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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 2	SATURDAY 3	SUNDAY 4
	23		8am Waterless Carwash 9am Art Group 9am Line Dancing	7.15am Walking group 9.15am Stretch Exercises for Seniors	John Adams Fruit & Veg 1.45pm Canasta	8.45am Online Church service – BIG TV area 12pm SUNDAY
			9.30am Knitting Group	10am Religious Fellowship – Interdenominational		LUNCH – see menu 6pm – Movie Night:
Нар	ру		10am Kind2Hearing	10am Nutty Nuts		A Man called Otto
Wome	en's		10.30am Tabita's Fashion	11-12pm Table Tennis		
Da	у	8	2.30pm Book Club at BIG TV 7pm Canasta			CONTROL OF A CONTR
5	6	7	8	9 WOMEN'S DAY -	10	11
7.15am Walking group	9.15am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	Public holiday 7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service – BIG
9am Art with Steph	9.15am Bus to Constantia	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch	6.30am SA vs Aus	TV area
9.30am Bus to Longbeach Mall	Village 10am Village Emergency	10am Bible Study – Interdenominational (Boardroom)	9.30am Knitting Group 3pm	Exercises for Seniors		12pm SUNDAY LUNCH – see menu
10am The Shoe Lady	Evacuation Drill	· · · · ·		Fellowship –	SPRINGBOK	
10.30am Aqua Aerobics	3pm Colour-in Mandala	11-12pm Table Tennis	7pm Canasta	Interdenominational	1.45pm Canasta	
12pm Pilates 7pm Canasta	7pm Evg Dramatic Socieity	2pm Rummikub & Chess 2.30pm Scrabble		10.30am Women's Day Brunch	6pm Residents Braai	
		2.30pm Dementia Support Group		11-12pm Table Tennis		
12 7.15am Walking group	13 9.15am Stretch Exercises for Seniors	14 7.15am Walking group	15 9am Art Group	16 7.15am Walking group	17 John Adams Fruit & Veg	18 8.45am Online Church service – BIG
9am Art with Steph	10.30am Health Talk –	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch Exercises for Seniors	11.45am SA vs Aus	TV area
9.30am Bus to Blue Route Mall	Physiotherapy (Hector Naidoo & Associates	10am Bible Study – Interdenominational (Boardroom)	9.30am Knitting Group 7pm Canasta	10am Religious Fellowship –	11.45alli SA VS Aus	12pm SUNDAY LUNCH – see menu
10.30am Aqua Aerobics	7pm Evg Dramatic Socieity	· · · · ·		Interdenominational	Springbok	6pm – Movie Night:
12pm Pilates		10.30am 'Important of Estate planning' by		11-12pm Table Tennis	1.45pm Canasta	Mona Lisa Smile
7pm Canasta		Nerissa Jeppe			6pm Quiz Evening	SUNDAX, 19 AUDIA
	LDS LOS LOS LOS LOS LOS LOS LOS LOS LOS LO	2pm Rummikub & Chess 2.30pm Scrabble				The second secon
19 7 45 and Walking anoun	20 0 45 cm Startah Evensions	21	22 Octor Art Carour	23	24	25
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
9am Art with Steph	2pm Annual General	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch Exercises for Seniors	1.45pm Canasta	TV area
9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics	Meeting - LSC 7pm Evg Dramatic	10am Bible Study – Interdenominational (Boardroom)	9.30am Knitting Group 3pm	10am Religious Fellowship –		12pm SUNDAY LUNCH – see menu
12pm Pilates	Society	10am Nutty Nuts	7pm Canasta	Interdenominational		
2.30pm FootCare Family	1	11-12pm Table Tennis	rpm vanasta	11-12pm Table Tennis		
Presentation		2pm Rummikub & Chess				
3pm Poetry Club (Boardroom)	EDS .	2.30pm Scrabble				
7pm Canasta	CVSGERARIE ANTINO Reserve Scalar	2.30pm Dementia Support Group				
26 7.15am Walking group	27 9.15am Stretch Exercises for Seniors	28 7.15am Walking group	29 9am Art Group	30 7.15am Walking group	31 John Adams Fruit &	01 September 8.45am Online
9am Art with Steph		9.30am Ageless Grace	9am Line Dancing	9.15am Stretch Exercises for Seniors	Veg	Church service – BIG TV area
9.30am Bus to Blue Route	3pm Oefen Afrikaans (Boardroom)	10am Bible Study –	9.30am Knitting Group		1.45pm Canasta	12pm SUNDAY
Mall 10.30am Aqua Aerobics	7pm Evg Dramatic Society	Interdenominational (Boardroom)	7pm Canasta	10am Religious Fellowship – Interdenominational	5pm SA vs New Zealand	LUNCH – see menu
12pm Pilates 2.30pm The Conversation		11-12pm Table Tennis		11-12pm Table Tennis		
Project – See poster	EDS	2pm Rummikub & Chess		6pm Pub Night –	SPRINGBOK	
6pm Camera Club 7pm Canasta	Concentration of the source of	2.30pm Scrabble		see poster		

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