## September 2024 September 2024 ENGLEN DATE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY 30 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta  2 7am Walking group 8am Waterless Carwash 9am Art with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics	TUESDAY  3 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village  2.30pm Chit Chat  3pm Colour-in Mandala	4 7am Walking group  8.30am Riaan's Fruit van  9.30am Ageless Grace  10am Bible Study – Interdenominational (Boardroom)	APPY SOUTH FRITAGE APPY SEP  Let's They say kep th Carrie fr	Etalk about aching joints  you're only old when you start noticing your body.  Turall it's too late—there are ways to look great and  see aches and pain at sty Join frays and diettan  on Sally-And Creed with any and all questions you  may have about how to firely lounge.  Join us in the lounge  onday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  gonday 9 September at 10:00 am  Sally-And Creed with any and all questions you  and all questions you  and all questions you  and all questions you  and diettan diettan diettan diettan diettan you  and all questions you  and all questions you  and all questions you  and diettan diettan diettan diettan you  and all questions	SATURDAY  JOIN US! Arbor Day  PLANT A TIREE  AVE the date th Sept - 2pm DETAILS TO FOLLOWY  7 John Adams Fruit & Veg  1.45pm Canasta  5pm SA vs NZ	SUNDAY  1 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu  6pm Movie Night with Popcorn  8 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
10.30am Nutty Nuts pop-up	7pm Evg Dramatic	11-12pm <b>Table Tennis</b>	7pm <b>Canasta</b>	pop-up shop	SPRINGBOK	
shop 12pm Pilates 7pm Canasta	Society	2pm Rummikub & Chess  2pm Arbor Day – plant a tree  2.30pm Scrabble  2.30pm Dementia Support Group		11-12pm <b>Table Tennis</b>		
9 Wind-O-Wash	10 Wind-O-Wash	11 7am Walking group	12 9am Art Group	13 7am Walking group	<b>14</b> John Adams Fruit &	<b>15</b> 8.45am <b>Online</b>
7am Walking group 9am Art with Steph	9.15am Stretch Exercises for Seniors	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 Mall	7pm Evg Dramatic Society	10am Bible Study – Interdenominational (Boardroom)	9.30am <b>Knitting Group</b> 7pm <b>Canasta</b>	10am Religious Fellowship – Interdenominational	1.45pm Canasta 6pm Residents Braai	12pm SUNDAY LUNCH – see menu
10am Sally-Ann Creed Talk – Joint Health 10.30am Aqua Aerobics		11-12pm <b>Table Tennis</b> 2pm <b>Rummikub &amp; Chess</b>		11-12pm Table Tennis		6pm Movie Night with Popcorn
12pm Pilates 7pm Canasta		2.30pm <b>Scrabble</b>				
16 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates	9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route Mall 10.30am Nutty Nuts popup shop 3pm Colour-in Mandala	18 7am Walking group  9.30am Ageless Grace  10am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis	9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm 7pm Canasta	20 7am Walking group 9.15am Stretch Exercises for Seniors  10am Religious Fellowship – Interdenominational  11-12pm Table Tennis	21 John Adams Fruit & Veg  1.45pm Canasta  6pm Quiz Evening  10pm SA vs Argentina	8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
2.30pm How to increase your Retirement income - Kenny Meiring  3pm Poetry Club	7pm Evg Dramatic Society	2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia			SPRINGBOK	
(Boardroom)		Support Group				
7pm Canasta 23 7am Walking group	24 HERITAGE DAY (Braai Day)	25 7am Walking group	26 9am Art Group	27 7am Walking group	28 John Adams Fruit & Veg	29 8.45am Online Church service – BIG
9am Art with Steph 9.30am Bus to Blue Route Mall	9.15am Stretch Exercises for Seniors  12pm Spit Braai	9.30am Ageless Grace  10am Bible Study – Interdenominational	9am Line Dancing  9.30am Knitting Group  10am Alida's Fashion	9.15am Stretch Exercises for Seniors  10am Religious	1.45pm Canasta 5pm SA vs Argentina	TV area 12pm SUNDAY LUNCH – see menu
10.30am <b>Aqua Aerobics</b> 12pm <b>Pilates</b>	3pm <b>Oefen Afrikaans</b> (Boardroom)	(Boardroom) 11-12pm Table Tennis	pop-up shop 7pm Canasta	Fellowship – Interdenominational		
6pm Camera Club 7pm Canasta	7pm Evg Dramatic Society	2pm <b>Rummikub &amp; Chess</b> 2.30pm <b>Scrabble</b>	. p	11-12pm Table Tennis 6pm Pub Night – see poster	SPRINGBOK	