

September 2024

# EVENT CALENDAR

EVERGREEN  
lifestyle  
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b> 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	   					<b>1</b> 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm Movie Night with Popcorn
<b>2</b> 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	<b>3</b> 9.15am Stretch Exercises for Seniors 9.15am Bus to Constantia Village 2.30pm Chit Chat 3pm Colour-in Mandala 7pm Evg Dramatic Society	<b>4</b> 7am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support Group	<b>5</b> 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am FootCare 10am Kind2Hearing 10am The Shoe Lady pop-up shop 2.30pm Book Club at the BIG TV 7pm Canasta	<b>6</b> 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	<b>7</b> John Adams Fruit & Veg 1.45pm Canasta 5pm SA vs NZ 	<b>8</b> 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
<b>9</b> 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	<b>10</b> Wind-O-Wash 9.15am Stretch Exercises for Seniors 7pm Evg Dramatic Society	<b>11</b> 7am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	<b>12</b> 9am Art Group 9am Line Dancing 9.30am Knitting Group 3pm  7pm Canasta	<b>13</b> 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	<b>14</b> John Adams Fruit & Veg 1.45pm Canasta 6pm Residents Braai	<b>15</b> 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu 6pm Movie Night with Popcorn
<b>16</b> 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	<b>17</b> 9.15am Stretch Exercises for Seniors 9.15am Bus to Blue Route Mall 9.30am Men's Breakfast with guest speaker CEO of PnP 10.30am Nutty Nuts pop-up shop 3pm Colour-in Mandala 7pm Evg Dramatic Society	<b>18</b> 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	<b>19</b> 9am Art Group 9am Line Dancing 9.30am Knitting Group 7pm Canasta	<b>20</b> 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	<b>21</b> John Adams Fruit & Veg 1.45pm Canasta 6pm Quiz Evening 10pm SA vs Argentina 	<b>22</b> 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
<b>23</b> 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	<b>24</b> HERITAGE DAY (Braai Day) 9.15am Stretch Exercises for Seniors 12pm Spit Braai 3pm Oefen Afrikaans (Boardroom) 7pm Evg Dramatic Society	<b>25</b> 7am Walking group 9.30am Ageless Grace 10am Bible Study – Interdenominational (Boardroom) 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	<b>26</b> 9am Art Group 9am Line Dancing 9.30am Knitting Group 10am Alida's Fashion pop-up shop 3pm  7pm Canasta	<b>27</b> 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6pm Pub Night – see poster	<b>28</b> John Adams Fruit & Veg 1.45pm Canasta 5pm SA vs Argentina 	<b>29</b> 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu