics	2.30pm Scrabble	2pm Rummikub & Chess	3pm Eingol	5pm Fish & Chips / Calamari	HAPPY EASTER!	butternut and creamy spinach and gravy
6pm Camera Club	3pm Oefen Afrikaans		7pm Canasta			5 9 8
7pm Canasta					Martin Martin Martin	