## November 2024



### SUNDAY WEDNESDAY THURSDAY FROM SATURDAY SUNDAY		· 李生。 (2) **					
## AS CREAT   Secretary   Secr	MONDAY	TUESDAY	WEDNESDAY	THIRDAY	EDIDAY	SATURDAY	CUNDAY
Service Services of Services  5.45 Walking group 30 Services	MUNDAY	TUESDAY	WEDNESDAY	THURSDAY	1		
Service Services of Services  5.45 Walking group 30 Services	* Phristmas*				6.45am Walking group	•	
Section Walking group  Sam And with Steph  12 Wind-O-Wash  12 Wind-O-Wash  13 Sern Steech Exercises  23 Cprn Reads Steph  23 Cprn Reads Steph  24 Cprn Reads Steph  25 Service Walking group  34 Cprn Reads Steph  25 Service Walking group  35 Service Walking group  36 Service Walking group  37 Service Walking group  36 Service Walking group  37 Service Walking group  38 Service Walking group  39 Service Walking group  30 Service Walking group  31 Service Walking group  32 Service Walking group  33 Service Walking group  34 Service Walking group  35 Service Walking group  36 Service Walking group  37 Service Walking group  38 Service Walking group  39 Service Walking group  30 Service Walking group  30 Service Walking group  30 Service Walking group  30 Service Walking group  31 Service Walking group  32 Service Walking group  34 Service Walking group  35 Service Walking group  36 Service Walking group  37 Service Walking group  38 Service Walking group  39 Service Walking group  30 Service Walk	ARTS & CRAFT	The state	nnanions				service – BIG TV area
## Som Walking group   Sam And Mark Steph   Sam And And Steph   Sam And Steph   Sam And Steph   Sam And And Steph   Sam And Steph   Sam And Steph   Sam And And Steph   Sam And Steph	* MARKET *	Wednesday, 13 Nov	ember 24	REMEMBRANCE DAY	Carwash		
### To Both Market to now disapprunture  ### To Both Market to Now disappruntu	FOOD, GIFTS GALORE	@ 3pm Lifestyle 0	onation Control	age we to got			
### Action Principles   South Act with Steph   South Research Exercises for Seniors   South Action Principles   South Acti	pickles, jams, biscuits and cakes, beauty products, cards and a tea	The Vaudeville Companions are a spirited, i group of volunteer entertainers, (mostly, ro	ctive and talented 'a certain age"). seers musicians, and				Popcorn
5   Stam Valking group   Som Art with Steph   Som A	GET YOUR GIFTS, STOCKING FILLERS AND DECORATIONS WHILE SUPPORTING	story-tellers. Backed by a dedicated support of choceographers, sound technicians, stage of schedulers and organizers. They present a Cabaret-style, one-hour vail	sanagers, show lety show for seniors			* Policitandi	
8.45cm Walking group 9.15cm Streeth Esercises 9.15cm New Holding group 9.30cm Keinting Group 1.30cm Agents Grace 1.30cm Rummkub & Chess 2.30cm Rummkub & Chess 2.30c	EVERGREEN MUIZENBERG LSC	Book EAR	LY to avoid disappoitment				
6 45-5m Walking group 9 30m At with Steph 10 30m Aqua Aerobics 12pm Pilates 7pm Canasta 12 Wind O-Wash 6 45-5m Walking group 9 30m At with Steph 10 30m Bus to Blue Route Mali 10 30m Aqua Aerobics 12pm Pilates 7pm Canasta 12 Wind O-Wash 6 45-5m Walking group 9 31-5m Steeth Exercises 10 30m Agua Aerobics 10 30m Aqua Aerobics	BRING YOUR FAMILY & FRIENDS	Valan			11-12pm <b>Table Tennis</b>	* MARKET *	
9 an Art with Steph 9 above from homental Support 10 30m Again Agains Fruit van 10 30m Again Again Agains Fruit van 10 30m Again Agains Agains Fruit van 10 30m Again Agains Agains Fruit van 10 30m Again Again Agains Aga	6 45am Walking group	9 15am Stretch Exercises		9am Art Group	8 6 45am Walking group	9 John Adams Fruit &	
3.30m Bus to Longheach Mail  Joseph Aqua Aerobics 12pn Pilates 7pn Canasta 2pn Rummikub & Chess 2pn Rummikub & Che	The months and a section 18 4						
10.3/3am Aqua Aerobics   12/2m Pilates   12/2m False Feminis   13/3am False Feminis   13/	•	2.30pm <b>Dementia Support</b>	9.30am Ageless Grace			1.45pm Canasta	12pm SUNDAY LUNCH
10.30m Aqua Aerobics 7pm Canasta 7pm Canas		Group		10am The Shoe Lady	10am Religious		– see menu
12pm Pilates 7pm Canasta  11-12pm Table 1 emis 2pm Ruminkub & Chess 2.30pm Sorabble 3pm Art with Steph 3.30pm Book Club 3pm Art with Steph 10.30pm Agus Aerobics 10.30pm Ruminkub & Chess 2.30pm Sorabble 3pm Ruminkub & Chess 2.30pm Ruminkub & Chess	10.30am <b>Aqua Aerobics</b>	3pm Colour-in Mandala		10.30am Line Dancing	Fellowship –		
Tym Canasta    1-1/gm Table Tennis   2gm Rummiku & Chess   2gm Rum	·	7pm Evg Dramatic	(Boardroom)	2.30pm Book Club		1	Scotland
20m Ruminitud & Chess 2.30pm Scrabble 5.30pm S			11-12pm <b>Table Tennis</b>	7pm Canasta	11-12pm <b>Table Tennis</b>		
Society   Society   Society   Society   Society   Society   Stam National group   Stam National Regions   Society   Stam National Regions   Society   Stam National group   Stam National Regions   Society   Stam National group   Stam National Regions   Stam National Re	rpm <b>Ganasta</b>		2pm Rummikub & Chess	7pm Evg Dramatic		2 2 K K K K	
19   18   18   18   18   18   18   18			2.30pm <b>Scrabble</b>			CANASTA	SPRINGBOK.
### Milking group ### Malking			3pm Town Hall Meeting			CANASIA	
9.30am Rusiking group	11Wind-O-Wash	12 Wind-O-Wash	13				17
9.30m Art with Steph 0.30m Bus to Blue Route Mail 10.30m Aqua Aerobics 11	6.45am <b>Walking group</b>	9.15am <b>Stretch Exercises</b>		<b>i</b>	6.45am <b>Walking group</b>		
10.30am Agua Aerobics 12pm Pilates 7pm Canasta 18 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 10.30am May Making group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 10.30am May Making group 9am Art with Steph 9.30am May Aerobics 12pm Pilates 10.30am May Making group 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 10.30am May Making group 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 10.30am May Making group 9.30am May M				9.30am <b>Knitting Group</b>			_
Mail   10.30am Aqua Aerobics   10.30am Sally-Ann Creed   10.30am Elies Study   Interdenominational   10.30am Mail Service   12pm Pilates   10.30am Mail Service   12pm Pilates   10.30am Mail Service   12pm Pilates   10.30am Line Dancing   2pm RissGoM Milating group   10.30am Aqua Aerobics   12pm Pilates   10.30am Line Dancing   2pm RissGoM Milating Group   10.30am Aqua Aerobics   12pm Pilates	•	10.30am Line Dancing	9.30am Ageless Grace	3pm <b>Bingo</b>		1.45pm Canasta	
