

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 WORKERS DAY	2	3	4	5
1715 1		7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
		10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	SUNDAY LUNCH -
	A A	(Boardroom)	9.30am Knitting Group	10am Religious Fellowship	est the land	R105
		11-12pm Table Tennis	10am Kind2Hearing	– Interdenominational		Roasted Red onion and peppers Beef
		2pm Rummikub & Chess	2.30pm Book Club	10am Waterless Car	and the second	served with garlic roasted potatoes,
Human	1	2.30pm Scrabble	7pm Canasta	wash	Contraction of the	seasonal vegetables,
Mither's Do	url Cont	The Participant		11-12pm Table Tennis		and gravy
ar joiner y lo		a serie and a series of	Verse and	5pm Fish & Chips / Calamari	a service and a	- and the second
6	7	8	9	10	11	12 Mother's Day
7.15am Walking group	9.15am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
9am Art with Steph	11am Singing Practice	10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	and the second second
9.30am Bus to Longbeach Mall		(Boardroom)	9.30am Knitting Group	10am Religious Fellowship	6pm Resident's Braai	MOTHER'S DAY SUNDAY LUNCH -
	10am The Shoe Lady	11-12pm Table Tennis	10am Healthy Bones talk	– Interdenominational	opin Resident's braa	R180
10am Nutty Nuts pop-up		2pm Rummikub & Chess	by Tanya from Sally-Ann Creed	11-12pm Table Tennis		See poster
10.30am Aqua Aerobics		2.30pm Scrabble	3pm Engol	5pm Fish & Chips /	in the second	
12pm Pilates	Same Same	2012/2012/12/202	7pm Canasta	Calamari	STAR STATE	a strange the
7pm Canasta	14 Wind O Mash	15	16	17	18	19
13 Wind-O-Wash 7.15am Walking group	14 Wind-O-Wash 9.15am Stretch	7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit &	8.45am Online Church
9am Art with Steph	Exercises for Seniors	10am Bible Study –	9am Line Dancing	9.15am Stretch Exercises	Veg	service – BIG TV area
9.30am Bus to Blue Route	9am Bus to Constantia Village	Interdenominational (Boardroom)	9.30am Knitting Group	for Seniors	2pm Canasta	SUNDAY LUNCH – R105
Mall	a state in the state of	2 2 2 2 4 5 1 2 1 2 1	7pm Canasta	10am Religious Fellowship – Interdenominational	6pm Quiz Night	Roasted pork belly
10.30am Aqua Aerobics	11am Singing Practice	10am Evg Sales Event	The second		THE PARTY OF	served with cranberry sauce, Roasted garlic
12pm Pilates	3pm Colour-in Mandala	11-12pm Table Tennis	and the second second	11-12pm Table Tennis		and herb potatoes and seasonal vegetables
7pm Canasta		2pm Rummikub & Chess	1122 2021 22	5pm Fish & Chips / Calamari	1137 ×	
		2.30pm Scrabble		5pm <b>1</b> ⁵t <b>Pub Night</b>		**Chicken option available
and a strange was	A CARGE AND A	2.30pm Dementia Support group	a statistical and	and the second second		
20	21	22	23	24	25	26
7.15am Walking group	9.15am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
9am Art with Steph	Lotted Highterst	10am Bible Study – Interdenominational	9am Line Dancing	9.15am Stretch Exercises for Seniors	2pm Canasta	
9.30am Bus to Blue Route Mall	9.30am Men's Breakfast with guest speak Jean	(Boardroom)	9.30am Knitting Group		2pm oundota	SUNDAY LUNCH – R105
	Tresfon – see poster	11-12pm Table Tennis	3pm Eingol	10am Religious Fellowship – Interdenominational		Roasted beef with red wine jus served with
10am Nutty Nuts pop	10am Alida's Fashion	2pm Rummikub & Chess	7pm Canasta	11-12pm Table Tennis		roasted potatoes and
10.30am Aqua Aerobics	pop-up shop	2.30pm Scrabble		5pm Fish & Chips /		seasonal vegetables
12pm Pilates	11am Singing Practice			Calamari		a server as a
3pm Poetry Club						
7pm Canasta 27 SPECIAL VOTING DAY	28 SPECIAL VOTING		20	31		
7.15am Walking group	DAY	29 VOTING DAY – PUBLIC HOLIDAY	<b>30</b> 9am Art Group	31 7.15am Walking group		
9am Art with Steph	9.15am Stretch Exercises for Seniors	7.15am Walking group	9am Line Dancing	9.15am Stretch Exercises	ALC: NAT	A & 78 774
9.30am Bus to Blue Route	9am Bus to Blue Route	10am Bible Study – Interdenominational	9.30am Knitting Group	for Seniors	MOTHE	< SUAY
Mall	Mall	(Boardroom)	9.30am <b>Wol aan die Rol</b>	10am Religious Fellowship – Interdenominational		NU ter
10.30am Aqua Aerobics	10.15am RESCOM	11-12pm Table Tennis	7pm Canasta	11-12pm Table Tennis	Prawn ( Main C	ourse
12pm Pilates	Meeting	2pm Rummikub & Chess	rpm <b>vanasta</b>		Roast Sirloin of Beef w Yorkshire Pudding O BBQ Sweet & Sticky	
6pm Camera Club	11am Singing Practice	2.30pm Scrabble	2004 - 10 Start	5pm Fish & Chips / Calamari	Served with Roasted Potatod in Cheese Sauce and Roasted	es, Seasonal Vegetable Bake Drange & Cinnamon Butternut R
7pm Canasta	Зрт Colour-in Mandala			- and a survey	Mushroom Piccata se Dest Mot Chocolate Pudding Cake s	
	V. Comments	a strate and a strate of the	a state of the second of	and the second of the	Individual Cheese Plate and Pick	R
and a subject			1996 - S.	and shares	R180 PER	PERSON PTION BY 6 MAY
	A-SALANA AN				PAYALT	HE BISTRO
	3pm Oefen Afrikaans	and the second second	and the second s	Sound - Contract		

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May 2024

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