August 2025 Women's Month EXTERNATION OF THE STATE OF THE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BINGO 14 August 28 August	FERGIE'S SHOES When: 7th August 2025 Wors: in the Bistro Time: 10om - 2pm	STANUTS		1 7.15am Walking group 8am Waterless car wash	2 John Adams Fruit & Veg 1.45pm Canasta	8.45am Online Church service – BIG TV area
15H00 BISTRO R40PP			WATER OR WATERLESS CAR WASH	9.15am Stretch Exercises for Seniors 10am Religious	d mode	SUNDAY WORSHIP SERVICE
Book at Reception on Ext. 9 Pay Carole van Zyl	Get your winter boots from us at an afordable price! Call or WA Mariam 072 1087389	Where: In the Bistro	PLEASE BOOK @ RECEPTION	Fellowship – Interdenominational 3pm Line Dancing	9 Women's Day PH	12pm SUNDAY LUNCH – see menu
7.15am Walking group 9am Art with Steph	9.30am Stretch Exercises for Seniors	7.15am Walking group 8.30am Riaan's Fruit Van	9am Art Group 9.30am Knitting Group	7.15am Walking group 9.15am Stretch	John Adams Fruit & Veg	8.45am Online Church service – BIG TV area
9.30am Bus to Long	10am Nutty Nuts	9.30am Ageless Grace	10am Kind2Hearing	Exercises for Seniors	1.45pm Canasta	BIO I V alea
Beach Mall 10.30am Aqua Aerobics	3pm Colour-in Mandala	10am Bible Study	10am The Shoe Lady	10am Religious Fellowship – Interdenominational	Women's	SUNDAY WORSHIP SERVICE
12pm Pilates		10am Alida's Fashions	7pm Canasta	11-12pm Table Tennis	The same of the sa	40. QUINDAY
7pm Canasta		11-12pm Table Tennis 2pm Rummikub & Chess	7pm Dramatic Society	3pm Line Dancing		12pm SUNDAY LUNCH – see menu
	A STATE OF THE STA	2.30pm Scrabble				
11 Wind-O-Wash 7.15am Walking group	12 Wind-O-Wash 9.30am Stretch Exercises	13 7.15am Walking group	14 9am Art Group	15 7.15am Walking group	16 John Adams Fruit &	17 8.45am Online
9am Art with Steph	for Seniors	8.30am Riaan's Fruit Van	9.30am Knitting Group	9.15am Stretch	Veg	Church service – BIG TV area
9.30am Bus to Blue Route	2.15pm Book Club	9.30am Ageless Grace	3pm BINGO	Exercises for Seniors	1.45pm Canasta	
Mall	3pm Colour-in Mandala	10am Bible Study	7pm Canasta	10am Religious Fellowship –	5pm Rugby SA vs Aus	SUNDAY
10.30am Aqua Aerobics			7pm Dramatic Society	Interdenominational		SERVICE
12pm Pilates		10am Evg Sales Event		11-12pm Table Tennis		12pm SUNDAY
2.30pm Poetry Club		11-12pm Table Tennis 2pm Rummikub & Chess		3pm Line Dancing		LUNCH – see menu
7pm Canasta		2.30pm Scrabble			RUGBY	5.30pm Music Evening with Laubi
		2pm Dementia Support	BINGO	मृ र		Walters
18 7.15am Walking group	19 9.30am Stretch Exercises	20 7.15am Walking group	21 9am Art Group	22 7.15am Walking group	23 John Adams Fruit &	24 8.45am Online
9am Art with Steph	for Seniors	8.30am Riaan's Fruit Van	9.30am Knitting Club	9.15am Stretch	Veg	Church service -
9.30am Bus to Blue Route	3pm Colour-in Mandala	9.30am Ageless Grace	7pm Canasta	Exercises for Seniors	1.45pm Canasta	BIG TV area
Mall			7pm Dramatic Society	10am Nutty Nuts	5pm Rugby SA vs Aus	SUNDAY
10.30am Aqua Aerobics		10am Bible Study		10am Religious	6pm Resident Braai	WORSHIP SERVICE
12pm Pilates		11-12pm Table Tennis 2pm Rummikub & Chess		Fellowship – Interdenominational		12pm SUNDAY
7pm Canasta		2.30pm Scrabble	Canasta	11-12pm Table Tennis	RUGBY	LUNCH – see menu
	30000	3pm Annual General Meeting	0 4 2 3	3pm Line Dancing		
25	26	27	28	29	30	31
7.15am Walking group 9am Art with Steph	9.30am Stretch Exercises for Seniors	7.15am Walking group	9am Art Group 9.30am Knitting Group	7.15am Walking group 9.15am Stretch	John Adams Fruit & Veg	8.45am Online Church service –
9.30am Bus to Blue Route	3pm Gesels Afrikaans	8.30am Riaan's Fruit Van	3pm BINGO	Exercises for Seniors	1.45pm Canasta	BIG TV area
Mall	3pm Colour-in Mandala	9.30am Ageless Grace		10am Religious	6pm Quiz night	SUNDAY
10.30am Aqua Aerobics		10am Bible Study	7pm Canasta	Fellowship – Interdenominational		WORSHIP SERVICE
12pm Pilates		11-12pm Table Tennis	7pm Dramatic Society	11-12pm Table Tennis		12pm SUNDAY
2pm Stitchcraft	(E)	2pm Rummikub & Chess		3pm Line Dancing	CUITA	LUNCH – see menu
2.30pm Poetry Club		2.30pm Scrabble	BINGO	6pm Social Dinner / Pub Night		5.30pm Classical Music ONLY Evening with Laubi
6pm Camera Club						LVEIHING WILLI LAUDI