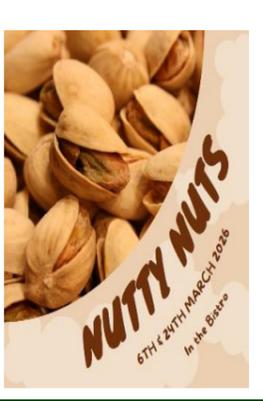
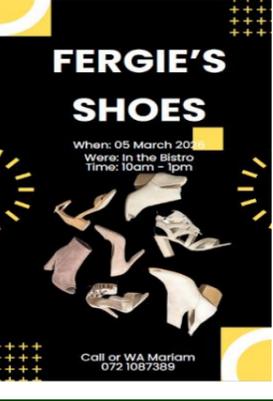


March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 12pm Pilates 4pm Fun Dancing 7pm Canasta	31 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala					1 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
2 7am Walking group 9am Art with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 12pm Pilates 4pm Fun Dancing 7pm Canasta	3 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 	4 7am Walking group 8am ShineTastic Car Wash 8.30am Riaan's Fruit Van 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	5 9.30am Knitting Group 9.30am Art with Ursula 10am Kind to Hearing 10am The Shoe Lady 11.30am Aqua Aerobics 2.30pm Bridge for Beginners 7pm Dramatic Society	6 7am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 	7 John Adams Fruit & Veg 1.45pm Canasta 	8 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
9 Wind-O-Wash 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 12pm Pilates 2pm Poetry 4pm Fun Dancing 7pm Canasta	10 Wind-O-Wash 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 2.15pm Book Club 3pm Colour-in Mandala 	11 7am Walking group 8.30am Riaan's Fruit Van 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 	12 9.30am Knitting Club 9.30am Art with Ursula 11.30am Aqua Aerobics 3pm BINGO 7pm Dramatic Society 	13 7am Walking group 9.15am Stretch Exercises for Seniors 10am Tru Bru Biltong 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	14 John Adams Fruit & Veg 10.15am Qadi Bakes 1.45pm Canasta 6pm Residents Braai	15 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu 5.30pm Music Evening with Laubi & Hugh
16 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 12pm Pilates 4pm Fun Dancing 7pm Canasta	17 St. Patrick's Day 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 	18 7am Walking group 8.30am Riaan's Fruit Van 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble 	19 9.30am Knitting Group 9.30am Art with Ursula 11.30am Aqua Aerobics 2.30pm Bridge for Beginners 7pm Dramatic Society	20 7am Walking group 9.15am Stretch Exercises for Seniors 10am Tabita Fashions 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	21 Human Rights Day John Adams Fruit & Veg 1.45pm Canasta 6pm QUIZ Night 	22 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
23 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall (2) 10.30am Aqua Aerobics 12pm Pilates 2pm Poetry 4pm Fun Dancing 7pm Canasta 6pm Camera Club	24 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10.15am Seated Stretch Exercises for Seniors 2.30pm Gesels Afrikaans 3pm Colour-in Mandala	25 7am Walking group 8.30am Riaan's Fruit Van 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble 	26 9.30am Knitting Group 9.30am Art with Ursula 10am Wol an die rol 10.15am Savoury Duo 11.30am Aqua Aerobics 3pm BINGO 7pm Dramatic Society 	27 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 	28 John Adams Fruit & Veg 10am Tru Bru Biltong 1.45pm Canasta 	29 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu