



Senior Living

MAGAZINE

Thrive after 55!

**Muddy
Memories
in the Klaserie
Game Reserve!**

**Suurlemoen
Blondies**

VOL. 01 April/Mei 26

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Redakteursnota

Hallo, Bloemfontein!

Ons is opgewonde om Senior Living Magazine in julle pragtige stad bekend te stel!

Sedert 2019 gaan ons familie-tydskrif oor meer as net “nuus en wenke” vir diegene wat floreer bo 55... dit gaan oor die deel van ware stories wat inspireer, oomblikke wat jou hardop laat lag, en 'n sin vir avontuur wat bewys dat die lewe net ryker word met ouderdom.

Ons eerste uitgawe is propvol dinge om jou nuuskierigheid te prikkel, jou hart te verwarm, en jou te inspireer om jou moue in die tuin op te rol of 'n heerlike nuwe resep te probeer.

Moenie ons hoofartikel misloop oor 'n ongelooflike ontmoeting met olifante in die onlangs-oorstroomde Klaserie-wildreservaat nie!

Ons is ook verheug om vir **Luco van Avalon Funerals** by die Senior Living-span te verwelkom, wat as vennoot help om die tydskrif tot in julle hande te kry.

Van plaaslike gebeure en lewenswenke tot natuurwonders en 'n paar dae langs die pad – hierdie tydskrif is hier om jou koffiepouses op te helder, jou stappies 'n bietjie langer te maak, en jou dae tikkie ñ meer vreugdevol te maak.

So, sit gerus terug, blaai om, en geniet die rit... Bloemfontein, julle is amptelik deel van die Senior Living-familie!

Met liefde

Alli

Got something to share? Email me at editor@seniorlivingmag.co.za

Feature your business in Senior Living Magazine:

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Suurlemoen Blondies

Heerlik soet met 'n suurlemoen-draai, hierdie suurlemoen blondies is maklik om te bak en onmoontlik om te weerstaan!

Tyd: ±40 min Lewer: 16

Bestanddele

Blondies

- ¾ koppie koekmeel
- ¾ koppie wit suiker
- ¼ tl sout
- ¼ tl bakpoeier
- ½ koppie botter, versag
- 2 groot eiers
- 2 el suurlemoenskil
- 2 el suurlemoensap

Glasiur

- 1 koppie versiersuiker
- 2–3 el suurlemoensap
- Ekstra suurlemoenskil (garnering)

Metode

1. Verhit die oond tot 180°C. Voer 'n 20x20cm pan met bak papier uit.
2. Klits die meel, suiker, sout en bakpoeier saam in 'n mengbak.
3. Verroom die botter tot sag. Klits die eiers by, gevolg deur die suurlemoenskil en suurlemoensap.
4. Voeg die droë bestanddele by

en meng tot net gekombineer (moenie te veel meng nie, anders word dit taai).

5. Smeer die mengsel in die bakpan en bak vir 22–25 min tot liggies goudbruin en net gestol. Laat dit heeltemal afkoel.
6. Klits die glasiur-bestanddele saam tot dit skinkbaar is. Smeer oor die afgekoelde blondies en garneer met suurlemoenskil.
7. Laat die glasiur hard word, sny in blokkies en geniet!

Geniet!





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“Leef” jou tuin?

As “Landscaper” is my eerste vraag altyd “hoe kan my tuin my “leef” voller en ryker maak?”

Wanneer ek en my vroultjie middae tuiskom word die ketel aangesit, stoepdeur oopgegooi (soms is hy nog oop vergeet) en met koffie in die hand stap ons deur onse eie Eden.

Ons gaan soek die verkleurmanneltjies, kyk of die visse die kormorant oorleef het, bewonder die Clivia wat nou eers blom, kyk of daar ’n granaat ryp is en so raak ons rustig na ’n besige dag.

Ons kyk of die visse die Kormorant oorleef het...

As “Landscaper” (daar’s nie ’n mooi afrikaanse naam vir dit nie) is my eerste vraag altyd, hoe kan my tuin my “leef” voller en ryker maak?. Oor die jare het ek agter gekom dat n “mooi” tuin net ’n rukkie aangenaam is op die oog, daarna raak jy hom gewoond, maar as jy hom kan gebruik en hy is boonop mooi ook, het jy ’n “leeftuin”.

