



# Senior Living

MAGAZINE

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VOL. 20/Jun 2023

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# Editor's Note

As winter sets in, it's the perfect time to cosy up indoors and indulge in some of our favourite pastimes. This issue of Senior Living Magazine celebrates the joys of the season with a focus on gardening, cooking, journaling, community building, sewing, and, of course, winning prizes!

With the cold weather outside, why not bring some colour into your life by making use of our gardening tips and creating something beautiful? This will surely attract lovely garden birds into your space!

And speaking of warmth, nothing beats a hearty bowl of stew on a chilly evening. Our feature on my Grandma's stew recipe will have you reminiscing about home-cooked meals and eager to get in the kitchen to try it out for yourself.

To subscribe to our mailing list or to receive the digital copy of Senior Living Magazine please go to [www.seniorlivingmag.co.za](http://www.seniorlivingmag.co.za), click on the HOME tab, scroll to the bottom, fill in your first name, last name and email address, then click on the SUBSCRIBE button.

For those looking for some indoor entertainment, card games are a classic way to pass the time - be sure to try out a game of "crazy eights" with your friends! And for those who enjoy a good DIY project, we've got you covered too - keep your hands toasty with our homemade hand warmers (what a great gift idea!).

I hope this issue brings a warm and cosy feeling to your winter days and inspires you to try something new.

Much love,

Senior Living Magazine Editor

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Please confirm all discounts beforehand, as they are subject to change, and notify us of any discounts that you encounter for the benefit of the readership.

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- Merrivale SuperSpar: 5% discount, Spar card required.
- Parklane SuperSpar: 5% discount on all purchases.
- Hilton Quarry Centre Spar: 5% discount, free delivery in Hilton.
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- Cookhouse: 10% discount on all frozen meals.

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- Clicks: Double Club Card points for over 60s.
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- Tanglewood Nursery Hilton – Pensioners' Day Every Thursday: pensioners receive a 20% discount on all plants.

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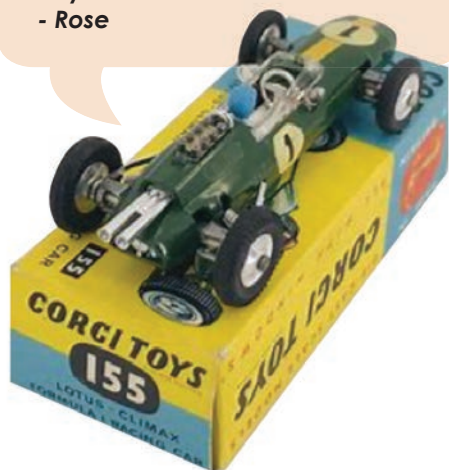
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# Collector's Corner

With Daryl Kriel  
from Kensington Bond

Hi Daryl, do these old toys have any value?  
- Rose



cars, with many of the earliest models still highly sought-after by collectors today.

Over the years, Corgi expanded their range to include other types of vehicles, such as buses, trucks, and aeroplanes, cementing their position as one of the most iconic die-cast model manufacturers of all time.

---

**The name “Corgi” was chosen to reflect the breed of dog, as the models were originally marketed as toys for children.**

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Corgi die-cast models were first produced in 1956 by the British company Mettoy Playcraft Ltd. The name “Corgi” was chosen to reflect the breed of dog, as the models were originally marketed as toys for children. However, their high level of detail and accuracy soon made them popular among collectors as well.

The early models were made in 1:43 scale and featured a range of classic

“Played with” models hold value, but if collectors can get their hands on pristine models with original boxes, they will pay thousands for the rarer models.

**If anyone has anything interesting to sell or value, give Daryl from Kensington Bond Auctioneers a call on 033 330 3185 or 082 297 1117.**



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# Camera Corner

**All about Bokeh! Firstly, how do you say “Bokeh”? Hint: it’s not “Bowkay.” It’s pronounced as “Bow-ka.” Now you sound totally professional!**

## **Secondly, what is it?**

Bokeh refers to the quality of the out-of-focus or “blurry” parts of an image. It is important to note that Bokeh is not the blur itself or the amount of blur in the foreground or background of a subject. Photographers use the term Bokeh to describe the reflected points of blurred light.

## **How to achieve Bokeh**

If you are using a camera (as opposed to a cellphone) and have a lens that can achieve F-stops as low as F2.8 or F1.4, that is ideal. However, there are other methods to try and achieve that circular Bokeh look (refer to the images).

