

AUGUST 2023 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>GET READY FOR AN EXHILARATING CELEBRATION OF WOMEN!</p> <p>Prepare to be blown away by the electrifying performance of Iconic Women in Rock, taking the stage at 06:30pm for a mind-blowing 60-minute show filled with powerhouse vocals and contagious energy! Welcome drinks and snacks will be served on arrival!</p> <p>RSVP to Reception by August 8th, 2023</p> <p>Don't miss out on the excitement and celebration of women's power and achievements. See you there!</p> <p>FRIDAY 18 AUGUST 2023 17H30 EVERGREEN MUIZENBERG CLUBHOUSE</p>	<p>1</p> <p>9am Waterless Car Wash</p> <p>9.15am Stretch Exercises for Seniors</p> <p>2.30pm Chit Chat</p> <p>2.30pm Scrabble</p>	<p>2</p> <p>7.15am Walking group</p> <p>10am Bible Study – Interdenominational (Boardroom)</p> <p>11-12pm Table Tennis</p> <p>2pm Scone afternoon</p> <p>2pm Rummikub & Chess</p> <p>3pm Dementia support group</p>	<p>3</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>9.30am Line Dancing</p> <p>10.30am MAC Coaching</p> <p>10am Kind 2 Hearing</p> <p>2pm Book Club</p> <p>7pm Canasta</p>	<p>4</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Nutty Nuts pop-up shop</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Fish & Chips / Calamari</p>	<p>5</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>6</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH – R95 Slow roast beef, roast potatoes, baby carrots, steamed broccoli with sauteed sliced onions and a country gravy</p>
<p>7</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Longbeach Mall</p> <p>10am The Shoe Lady pop-up store</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>8</p> <p>9.15am Stretch Exercises for Seniors</p> <p>9am Bus to Constantia Village</p> <p>11am Choir Practice</p> <p>2.30pm Scrabble</p>	<p>9 WOMEN'S DAY</p> <p>7.15am Walking group</p> <p>9am Women's Day Breakfast – see poster</p> <p>10am Bible Study – Interdenominational (Boardroom)</p> <p>11-12pm Table Tennis</p> <p>2pm Scone afternoon</p> <p>2pm Rummikub & Chess</p>	<p>10</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>9.30am Line Dancing</p> <p>10.30am MAC Coaching</p> <p>3pm B I N G O</p> <p>7pm Canasta</p>	<p>11</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Fish & Chips / Calamari</p>	<p>12</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p> <p>6pm Resident's Braai</p>	<p>13</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH – R95 Orange and thyme infused chicken drumstick and thigh served with savoury rice, roast garlic baby potatoes, cauliflower and broccoli bake and a gravy.</p>
<p>14</p> <p>Wind-O-Wash</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>15</p> <p>Wind-O-Wash</p> <p>9.15am Stretch Exercises for Seniors</p> <p>11am Choir Practice</p> <p>2.30pm Scrabble</p>	<p>16</p> <p>7.15am Walking group</p> <p>10am Bible Study – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>2pm Scone afternoon</p> <p>2pm Rummikub & Chess</p> <p>3pm Dementia support group</p>	<p>17</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>9.30am Line Dancing</p> <p>9.30am Wol aan die Rol</p> <p>10.30am MAC Coaching</p> <p>7pm Canasta</p>	<p>18</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5.30pm 'Iconic Women in Rock' Concert</p>	<p>19</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p> <p>6pm Quiz Evening</p> 	<p>20</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH – R120 Roast leg of lamb, roast potatoes, cauliflower and broccoli, sweet butternut, served with a mint sauce.</p>
<p>21</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10am Nutty Nuts pop-up shop</p> <p>10.30am Aqua Aerobics</p> <p>7pm Canasta</p>	<p>22</p> <p>9.15am Stretch Exercises for Seniors</p> <p>9am Bus to Blue Route Mall</p> <p>9am Men's Breakfast – Aviator and test pilot – see poster</p> <p>11am Choir Practice</p> <p>2.30pm Scrabble</p> <p>3pm Oefen Afrikaans</p>	<p>23</p> <p>7.15am Walking group</p> <p>10am Bible Study - Interdenominational</p> <p>11-12pm Table Tennis</p> <p>2pm Scone afternoon</p> <p>2pm Rummikub & Chess</p>	<p>24</p> <p>2023 Annual General Meeting Events</p> <p>7am Discovery Health Residents Wellness assessments</p> <p>11.30am Tea/Coffee & sandwiches</p> <p>12pm AGM</p> <p>2pm Lunch</p> <p>7pm Canasta</p>	<p>25</p> <p>7.15am Walking group</p> <p>9.15am Stretch Exercises for seniors</p> <p>10am Religious Fellowship – Interdenominational</p> <p>11-12pm Table Tennis</p> <p>5pm Pizza & Wine evening – see poster</p>	<p>26</p> <p>John Adams Fruit & Veg Bakkie</p> <p>2pm Canasta</p>	<p>27</p> <p>8.45am Online Church service – BIG TV area</p> <p>SUNDAY LUNCH – R95 Slow roast silverside, roast potatoes, creamed brussels sprouts, roasted seasonal vegetables and a country gravy.</p>
<p>28</p> <p>7.15am Walking group</p> <p>9am Pilates</p> <p>9.30am Drawing with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>6pm Camera Club</p> <p>7pm Canasta</p>	<p>29</p> <p>9.15am Stretch Exercises for Seniors</p> <p>2.30pm Scrabble</p>	<p>30</p> <p>7.15am Walking group</p> <p>10am Bible Study - Interdenominational</p> <p>11-12pm Table Tennis</p> <p>2pm Scone afternoon</p> <p>2pm Rummikub & Chess</p>	<p>31</p> <p>9am Art Group</p> <p>9.30am Knitting Group</p> <p>9.30am Line Dancing</p> <p>10.30am MAC Coaching</p> <p>3pm B I N G O</p> <p>7pm Canasta</p>	 <p>PLEASE JOIN US</p> <p>Residents BRAAI</p> <p>SATURDAY 12 AUG. 2023</p> <p>STARTS AT 6PM LIFESTYLE CENTRE</p> <p>bring & braai</p> <p>CONTACT HUGH (021) 781 1010 FOR MORE INFO</p>	<p>FRIDAY DINNER NIGHT</p> <p>Fish & Chips OR CALAMARI & CHIPS</p> <p>EVERGREEN MUIZENBERG</p> <p>BOOKING AND PRE-PAYMENT REQUIRED</p> <p>BBQ CHICKEN AND MUSHROOM OR 3 CHEESE AND CHERRY TOMATO</p>	<p>Next month's events Santa Shoebox begins in September</p>  <p>SANTA SHOEBOX PROJECT</p>