’n Pot byoorbeeld lyk mooi vir ’n ruk en het altyd ’n estetiese waarde, maar ’n bankie onder die Karee boom se middag koelte, is tydloos.

’n “Leeftuin” het ’n bankie, ’n voëlvoerder, ’n groente bedding, ’n iets wat maak dat jy die ketel wil aansit en jou deur wil oopgooi.

Die herfs luggie kom herinner ons dat die somersaailinge moet uit. Dit is nou die regte tyd om jou winter kleur te beplan en in die grond te kry. My gunsteling saailing bly Pansy, Poppies en Primulas. Gesiggies (Pansys) en Papawers (Poppies) is vir vol son en Primulas vir die gefilterde son of oggend son/middag koelte areas.

Gebruik maar vars potgrond in die potte, kompos in die beddings en gee blaarvoeding met ’n vloeibare kunsmis wat geformuleer is vir saailinge.

Lekker beplan aan jou “leeftuin”!



Written by Nico Dreyer, Nico Dreyer Landscaping: 082 371 6018



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Have the Energy to Enjoy the Moments that Matter Most

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As we get older, many people notice their energy slowly changing. Activities that once felt effortless, gardening, playing with grandchildren, enjoying walks, or spending time with family can begin to feel more tiring.

While this is often seen as a normal part of aging, nutrition plays a major role in how energetic we feel.

One of the most important organs involved in maintaining energy and overall wellbeing is the **liver**, often called the body's **metabolic engine**.

It is the largest internal organ and works continuously, helping filter toxins, regulate hormones, support digestion, and maintain stable energy levels.

It also plays a central role in detoxification, converting food, medications and substances in the environment into forms the body can safely eliminate.

The liver also helps regulate blood sugar levels, process proteins, fats and carbohydrates, and convert vitamins and minerals into forms the body can use. It even produces bile, which is essential for absorbing important nutrients such as vitamins A, D, E and K.

The liver performs over 500 essential functions.

Because the liver sits at the centre of detoxification, nutrient activation, hormone balance and energy metabolism, how well it functions can strongly influence how energetic and healthy we feel.



Unfortunately, modern diets often lack these essential nutrients.

When the body experiences nutritional strain, this can contribute to: fatigue, inflammation, poor concentration, weakened immunity, allergies, and hormone imbalance.



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Vit B1: Thiamine	2 mg
Vit B12: Methylcobalamine	5 mg
Vit B2: Riboflavin	2 mg
Vit B3: Niacin	10 mg
Vit B5: Pantothenic Acid	15 mg
Vit B6: Pyridoxine	4 mg
Vit B7: Biotin	70 µg
Vit B9: Methyl Folate	70 µg
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Muddy Feet, Rocky Roads and a Herd Filled with Elephants...



After days of relentless rain, a slippery walk along a washed-away road led us straight into an unforgettable encounter.

When we first saw the amount of rain predicted, it looked mythical on our weather apps, and by the next day it had disappeared. A glitch in the matrix.

What followed were days of uncertainty as the apps showed horrific amounts of rainfall, only for it to vanish within hours. This seesaw of anticipation continued. Until the anticipation was over. "Bless the rains down in Africa," says Toto.



We were praying for it to stop.

Within hours, the Klaserie River was totally impassable. A day later, our alternative route off the reserve was also closed.

What began as a fascination of this rare, historic weather event soon churned into fear that tingled in our tummies.

"Bless the rains down in Africa," says Toto.

What rainfall we should have received in an entire year, we met, and exceeded, in less than a week! The Olifants River became a fierce, furious beast, roaring and surging past its record height from the infamous 2000 floods.

The river surged past its record height from the 2000 floods.

Many lodges along the riverbanks were lost. Furniture that couldn't be moved tumbled as water swirled through rooms, smashing windows, tearing up floorboards and ripping away ceilings and light fixtures. Afterwards, pieces would be found high in treetops.

Our waterhole soon turned into a lake!



Luckily, we lived at a lodge on slightly higher ground, with no major rivers nearby. Our waterhole soon turned into a lake, but our floors remained dry - aside from muddy footprints slipping and sliding along the mezzanine.