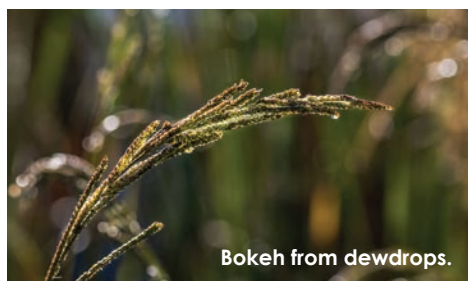
To increase the likelihood of creating visible Bokeh in your photographs, you

can increase the distance between your subject and the background. The more shallow the depth-of-field or the further the background is, the more out-of-focus it will appear. Highlights that hit the background will also exhibit more visible Bokeh.

You can try capturing subjects near water, or a flower with other plants in the background, featuring water droplets.

Persevere! Bokeh is a beautiful effect that is well worth the effort.

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# Beginner's Journaling

Keeping a journal can provide you with a space for self-reflection, creativity, and personal growth, as well as help reduce stress and improve mental health.

The thought of starting a journal may seem daunting, but here are some practical tips to help you get started:

1. **Choose a format:** Decide whether you prefer a physical notebook or a digital platform for your journal. Gather everything you need and keep your journal in an easily accessible spot, so you can quickly grab it when you need it.
2. **Create a habit:** Aim to write in your journal for a few minutes every day. Setting aside dedicated time for journaling each day will help establish a habit that you look forward to.

---

**Your journal doesn't have to consist only of words.**

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3. **Keep it simple:** Remember that you don't have to fill the page each time you journal. It's perfectly okay to write just one or two sentences if that's all you feel like writing.

4. **Make it personal:** Write or draw whatever feels right to you. Your journal doesn't need to follow a specific structure. Remember, this is your private space to express your feelings and thoughts freely. Let the words and ideas flow without worrying about spelling mistakes or what others might think.

---

**Create a cosy environment with a blanket and a cup of tea...**

---

5. **Be creative:** Your journal doesn't have to consist only of words. Try also incorporating some drawing, colours, creative writing, doodles, free-writing, poetry, and listing to add variety and express yourself.
6. **Attitude of gratitude:** If you ever experience writer's block, focus on gratitude. Write about a few things



around you that you are truly grateful for, and it will instantly uplift your mood.

- 7. Find a comfortable spot:** Journal in an area free from distractions, where you can feel relaxed and at ease. Create a cosy environment with a blanket and a cup of tea, if it helps.

---

**Life happens, and there will be times when you forget or run out of time, and that's perfectly fine.**

---

- 8. Go easy on yourself:** Don't be too hard on yourself if you can't stick to a daily journaling schedule. Life happens, and there will be times when you forget or run out of time, and that's perfectly fine. Instead, try writing a catch-up entry rather than pressuring yourself to write when you're not in the mood. This process should be something you look forward to, not a daily chore. If you're having a bad day, come back to the journal tomorrow and use it as a place of reflection.

- 9. What to write about:** Here are some ideas, but remember that these prompts are just suggestions. You can write about your feelings, your ideal day, overcoming challenges, hopes and dreams, your bucket list, your accomplishments, important people in your life, scripture, quotes you enjoy, poetry, significant memories, to-do lists, fears and stresses, your surroundings, real-life events, and more. You can also write about anything that comes to mind, even if it's not related to a specific prompt. The important thing is to start and establish a habit.

- 10. Review and reflect:** Regularly review what you've written to identify patterns or track your progress. Use this information to set goals and monitor your personal growth. It can be refreshing to see how your perspective has changed over time.

---

**Remember, journaling is more about the process than the end result.**

---

Remember, journaling is more about the process than the end result. You're not writing for an audience, but for yourself. This journey will benefit you in many ways, helping you manage stress, improve mental health, and foster self-awareness and personal growth.

Embrace it as a creative and solo adventure.







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"All that is gold does not glitter,  
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Deep roots are not reached by the frost.

From the ashes a fire shall be woken,  
A light from the shadows shall spring;  
Renewed shall be blade that was broken,  
The crownless again shall be king."

