

3pm Oefen Afrikaans



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAT	1	2
	MAN DO		•		John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
	Ad. (5)	10		Happy .	1.45pm Canasta	SUNDAY LUNCH – R105
		Bing.	T	othon's		Apple & Cinnamon
			F	The state of		roast pork belly served on a bed of crushed
			•	Day:		baby potato & seasonal vegetables
				• • • •		**Chicken option available
3 7.15am Walking group	4 9.15am Stretch	5 7.15am Walking group	6 9am Art Group	7 7.15am Walking group	8 John Adams Fruit &	9 8.45am Online Church
9am Art with Steph	Exercises for Seniors	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch Exercises	Veg	service – BIG TV area
9.30am Bus to Longbeach	10am Waterless Carwash	10am Bible Study –	9.30am Knitting Group	for Seniors	1.45pm Canasta	SUNDAY LUNCH – R105
Mall	10.15am RESCOM	Interdenominational (Boardroom)	10am The Shoe Lady	 10am Religious Fellowship Interdenominational 	6pm Resident's Braai	Garlic & Rosemary roast beef served with
10.30am Aqua Aerobics 12pm Pilates	Meeting	11-12pm Table Tennis	pop-up	10am Nutty Nuts pop-up		roast potatoes, gravy & seasonal vegetables
7pm Canasta	10.30am Tabita's Fashion pop-up shop	2pm Rummikub & Chess	7pm Canasta	11-12pm Table Tennis		seasonal vegetables
	11am Singing Practice	2.30pm Scrabble		4pm Evergreen Singers –		
	3pm Kenny Meiring –	2.30pm Dementia		The King & I		3000 T.J.E
	Financial Wellness Coach	Support Group				
10 Wind-O-Wash	11 Wind-O-Wash	12	13	14	15	16 FATHER'S DAY
7.15am Walking group	9.15am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	7.15am Walking group 9.15am Stretch Exercises	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
9am Art with Steph	9am Bus to Constantia	9.30am Ageless Grace	9am Line Dancing 9.30am Knitting Group	for Seniors	1.45pm Canasta	SPECIAL FATHER'S
9.30am Bus to Blue Route Mall	Village	10am Bible Study – Interdenominational	7pm Canasta	10am Religious Fellowship - Interdenominational		DAY LUNCH – TBC
10.30am Aqua Aerobics	3pm Colour-in Mandala	(Boardroom)	3pm Eingol	11-12pm Table Tennis		
12pm Pilates		11-12pm Table Tennis 2pm Rummikub & Chess		11-12pm rable renins		Tothonia
7pm Canasta		2.30pm Scrabble				Day!
		3pm 'Town Hall' Meeting				*****
17 PUBLIC HOLIDAY	18	19	20	21	22	23
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	9.30am Bus to Blue	9.30am Ageless Grace	9am Line Dancing 9.30am Knitting Group	9.15am Stretch Exercises for Seniors	1.45pm Canasta	SUNDAY LUNCH –
10.30am Aqua Aerobics	Route Mall	10am Bible Study – Interdenominational	7pm Canasta	10am Religious Fellowship		TBC
12pm Pilates 3pm Poetry Club	10.30am Soul Carers Network – see poster	(Boardroom)		- Interdenominational		
7pm Canasta		11-12pm Table Tennis		11-12pm Table Tennis 5 - 7pm Pub Night - see		
		2pm Rummikub & Chess 2.30pm Scrabble		poster		
		2.30pm Dementia				
24	25	Support Group	27	28	29	30
7.15am Walking group	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 9am Bus to Blue Route	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch Exercises for Seniors	Veg 1.45pm Canasta	service – BIG TV area
9.30am Bus to Blue Route Mall	Mall	10am Bible Study – Interdenominational	9.30am Knitting Group	10am Religious Fellowship	1.40pm Canasta	SUNDAY LUNCH – TBC
10.30am Aqua Aerobics	10am Nutty Nuts pop-up	(Boardroom)	9.30am Wol aan die Rol	- Interdenominational		
12pm Pilates	3pm Colour-in Mandala	11-12pm Table Tennis	3pm Gingo	11-12pm Table Tennis		
6pm Camera Club	V. C. S.	2pm Rummikub & Chess	7pm Canasta			
7pm Canasta		2.30pm Scrabble				