

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
7am Walking group	10am Funky legs tights	7am <b>Walking group</b>	9am <b>Art Group</b>	7am <b>Walking group</b>	John Adams Fruit &	8.45am Online
8am Waterless Car Wash	3pm Colour-in Mandala	8.30am Riaan's Fruit Van	9.30am Knitting Group	10am Nutty Nuts	Veg	Church service – BIG TV area
9am <b>Art with Steph</b>		9.30am <b>Ageless Grace</b>	10am Wol an die Rol	10am <b>Religious</b>	1.45pm Canasta	
9.30am <b>Bus to Long</b>	× /-	10am Bible Study	10am Kind2Hearing	Fellowship -	10am Tru Bru Biltong Sales in the	SUNDAY
Beach Mall		-		Interdenominational	Bistro	WORSHIP SERVICE
10.30am Aqua Aerobics		11-12pm <b>Table Tennis</b>	10am The Shoe Lady 11.30am Aqua	11-12pm <b>Table Tennis</b>	5pm Rugby SA vs	40 OUNDAY
11am Canasta with Lydia		2pm Rummikub & Chess	Aerobics	2pm Line Dancing	NZ	12pm SUNDAY LUNCH – see menu
		2.30pm <b>Scrabble</b>	3pm Bridge for			
12pm Pilates	PUNKY LEGS TIGHTS -2ND SEPTEMBER 25 30H00 - IPM NEW DESIGNS AVALABLE	2.30pm Dementia Support	Beginners			
7pm Canasta	IN THE BISTRO		7pm <b>Canasta</b>		SA RUGBY	
			7pm Dramatic Society			
8 Wind-O-Wash	9 Wind-O-Wash	10	11 9am <b>Art Group</b>	12	13 John Adams Fruit &	14
7am <b>Walking group</b>	9.30am Stretch Exercises for Seniors	7am <b>Walking group</b>	·	7am Walking group	Veg	8.45am <b>Online</b> Church service –
9am Art with Steph	2.15pm Book Club	8.30am Riaan's Fruit Van	9.30am Knitting Group	9.15am Stretch Exercises for Seniors	10am Spice Route	BIG TV area
9.30am Bus to Blue Route Mall		9.30am <b>Ageless Grace</b>	10am Raadi's Savoury treats.	10am <b>Religious</b>	Spices	
	3pm Colour-in Mandala	10am Bible Study		Fellowship –	1.45pm Canasta	SUNDAY WORSHIP
10.30am Aqua Aerobics		11-12pm <b>Table Tennis</b>	11.30am Aqua Aerobics	Interdenominational	5pm Rugby SA vs NZ	SERVICE
11am Canasta with Lydia		2pm Rummikub & Chess	3pm <b>BINGO</b>	11-12pm <b>Table Tennis</b>	<b>3</b>	12pm <b>SUNDAY</b>
12pm Pilates		2.30pm Scrabble		2pm Line Dancing		LUNCH – see menu
2.30pm Poetry Club		2.50pm <b>Scrabble</b>	7pm <b>Canasta</b>		SA RUGBY	5.30pm Music
7pm Canasta			7pm Dramatic Society	424	6pm Resident Braai	Evening with Laubi & Hugh
15	16	17	18	19	20	21
7am Walking group	9.30am Stretch Exercises for Seniors	7am <b>Walking group</b>	9am <b>Art Group</b>	7am Walking group	John Adams Fruit & Veg	8.45am <b>Online</b> Church service –
9am Art with Steph	9.30am Men's Breakfast	8.30am Riaan's Fruit Van	9.30am <b>Knitting Club</b>	9.15am Stretch Exercises for Seniors	1.45pm <b>Canasta</b>	BIG TV area
9.30am Bus to Blue Route Mall	with Guest speaker Trevor	9.30am <b>Ageless Grace</b>	11.30am Aqua Aerobics	10am <b>Religious</b>	6pm Quiz Night	
	Quirk	10am Bible Study		Fellowship –	opin Quiz Night	SUNDAY WORSHIP
10.30am Aqua Aerobics	3pm Colour-in Mandala	11-12pm <b>Table Tennis</b>	3pm Bridge for Beginners	Interdenominational	Quiz Co	SERVICE
11am Canasta with Lydia		2pm Rummikub & Chess	7pm Canasta	11-12pm <b>Table Tennis</b>	Night &	12pm <b>SUNDAY</b>
12pm Pilates		2.30pm Scrabble	7pm Dramatic Society	2pm Line Dancing		LUNCH – see menu
7pm Canasta		· ·			07	
<b>22</b> 7am <b>Walking group</b>	23 9.30am Stretch Exercises	<b>24</b> 7am <b>Walking group</b>	<b>25</b> 9am <b>Art Group</b>	<b>26</b> 7am <b>Walking group</b>	<b>27</b> John Adams Fruit &	<b>28</b> 8.45am <b>Online</b>
9am <b>Art with Steph</b>	for Seniors	8.30am Riaan's Fruit Van	9.30am <b>Knitting Group</b>	9.15am Stretch Exercises	Veg	Church service – BIG TV area
9.30am <b>Bus to Blue Route</b>	3pm Colour-in Mandala		11.30am Aqua	for Seniors	1.45pm Canasta	DIO I V alea
Mall		9.30am <b>Ageless Grace</b>	Aerobics	10am Nutty Nuts	1pm Spit Braai	SUNDAY
10.30am Aqua Aerobics		10am Bible Study	3pm <b>BINGO</b>	10am <b>Religious</b>	5pm Rugby SA vs	SUNDAY WORSHIP SERVICE
11am Canasta with Lydia		11-12pm <b>Table Tennis</b>	7pm Canasta	Fellowship – Interdenominational	ARGENTINA	
Í		2pm <b>Rummikub &amp; Chess</b>	7pm Dramatic Society		1	12pm SUNDAY LUNCH – see menu
12pm Pilates		2pm Scrabble	A GO CO COLLET	11-12pm <b>Table Tennis</b>		2011011 - 366 III611U
2.30pm Poetry Club			BINGO	2pm Line Dancing	ļ	
6pm <b>Camera Club</b>						
<b>29</b> 7am <b>Walking group</b>	30 9.30am Stretch Exercises					A C
9am Art with Steph	for Seniors		S. S.			SPRINGBOKS
	0.00				CDE	ZINUBUE



9.30am Bus to Blue Route

10.30am Aqua Aerobics

11am Canasta with Lydia

12pm Pilates

2pm Stitchcraft 6pm Camera club 3pm Colour-in Mandala



