

May 2024 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 WORKERS DAY 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	2 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am Kind2Hearing 2.30pm Book Club 7pm Canasta	3 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 10am Waterless Car wash 11-12pm Table Tennis 5pm Fish & Chips / Calamari	4 John Adams Fruit & Veg 2pm Canasta	5 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Roasted Red onion and peppers Beef served with garlic roasted potatoes, seasonal vegetables, and gravy
	6 7.15am Walking group 9am Art with Steph 9.30am Bus to Longbeach Mall 10am Nutty Nuts pop-up 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	7 9.15am Stretch Exercises for Seniors 11am Singing Practice 10am The Shoe Lady	8 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	9 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am Healthy Bones talk by Tanya from Sally-Ann Creed 3pm  7pm Canasta	10 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	11 John Adams Fruit & Veg 2pm Canasta 6pm Resident's Braai
13 Wind-O-Wash 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	14 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9am Bus to Constantia Village 11am Singing Practice 3pm Colour-in Mandala 	15 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 10am Evg Sales Event 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support group	16 9am Art Group 9am Line Dancing 9.30am Knitting Group 7pm Canasta	17 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari 5pm 1st Pub Night	18 John Adams Fruit & Veg 2pm Canasta 6pm Quiz Night	19 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Roasted pork belly served with cranberry sauce, Roasted garlic and herb potatoes and seasonal vegetables **Chicken option available
20 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10am Nutty Nuts pop 10.30am Aqua Aerobics 12pm Pilates 3pm Poetry Club 7pm Canasta	21 9.15am Stretch Exercises for Seniors 9.30am Men's Breakfast with guest speak Jean Tresfon – see poster 10am Alida's Fashion pop-up shop 11am Singing Practice	22 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	23 9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm  7pm Canasta	24 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	25 John Adams Fruit & Veg 2pm Canasta	26 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R105 Roasted beef with red wine jus served with roasted potatoes and seasonal vegetables
27 SPECIAL VOTING DAY 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 6pm Camera Club 7pm Canasta	28 SPECIAL VOTING DAY 9.15am Stretch Exercises for Seniors 9am Bus to Blue Route Mall 10.15am RESCOM Meeting 11am Singing Practice 3pm Colour-in Mandala  3pm Oefen Afrikaans	29 VOTING DAY – PUBLIC HOLIDAY 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	30 9am Art Group 9am Line Dancing 9.30am Knitting Group 9.30am Wol aan die Rol 7pm Canasta	31 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari	 <p>HAPPY MOTHER'S DAY MENU</p> <p>Starter Prawn Cocktail</p> <p>Main Course Roast Sirloin of Beef with Horseradish sauce, Yorkshire Pudding and Rosemary Jus OR BBQ Sweet & Sticky Roast Chicken Pieces Served with Roasted Potatoes, Seasonal Vegetable Bake in Cheese Sauce and Roasted Orange & Cinnamon Butternut OR Mushroom Piccata served with Tagliatelle</p> <p>Dessert Hot Chocolate Pudding Cake served with Vanilla Ice Cream OR Individual Cheese Plate, Crackers with Fruits and Pickled Onion</p> <p>R180 PER PERSON RSVP TO RECEPTION BY 6 MAY PAY AT THE BISTRO</p>	