- J.R.R. Tolkien, *The Fellowship of the Ring*

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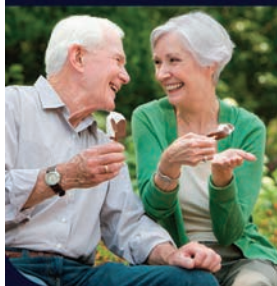
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## BLACKWOOD'S GROWING PROTEAS

Proteas make a fantastic, patriotic addition to the garden. Many proteas need a little extra attention to detail. Blackwood's have put together some helpful information on growing proteas in KZN:

Proteas need well-drained soil, free air movement and plenty of sunshine. When planting them out, dig planting holes twice as deep and three times as wide as the pot the plants are growing in. **Do not add any fertiliser to the soil.** Proteas grow best in phosphate-deficient soils. If soil is poorly drained, add acid compost or peat moss at the recommended rate and mix thoroughly with the garden soil. Soak the potted protea plant in a bucket of water for a few minutes. Remove and leave until the water has drained. Remove the pot or nursery bag with care, so as not to disturb the root ball. Plant the protea into the prepared hole at the same depth as it was growing in the nursery pot. Fill in around the root ball and firm soil down gently. Form an irrigation basin around the plant to direct water to the root area.

Once planted, water well to settle the loose soil. Taller plants can be staked for support. Mulch well to keep roots cool. Water regularly (every day or 2nd day) for the first 3 months after transplanting, or until fresh new growth appears. Water during dry weather. Do not fertilise as a general rule. Prune back after flowering to maintain shape. Some proteas need winter frost protection in colder areas.

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# The Kind Of Question You Ask Matters...



**If you are looking to improve the effectiveness of your sales effort, we've found that the kind of questions you ask matters. So we'd encourage you to ask questions that build the conversation.**

Ask questions that help you better understand the problem that the customer is looking to address. As the expert, share insights rather than providing a quote based on their limited understanding. Listening and applying your expertise will put you in the best place to offer them what best suits their needs. It may be what they are asking for is the right solution, but you may need to offer something quite different. Wherever the conversation leads, they will be reassured that when you quote, they are going to get the right product or service.

Ask questions that will lead to a common understanding with the prospective customer. Ultimately

this will save time, establish you as an expert and reassure them that the quote provided will be accurate, giving them more confidence. This additional effort will also help you stand out against competitors who supply a quote based on a superficial understanding of the requirement.



Karren and Kelly Hodgkins



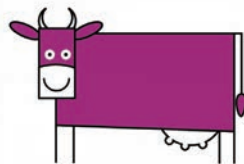
Make a follow-up call (email) to check that your proposal has been received and ask whether or not you have understood the requirement. Assess just where the potential customer's mind is (was it for budgeting, are they considering alternatives, are they ready to progress etc ). In this way, you reduce the guesswork and will be able to plan accordingly, (ie: is there a requirement to follow up again in the future or is no further action required as the prospect has decided to take another course of action).

**Following this process, asking the right questions will increase the chance of your converting the prospect to a customer.**

PS: Additional conversations strengthen the connection so don't forget to follow up once the job is complete, to ask questions that gauge the level of satisfaction the customer is feeling. Other ways to keep this conversation going are using social media and mailers to stay in touch, and making sure customers know first what's new

and how your brand is evolving. All of these activities contribute to an ongoing relationship. One that's good for the customer and so too, for your business.

Karren and Kelly Hodgkins, brand strategists at Purple Mookiting, share the wisdom and experience gained from over 40 years in the marketing industry working for corporates and small businesses. They are passionate about making change for the better through strategic marketing, leveraging all the new tools when they become available to make a remarkable impact. Customer relationship management has always been, and continues to be, an essential part of effective, strategic marketing.



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# The Health Benefits of Seasonal Eating

As winter settles in, it's important to ensure that we continue to eat a healthy and balanced diet that includes plenty of fresh vegetables. From the vibrant orange of a crunchy carrot to the deep green of asparagus and broccoli, these vegetables are packed with the goodness needed to support overall wellness.

Onions are known for their anti-inflammatory and antibacterial properties. They contribute to improved heart, immune, and digestive health and even help regulate blood sugar levels.



Broccoli contains vitamin K, which promotes healthy bones. It is gut-loving and full of fibre, aiding in maintaining good digestive health.



Carrots are a good source of vitamin A which aids in maintaining glowing skin and good vision. They also contribute

to luscious hair growth and are known to improve brain health and cognitive functioning.



Asparagus is high in fibre and great for digestion. It is rich in folate and potassium which are linked to good heart health. Additionally, it is high in vitamin K and antioxidants.



Garlic plays a role in maintaining a healthy immune system and is a natural anti-inflammatory. It helps with reducing fatigue and can even boost your mood!



**Incorporating these South African winter veggies (among others!) into your daily diet is a nutritious and delicious way to improve your overall health!**

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# Puzzle Corner

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## Wordsearch

Can you find all these words in our Winter-themed word search?

