

NELSON MANDELA FAMILY AND YOUTH CENTRE

Cnr Pyrenees and Kilimanjaro Street, Tafelsig

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Down Syndrome Support Group 09:00 - 11:00	Parenting Support Group 09:00 - 11:00	Harmonies Seniors Club 09:00 - 11:00	Mitchells Plain Network Opposing Woman Abuse 09:00 - 11:00	Sonke Gender Justice Couples Sessions 09:00 - 11:00
Searidge Seniors Club 10:00 - 12:00	Matrix Rehab Programme 10:00 - 12:00	NMFYC Weekly Walking Club 10:00 - 12:00	Mosaic Social Ill, Support / Arts & Crafts 10:00 - 12:00	Mosaic Social Ill Support 10:00 - 12:00
Taebo Fitness 12:00 - 14:00	Social Warriors Senior Club 12:00 - 14:00	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30	After School Programmes 14:00 - 16:30
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**COME AND JOIN IN ON THE FUN,
AT A RECREATION HUB NEAR YOU!**



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.