One afternoon, as the rain relented into a drizzle, we decided to



inspect the road between the lodge and the owner's house, about ten minutes away.

Halfway there, we had to switch off the Land Rover. The road was completely washed away, thigh-high water exposing roots that should have been buried deep and carving small rocky gorges into the earth.

The river surged past its record height from the 2000 floods.

Abandoning our vehicle, and our flip flops, we slowly picked our way forward, marvelling at the destruction around us.

Sliding through the mud and water, we passed the worst section and continued to inspect a drainage line now funnelling a river through its banks.

We heard a deep but brief sound as we tentatively walked over the silty, rocky road of quartz and

sandstone. Dismissing it as water dislodging a boulder in a nearby stream, we continued our journey.

We reached the river after spotting elephants on a hill in the distance. The crossing was still impassable and would be for days, so we turned back up the incline, journeying leisurely toward our Land Rover.

Feet slapping through shallow streams, we suddenly heard a sound that could not be dismissed: a head shaking, and huge ears slapping against giant shoulders. An elephant.

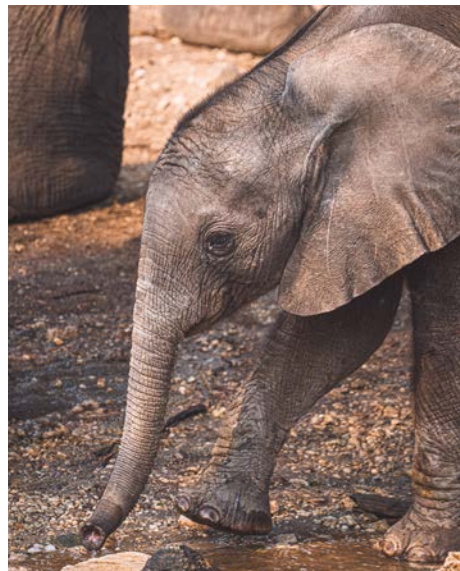
...trusting him with my
short, fat, scruffy life.

Taking deep breaths to steady myself, I knew I had to follow Matt's lead and rely on his expertise, trusting him with my short, fat, scruffy life.



He signalled for me to back up, and we "calmly" crouched behind a Raisin Bush. Peeking over his shoulder, I held my breath as an entire herd moved through Purple Pod Cluster Leaves, until they stepped onto the open road ahead.

They walked calmly, rumbling softly, tearing grass from its roots as they made their way through the muddy veld.



A baby hurried to his mother, panicked at the thought of being left behind.

The mother, seemingly entertained by his panic, gently touched the tip of her trunk to his forehead. I could have sworn there was amusement in her eye!

They continued on, catching up to the elephants we had seen earlier.

We slowly rose (knees clicking) and made our way back up the road for another glimpse.

I finally breathed for the first time...

My hand rested on Matt's shoulder as we heard their leathery bodies brush against Knob Thorn trees before they disappeared into the bush below.

I finally breathed for the first time and turned to Matt, relief in my eyes. He smiled knowingly towards me as we marvelled for a moment, soaking in the magical encounter we had just shared.

We rubbed our bare soles, brushed gravel from between our toes, and walked back up the road, leaving the elephants to continue their journey behind us.



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Scribbled by Meg Botterill, photos by Matt Botterill. For more info and bookings with Meander Safaris, visit www.meandersafaris.com or call 077 285 3018



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The Computer Swallowed Grandma!

The computer swallowed grandma.
Yes, honestly it's true!
She pressed 'control' and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

'So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.

Author unknown



Every Day A Daisy

Deur Luco Crispin

Beplan vooruit: 'n Geskenk van vrede vir die toekoms

Aan die einde van verlede jaar se winter het my vriendin Judy haar pa onverwags verloor. Haar familie was oorweldig deur soveel besluite tydens 'n reeds pynlike tyd.

Tussen die emosionele druk en die vele praktiese reëlings wat vinnig getref moes word, het selfs die eenvoudige keuses swaar gevoel.

Gelukkig het Judy se pa jare vantevore die regte stappe geneem – hy het by my 'n konsultasie gereël en 'n begrafnisplan uitgeneem.

