

August 2024

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

Women's month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 8am Waterless Carwash 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am Kind2Hearing 10.30am Tabita's Fashion 2.30pm Book Club at BIG TV 7pm Canasta	2 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 10am Nutty Nuts 11-12pm Table Tennis	3 John Adams Fruit & Veg 1.45pm Canasta	4 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm – Movie Night: A Man called Otto 
5 7.15am Walking group 9am Art with Steph 9.30am Bus to Longbeach Mall 10am The Shoe Lady 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	6 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village 10am Village Emergency Evacuation Drill 3pm Colour-in Mandala 7pm Evg Dramatic Society	7 7.15am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support Group	8 9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm  7pm Canasta	9 WOMEN'S DAY – Public holiday 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 10.30am Women's Day Brunch 11-12pm Table Tennis	10 John Adams Fruit & Veg 6.30am SA vs Aus  1.45pm Canasta 6pm Residents Braai	11 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
12 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	13 9.15am Stretch Exercises for Seniors 10.30am Health Talk – Physiotherapy (Hector Naidoo & Associates) 7pm Evg Dramatic Society 	14 7.15am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 10.30am 'Important of Estate planning' by Nerissa Jeppe 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	15 9am Art Group 9am Line Dancing 9.30am Knitting Group 7pm Canasta	16 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	17 John Adams Fruit & Veg 11.45am SA vs Aus  1.45pm Canasta 6pm Quiz Evening	18 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm – Movie Night: Mona Lisa Smile 
19 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30pm FootCare Family Presentation 3pm Poetry Club (Boardroom) 7pm Canasta	20 9.15am Stretch Exercises for Seniors 2pm Annual General Meeting - LSC 7pm Evg Dramatic Society 	21 7.15am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 10am Nutty Nuts 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support Group	22 9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm  7pm Canasta	23 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	24 John Adams Fruit & Veg 1.45pm Canasta	25 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
26 7.15am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30pm The Conversation Project – See poster 6pm Camera Club 7pm Canasta	27 9.15am Stretch Exercises for Seniors 3pm Oefen Afrikaans (Boardroom) 7pm Evg Dramatic Society 	28 7.15am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	29 9am Art Group 9am Line Dancing 9.30am Knitting Group 7pm Canasta	30 7.15am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6pm Pub Night – see poster	31 John Adams Fruit & Veg 1.45pm Canasta 5pm SA vs New Zealand 	01 September 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu