

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 August 7am Walking group 9am Art with Steph 9.30am Bus to B/Route Mall 10.30am Aqua Aerobics 4pm Fun Dancing  6pm Camera Club 7pm Canasta	1 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 4.30pm Carpet Bowls	2 7am Walking group 8.30am Riaan's Fruit Van 9am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Dementia Support 2pm Rummikub & Chess	3 8am Drive & Shine Car Wash 9.30am Knitting Group 10am Kind to Hearing 10am The Shoe lady 11.30am Aqua Aerobics 2.30pm Bridge Club	4 7am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm 'on the Rocks' Bar	5 John Adams Fruit & Veg 1.45pm Canasta 5pm RUGBY SA VS NZ 	6 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
7 7am Walking group 9am Art with Steph 9.30am Bus to L/Beach Mall 10.30am Aqua Aerobics 4pm Fun Dancing  7pm Canasta	8 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 4.30pm Carpet Bowls	9 7am Walking group 8.30am Riaan's Fruit Van 9am Ageless Grace 10am Bible Study 10.30am Tabita Fashions 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	10 9.30am Knitting Group 10am Wol an die Rol 10am Savoury Duo 11.30am Aqua Aerobics 3pm Bingo 7pm (LATE) BINGO	11 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 A la Carte Dinner	12 John Adams Fruit & Veg 1.45pm Canasta 5pm RUGBY SA VS NZ 6pm Resident Braai 	13 8.45am Online Church service – BIG TV area  12pm SUNDAY 12pm SUNDAY LUNCH – see menu
14 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	15 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 2.15pm Let's talk books 3pm Colour-in Mandala 4.30pm Carpet Bowls	16 7am Walking group 8.30am Riaan's Fruit Van 9.00am Ageless Grace 10am Bible Study 11h30 Breathlessness + Asthma talk with Meg 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	17 9.30am Knitting Club 11.30am Aqua Aerobics 2.30pm Bridge Club 	18 7am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm 'on the Rocks' Bar	19 John Adams Fruit & Veg 1.45pm Canasta 11am Qadi Bakes 6pm Quiz Night 	20 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu 5.30pm 19 th Music Festival with Laubi & Hugh
21 7am Walking group 9am Art with Steph 9.30am Bus to B/Route Mall 10.30am Aqua Aerobics 4pm Fun Dancing  7pm Canasta	22 9.15am Stretch Exercises for Seniors 10.15am Seated Stretch Exercises for Seniors 3pm Colour-in Mandala 4.30pm Carpet Bowls	23 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	24 Heritage Day 9.30am Knitting Group 11.30am Aqua Aerobics 3pm Bingo 7pm (LATE) BINGO	25 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 10.30am Janee Lekker biscuits & snacks 5pm 'on the Rocks' Bar	26 John Adams Fruit & Veg 1.45pm Canasta	27 8.45am Online Church service – BIG TV area  11:30am RUGBY SA VS AUS 12pm SUNDAY LUNCH – see menu
28 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	29 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	30 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				