**Solutions on page 38!**

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T	N	L	R	D	N	C	E	L	C	C	E	A	L
S	C	F	A	I	T	S	O	R	F	H	C	M	U
A	E	E	S	N	E	S	A	T	U	O	A	I	S
C	O	V	R	L	K	N	O	O	G	C	L	L	O
A	S	G	O	L	I	E	D	U	A	O	P	Y	J
E	R	J	N	L	W	P	T	S	P	L	E	M	U
E	S	S	A	J	G	I	P	P	E	A	R	C	N
G	C	O	Z	Y	H	C	N	E	E	T	I	O	E
N	L	F	R	N	N	E	T	T	R	E	F	O	L
A	I	I	G	F	F	G	A	W	E	S	E	K	E
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P	E	C	A	N	D	L	E	S	A	R	J	G	C

WINTER  
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JUNE  
SOUP  
FAMILY  
COZY  
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## Sudoku

Complete the grid so that every row across, every column down and every 3x3 box is filled with the numbers 1 to 9. No mathematics involved, the grid has numbers, but nothing has to add up. You solve the puzzle with reasoning and logic.

**Solutions on page 38!**

			6	9		2		
		8				6	5	
1							4	
								4
		5	8				1	
4		9						6
5	8	3		2				
		6	9					
			5	3	4			



SINGLE	R10000	R12500	R13500	R15000	R16500	R18000	R20000	R25000
18-64	R44	R50	R53	R57	R61	R88	R89	R128
65-69	R90	R104	R107	R110	R126	R132	R140	R159
70-74	R118	R146	R154	R159	R179	R206	-	-
75-79	R185	-	-	-	-	-	-	-
80-84	R235	-	-	-	-	-	-	-
85-89	R266	-	-	-	-	-	-	-
FAMILY	R10000	R12500	R13500	R15000	R16500	R18000	R20000	R25000
65-69	R116	R139	R154	R161	R175	R191	R211	R265
70-74	R120	R156	R168	R179	R205	R213	-	-
75-79	R222	R293	R316	-	-	-	-	-

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You will need:

- Sewing Machine (or needle and thread)
- Fabric (flannel holds the heat best)
- $\frac{1}{4}$  cup rice per Hand Warmer
- Scissors

1

Cut the fabric into 10cm x 10cm squares (you will need 4 squares per Hand Warmer).

2

Layer the fabric 4 squares on top of one another, with the "pretty" side facing out (this will be the fabric you see on the outside of the Hand Warmers).

3

Pin the squares together, and sew up 3 sides with a straight stitch and a 1cm seam allowance. This should create a pocket shape.

4


Add  $\frac{1}{4}$  cup of rice in between the inner fabric layers.

5

Pin the open edge closed, and sew the last side closed.  
Bonus: trim the edges with decorative pinking shears for a cute edging to your Hand Warmers.

And you're done!

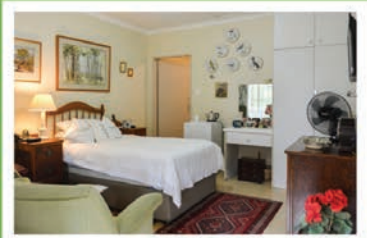
Heat in the microwave for just over 20 seconds and enjoy having warm, toasty fingers for the entire season!



[idreamofdiy.com](http://idreamofdiy.com)



Located in Howick in the heart of the Kwa-Zulu-Natal Midlands (home of the Midlands Meander), Amberglen is a community of 430 cottages, owned individually under Sectional Title. This well-managed village is not so small that it cannot provide a variety of amenities and benefits, but also not so large that it appears unfriendly and overwhelming.



**Village** - Amberglen has a Community Centre, a Sanctuary, a Clinic/Cottage Care Service and many other facilities. Set on 35 ha of parkland and gardens with a stunning dam. Independent retired people over the age of fifty may enjoy a variety of activities.

**Care Centre** - Our 47 bed low-care to high-care facility with a dedicated Alzheimer wing is extremely popular, providing compassionate, high-quality care for over 25 years. Our services are based on a framework of empowerment, well-being and healthy ageing.

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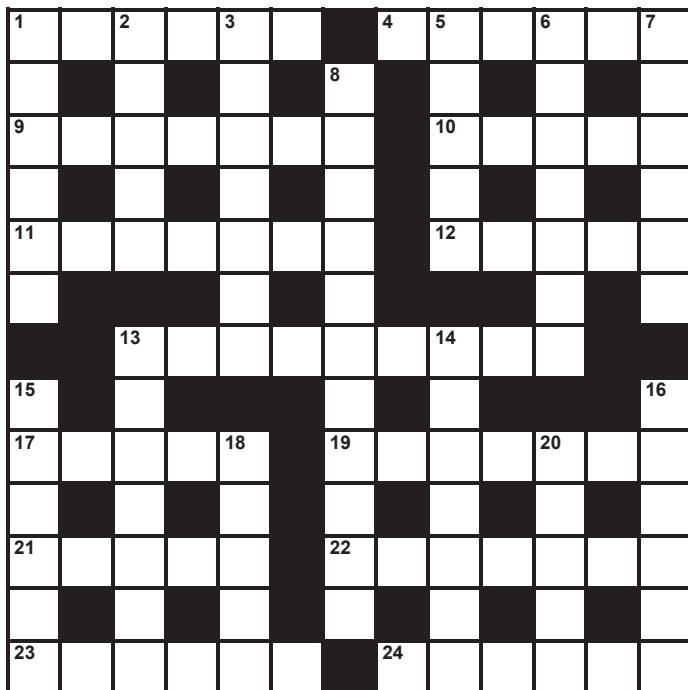


# Puzzle Corner cont.

## Crossword

Test your knowledge and vocabulary with our crossword!

**Solutions on page 38!**



Source: XWord.co.za

### Across

1. Decorative pin worn by women (6)
4. Dissertation submitted by a candidate for a degree (6)
9. Capital city of Kenya (7)
10. Tear a document into fine pieces (5)
11. Having no fixed home (7)
12. Fermenting agent used to raise bread (5)
13. Make the most of the present time, literally seize the day (5,4)
17. British noblemen ranking below marquess and above viscount (5)
19. Large shaggy-haired brown bison of North American plains (7)
21. Breathe noisily during one's sleep (5)
22. Subdivision of a written work (7)
23. Mentally confused due to old age (6)
24. Occurring once every 365 days (6)

### Down

1. Birth town of Hollywood actress Charlize Theron (6)
2. Addictive drug prepared from the juice of poppies (5)
3. Thick soup or stew containing clams or fish (7)
5. Breed of heavy-coated Arctic sled dog (5)
6. Oscar Wilde described this as the lowest form of wit, but the highest form of intelligence (7)
7. Drug someone to calm him down (6)
8. Moved in a wide loop back towards one's starting point (7,4)
13. Satirical drawing published in a newspaper (7)
14. Fill a balloon with air (7)
15. As opposed to (6)
16. Occurring every 60 minutes (6)
18. Take without the owner's consent (5)
20. Change or make different (5)



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## Choosing the Right Mandate.

When it comes to selecting a mandate for selling your home, there are several options available. Let's take a closer look at each type:

**Sole Mandate:** With a sole mandate, you entrust a single agent with the responsibility of selling your home. This exclusive arrangement ensures focused attention on your property.

**Dual/Tri Mandate:** Opting for a dual or tri mandate means engaging the services of only two or three agents who are dedicated to selling your home. Despite involving multiple agents, you still pay a single commission amount to the selling agent.

**Open Mandate:** An open mandate allows

numerous agents to promote and sell your home. Similar to a dual/tri mandate, you still pay a single commission to the selling agent.

Each mandate type has its advantages and disadvantages. To gain a comprehensive understanding of these options, we invite you to attend our monthly information talks. Get in touch with Tracey, and she'll provide details about the upcoming sessions.

Contact Tracey Done on 082 376 8244  
or email [traceydo@just.property](mailto:traceydo@just.property).

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AN INITIATIVE MADE POSSIBLE BY  
OLD MUTUAL ALTERNATIVE INVESTMENTS



# Grandma's Hearty Winter Stew



Growing up, there was nothing better than arriving at Gran's house to the aroma of her mouth-watering winter stew simmering on the stove.

This hearty stew is perfect for warming up on cold winter days. It is packed with nutritious vegetables and tender beef that will leave you feeling satisfied and content.

## Ingredients:

- 500g of cubed beef stew meat (you can use chicken or lamb as an alternative)
- 2 tablespoons of olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 carrots, diced
- 2 stalks of celery, diced
- 1 sweet potato, diced
- 1 butternut squash, peeled and diced (seeds removed)
- 1 can of diced tomatoes
- 4 cups of beef stock
- 1 teaspoon of dried thyme
- 1 teaspoon of paprika
- Salt and pepper, to taste
- Freshly chopped parsley, for garnish

## Instructions:

1. Heat olive oil in a large pot over medium heat. Add the beef stew meat and brown it on all sides. Remove the meat from the pot and set it aside.
2. Add the chopped onion and minced garlic to the pot, and sauté for 2-3 minutes until they become soft.
3. Add the diced carrots, celery, sweet potato, and butternut squash to the pot. Stir well to combine with the onions and garlic.
4. Pour in the diced tomatoes and beef stock, and add the thyme and paprika. Stir to combine all the ingredients, and bring the stew to the boil.
5. Once the stew is boiling, reduce the heat to low, cover the pot, and let it simmer for 1-2 hours, or until the beef becomes tender.
6. Season with salt and pepper according to your taste, and garnish with freshly chopped parsley.
7. Serve the stew with a slice of hot, crusty bread or a bed of rice. Enjoy the comforting flavours of this delightful dish!





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28-31 Aug: Amakhosi – Big 5, cheetah, hidden gem, spa, Mkuze River, luxury, royal treatment.  
01-04 Oct: Nambiti – Big 5 + cheetah.

### BEACH

11-15 Sep: Hermanus, Cape Coast – Whale watching, wine tours, dining, penguins, walking.  
20-23 Nov: Pumula, South Coast – Fun, sun, heated pool, relaxation, fun putt putt .  
06-10 Nov: Umngazi, Wild Coast – Flight, boat cruises, lagoon, beach, spa, walks.

### BUSH AND LAKE

15-19 Oct: Tembe Elephant Park + Lake Jozini Luxury Houseboat – wildlife, tiger fishing, birds.

### BUSH AND MOUNTAINS

26-30 Sep: Nambiti Game Reserve + Drakensberg Mountains – magical bush & mountains.

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# Puzzle Corner Answers

**Crossword Solution**  
**Across:** 1. brooch, 4. thesis, 9. Nairöbi, 10. shred, 11. nomadic, 12. yeast, 13. carpe diem, 17. earls, 19. buffalo, 21. snore, 22. chapter, 23. senile, 24. yearly.  
**Down:** 1. Benoni, 2. opium, 3. chowder, 5. husky, 6. sarcasm, 7. sedate, 8. circled back, 13. cartoon, 14. inflate, 15. versus, 16. hourly, 18. steal, 20. after.

P	E	C	A	N	D	L	E	S	A	R	J	G	C
O	F	M	A	R	M	T	E	G	E	S	A	N	J
R	I	O	J	A	C	K	E	T	R	A	I	C	
A	I	G	F	G	A	M	E	S	E	K	E		
N	L	F	R	N	N	E	T	R	E	F	O	L	
G	C	O	Z	Y	H	C	N	E	T	I	O	E	
E	S	S	A	J	G	I	P	E	A	R	C	N	
E	R	J	N	L	M	P	T	S	P	L	E	M	
A	S	G	O	L	I	E	D	U	A	O	P	Y	
C	O	V	R	L	K	N	O	G	C	L	O		
A	E	S	N	E	S	A	T	U	O	A	I	S	
S	C	F	A	I	T	S	O	R	F	H	C	M	
T	N	L	R	D	N	C	E	L	C	E	A	L	
A	B	F	L	S	U	N	S	E	T	S	O	F	N

Wordsearch Solution

9	1	7	5	3	4	8	6	2
2	4	6	9	8	7	1	3	5
5	8	3	1	2	6	4	9	7
4	7	9	2	5	1	3	8	6
6	2	5	8	4	3	7	1	9
8	3	1	7	6	9	5	2	4
1	6	2	3	7	5	9	4	8
7	9	8	4	1	2	6	5	3
3	5	4	6	9	8	2	7	1

Sudoku Solution

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# South African Garden Birds

Send us your photos of common garden birds and you may see them published in one of our upcoming issues! Photos can be submitted to [editor@seniorlivingmag.co.za](mailto:editor@seniorlivingmag.co.za)



Have you ever heard the sweet and complex melodies of the **Cape Robin-Chat**? This charming bird can be found in most South African gardens. You can identify them by their orange throat, grey breast, rufous tail and, should you catch one, the yellow soles of its feet!

Cape Robin-Chats are known for their insectivorous diet, that includes moths, caterpillars, spiders, earthworms, larvae,

fruit, berries, and seeds, and will even help themselves to left-overs from your dog's bowl. They are monogamous birds and build their deep cup nests, on or close to the ground, in earth banks or hollow tree stumps. These territorial little birds will defend their territory fiercely and maintain them for life.

Luckily, the Cape Robin-Chat is not considered a threatened species and has a stable population in its natural habitat. So next time you're in southern Africa, keep your ears open for the beautiful songs of this charming bird!

