

JUNE 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SPRING FAIR CRAFT MARKET White Elephant, Woodwork, Raffles Baking, Jewellery, Photos, Art, Food & so much more... 30 SEPTEMBER 23 For more info or to BOOK your table contact: Sue A232 or Gaye A347</p>	<p>WHITE ELEPHANT DONATIONS Just moved in & have too much? Been here for years & have too much? Don't fear for the White Elephant is near!</p> <p>HOMEWARE PHOTOFRAMES VASES CANDLE HOLDERS COASTERS</p> <p>GENERAL ORNAMENTS BOWLS BOTTLES TRAYS</p> <p>KITCHENWARE BAKING STUFF UTENSILS GLASSWARE CUTLERY 'TUPPERWARE' JUGS</p> <p>ITEMS LIKE BEDDING, CLOTHING, TABLE CLOTHS, BLANKETS ARE NOT NEEDED</p> <p>PHONE FOR ASSISTANCE OR COLLECTION NOW... LYDIA EXT.2017 OR JANICE EXT.04090</p>	<p>1 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am Kind2Hearing 2.30pm Book Club 7pm Canasta</p>	<p>2 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari</p>	<p>3 John Adams Fruit & Veg Bakkie 2pm Canasta</p>	<p>4 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R120 Roast leg of lamb, roast potatoes, oven roasted Mediterranean vegetables with a brown onion gravy.</p>	
<p>5 7.15am Walking group 9.30am Drawing with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>6 Waterless Car Wash 9.15am Stretch Exercises for Seniors 11am Choir Practice 2.30pm Chit Chat 2.30pm Scrabble</p>	<p>7 7.15am Walking group 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia support group</p>	<p>8 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 10am The Shoe Lady 3pm B I N G O 7pm Canasta</p>	<p>9 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 10am Nutty Nuts pop-up shop 11-12pm Table Tennis 5pm Fish & Chips / Calamari</p>	<p>10 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Residents Braai SATURDAY 10 JUNE, 2023 STARTS AT 6PM LIFESTYLE CENTRE bring & braai CONTACT HUGH TILL (A219) FOR MORE INFO</p>	<p>11 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Silverside, roast potatoes, baby carrots, cauliflower, and broccoli, served with a country gravy. 3pm French Open finals – BIG TV area</p>
<p>12 Wind-O-Wash 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>13 Wind-O-Wash 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village 2.30pm Scrabble</p>	<p>14 7.15am Walking group 10am Bible Study – Interdenominational 10am What do we really know about ageing & dementia? Presented by Dr Rayne Stroebel 10am Tabitha's Fashions pop-up shop 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Craft Workshop with Patsy</p>	<p>15 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 9.30am Wol aan die Rol 7pm Canasta</p>	<p>16 YOUTH DAY 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 5pm Fish & Chips / Calamari</p>	<p>17 John Adams Fruit & Veg Bakkie 2pm Canasta 6pm Quiz Evening Enter your teams of 4-6 people Book with Reception by 15 June Quiz Night? Sat, 17 June 2023 6pm - 8pm NB Information • BRING OWN SNACKS & DRINKS APPRECIATED • ENTRANCE IS FREE • PROFESSIONAL QUIZ HOST • HAVE FUN! See you there!</p>	<p>18 FATHERS DAY 8.45am Online Church service – BIG TV area SUNDAY LUNCH – Father's Day Lunch with live entertainment -Menu to follow- 6.30pm MOVIE Night Pick your own</p>
<p>19 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 7pm Canasta</p>	<p>20 9.15am Stretch Exercises for Seniors 9.30am Men's Breakfast with guest speaker, Mr Vince van der Bijl 11am Choir Practice 2.30pm Scrabble</p>	<p>21 7.15am Walking group 10am Bible Study - Interdenominational 11-12pm Table Tennis 2pm Rummikub & Chess 3pm Dementia support group</p>	<p>22 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 3pm B I N G O 7pm Canasta</p>	<p>23 7.15am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 5pm Fish & Chips / Calamari</p>	<p>24 John Adams Fruit & Veg Bakkie 2pm Canasta</p>	<p>25 8.45am Online Church service – BIG TV area SUNDAY LUNCH – R95 Lemon infused chicken leg & thigh, roast potatoes, Vegetable bake served with a gravy. 6.30pm MOVIE Night Pick your own</p>
<p>26 7.15am Walking group 9am Pilates 9.30am Drawing with Steph 9.30am Bus to Blue Route Mall 10am Nutty Nuts pop-up shop 10.30am Aqua Aerobics 6pm Camera Club 7pm Canasta</p>	<p>27 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route Mall 2.30pm Scrabble 3pm Oefen Afrikaans</p>	<p>28 7.15am Walking group 10am Bible Study - Interdenominational 10.30am TeleCare Refresher Talk presented by Anton de Beer 11-12pm Table Tennis 2pm Rummikub & Chess</p>	<p>29 9am Art Group 9.30am Knitting Group 9.30am Line Dancing 7pm Canasta</p>	<p>30 7.15am Walking group 9.15am Stretch Exercises for seniors 10am Religious Fellowship – Interdenominational 5pm Fish & Chips / Calamari</p>	<p>Entry R40 Book at reception Prizes to be won!!! Thursday 8 & 22 June 3pm In the Bistro</p> <p>EVERGREEN MUIZENBERG What do we really know about ageing and dementia? 14 JUNE 2023 - 10:00 EVERGREEN MUIZENBERG CLUBHOUSE</p> <p>MEN'S BREAKFAST TUESDAY 20 JUNE 2023 TIME: 9:30 AM PRICE: R45 PER PERSON RSVP: BISTRO 19 JUNE 2023 GRATEC</p> <p>TELECARE REFRESHER TALK Date: Wed 28 June 2023 Time: 10:30am Venue: BIG TV Area Presenter: Anton de Beer RSVP at reception for seating purposes BENEFITS OF THE TELECARE SYSTEM IN YOUR HOME</p>	