



FEBRUARY ♥ 2025

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Riaan's Fruit Van  Fresh Fruit & Veg every Wednesday from 8.30am  Cash or Card payments accepted	 MUSIC+MOVEMENT+CONNECT Thursday, 13 February at 11am in Gym Discover the path to well-being - R50pp  MUSIC Using head phones that are given to you on arrival, you will be guided through a musical journey to get you moving & grooving - feeling excited and happy MOVEMENT Dancing is one of the best things to do for your body. Like other forms of cardio exercise, dancing also has mood and mind benefits. CONNECT Connection is the key and movement is a doorway. Be inspired to change your mindset. Learn to express yourself creatively in a comfortable space. Karen Justine awaits you with open arms! This exciting opportunity is subject to a minimum number of participants. Please book and pay for your place in this group with reception by no later than 1pm on Tuesday, 12 February. We reserve the right to cancel this activity in the event that we do not have a minimum of 20 participants.	 Social Dinner FRIDAY, 14TH FEBRUARY - 18H30  MAIN COURSE - R120 Maple Mustard Salmon Fillet with creamy mash potatoes, Mustard drizzle and seared Baby Spinach OR Beef Medallion with a Bordelaise sauce served with potato Fondant, charred greens and baby Spinach DESSERT - R40 Chocolate Mousse Log with Cookie Crumble, Burnt Meringue and Chocolate ice cream OR Cheese Plate with Crackers & Grapes TEA/COFFEE R20.00 PLEASE BOOK AND PAY FOR DINNER AT THE BISTRO BEFORE 12-NOON ON TUESDAY, 11 FEBRUARY			1 John Adams Fruit & Veg 1.45pm Canasta 	2 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
3 6.45am Walking group 8am Waterless Carwash 9am Art with Steph 9.30am Bus to Longbeach Mall 10am Nutty Nuts 10.30am Aqua Aerobics 12pm Pilates 7Pm Canasta	4 9.15am Stretch Exercises for Seniors 3pm Colour-in Mandala 	5 6.45am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am The Shoe Lady 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	6 9am Art Group 9.30am Knitting Group 10am Kind2Hearing 10am Alida's Fashion 2.30pm Book Club – TV Lounge 7pm Canasta 7pm Dramatic Society	7 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	8 John Adams Fruit & Veg 1.45pm Canasta 6pm Resident's Braai 	9 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
10 Wind-O-Wash 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30/3pm Poetry Club 7pm Canasta	11 Wind-O-Wash 9.15am Stretch Exercises for Seniors 10.30am Line Dancing	12 6.45am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Dementia Support Group 2.30pm Scrabble	13 9am Art Group 9.30am Knitting Group 11am Music + Movement + Connect with Karen Justine 3pm BINGO 7pm Canasta 7pm Dramatic Society 	14 ♥ Valentine's Day ♥ 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6.30pm Social Dinner	15 John Adams Fruit & Veg 1.45pm Canasta 6pm Quiz Night 	16 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
17 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 7pm Canasta	18 9.15am Stretch Exercises for Seniors 10am Tabita's Fashions 10.30am Line Dancing 3pm Colour-in Mandala 	19 6.45am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	20 9am Art Group 9.30am Knitting Group 11am Wol aan die Rol 7pm Canasta 7pm Dramatic Society	21 6.45am Walking group 9.15am Stretch Exercises for Seniors 10am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis	22 John Adams Fruit & Veg 1.45pm Canasta 	23 8.45am Online Church service – BIG TV area 12pm SUNDAY LUNCH – see menu
24 6.45am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 12pm Pilates 2.30/3pm Poetry Club 6pm Camera Club 7pm Canasta	25 9.15am Stretch Exercises for Seniors 10.30am Line Dancing 2.30pm Stitchcraft 3pm Oefen Afrikaans - TBC	26 6.45am Walking group 8.30am Riaan's Fruit van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble	27 9am Art Group 9.30am Knitting Group 3pm BINGO 7pm Canasta 7pm Dramatic Society 	28 6.45am Walking group 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 6-8pm Pub Night - BYO		