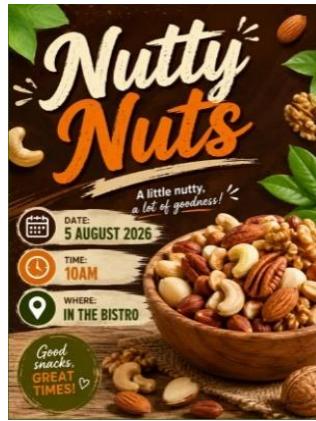
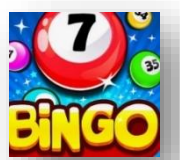


August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 7am Walking group 9am Art with Steph 9.30am Bus to B/Route Mall 10.30am Aqua Aerobics 4pm Fun Dancing 7pm Canasta					1 John Adams Fruit & Veg 1.45pm Canasta 	2 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
3 7am Walking group 9am Art with Steph 9.30am Bus to L/Beach Mall 10.30am Aqua Aerobics 4pm Fun Dancing 7pm Canasta	4 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 4.30pm Carpet Bowls	5 7am Walking group 8.30am Riaan's Fruit Van 9am Ageless Grace 10am Nutty Nuts 10am Tabita Fashions 10am Bible Study 11-12pm Table Tennis 2pm Dementia Support 2pm Rummikub & Chess 2.30pm Scrabble	6 9.30am Knitting Group 10am Kind to Hearing 10.15am Savoury Duo 11.30am Aqua Aerobics 2.30pm Bridge 	7 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 10.30am Janee Lekker biscuits & snacks 11-12pm Table Tennis 5pm 'on the Rocks' Bar 6pm Social - Restaurant Dinner	8 John Adams Fruit & Veg 1.45pm Canasta 6pm Resident Braai  9pm SA vs ARG	9 WOMEN'S DAY 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
10 PUBLIC HOLIDAY 7am Walking group 9am Art with Steph 9.30am Bus to B/Route Mall 10.30am Aqua Aerobics 2pm Poetry 4pm Fun Dancing 7pm Canasta	11 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 11am Rescom Meeting 2.15pm Book Club 3pm Colour-in Mandala 4.30pm Carpet Bowls	12 7am Walking group 8.30am Riaan's Fruit Van 9.00am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Meet & Greet 2.30pm Scrabble	13 9.30am Knitting Club 10am The Shoe lady 11.30am Aqua Aerobics 3pm BINGO 7pm (LATE) BINGO 	14 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm 'on the Rocks' Bar	15 John Adams Fruit & Veg 1.45pm Canasta 6pm Quiz Night 	16 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu 5.30pm Music Festival with Laubi & Hugh
17 7am Walking group 9am Art with Steph 9.30am Bus to B/Route Mall 10.30am Aqua Aerobics 4pm Fun Dancing 7pm Canasta	18 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 2pm MZB Annual General Meeting	19 7am Walking group 8.30am Riaan's Fruit Van 9.00am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble 3pm Women's Day High Tea with guest speaker, Prof Shirley Zinn	20 9.30am Knitting Group 10am Nutty Nuts 11.30am Aqua Aerobics 2.30pm Bridge 	21 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm 'on the Rocks' Bar	22 John Adams Fruit & Veg 1.45pm Canasta 5pm Nou gaan ons Braai plus SA vs NZ	23 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
24 7am Walking group 9am Art with Steph 9.30am Bus to B/R Mall 10.30am Aqua Aerobics 2pm Poetry 4pm Fun Dancing 6pm Camera Club	25 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 2.30pm Gesels Afrikaans 3pm Colour-in Mandala 4.30pm Carpet Bowls	26 7am Walking group 8.30am Riaan's Fruit Van 9.00am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble	27 9.30am Knitting Group 9am Evergreen Pop Up craft market 10am Wol aan die Rol 11.30am Aqua Aerobics 3pm BINGO 7pm (LATE) BINGO	28 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm 'on the Rocks' Bar	29 John Adams Fruit & Veg 10.15am Qadi Bakes 1.45pm Canasta 	30 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu