



# Senior Living

MAGAZINE

*Thrive after 55!*

Protect  
Your  
Eyes

Living with  
**Palm-Nut  
Vultures**

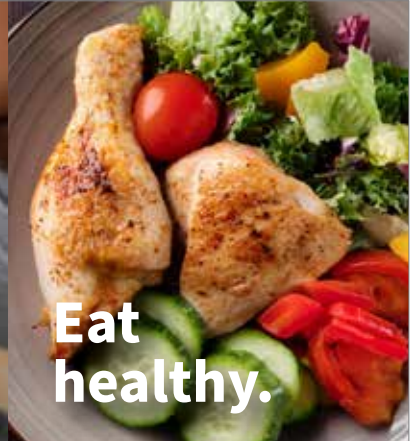
Piggly  
Wiggly  
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VOL. 39 Aug/Sep 26

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**aQuellé**



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DIABETES**

**Get  
active.**



# Editor's Note

Dear Readers,

There's something rather special about this time of year. Winter still greets us with frosty mornings, thick jerseys and steaming mugs of coffee, inviting us to savour life's quieter moments. While spring is waiting in the wings, there's comfort in knowing that every season has its purpose, offering us time to rest, reflect and appreciate the beauty that surrounds us.

This edition celebrates those beautiful moments that often go unnoticed. Our heartwarming feature, *The Words They Will Carry Forever*, is a gentle reminder that the simplest words, spoken with love, can leave the greatest legacy.

Whether you're a grandparent, parent or treasured friend, kindness has a remarkable way of living on in the hearts of others.

You'll also discover the fascinating story of the Palm-nut Vultures that made

their home in a local Durban garden for several unforgettable years. It's a wonderful reminder that, when we slow down and pay attention, extraordinary things are often waiting just outside our windows.

As always, you'll find plenty to enjoy throughout these pages, from our popular puzzles and competitions to birding insights, seasonal gardening tips and stories designed to inform, inspire and brighten your day.

So, wrap your hands around something warm, settle into your favourite chair and enjoy a little well-deserved time for yourself. Thank you for allowing us to be part of your season. It is a privilege to share these pages with you.

With love,

*Alli*

**Got something to share? Email us on [editor@seniorlivingmag.co.za](mailto:editor@seniorlivingmag.co.za)**

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Please confirm all discounts beforehand, as they may change.

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## Tuesdays

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- **Pick n Pay Caversham Glen:** 5% + double points on promos (pensioner's card required).
- **SuperSpar (Richden's Village, Knowles, Glenwood, Parklane):** 5% pensioners (card required at Knowles).
- **Merrivale SuperSpar:** 5% on tea and cake (with Spar card).
- **Greendale SuperSpar:** 4% (with loyalty card).
- **Quarry Centre Spar Hilton:** 5% + free delivery in Hilton.
- **Waste Centre Fabrics (Durban):** 10% pensioners.
- **Blackwoods Nursery:** 10% (age 65+).
- **Village Feeds Hilton:** 10% seniors.
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- **Inky Shop Hilton:** 5% off ink and toner.
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- **Crazy Pets @ Avenues, Hilton:** 10% (ID required).
- **Piggly Wiggly Coffee Shop:** 20% off main meal & drink for seniors & kids under 6.

## Thursdays

- **Merrivale SuperSpar:** 5% on tea and sandwiches (with Spar card).
- **Greendale SuperSpar:** 4% (with loyalty card).
- **Quarry Centre Spar Hilton:** 5% + free delivery in Hilton.
- **Tanglewood Nursery Hilton:** 20% off all plants for pensioners.

## Other Specials

- **Piggly Wiggly Coffee Shop** (Mon–Thurs): 8–10am: Barnyard Breakfast + regular hot drink for R60 and 2–4pm: Cinnamon & sugar pancake + regular hot drink for R45
- **Bargain Books Hillcrest:** (Every Day) 10% off all purchases.
- **Makro & Game:** (Daily) pensioner discounts.



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# Staying Independent at Home

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Lifta SA specialises in premium home lifts designed specifically for private residences. With more than 500 installations across South Africa, Lifta

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Unlike traditional lifts, Lifta SA Home Lifts require minimal building work. Slim support rails guide the lift smoothly between floors without the need for a shaft or machine room. Installation is quick and designed to fit naturally into your home.

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**Unlike traditional lifts, Lifta Home Lifts require minimal building work.**

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## The Curious Case of Plant Names

Some plants have wonderfully dignified names, but others make you wonder who came up with them in the first place!

Take **Mother-in-Law's Tongue** (*Sansevieria*), for example. With its long, pointed leaves, it's inspired more than a few jokes over the years, and somehow the name has stuck! Then there's the **Monkey Puzzle** tree (*Araucaria araucana*), whose spiny, twisting branches were said to be so bewildering that even a monkey would be puzzled trying to climb them.

Some names are simply poetic. **Yesterday-Today-and-Tomorrow** (*Brunfelsia*) produces flowers that fade from deep purple to lavender and finally white over three days, so all three colours often appear on the shrub at the same time.

Perhaps the 'cheekiest' of all is **Bushman's Buttocks** (*Lithops ruschiorum*), a tiny succulent whose rounded shape has prompted many to joke that it's proudly mooning anyone who walks past! Add **Pig's Ears**, **String of Pearls**, **Hen and Chickens**, the delicate **Maidenhair Fern**, and the spectacular **Queen of the Night**, and it's clear that gardeners have always had a wonderful imagination when it comes to naming plants.

The next time you're wandering through a nursery, don't just admire the plants - read the labels too. Behind many of those curious names is a story or a little bit of mischief waiting to be discovered.







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### AUGUST 2026

**Cape Flowers Tour** | (4n) (excl. flights) 27-31 Aug

\*Limited Space available due to accommodation limitations

### SEPTEMBER 2026

**Hermanus Whale Watching** | (4n) (excl. flights) 03-07 Sept

**Tembe Elephant Park** | (3n) 06-09 Sept

**Kgalagadi & Augrabies Falls** | (excl. flights) (5n) - 06-11 Sept

**Mkhuze Game Reserve** | (3n) 13-16 Sept

**Kgalagadi & Augrabies Falls** | (excl. flights) (5n) - 13-18 Sept

**Bush & Berg: Springbok Lodge & Champagne Castle** | (4n) 20-24 Sept



### OCTOBER 2026

**Springbok Lodge, Nambiti** | (3n) 04-07 Oct

**Tembe Elephant Park** | (3n) 14-17 Oct

**Bayete Zulu Manyoni Game Reserve** | (3n) 25-28 Oct

### NOVEMBER 2026

**Springbok Lodge, Nambiti** | (3n) 01-04 Nov

**Clarens Cherry Festival** | (4n) 10-14 Nov

**Mkhuze Trails, Mkhuze Game Reserve** | (3n) 21-24 Nov

**Bayete Zulu Manyoni Game Reserve** | (3n) 27-30 Nov



### DECEMBER 2026

**Christmas in the Berg** | Drakensberg Boys' Choir

\*Open for expression of interest

**Watch this space for new destinations, 2027**

**Tours and an introduction to our new website!**

Karoo Stargazing in Sutherland, Garden Route Feb 2027, Namibia

Adventure May 2027, Victoria Falls 2027, Kgalagadi & Augrabies 2027

\*Dates correct at the time of publishing

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## SPRINGBOK FIXTURES 2026

|                            |                                                                      |              |
|----------------------------|----------------------------------------------------------------------|--------------|
| <b>Saturday<br/>11 Jul</b> | <b>Springboks vs Scotland</b><br>Loftus Versfeld, Pretoria           | <b>17:40</b> |
| <b>Saturday<br/>18 Jul</b> | <b>Springboks vs Wales</b><br>Hollywoodbets Kings Park, Durban       | <b>17:40</b> |
| <b>Saturday<br/>8 Aug</b>  | <b>Argentina vs Springboks</b><br>Estadio José Amalfitani (TBC)      | <b>21:00</b> |
| <b>Saturday<br/>22 Aug</b> | <b>Springboks vs New Zealand</b><br>Ellis Park Stadium, Johannesburg | <b>17:00</b> |
| <b>Saturday<br/>29 Aug</b> | <b>Springboks vs New Zealand</b><br>DHL Stadium, Cape Town           | <b>17:00</b> |
| <b>Saturday<br/>5 Sept</b> | <b>Springboks vs New Zealand</b><br>FNB Stadium                      | <b>17:00</b> |

