



July 2025

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1 8.00am Waterless Car Wash</p> <p>9.30am Stretch Exercises for Seniors – TV AREA</p> <p>3pm Colour-in Mandala</p> 	<p>2 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace – TV AREA</p> <p>10am Bible Study</p> <p>10.30am Tabita Fashions</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p> <p>2.30pm Dementia Support</p>	<p>3 9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Kind to hearing</p> <p>10am The Shoe Lady</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>	<p>4 7.15am Walking group</p> <p>9.15am Stretch Exercises for Seniors – TV AREA</p> <p>10am Nutty Nuts</p> <p>10am Religious Fellowship – Interdenominational</p>	<p>5 John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>5pm Rugby SA vs ITA</p> 	<p>6 8.45am Online Church service – BIG TV area</p> <p>12pm SUNDAY LUNCH – see menu</p>
<p>7 7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Long Beach Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>2.30pm Poetry Club</p> <p>7pm Canasta</p>	<p>8 9.30am Stretch Exercises for Seniors</p> <p>2.30pm Book Club</p>	<p>9 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p>	<p>10 9am Art Group</p> <p>9.30am Knitting Group</p> <p>3pm BINGO</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>	<p>11 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>3pm Line Dancing</p> <p>6pm Social Dinner</p>	<p>12 John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>5pm Rugby SA vs ITA</p> <p>6pm Residents Braai</p> 	<p>13 8.45am Online Church service – BIG TV area</p> <p>12pm SUNDAY LUNCH – see menu</p> <p>3pm Wimbledon Final</p>
<p>14 Wind-O-Wash</p> <p>7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>7pm Canasta</p>	<p>15 Wind-O-Wash</p> <p>9.30am Stretch Exercises for Seniors</p> <p>9.30am Men's Breakfast – Guest speaker Brian Ingpen (Shipwrecks)</p> <p>3pm Colour-in Mandala</p> 	<p>16 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p> <p>2.30pm Dementia Support</p>	<p>17 9am Art Group</p> <p>9.30am Knitting Group</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>	<p>18 Mandela Day</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>3pm Line Dancing</p> <p>3pm 67 Minutes - Chop for Change</p>	<p>19 John Adams Fruit & Veg</p> <p>1.45pm Canasta</p> <p>5pm Rugby SA vs Georgia</p> 	<p>20 8.45am Online Church service – BIG TV area</p> <p>12pm SUNDAY LUNCH – see menu</p> <p>5.30pm Music Evening with Laubi Walters</p>
<p>21 7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>2.30pm Poetry Club</p> <p>7pm Canasta</p>	<p>22 9.30am Stretch Exercises for Seniors</p> <p>10am Nutty Nuts</p>	<p>23 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p> <p>2.30pm Dementia Support</p>	<p>24 9am Art Group</p> <p>9.30am Knitting Group</p> <p>10am Wol an die Rol</p> <p>3pm BINGO</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>	<p>25 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>3pm Line Dancing</p> <p>6pm Social Dinner / Pub Night</p>	<p>26 John Adams Fruit & Veg</p> <p>1.45 Canasta</p> <p>6pm Quiz Night</p> 	<p>27 8.45am Online Church service – BIG TV area</p> <p>12pm SUNDAY LUNCH – see menu</p>
<p>28 7.15am Walking group</p> <p>9am Art with Steph</p> <p>9.30am Bus to Blue Route Mall</p> <p>10.30am Aqua Aerobics</p> <p>12pm Pilates</p> <p>2pm Stitchcraft</p> <p>6pm Camera Club</p>	<p>28 9.30am Stretch Exercises for Seniors</p> <p>3pm Gesels Afrikaans</p> <p>3pm Colour-in Mandala</p> 	<p>29 7.15am Walking group</p> <p>8.30am Riaan's Fruit Van</p> <p>9.30am Ageless Grace</p> <p>10am Bible Study</p> <p>11-12pm Table Tennis</p> <p>2pm Rummikub & Chess</p> <p>2.30pm Scrabble</p>	<p>30 9am Art Group</p> <p>9.30am Knitting Group</p> <p>7pm Canasta</p> <p>7pm Dramatic Society</p>			