

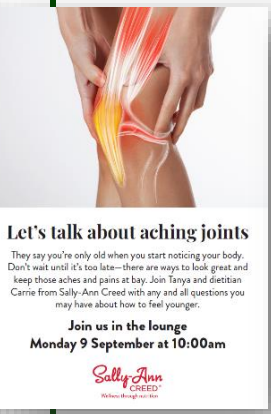




September 2024

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta						1 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm Movie Night with Popcorn
2 7am Walking group 8am Waterless Carwash 9am Art with Steph 9.30am Bus to Longbeach Mall 10.30am Aqua Aerobics 10.30am Nutty Nuts pop-up shop 12pm Pilates 7pm Canasta						8 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
9 Wind-O-Wash 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10am Sally-Ann Creed Talk – Joint Health 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	10 Wind-O-Wash 9.15am Stretch Exercises for Seniors 7pm Evg Dramatic Society	11 7am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	12 9am Art Group 9am Line Dancing 9.30am Knitting Group 7pm Canasta	13 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	14 John Adams Fruit & Veg 1.45pm Canasta 6pm Residents Braai	15 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm Movie Night with Popcorn
16 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30pm How to increase your Retirement income - Kenny Meiring 3pm Poetry Club (Boardroom) 7pm Canasta	17 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route Mall 10.30am Nutty Nuts pop-up shop 3pm Colour-in Mandala 7pm Evg Dramatic Society	18 7am 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	19 9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm BINGO 7pm Canasta	20 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	21 John Adams Fruit & Veg 1.45pm Canasta 6pm Quiz Evening 10pm SA vs Argentina	22 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
23 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 6pm Camera Club 7pm Canasta	24 HERITAGE DAY (Braai Day) 9.15am Stretch Exercises for Seniors 12pm Spit Braai 3pm Oefen Afrikaans (Boardroom) 7pm Evg Dramatic Society	25 7am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	26 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am Alida's Fashion pop-up shop 7pm Canasta	27 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6pm Pub Night – see poster	28 John Adams Fruit & Veg 1.45pm Canasta 5pm SA vs Argentina	29 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu