

October 2025

EVENT CALENDAR

EVERGREEN
lifestyle
muizenberg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 TRU BRU BILTONG <i>SATURDAY</i> 9th & 23rd October 2025 Time: 10am - 13h00 In the Bistro	 RAADI'S SAVOURY TREATS. 18TH OCTOBER @ 11AM <i>For Sale on the day.</i> Samosa's Pies Pizza's Sausage rolls Bollie's	1 7am Walking group 8.30am Riaan's Fruit Van 9am Waterless Car Wash 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2.30pm Scrabble 2.30pm Dementia Support	2 9am Art Group 9.30am Knitting Group 10am Kind2Hearing 11.30am Aqua Aerobics 3pm Bridge for Beginners 7pm Canasta 7pm Dramatic Society	3 7am Walking group 10am Religious Fellowship – Interdenominational 10am Tabita's Fashions 11-12pm Table Tennis 2pm Line Dancing	4 John Adams Fruit & Veg 1.45pm Canasta 12pm TRU BRU Biltong 15.00 Rugby SA vs ARGENTINA 	5 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
6 7am Walking group 9am Art with Steph 9.30am Bus to Longbeach Mall 10.30am The Shoe Lady 10.30am Aqua Aerobics 11am Canasta for Beginners / Refresher 12pm Pilates 2.30pm Poetry Club 7pm Canasta 13 Wind-O-Wash 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 11am Canasta for Beginners / Refresher 12pm Pilates 7pm Canasta	7 9.30am Stretch Exercises for Seniors 10am Nutty Nuts 10.30am Aviation Air show Talk with Pete Van der Spek. 3pm Colour-in Mandala  14 Wind-O-Wash 9.30am Stretch Exercises for Seniors 2.15pm Book Club 3pm Colour-in Mandala 	8 7am Walking group 8.30am Riaan's Fruit Van 9.30am Ageless Grace 10am Alida's Fashions 10am Bible Study 11-12pm Table Tennis 2.30pm Chit Chat 2pm Rummikub & Chess 2.30pm Scrabble	9 9am Art Group 9.30am Knitting Group 11.30am Aqua Aerobics 3 pm BINGO 7pm Canasta 7pm Dramatic Society	10 7am Walking group 9.15am Stretch Exercises for Seniors 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 2pm Line Dancing 	11 John Adams Fruit & Veg 10am Spice Route Spices 1.45pm Canasta 6pm Resident Braai 	12 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu 5.30pm Music Evening with Laubi and Hugh
20 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route 10.30am Aqua Aerobics 11am Canasta for Beginners / Refresher 12pm Pilates 2.30pm Poetry Club	21 9.30am Stretch Exercises for Seniors 2pm Bali Holiday with Jenna Monk 3pm Colour-in Mandala 	22 7am Walking group 8.30am Riaan's Fruit Van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble	23 9am Art Group 9.30am Knitting Group 10am TRU BRU Biltong 11.30am Aqua Aerobics 3pm BINGO 7pm Canasta 7pm Dramatic Society	24 7am Walking group 9.15am Stretch Exercises for Seniors 10.30am Nutty Nuts 10am Religious Fellowship – Interdenominational 11-12pm Table Tennis 2pm Line Dancing	25 John Adams Fruit & Veg 11am Baked by Q 1.45pm Canasta	26 8.45am Online Church service – BIG TV area  12pm SUNDAY LUNCH – see menu
27 7am Walking group 9am Art with Steph 9.30am Bus to Blue Route Mall 10.30am Aqua Aerobics 11am Canasta for Beginners / Refresher 12pm Pilates 6pm Camera Club	28 9.30am Stretch Exercises for Seniors 2.30pm Gesels Afrikaans 3pm Colour-in Mandala 	29 7am Walking group 8.30am Riaan's Fruit Van 9.30am Ageless Grace 10am Bible Study 11-12pm Table Tennis 2pm Rummikub & Chess 2pm Scrabble 1.30pm Dementia Support	31 9am Art Group 9.30am Knitting Group 11.30am Aqua Aerobics 3pm Bridge for Beginners 7pm Canasta 7pm Dramatic Society	 AVIATION AIR SHOW TALK TUESDAY 07 OCTOBER AT 10.30AM AT THE BIG TV ... PETE VAN DER SPEK - AVIATION PHOTOGRAPHER		 MUSIC NIGHT WITH LAUBI & HUGH Welcome to a spectacular variety concert featuring uplifting and timeless music. Join us for an unforgettable evening of video performances, lively commentary, and a musical journey across the world and centuries! Don't miss this concert - an engaging evening to soothe the soul, evoke fond memories, and celebrate the enduring joy of music. Everyone is warmly invited! 1. Opening Fanfare: Alkanon Attributed to Gottfried Reiche (1667-1734) 2. Featuring Wynne Marshall of Fiddlers on the Roof (Musical Premiere 1964) 3. South African Jazz at Lincoln Center of Wynton and Nicola In - concert 4. Featuring songs of the Greatest Composers of Ludwig van Beethoven, "Ode to Joy" from Symphony No. 9 (1824) 5. Johann Sebastian Bach, "Jesus, Joy of Man's Desiring" from Cantata BWV 147 (1723) 6. Instrumental Interlude 7. Tennessy Alkanon, Oboe Concerto in C major, Op. 9, No. 5 (early 18th century) 8. Song and Dance Spectacular: Musical Theatre & Opera Highlights of Fiddlers on the Roof (Musical Premiere 1964) 9. The King and I (Musical Premiere 1951), featuring "Shall We Dance" 10. Carmen by Georges Bizet (Opera Premiere 1875), featuring the "Cypsy Song" 11. of Giuseppe Verdi, La Traviata (Opera Premiere 1852), featuring the famous aria "Vissi d'arte" (Ensemble: "Vissi d'arte") 12. ABBA's "Dancing Queen" (Single Release 1976, from heartfelt traditions to infectious disco energy, this segment is a joyful cavalcade of song and dance! PLEASE BOOK WITH RECEPTION FOR SEATING PURPOSES SUNDAY, 12 OCTOBER AT 5.30PM