

2.30pm Scrabble

6pm Camera Club



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MINUTES CAN MAKE A DIFFERENCE	1 8.00am Waterless Car Wash	2 7.15am Walking group 8.30am Riaan's Fruit Van	3 9am Art Group 9.30am Knitting Group	7.15am Walking group 9.15am Stretch	5 John Adams Fruit & Veg	8.45am Online Church service –
CELEBRATE MANDELA DAY CHOP FOR CHANGE! Join us this Mandela Day and help make a meaningful difference in just of memory. Form a team of a dar labe on the challenge, Chop as a meaningful difference in just of memory. Form a team of a dar labe on the challenge, Chop as a man of the challenge of the day of the challenge of the challenge of the day of the challenge	9.30am Stretch Exercises for Seniors – TV AREA	9.30am Ageless Grace – TV	10am Kind to hearing	Exercises for Seniors – TV AREA	1.45pm Canasta 5pm Rugby SA vs ITA	BIG TV area 12pm SUNDAY
HOW IT WORKS Inter your laws on Research Medical Properties and Research Medical Print your laws on Research Medical Print your laws on Research Medical Print your laws on Research Medical Print your Confirmation Medical Print your laws on Research Medical Print	3pm Colour-in Mandala	AREA	10am The Shoe Lady	10am Nutty Nuts	opin Rugby SA vs HA	LUNCH – see menu
The team text drops the most by weight send. If a public of the control of the co		10am Bible Study	7pm Canasta	10am Religious		
Chepping Nicks off at 15h00 EVERGREEN		10.30am Tabita Fashions	7pm Dramatic Society	Fellowship – Interdenominational		
		2 20nm Sarahkla			Canasta	
Mandela Day		2.30pm Scrabble 2.30pm Dementia Support				
7	8	9	10	11	12	13
7.15am Walking group	9.30am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service –
9am Art with Steph	2.30pm Book Club	8.30am Riaan's Fruit Van	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	1.45pm Canasta	BIG TV area
9.30am Bus to Long Beach Mall		9.30am Ageless Grace	3pm BINGO	10am Religious	5pm Rugby SA vs ITA	12pm SUNDAY LUNCH – see menu
10.30am Aqua Aerobics		_10am Bible Study	7pm Canasta	Fellowship – Interdenominational	6pm Residents Braai	3pm Wimbledon
12pm Pilates		11-12pm Table Tennis	7pm Dramatic Society	11-12pm Table Tennis		_Final
2.30pm Poetry Club		2pm Rummikub & Chess 2.30pm Scrabble		3pm Line Dancing	Canasta	
7pm Canasta		2.50pm Scrabble		6pm Social Dinner		
14 Wind-O-Wash	15 Wind-O-Wash	16	17	18 Mandela Day	19	20
7.15am Walking group	9.30am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group	7.15am Walking group	John Adams Fruit & Veg	8.45am Online Church service –
9am Art with Steph	9.30am Men's Breakfast –	8.30am Riaan's Fruit Van	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	1.45pm Canasta	BIG TV area
9.30am Bus to Blue Route Mall	Guest speaker Brian	9.30am Ageless Grace	7pm Canasta	10am Religious	5pm Rugby SA vs	12pm SUNDAY
10.30am Aqua Aerobics	Ingpen (Shipwrecks)	10am Bible Study	7pm Dramatic Society	Fellowship – Interdenominational	Georgia	LUNCH – see menu 5.30pm Music
12pm Pilates	3pm Colour-in Mandala	11-12pm Table Tennis		11-12pm Table Tennis		Evening with Laubi
7pm Canasta		2pm Rummikub & Chess		3pm Line Dancing		Walters
		2.30pm Scrabble		3pm 67 Minutes - Chop	Canasta	
		2.30pm Dementia Support		for Change		
21	22 9.30am Stretch Exercises	23	24 9am Art Group	25	26 John Adams Fruit &	27
7.15am Walking group	for Seniors	7.15am Walking group	9.30am Knitting Group	7.15am Walking group 9.15am Stretch	Veg	8.45am Online Church service –
9am Art with Steph	10am Nutty Nuts	8.30am Riaan's Fruit Van	10am Wol an die Rol	Exercises for Seniors	1.45 Canasta	BIG TV area
9.30am Bus to Blue Route Mall		9.30am Ageless Grace	3pm BINGO	10am Religious Fellowship –	6pm Quiz Night	12pm SUNDAY LUNCH – see menu
10.30am Aqua Aerobics		10am Bible Study	7pm Canasta	Interdenominational		
12pm Pilates		11-12pm Table Tennis	7pm Dramatic Society	11-12pm Table Tennis		
2.30pm Poetry Club		2pm Rummikub & Chess 2.30pm Scrabble	p.m. Talmado Osoloty	3pm Line Dancing	Canasta	
7pm Canasta		2.30pm Dementia Support		6pm Social Dinner / Pub Night		
28 7.15am Walking group	28 9.30am Stretch Exercises	29 7.15am Walking group	30 9am Art Group	(
9am Art with Steph	for Seniors	8.30am Riaan's Fruit Van	9.30am Knitting Group	A JOURNEY THROUGH TIMELE	ess classics	GHT W 16
9.30am Bus to Blue Route	3pm Gesels Afrikaans	9.30am Ageless Grace	7pm Canasta	MUSIC NIC SUNDAY, 20 JULY AT 5.30PM		Date: 24 July
Mall	3pm Colour-in Mandala	10am Bible Study	7pm Dramatic Society	PROGRAMME HIGHLIGHTS		ime: 18
10.30am Aqua Aerobics		11-12pm Table Tennis		-The rousing finale from a Verdi overti -Britten's Guide to the Orchestra (abri -Gershwin's An American in Paris - Se Themes	dged, for all ages!)	ESTYLE ENTER
12pm Pilates		2pm Rummikub & Chess		 Musical gems from Man of La Manch. My Fair Lady, West Side Story Beethoven's Waldstein Sonata, 3rd N Plus some delightful surprises for "pu 	Novement	40PP
2pm Stitchcraft		2.200m Carabble		congrituit surplises for pr	Ba	ok with le Van Zyl