

WOODLANDS HALL

Cnr Silena and Mitchell Avenue, Mitchells Plain

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SASSA 08:00 - 15:00	Matrix Rehab Programme 10:00 - 12:00	NMFYC Weekly Walking Club 10:00 - 12:00	Frog Health 08:00 - 15:00	Mosaic Social Ill Support 10:00 - 12:00
Searidge Seniors Club 10:00 - 12:00	Social Warriors Senior Club 12:00 - 14:00	After School Programmes 14:00 - 16:30	Mosaic Social Ill, Support / Arts & Crafts 10:00 - 12:00	After School Programmes 14:00 - 16:30
Taebo Fitness 12:00 - 14:00	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.