Gemoedsrus deur voorbereiding

Oomblikke soos hierdie herinner ons daaraan dat om vooruit te beplan nie daaroor gaan om die ergste te verwag nie; dit gaan daaroor om te gee vir die mense vir wie ons lief is.

Deur 'n begrafnis vooraf te beplan, kan individue duidelike keuses oor hul persoonlike voorkeure uitoefen en finale reëlings tref, terwyl dit onsekerheid vir hul families uit die weg ruim wanneer die tyd aanbreek.

Dit verseker dat jou wense gerespekteer word en help voorkom dat geliefdes moeilike finansiële en

emosionele besluite tydens 'n tyd van rou moet neem. As gevolg hiervan was baie van die belangrike besonderhede reeds afgehandel.



Die gedenkdiens was 'n weerspieëling van sy wense, die finansiële las is verlig, en die familie kon fokus daarop om sy lewe te onthou en te eer, eerder as om oor logistiek bekommerd te wees.

Avalon se goed gestruktureerde diensplanne bied aan families gemoedsrus deur welbeplande voorbereiding.

Deur vooraf te beplan, kan jy jou wense uiteensit, vandag se pryse vasmaak, en jou familie teen onverwagte uitgawes en moeilike keuses beskerm.

Vandag dink Judy met dankbaarheid terug aan haar pa se deeglike beplanning. Wat vroeër oorweldigend gevoel het, het hanteerbaar geword danksy die voorsorg wat hy vooraf getref het.



Skakel Avalon by 082 454 5045 om 'n konsultasie te reël en neem die eerste stap om vir jou familie dieselfde geskenk van vrede te gee.



Puzzle Corner

Sudoku

Fill the grid so that each row, column, and 3×3 box contains the numbers 1 to 9, without repeating any. No maths, just logic and a bit of patience. Give it a try! **Solutions on page 26!**

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

Die Voordele van Tuisversorging na Hospitaalontslag

Herstel by die Huis: Persoonlike Sorg vir 'n Veiliger, Vinniger Genesing

Wanneer 'n pasiënt uit die hospitaal ontslaan word, begin die werklike herstel dikwels eers by die huis. Tuisversorging speel 'n belangrike rol om veiligheid, gemak en beter gesondheidsuitkomste te verseker.

Professionele verpleegkundiges kan help met wondversorging, medikasiebestuur, monitering van vitale tekens en ligte oefeninge.

Werklike herstel begin by die huis

Hierdie ondersteuning help om komplikasies te voorkom en verminder die kans op heropname in die hospitaal.



'n Groot voordeel van tuisversorging is persoonlike aandag. Sorg word aangepas volgens die pasiënt se spesifieke behoeftes en hersteltempo.

Baie mense herstel vinniger in 'n bekende omgewing waar stres minder is en familie emosionele ondersteuning kan bied.

Tuisverpleging ondersteun ook families deur leiding te gee oor medikasie, veilige beweging en waarskuwingstekens van komplikasies.

Gereelde monitering help om probleme vroeg raak te sien en die herstelproses te verbeter.

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Puzzle Corner cont.

Woordsoek

Vind al die versteekte woorde in die rooster – hulle kan vorentoe, agtertoe, op, af of diagonaal wees! Geen moeilike leidrade nie, net ‘n prettige breinuitdaging. **Antwoorde op bladsy 26!**

M	R	E	O	K	W	A	R	T	S	O	W	S	A
O	N	L	N	A	B	O	S	V	E	L	D	A	K
O	N	O	T	W	A	T	E	R	G	A	T	W	U
R	R	R	M	R	A	R	I	V	I	E	R	E	D
S	G	O	O	U	R	T	R	D	R	D	S	G	D
T	N	T	E	U	O	B	W	G	A	U	A	K	E
R	I	S	T	T	D	K	B	K	M	O	F	I	G
O	T	B	I	N	R	G	I	O	S	W	A	U	I
M	G	L	N	O	R	R	T	L	E	R	R	R	R
I	A	O	G	V	F	R	U	G	A	E	I	T	E
N	W	K	A	A	E	R	D	R	E	I	S	S	D
G	R	K	G	E	P	O	T	O	L	V	E	R	D
I	E	E	N	I	L	I	T	K	I	I	T	T	O
T	V	T	E	O	V	L	A	A	K	R	O	T	M

- REIS
- LODGE
- KWARTS
- KAALVOET
- ONTMOETING
- BOSVELD
- OORSTROMING
- WATERGAT
- RIVIERE
- STRIJKGEWAS
- KUDDE
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Beide Johan en Elmarie is hier vir u van die begin tot einde; van

die eerste tree, elke aspek van beplanning tot Implementeering. Ons kan u bystaan met advies volgens u finansiële behoeftes.



