

NOVEMBER 2022 EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
 REMEMBRANCE DAY <i>Let's Not Forget</i>	1 8am Waterless Carwash 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route 11am Choir Practice 2pm Chit Chat 7pm Music Appreciation	2 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm SERIES: Thai Cave Rescue	3 9am Art Group 10am Kind2Hearing 9.30am Knitting Group 10am Line Dancing 10am The Shoe Lady 2.30 pm Book Club with guest speaker Mr Keith Richardson – Author & Educationalist 7pm Canasta	4 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm - 5pm Fish/Calamari & Chips 6pm QUIZ! Night	5 John Adams Fruit & Veg Bakkie 12h30 Boeredag deur Leon en Fanie se Boereorkes – See poster 2pm Canasta	6 8.45am Online Church service – BIG TV area SUNDAY LUNCH Greek style Roast Chicken with roast potatoes *** Honey Glazed Gammon with roast potatoes 6.30pm MOVIE Night Unchartered	
	7 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 11am The Science of Happiness by Dr Hennie Loubser & Dr Pieter van Jaarsveldt 6pm Evergreen Sales event 7pm Canasta	8 9.15am Stretch Exercises for Seniors 10am Evergreen Sales event 11am Choir Practice	9 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Thai Cave Rescue	10 9am Art Group 9.30am Knitting Group 10am Wol aan die rol 10am – 3pm Antique Road Show with Roy Dibley – See poster 10am Line Dancing 3pm B I N G O 7pm Canasta	11 REMEMBRANCE DAY 7am Walking group 9.15am Stretch Exercises for Seniors 10am Remembrance Day Service 11-12pm Table Tennis 4pm - 5pm Fish/Calamari & Chips	12 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Residents Braai	13 8.45am Online Church service – BIG TV area SUNDAY LUNCH Roast Chutney Chicken with roast potatoes *** R125p/p Roast Lamb with gravy and roast potatoes 6.30pm MOVIE Night Colors of Love
	14 Wind-O-Wash 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	15 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village 11am Choir Practice 7pm Music Appreciation	16 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia Support Group 6.30pm SERIES: Keep Breathing	17 9am Art Group 9.30am Knitting Group 10am Line Dancing 10am Tabita's Fashion Pop-up shop 7pm Canasta	18 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm - 5pm Fish/Calamari & Chips	19 John Adams Fruit & Veg Bakkie 2pm Canasta	20 8.45am Online Church service – BIG TV area SUNDAY LUNCH Lemon & Herb Roast Chicken with roast potatoes *** Sage & Apple Pork Roast with crackling 6.30pm MOVIE Night In My Dreams
	21 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 7pm Canasta	22 9.15am Stretch Exercises for Seniors 11am Choir Practice 2.30-4pm Oefen Afrikaans	23 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Keep Breathing	24 9.30am Knitting Group 10am Line Dancing 3pm B I N G O 7pm Canasta	25 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 4pm - 5pm Fish/Calamari & Chips	26 John Adams Fruit & Veg Bakkie 2pm Canasta	27 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 Christmas with you
28 7am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 6pm Camera Club – at Big TV 7pm Canasta	29 9.15am Stretch Exercises for Seniors 9.30am RESCOM Meeting 11am Choir Practice 7pm Music Appreciation	30 7am Walking group 11-12pm Table Tennis 2pm Rummikub & Chess 6.30pm SERIES: Keep Breathing / Sweet Magnolias	 QUIZ Evening Date: 4 November 2022 Venue: Lifestyle Centre Time: 6pm Other info: R30 per entry Place in the RESCOM Post box (in an envelope with your name & unit number written on the front) Side note: Order your meal from the Bistro OR Bring your own drinks and snacks (snacks are not included in the entry fee) QUIZ Evenings will take place on the first Friday of every month			 ONS GEWILDE BOEREDAG deur Leon en Fanie se Boereorkes SPUISLAART Op die Tafel Mieliebrood Hoefgerag Hoender Pastei Vetkoek met Tamatiebredie, pampoenkookies, groenboontjies en soetpatat Nagereg Malvapoeding, Koeksister en Melkert Datum: Saterdag 5 November Prys: R125 Tyd: 12h30 Bespreek teen 2 November by die Bistro	 Valuation and buying day. We will be in the Lifestyle Center Thursday the 10th November 10am until 3pm no appointment necessary Bring along your hidden treasures Are you sitting on a pot of gold? Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary. On the spot payment for Jewellery, Antique or modern. Vintage Costume Jewellery Gold and silver items in any condition. Wrist and pocket watches, (even if not working) Silverware, Metals and Military items, Coins, Collectables. We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home. Just give us a call on 0794099804 to arrange an appointment. We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment. For any enquiries please call or WhatsApp us on 0794099804. Email: antiquewarehouse@live.co.za