

AUGUST 2026

Theme: The Gladiolus & the Poppy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Self-Care	Cognitive	Physical	Social	Creative
3 Intro to theme	4 OT Student/Scavenger Hunt	5 Don't go breaking my heart <i>Heart Disease Awareness Day</i>	6 Fresh in 30 seconds <i>National Fresh Breath Day</i>	7 Standing Pilates
10 Public Holiday	11 I'm Every Woman <i>Son & Daughter Day</i>	12 Crafted Carry Pt. 3	13 Student (A) Choice <i>Left Handers Day</i>	14 Student (B) Choice <i>Financial Awareness Day</i>
17 If you like Pina Coladas (non-alcoholic) <i>National Pineapple Juice Day</i>	18 Game On!	19 Negative & Positive Emotions	20 Music Through The Decades <i>National Radio Day</i>	21 Fun Facts - Flower of the Month
24 Tai Chi	25 Student (A) Choice	26 Little Rolls of Inspiration	27 Little Rolls of Inspiration	28 Student (B) Choice
30 Grief Awareness				

*Subject to change

WELCOME CLUB MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Butternut Soup	4 Butter Bean Curry with Rice	5 Salmon Quiche	6 Chicken Stirfry	7 Loaded Sandwich
10 Public Holiday	11 Scones	12 Chicken a-la- King	13 Tuna & Mushroom Pie	14 Tomato Bredie
17 Alfredo Pasta	18 Butter Bean Curry with Rice	19 Chicken a-la- King	20 Salmon Quiche	21 Loaded Sandwich
24 Butternut Soup	25 Mince Frikkadels with Mash & T/O Smoor	26 Tuna & Mushroom Pie	27 Lentil Couscous	28 Fried Egg Sandiwch
31 Braai				

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