Elmarie Uys en Johan Wessels
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The Secret Ingredient to Feeling Well

How Social Connection Can Boost Your Overall Health

As we get older, it's easy to focus heavily on exercise, diet, or managing health conditions... but there's another secret to feeling truly well: **connection**.

The people around us shape our mood, our mindset and our bodies. Spending time with others can sharpen memory, boost focus, and lift spirits more than you'd think! Social interaction has been proven to lower stress, support a healthy immune system, and even help protect us against chronic illness. In short, connecting with others isn't just enjoyable - it's actually good for your health!

Connecting with others isn't just enjoyable...

Life's changes can make staying social more difficult. Mobility issues, hearing loss, memory shifts, or the loss of a loved one can leave even the most outgoing person feeling isolated. The good news is there are small steps that you can take that will open doors to meaningful interaction and joy.

It could be as simple as sending a quick message to a friend, picking up the phone for a chat, or waving hello to a neighbour. Joining a club, trying

a hobby, or attending a community event can introduce you to people who share your interests. Perhaps you could cook with someone or offer to drive them to the shops – bringing purpose and connection at the same time. Even just stepping into nature with a cup of coffee and a friend does wonders for the soul!

And if getting out is difficult, the technology of today can bridge the gap - video calls or messaging apps keep friendships alive, no matter the distance!

Despite how you may feel today, remember that every connection, no matter how small, strengthens your wellbeing. You deserve laughter, companionship, and support. Take that "big" first step today. Send that message, try that class, or join that event.

Your next laugh, friend or joyful moment could be even closer than you think!





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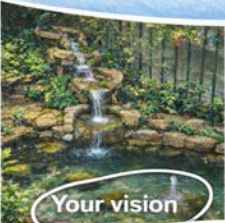


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Is Dit Jy?

Soek jy 'n ekstra inkomste...
maar weet nie waar om te begin nie?

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- ✓ Werk van jou foon of rekenaar
- ✓ In jou eie tyd

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South African Birds



Natalse Fisant Natal Spurfowl

Die Natalse Fisant is 'n dapper klein grondbewoner van Suider-Afrika se bosvelde en savannas. Hy lyk asof hy in 'n mengsel van rooibruin, grys en swart aangetrek het en vergeet het om in die spieël te kyk!

Die mannetjies spog met skerp spore aan hul pote - ideaal om teenstanders af te weer, of enigiemand wat te naby aan hul kos kom. Hierdie voëls spandeer die meeste van hul tyd deur blaarvullis te skrop vir sade, insekte en ander lekker happies.

Hulle beweeg dikwels in klein familie-groepe wat soos 'n veeragtige, skinderende komitee lyk.

Hul harde, herhalende roepe teen dagbreek en skemer sorg dat almal weet wie die baas is. Nesmaak is sonder fieterjasies, met eenvoudige skraapplekke op die grond, en hul vinnige, ontwykende bewegings maak hulle meesters van wegkruipertjie.

Kaalwangvalk African Harrier Hawk

Die Kaalwangvalk, of die “Gymnogene” soos sommige ou-skool voëlkykers hom nog noem, is die gimnastiese spogger van die Afrika-bosvelde.

Sy dubbel-gewrigte pote kan vorentoe en agtertoe buig, wat hom toelaat om diep in boomgate, rotslysies en, tot die wevers se skok, binne-in neste te grawe met die vernuf van 'n “feathered ninja.”

Sy dieet bestaan uit eiers, kuikens, klein soogdiere, reptiele, paddas en insekte; basies enigiets wat nie te hard terugbyt nie.

Monogame pare bou groot stokneste hoog in bome of teen kransvlakke.

