


MAART MAANDPROGRAM MARCH MONTHLY PROGRAMME



Sondag Sunday	<u>1</u>	09:00	NG Kerk Tygerpoort	
Maandag Monday	<u>2</u>	09:00 9:00 - 10:00 15:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area Leeskring	
Dinsdag Tuesday	<u>3</u>	8:00-9:00 13:30	HIIT oefening / HIIT exercise Brei_ en Hekel Handwerkgroep / Knit and Crochet Hand-work group	
Woensdag Wednesday	<u>4</u>	9:00-10:00 9:00 - 11:00 15:00:00 15:00	Bybelstudie Kind to Hearing - Oordbesoek / Village Visit Christian Fellowship Meeting - Communion - Rev Greame Mercer Minigholf - Braai area	
Donderdag Thursday	<u>5</u>	8:00 - 9:00 9:00-10:00	HIIT oefening / HIIT exercise Bybelstudie - Tygerpoort	
Vrydag Friday	<u>6</u>	09:00 9:00 - 10:00 15:00 16:30	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area Oordbraai / Village Barbeque	
Saterdag Saturday	<u>7</u>			
Sondag Sunday	<u>8</u>	09:00	Gereformeerde Kerk	
Maandag Monday	<u>9</u>	09:00 9:00 - 10:00 15:00 16:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area Skrywerskring	
Dinsdag Tuesday	<u>10</u>	8:00-9:00 13:30	HIIT oefening / HIIT exercise Brei_ en Hekel Handwerkgroep / Knit and Crochet Hand-work group	
Woensdag Wednesday	<u>11</u>	9:00-10:00 14:00 15:00	Bybelstudie Bingo Minigholf - Braai area	
Donderdag Thursday	<u>12</u>	8:00 - 9:00 9:00-10:00	HIIT oefening / HIIT exercise Bybelstudie - Tygerpoort	
Vrydag Friday	<u>13</u>	09:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Minigholf - Braai area	
Saterdag Saturday	<u>14</u>			
Sondag Sunday	<u>15</u>	09:00	Methodist Church	
Maandag Monday	<u>16</u>	09:00 9:00 - 10:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area	
Dinsdag Tuesday	<u>17</u>	8:00-9:00 13:30	HIIT oefening / HIIT exercise Brei_ en Hekel Handwerkgroep / Knit and Crochet Hand-work group	
Woensdag Wednesday	<u>18</u>	9:00-10:00 15:00 15:00	Bybelstudie Sangopvoering deur Endija van Latvia Singing performance by Endija of Latvia Minigholf - Braai area	
Donderdag Thursday	<u>19</u>	8:00 - 9:00 9:00-10:00	HIIT oefening / HIIT exercise Bybelstudie - Tygerpoort	



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Vrydag Friday	<u>20</u>	09:00 9:00 - 10:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area
Saterdag Saturday	<u>21</u>		Openbare vakansiedag - Menseregtedag Public Holiday - Human Rights Day Ontvangs gesluit Reception closed
Sondag Sunday	<u>22</u>	09:00	AGS Kerk
Maandag Monday	<u>23</u>	09:00 9:00 - 10:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area
Dinsdag Tuesday	<u>24</u>	8:00-9:00 13:30	HIIT oefening / HIIT exercise Brei_ en Hekel Handwerkgroep / Knit and Crochet Hand-work group
Woensdag Wednesday	<u>25</u>	9:00-10:00 14:00 15:00	Bybelstudie Bingo Minigholf - Braai area
Donderdag Thursday	<u>26</u>	8:00 - 9:00 9:00-10:00 16:00	HIIT oefening / HIIT exercise Bybelstudie - Tygerpoort Die 2 Snymans - Poësie en Klavier
Vrydag Friday	<u>27</u>	09:00 9:00 - 10:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area
Saterdag Saturday	<u>28</u>		
Sondag Sunday	<u>29</u>		
Maandag Monday	<u>30</u>	09:00 9:00 - 10:00 15:00	Busvervoer na winkelsentrums Bus transport to shopping malls Pilates Minigholf - Braai area
Dinsdag Tuesday	<u>31</u>	8:00-9:00 13:30	HIIT oefening / HIIT exercise Brei_ en Hekel Handwerkgroep / Knit and Crochet Hand-work group

Dokter | Doctor - Tel: 081 394 4491

Dr Annerie Boshoff

slegs per afspraak | only by appointment

Sorgsentrum | Frail Care - 9111 / 012 007 0085

Mediese noodgevalle en basiese mediese hulp | Medical emergencies & basic medical assistance

Haar- en Skoonheidsalon | Hair and Beauty Salon - 2006

Vanaf / From 08:00 - Dinsdag - Vrydag / Tuesday - Friday

Kiosk | Snoepie - 2008

09:00 – 15:00 - Weeksdag | Week days

Wassery | Laundry - 2005

09:00 – 15:00 - Weeksdag | Week days

Kombuis | Kitchen - 2004 / 012 007 0104

Etebesprekings kan by die kombuis gemaak word tussen 09:00-10:30 en 14:00-15:00.

Meal bookings can be made at the kitchen, between 09:00-10:30 and 14:00-15:00.

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