10.30am Aqua Aerobics   Tym Evg Dramatic Society   Tym Evg Dramatic Society   Tym Pilates   Tym Canasta   Tym Evg Dramatic Society   Tym Pilates   Tym Canasta   Tym Evg Dramatic Society   Tym Canasta		10.30am Sally-Ann Creed		7pm <b>Canasta</b>	Fellowship –	5.30pm <b>QUIZ Night</b>	6pm Movie Night with
11-12pm Table Tennis	10.30am Aqua Aerobics	7pm Eva Dramatic Society	(Boardroom)	7pm Evg Dramatic	Interdenominational		
2   2   2   3   3   3   3   3   3   3	11am Remembrance Day	, p g	11-12pm <b>Table Tennis</b>		11-12pm <b>Table Tennis</b>	ENG	
12pm Pilates   2.3pm Scrabble   3pm Music afternoom with The Companions   2   2   2   2   2   2   2   3   3   3			2pm Rummikub & Chess			00172	
30m Music afternoon with The Companions   20			2.30pm <b>Scrabble</b>	A C C C C C C C C C C C C C C C C C C C		NIGHT	
19   6.45am Walking group   9.15am Stretch Exercises for Seniors   9.30am Rean's Fruit van   9.30am Religious   1.45pm Canasta   1.45pm Cana	7pm Canasta			<b>ENGO</b>		NOVEMBER  SOME A PROMOTE CONTRE  JOS COM SO PROFISE  PROMOTE CONTROL  PROFISE CONTROL  PROF	RIGHT
6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta  25 6.45am Walking group 9.30am Mandala 11-12pm Table Tennis 9.30am Bus to Blue Route Mall 23pm Detry Club (Boardroom) 7pm Canasta  25 6.45am Walking group 9.30am Anda Aerobics 12pm Pilates  26 9.15am Stretch Exercises for Seniors 11am Wol aan die Rol 11am Religios 7pm Exp Dramatic Society  23pm Rummikub & Chess 2.30pm Dementia Support Group 9.30am Knitting Group 9.15am Stretch Exercises for Seniors 11am Wol aan die Rol 11am Religios 7pm Exp Dramatic Society  11-12pm Table Tennis 11-12pm Table Te	18	10		21	22	23	24
9.30am Knitting Group 9.30am Stretch Speaker 9.30am Adua Aerobics 10.30am Aqua Aerobics 12pm Pilates 10.30am Aqua Aerobics 12pm Poetry Club (Boardroom) 7pm Evg Dramatic Society  26 9.30am Malking group 9.30am Ageless Grace 11am Wol aan die Rol 11am Wol aan die		9.15am Stretch Exercises	6.45am Walking group			John Adams Fruit &	8.45am Online Church
9.30am Bus to Blue Route Mall   10.30am Line Dancing   10am Bible Study	9am <b>Art with Steph</b>		8.30am Riaan's Fruit van	9.30am <b>Knitting Group</b>	9.15am <b>Stretch</b>	Veg	service – BIG TV area
10.30am Line Dancing 2pm RESCOM MEETING 3pm Colour-in Mandala 11-12pm Table Tennis 2pm Poetry Club (Boardroom) 7pm Evg Dramatic Society 7pm Evg Dramatic Society 2.30pm Dementia Support Group 6.30pm Social Dinner 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Evg Dramatic Society 7pm Evg Dramatic Society 2.30pm Dementia Support Group 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Line Dancing 3pm Oefen Afrikaans (Boardroom) 10am Belies Study—Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Canasta 7pm Evg Dramatic Society 11-12pm Table Tennis 2pm Rummikub & Chess 7pm Pull B Night featuring The Pauli's	9.30am Bus to Blue Route		9.30am Ageless Grace	11am Wol aan die Rol	Exercises for Seniors	1.45pm Canasta	-
10.30am Aqua Aerobics   12pm Pilates   3pm Colour-in Mandala   (Boardroom)   11-12pm Table Tennis   2pm Rummikub & Chess   230pm Scrabble   2.30pm Scrabble   2.30pm Dementia   2.30pm Dementia   2.30pm Dementia   3pm Art with Steph   9.30am Bus to Blue Route   Mall   10.30am Aqua Aerobics   12pm Pilates   3pm Gefen Afrikaans (Boardroom)   10am Bible Study - Interdenominational (Boardroom)   10am Bible Study - Interdenominational (Boardroom)   11-12pm Table Tennis   11-12pm Tab	Mall	10.30am Line Dancing	10am Bible Study –	7nm Canasta	-		– see menu
12pm Pilates   3pm Colour-in Mandala   11-12pm Table Tennis   2pm Rummikub & Chess   2.30pm Dementia   Support Group   6.30pm Social Dinner   25   6.45am Walking group   9am Art with Steph   9.30am Bus to Blue Route   Mall   10.30am Aqua Aerobics   12pm Pilates   3pm Cefen Afrikaans   (Boardroom)   3pm Oefen Afrikaans   (Boardroom)   10.30am Aqua Aerobics   12pm Pilates   5pm Canasta   2pm Rummikub & Chess	10.30am Aqua Aerobics	2pm RESCOM MEETING		·	•	Wales	
Topic Canasta   Topic Capacity   Topic	12pm Pilates	3pm Colour-in Mandala			11-12pm <b>Table Tennis</b>		
Society   2.30pm Scrabble   2.30pm Dementia   Support Group	•	7pm Evg Dramatic	2pm Rummikub & Chess		·		
25 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 6pm Camera Club 7pm Canasta  2ang Defen Afrikaans (Boardroom)  25 6.45am Walking group 9.30am Riaan's Fruit van 9.30am Riaan's Fruit van 9.30am Bible Study – Interdenominational (Boardroom)  11-12pm Table Tennis 2pm Rummikub & Chess  29 6.45am Walking group 9.30am Knitting Group 9.30am Knitting Group 9.30am Knitting Group 9.30am Riaan's Fruit van 9.30am Riagious Fellowship – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess  6pm – 8pm PUB Night featuring The Pauli's  SAMETHE DATE  SAMETHE DATE	,	Society	2.30pm <b>Scrabble</b>	sh one de			
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9.30am Bus to Blue Route Mall  10.30am Aqua Aerobics 12pm Pilates  6pm Camera Club  7pm Canasta  10.30am Line Dancing  10.30am Line Dancing  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  7pm Evg Dramatic Society  11-12pm Table Tennis  11-12pm Table Tennis  9.10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  10am Religious Fellowship Fellowship Interdenominational (Boardroom)  11-12pm Table Tennis  9.30am Riaan's Fruit van  10am Religious Fellowship Fellowship Interdenominational Interde							
9.30am Bus to Blue Route Mall  10.30am Aqua Aerobics 12pm Pilates  6pm Camera Club  7pm Canasta  9.30am Ageless Grace  9.30am Ageless Grace  10am Bible Study – Interdenominational (Boardroom)  7pm Evg Dramatic Society  11-12pm Table Tennis 2pm Rummikub & Chess  10am Religious Fellowship – Interdenominational (Boardroom)  11-12pm Table Tennis 2pm Rummikub & Chess  SAUROM/FID CECHBER	•	10.30am Line Dancing	8.30am Riaan's Fruit van			1.45pm Canasta	
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6pm Camera Club  7pm Canasta  Society  11-12pm Table Tennis 6pm - 8pm PUB Night featuring The Pauli's  SAVETI-E DATE  SOCIETY  11-12pm Table Tennis 5AURDA/7TH DECEMBER 5UNDAY, 8TH DECEMBER 5UNDAY, 8	·						THE HOUSE
7pm Canasta  2pm Rummikub & Chess  2pm Rummikub & Chess  SAVETHE DATE	<u>'</u>	Society		Society	11-12pm <b>Table Tennis</b>	R-K-K	
I SAVETHEDATE I	-		·	A C P O A			PHOTA THE DECEMBER
7 Kinm Scrahlia	rpin <b>vanasta</b>	A Comment	2.30pm Scrabble	Since Miles		CANASTA	SAVETHEDATE

2.30pm Scrabble