

SEPTEMBER 2022

EVENT CALENDAR

EVERGREEN
Lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
  			1 8am Waterless Carwash 9am Art Group 9.00am Outing to SANCCOB 9.30am Knitting Group 10am Line Dancing 11am CHOIR 2.30pm Book Club 7pm Canasta	2 7.15am Walking group 10am Religious Fellowship – Interdenominational 9.15am Stretch Exercises for Seniors 11-12pm Table Tennis 4pm Fish/Calamari & Chips 5pm Bar night & Quiz evening	3 John Adams Fruit & Veg Bakkie 11.30am RUGBY SA vs Australia 2pm Canasta	4 8.45am Online Church service – BIG TV area SUNDAY LUNCH Rosemary roast beef with gravy *** Lemon & herb roast chicken with gravy 6.30pm MOVIE Night Leap Year
5 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10am SHOE LADY 10.30am Aqua Aerobics 7pm Canasta	6 10am Tabitha Fashions 9am Bus to Blue Route 2pm Chit Chat 7pm Classic Movie: Dirty Harry	7 7.15am Walking group 10am Kind2Hearing 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Arya Stana Bone & Breast Care 3pm Dementia Support Group 6.30pm SERIES: Shooter	8 9am Art Group 9.30am Knitting Group 10am Line Dancing 3.30pm BINGO 7pm Music Appreciation 7pm Canasta	9 7.15am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm Fish/Calamari & Chips 5pm Bar night & Quiz evening 7pm Classic Movie: Working Girl	10 John Adams Fruit & Veg Bakkie 2pm Canasta	11 8.45am Online Church service – BIG TV area SUNDAY LUNCH Mediterranean roast chicken *** Honey glazed gammon 6.30pm MOVIE Night Top Gun
12 Wind-O-Wash 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	13 Wind-O-Wash 9.15am Stretch Exercises for Seniors 11am Santa Shoebox 2022 information talk 2pm OPEN GARDENS Gardening: 101 Caitlin van Witt	14 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Shooter	15 9am Art Group 9.30am Knitting Group 10am Line Dancing 11am CHOIR 2pm Motla talk 7pm Canasta	16 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm Fish/Calamari & Chips 5pm Bar night & Quiz evening	17 John Adams Fruit & Veg Bakkie 2pm Canasta 9pm RUGBY SA v Argentina 	18 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast chutney chicken *** Roast Lamb with gravy (R125) 6.30pm MOVIE Night Shawshank Redemption
19 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta	20 9.15am Stretch Exercises for Seniors 9am Bus to Constantia Village 3pm Fancy Hat Spring Tea - R65 Prizes to be won	21 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Poetry Club 3pm Dementia Support Group 6.30pm SERIES: Shooter	22 9am Art Group 7.15am Walking group 9.30am Knitting Group 10am Line Dancing 3.30pm BINGO 7pm Music Appreciation 7pm Canasta	23 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm Fish/Calamari & Chips 5pm Bar night & Quiz evening	24 Heritage Day John Adams Fruit & Veg Bakkie 12h00 Heritage Day braai 2pm Canasta 5pm RUGBY SA v ARGENTINA	25 8.45am Online Church service – BIG TV area SUNDAY LUNCH Lemon & herb roast chicken *** Sage & apple pork with crackling and mustard sauce 6.30pm MOVIE Night Perfect Pairing
26 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 6pm Camera Club – at the Big TV 7pm Canasta	27 9.15am Stretch Exercises for Seniors 9.30am RESCOM Meeting 2.30-4pm Oefen Afrikaans	28 7.15am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Shooter	29 9am Art Group 7.15am Walking group 9.30am Knitting Group 10am Line Dancing 11am CHOIR 2pm OPEN GARDENS Bees – Honey Tasting Nick Hitge 7pm Canasta	30 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm Fish/Calamari & Chips 5pm Bar night & Quiz evening	11-12 October Open Gardens Viewing 28 October Christmas Market 	