---

Have you ever spotted a **Collared Sunbird** fluttering around your garden? This delightful little bird is a common sight in many parts of southern Africa and is known for its distinctive appearance. The Collared Sunbird is a small bird with a short bill, the male has a bright metallic green throat and upper parts with a yellow belly and bluish-purple breast band collar.



They favour forest edges, clearings and roadsides, and gardens adjacent to forests where they feed on nectar, small insects, and sometimes small fruit. Their untidy, hanging nest is oval and roughly woven using dry grass, twigs, leaves and rootlets, and then bound together with spider webs. Interestingly, they often build their nest close to wasps' nests for protection from monkeys but can do nothing to ward off the Klaas's Cuckoo, who lay their eggs in the Collared Sunbird's nest for brooding out.

You may have been annoyed by the sound of a bird shadowboxing on your windowpane - now you know who the culprit is!



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## Winter Warriors: 8 Ways to Stay Active and Thrive During the Chilly Season



1. Exercise regularly, even if it's just a short walk indoors.
2. Get involved in an activity that gets your body moving, such as dancing or a gym class.
3. Engage in social activities to combat feelings of loneliness or isolation.
4. Attempt to eat a healthy, balanced diet.
5. Try a new hobby!
6. Stay hydrated by drinking plenty of water, even when indoors.
7. Keep your mind active by doing puzzles, reading, or engaging in other intellectually stimulating activities like crosswords or Sudoku.
8. Go outside. Yes, we know "it's too cold"...bundle up and take a five-minute walk around your garden. The fresh air is good for you!

# Learn a New Card Game This Winter!



## Card Game Rules: Crazy Eights

### The Pack

The game uses a standard 52-card pack.

### Object of the Game

The objective is to be the first player to discard all the cards in their hand.

### Card Values/Scoring

The player who has no cards left first wins. The winning player collects points from each opponent based on the value of the cards remaining in their hands as follows:

- Each eight: 50 points
- Each King (K), Queen (Q), Jack (J), or 10: 10 points
- Each Ace: 1 point
- Each other card has a value equal to its pip value (the number on the card)

### The Deal

Deal 5 cards, one at a time, face down, starting with the player to the left. The remaining cards are placed face down in the centre of the table to form the stock. The dealer turns over the top card and places it in a separate pile; this card becomes the "starter." If an eight

is turned over, it is placed in the middle of the pack, and the next card is turned.

### The Play

Starting from the left of the dealer, each player must place one card face up on the starter pile. Each played card (except for an eight) must match the suit or denomination (number) of the card on the starter pile.

Example: If the starter card is the Queen of Clubs, any club or any Queen can be played on it.

If a player is unable to play a card, they must draw cards from the top of the stock until they can make a play or until the stock is empty. If a player still cannot play when the stock is empty, they must pass. A player can choose to draw from the stock even if they have a playable card in their hand.

All eights are wild! This means an eight can be played at any time, and the player only needs to specify the suit (but never a number). The next player must either play a card of the specified suit or play another eight.



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# Comic Corner

## Knock-Knock Joke

Knock knock.  
Who's there?  
A little old lady.  
A little old lady who?  
I had no idea you could yodel!

## Riddle

I'm the part of a bird that's not in the sky,  
I can swim in the ocean and remain dry.  
What am I?

---

**How do mountains stay  
warm in winter? They  
put on their snowcaps!**

---

## Broke Barber

A young boy enters a barbershop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber.  
"That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlour.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied:  
"Because the day I take the dollar the game is over!"

---

**Why do skeletons hate  
winter?  
They get chilled to the  
bone.**

---

Sources: [www.boredpanda.com](http://www.boredpanda.com),  
[www.ponly.com](http://www.ponly.com)

Riddle answer: The bird's shadow.



DBN/Highway

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- |                                                                                                          |                                                                                                       |
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|  <b>Personal care</b> |  <b>Medication</b> |
|  <b>Cooking</b>       |  <b>Mobility</b>   |
|  <b>Shopping</b>      |  <b>Transport</b>  |
|  <b>Companionship</b> |                                                                                                       |



**For a confidential  
consultation call  
Lynda 079 881 0563**

**COST EFFECTIVE • PERSONALISED • DEPENDABLE  
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# Competition Corner

**How to enter: Send a WhatsApp message saying HELLO to 072 632 6023 and we will send you a list of links. Select the “competitions” link provided, and enter each competition as per the individual competition instructions.**

