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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
307am Walking group9am Art with Steph9.30am Bus to Blue Route Mall10.30am Aqua Aerobics12pm Pilates7pm Canasta	NICE NICE		Th Do	<image/> <section-header><section-header><text></text></section-header></section-header>	<text><text><text><text><text><text><text></text></text></text></text></text></text></text>	18.45am Online Church service – BIG TV area12pm SUNDAY LUNCH – see menu6pm Movie Night with Popcorn
2 7am Walking group	3 9.15am Stretch Exercises	4 7am Walking group	5 9am <b>Art Group</b>	6 7am <b>Walking group</b>	7 John Adams Fruit &	8 8.45am <b>Online</b>
8am Waterless Carwash	for Seniors	8.30am Riaan's Fruit van	9am Line Dancing	9.15am Stretch	Veg	Church service – BIG
	9.15am Bus to Constantia		9.30am Knitting Group	Exercises for Seniors	1.45pm Canasta	TV area
9am Art with Steph	Village	9.30am Ageless Grace	10am FootCare	10am Religious	5pm <b>SA vs NZ</b>	12pm SUNDAY LUNCH – see menu
9.30am Bus to Longbeach Mall	2.30pm Chit Chat	10am <b>Bible Study –</b> Interdenominational		Fellowship – Interdenominational		
10.30am Aqua Aerobics	3pm Colour-in Mandala	(Boardroom)	10am Kind2Hearing	11-12pm Table Tennis	7-3	
10.30am Nutty Nuts pop-up	7pm Evg Dramatic Society	11-12pm Table Tennis	10am <b>The Shoe Lady</b> pop-up shop		SPRINGBOK	
shop		2pm <b>Rummikub &amp; Chess</b>	2.30pm Book Club at the			
12pm <b>Pilates</b>		2.30pm Scrabble	BIG TV	-		
7pm <b>Canasta</b>		2.30pm Dementia Support Group	7pm <b>Canasta</b>			
9 Wind-O-Wash	10 Wind-O-Wash	11 Zam Walking group	12 Dom Art Crown	13 Zam Walking group	14 John Adama Fruit 8	15 0.45 0.11
7am Walking group	9.15am Stretch Exercises	7am Walking group	9am Art Group 9am Line Dancing	7am Walking group 9.15am Stretch	John Adams Fruit & Veg	8.45am Online Church service – BIG
9am Art with Steph	for Seniors	9.30am Ageless Grace	9.30am Knitting Group	Exercises for Seniors	1.45pm Canasta	TV area
9.30am Bus to Blue Route Mall	7pm Evg Dramatic Society	10am Bible Study – Interdenominational (Boardroom)	3pm	10am Religious Fellowship –	6pm <b>Residents Braai</b>	12pm SUNDAY LUNCH – see menu
10am Sally-Ann Creed Talk – Joint Health		11-12pm Table Tennis	7pm <b>Canasta</b>			6pm Movie Night with Popcorn
10.30am Aqua Aerobics		2pm Rummikub & Chess		11-12pm Table Tennis		
12pm Pilates		2.30pm Scrabble				
7pm Canasta						
16 7am Walking group	17 9.15am Stretch Exercises	18 7am <b>Walking group</b>	1 <b>9</b> 9am <b>Art Group</b>	20 7am Walking group	<b>21</b> John Adams Fruit &	<b>22</b> 8.45am <b>Online</b>
9am Art with Steph	for Seniors	9.30am Ageless Grace	9am Line Dancing	9.15am Stretch	Veg	Church service – BIG TV area
9.30am Bus to Blue Route	9.15am Bus to Blue Route Mall	10am <b>Bible Study –</b>	9.30am Knitting Group	Exercises for Seniors	1.45pm Canasta	12pm SUNDAY
Mall	9.30am Men's Breakfast	Interdenominational (Boardroom)	7pm <b>Canasta</b>	10am Religious Fellowship –	6pm Quiz Evening	LUNCH – see menu
10.30am Aqua Aerobics	with guest speaker CEO of PnP	11-12pm Table Tennis		Interdenominational	10pm <b>SA vs Argentina</b>	
12pm Pilates	10.30am Nutty Nuts pop-	2pm Rummikub & Chess		11-12pm Table Tennis	ser and a series of the series	
2.30pm How to increase your Retirement income - Kenny	up shop	2.30pm Scrabble			SPRINGBOK	
Meiring	3pm Colour-in Mandala	2.30pm <b>Dementia</b>			✓ SFRINGBUR	
3pm Poetry Club (Boardroom)	7pm Evg Dramatic	Support Group				
7pm <b>Canasta</b>	Society					
23 7am <b>Walking group</b>	24 HERITAGE DAY (Braai Day)	25 7am Walking group	<b>26</b> 9am <b>Art Group</b>	27 7am Walking group	28 John Adams Fruit &	<b>29</b> 8.45am <b>Online</b>
9am Art with Steph	9.15am Stretch Exercises	9.30am Ageless Grace	9am Line Dancing	9.15am <b>Stretch</b>	Veg	Church service – BIG TV area
9.30am Bus to Blue Route	for Seniors	10am Bible Study –	9.30am <b>Knitting Group</b>	Exercises for Seniors	1.45pm Canasta	12pm SUNDAY
Mall	12pm <b>Spit Braai</b>	Interdenominational (Boardroom)	10am Alida's Fashion	10am Religious Fellowship –	5pm <b>SA vs Argentina</b>	LUNCH – see menu
10.30am Aqua Aerobics	3pm <b>Oefen Afrikaans</b>	,	pop-up shop	Interdenominational	<b>\$</b>	
12pm Pilates	(Boardroom)	11-12pm Table Tennis 2pm Rummikub & Chess	3pm	11-12pm Table Tennis	7	
6pm Camera Club 7pm Canasta	7pm Evg Dramatic Society	2.30pm Scrabble	7pm Canasta	6pm Pub Night – see poster	SPRINGBOK	
		2.00pm Octabbie				

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