Wanneer die son te warm bak, staan die volwassenes oor hul kuikens met vlerke wyd gesprei om hulle koel te hou - 'n bewys dat selfs roofvoëls weet van goeie kindersorg!



8 STEPS TO BETTER SLEEP

As we age, sleep becomes lighter and more easily disturbed. We produce less melatonin, wake up more often, and may feel sleepy earlier in the evening, making good habits even more important.



Most adults over 60 still need 7–8 hours of quality sleep every night. Healthy sleep supports memory, mood, heart health, and overall wellbeing.

Puzzle Answers



Word Search Solution

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

Sudoku Solution

Compassion in Action

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Comic Corner

Why did the lion lose at poker?

Because he was playing with a bunch of cheetahs!

I just got my electricity bill, and I believe I got charged for the sunlight, the moonlight, the street light, the light of my life, the speed of light, and the light at the end of the tunnel!

Why did the kid eat his homework?

Because his teacher told him it was a piece of cake

What's the best thing about Switzerland?

I don't know, but the flag is a big plus!

Riddle

What has 13 hearts, but absolutely no brain or lungs?

Q: How can you tell which bunnies are the oldest?

A: Look for the grey hares.

When I was young, I could walk into the grocery store with **two rand** and leave the place with bread, eggs and butter... But these days, there are too many cameras!

Riddle

It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?

Q: What do an old person's teeth and the stars have in common?

A: They both come out at night!

Riddle Answers
A deck of cards, a keyboard.



Your daily dose of sleep and feeling pain-free

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Sleep

- Anti-Anxiety / Stress
- Anti-Inflammatory
- Anti-Bacterial
- Anticonvulsant
- Inhibits cancer cell growth
- Pain relieving and sedative
- Muscle relaxant
- Sedative and sleep aid
- Pain relieving
- Inhibits cancer cell growth
- Anti-Depressant
- Aids immune system function

Natures Cure



Pain



- Anti-Inflammatory
- Anti-Nausea
- Sedative
- Aids digestive system
- Inhibits Cancer cell growth
- Muscle relaxant
- Sedative and sleep aid
- Pain relieving
- Anti-Depressant
- Aids immune system function

Dave Sewell 074 511 0215

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Competition Corner



How to enter: Send a WhatsApp message saying HELLO to 072 632 6023. You'll receive a list of links - select the "Competitions" link, then complete each entry individually by filling in your name, contact details, and using the competition keyword and/or answer shown below.

1. Win a TREATMENT VOUCHER courtesy of NewU House of Beauty and Aesthetics

Find the NAIL POLISH hiding in the magazine and tell us where it is!

Keyword: NAIL POLISH | Answer: Page number and location of the NAIL POLISH.



2. Win R500 CASH courtesy of Senior Living Magazine

Find the BEE hiding in the magazine and tell us where it is!

Keyword: BEE | Answer: Page number and location of the BEE.



3. Win a ONE-TO-ONE CONSULTATION for pre-planning courtesy of Avalon Funerals

Find the DAISY hiding in the magazine and tell us where it is!

Keyword: DAISY | Answer: Page number and location of the DAISY.



4. Win a bottle of BIO-REFORM valued at R545, courtesy of Balans Health

Find the BIO-REFORM bottle hiding in the magazine and tell us where it is!

Keyword: BIO-REFORM | Answer: Page number and location of the BIO-REFORM bottle.



5. Win an ESTATE PLANNING AND WILL DRAFTING consultation courtesy of Omega Makelaars

Find the CALCULATOR hiding in the magazine and tell us where it is!

Keyword: CALCULATOR | Answer: Page number and location of the CALCULATOR.



Where applicable, winners will be drawn on the 16th of May 2026 and winners will be notified via email/phone, and announced on our Facebook page before the release of the next edition.

Want to place an advert, provide content or sponsor a prize in the next Senior Living Magazine? Reach out to one of our team members!

KZN: kas@seniorlivingmag.co.za | 033 344 3069

Bloemfontein: charmain@seniorlivingmag.co.za | 069 045 8596

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beplan word.

Ons bedien die Bloemfontein gemeenskap
sedert 2008.



Luco Crispin



*Now may the Lord of peace himself give you peace at all times
and in every way. The Lord be with all of you.*

2 Thessalonians 3:16

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