- 1. Win a R500 gift voucher, courtesy of Oakleigh Funeral Home, by finding the Butterfly hiding in the magazine.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word BUTTERFLY as the COMPETITION KEYWORD, and the page number and location of the butterfly for the COMPETITION ANSWER. 
- 2. Win a R300 Blackwood's voucher, courtesy of Blackwood's Nursery.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word BLACKWOOD'S as the COMPETITION KEYWORD.
- 3. Win a R500 Woolworths voucher, courtesy of Senior Living, by finding the Snowman hiding in the magazine.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word SNOWMAN as the COMPETITION KEYWORD, and the page number and location of the snowman for the COMPETITION ANSWER. 
- 4. Win a one night's stay at Hilton Bush Lodge.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word HILTON as the COMPETITION KEYWORD.
- 5. Win a Sunday Lunch for 2, at Nino's Hilton, by finding the Snowflake hiding in the magazine.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word SNOWFLAKE as the COMPETITION KEYWORD, and the page number and location of the snowflake for the COMPETITION ANSWER.   


**Where applicable, winners will be drawn on the 16th of July 2023 and winners will be notified via email/phone, and announced on our website. Only one entry per competition will be deemed valid.**

DBN/Highway

PMB/Midlands

**Senior Living**  
MAGAZINE *Thrive after 55!*



TO ADVERTISE IN SENIOR LIVING  
MAGAZINE, PLEASE CONTACT

[kas@seniorlivingmag.co.za](mailto:kas@seniorlivingmag.co.za)  
📞 033 344 3069

# Help Keep Someone Warm This Winter!

Join 67 Blankets for Nelson Mandela Day in their annual blanket drive. They knit and crochet blankets for those in need.

Founded by Madame Carolyn Steyn, a respected philanthropist, 67 Blankets has donated over 120,000 handmade blankets to orphanages, the disabled, the homeless, and others in need.

This year, all blankets made by volunteers will be showcased at exciting reveal events nationwide from April to June. After the events, the blankets will be distributed to the underprivileged in different regions.

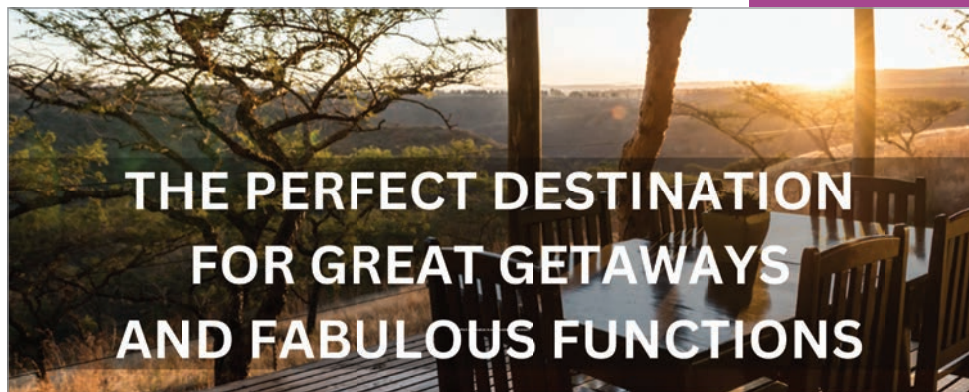
To help keep the nation warm, Senior Living readers are encouraged to knit

or crochet squares (20cm x 20cm or 40cm x 40cm) or strips (20cm x 160cm) that can be joined to create blankets. Entire adult-sized blankets are also highly appreciated.

**To participate and get in touch with your local 67 Blankets Ambassador, contact [info@67blankets.co.za](mailto:info@67blankets.co.za). Let's spread love and warmth to those in need!**



PMB/Midlands



**Are you looking for the perfect venue for that special occasion?**  
whether it be a birthday party, business meeting or a romantic getaway. Come and experience the sound of the waterfall and the calls of the birds on your private veranda.  
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## PRE-PAID OPTION

### PRE-PAID SERVICES:

**Preparing the physical and financial details of your funeral/ memorial service.**

A **Pre-Paid** gives an individual the opportunity to plan and pay for **"tomorrow's" service at "today's" price.** All funds are invested into a trust account and remain in the client's name until the time of need, at which point Oakleigh Funeral Home will recall the funds.

### What is required:

- Minimum age is 65+ years.
- An appointment with an Oakleigh Consultant.
- Your SA identity document.

**086 111 1380 (24hrs)**

**Pietermaritzburg**

**033 342 6116**

25 PETER KERCHHOFF  
STREET

**Howick**

**033 330 3400**

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CENTRE

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**Durban**

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