




August 2025

Women's Month

EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>1 7.15am Walking group</p> <p>8am Waterless car wash</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>3pm Line Dancing</p>	<p>2 John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> 	<p>3 8.45am Online Church service – BIG TV area</p>  <p>12pm SUNDAY LUNCH – see menu</p>
<p>4 7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Long Beach Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>7pm Canasta</p>	<p>5 9.30am Stretch Exercises for Seniors</p> <p>10am Nutty Nuts</p> <p>3pm Colour-in Mandala</p> 	<p>6 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>10am Alida's Fashions</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p>	<p>7 9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Kind2Hearing</p> <p>10am The Shoe Lady</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>	<p>8 7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>3pm Line Dancing</p>	<p>9 Women's Day PH</p> <p>John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> 	<p>10 8.45am Online Church service – BIG TV area</p>  <p>12pm SUNDAY LUNCH – see menu</p>
<p>11 Wind-O-Wash</p> <p>7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>2.30pm Poetry Club</p> <p>7pm Canasta</p>	<p>12 Wind-O-Wash</p> <p>9.30am Stretch Exercises for Seniors</p> <p>2.15pm Book Club</p> <p>3pm Colour-in Mandala</p> 	<p>13</p> <p>7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>10am Evg Sales Event</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p> <p>2pm Dementia Support</p>	<p>14</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>3pm BINGO</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p> 	<p>15</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>3pm Line Dancing</p> 	<p>16</p> <p>John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>5pm Rugby SA vs Aus</p> 	<p>17</p> <p>8.45am Online Church service – BIG TV area</p>  <p>12pm SUNDAY LUNCH – see menu</p> <p>5.30pm Music Evening with Laubi Walters</p>
<p>18</p> <p>7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>7pm Canasta</p>	<p>19</p> <p>9.30am Stretch Exercises for Seniors</p> <p>3pm Colour-in Mandala</p> 	<p>20</p> <p>7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p> <p>3pm Annual General Meeting</p>	<p>21</p> <p>9am Art Group</p> <p>9.30am Knitting Club</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p> 	<p>22</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Nutty Nuts</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>3pm Line Dancing</p>	<p>23</p> <p>John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>5pm Rugby SA vs Aus</p> <p>6pm Resident Braai</p> 	<p>24</p> <p>8.45am Online Church service – BIG TV area</p>  <p>12pm SUNDAY LUNCH – see menu</p>
<p>25</p> <p>7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>2pm Stitchcraft</p> <p>2.30pm Poetry Club</p> <p>6pm Camera Club</p>	<p>26</p> <p>9.30am Stretch Exercises for Seniors</p> <p>3pm Gesels Afrikaans</p> <p>3pm Colour-in Mandala</p> 	<p>27</p> <p>7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p>	<p>28</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>3pm BINGO</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p> 	<p>29</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>3pm Line Dancing</p> <p>6pm Social Dinner / Pub Night</p>	<p>30</p> <p>John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>6pm Quiz night</p> 	<p>31</p> <p>8.45am Online Church service – BIG TV area</p>  <p>12pm SUNDAY LUNCH – see menu</p> <p>5.30pm Classical Music ONLY Evening with Laubi</p>