|                             |                                                             |              |
|-----------------------------|-------------------------------------------------------------|--------------|
| <b>Saturday<br/>12 Sept</b> | <b>Springboks vs New Zealand</b><br>M&T Bank Stadium        | <b>23:00</b> |
| <b>Sunday<br/>27 Sept</b>   | <b>Australia vs Springboks</b><br>Optus Stadium, Perth      | <b>11:45</b> |
| <b>Saturday<br/>7 Nov</b>   | <b>Italy vs Springboks</b><br>Estadio Camilo Celo, La Nucia | <b>13:40</b> |
| <b>Friday<br/>13 Nov</b>    | <b>France vs Springboks</b><br>Stade de France              | <b>22:10</b> |
| <b>Saturday<br/>21 Nov</b>  | <b>Ireland vs Springboks</b><br>Aviva Stadium (TBC)         | <b>18:40</b> |

*Fixtures and kick-off times are subject to change.*





# Piggly Wiggly Broccoli Salad

Recipe supplied by Piggly Wiggly.

## Ingredients

- 1 head of broccoli
- 4 slices thick-cut bacon
- 1/4 medium red onion, finely chopped (about 1/3 cup)
- 1/2 cup dried cranberries
- 1/2 cup **Piggly Wiggly House Dressing**
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- Salt and pepper, to taste

## Method

1. Cook the bacon until crisp, then chop it into small pieces.
2. Place the chopped onion in a small bowl and cover it with cold water. Leave it to soak for 10 minutes, then drain. This will soften the raw onion flavour.
3. Remove the broccoli florets from the thick stem and chop them into small, bite-sized pieces. Rinse and drain well.
4. Add the broccoli, bacon, drained onion and cranberries to a large bowl and toss to combine.
5. In a separate bowl, mix the **Piggly Wiggly House Dressing**, apple cider vinegar, Dijon mustard, 1/4 teaspoon fine sea salt and a few grinds of black pepper. Taste and adjust the seasoning as needed.
6. Pour two-thirds of the dressing over the salad and mix well. If the salad seems dry, add a little more dressing.
7. Leave the salad to stand for at least 15 minutes before serving, or refrigerate until needed.

**Enjoy!**



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## Whispers of the Seasons

Spring tiptoes in on gentle green,  
Awakening the world from slumbered dreams.  
Blossoms bloom with fragrant sighs,  
Under soft and tender skies.

Summer blazes with golden light,  
Days stretch long into the night.  
Oceans shimmer, fields embrace,  
Warmth and laughter fill each space.

Autumn drifts on amber winds,  
Leaves fall like fleeting friends.  
Crisp air hums a wistful tune,  
Beneath the harvest moon.

Winter whispers in quiet white,  
Blankets the world in silver light.  
Fires crackle, hearts draw near,  
A gentle pause before the year.

Seasons turn, a ceaseless song,  
Each with its own sweet, fleeting throng.

- K.L



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# Protecting Your Eyes

## Understanding Blood Pressure, Cholesterol, and Vision

Our body systems interact like cogs in a machine. When one system is affected, the rest of the body is impacted, even if we don't see it at first. This is what happens when the heart and blood vessels are affected by high blood pressure, elevated cholesterol and irregular heart beats.

Every organ in our bodies requires oxygen and nutrients to function optimally. The fragile hair-sized blood vessels in our eyes are affected by these heart conditions even before any vision changes are noticed. When detected early and well managed, small adjustments can protect your vision for years to come.

High cholesterol causes deposits and narrowing in blood vessels throughout your body—including those supplying your eyes. Even deposits forming in your neck vessels restrict blood flow to your eyes, compromising vision over time. Elevated blood pressure hardens these vessels and reduces blood flow efficiency, depriving your eyes of vital oxygen and nutrients. A small clot from an irregular heart beat can also lodge itself in the small blood vessels.

Diagnosing a condition early requires you to not only be aware of your body and notice when things change or feel different, but also have regular screenings for changes that may occur over the years such as blood pressure, cholesterol and sugar.

Your eye care team working alongside your GP or clinic are essential to diagnose, manage, and monitor your blood pressure and cholesterol. Regular monitoring of your blood pressure, managing your cholesterol levels through medication and lifestyle choices, and maintaining consistent check-ups with your GP, and a specialist if required, directly support your eye health. This collaborative approach ensures that your cardiovascular health and vision are protected together.

Your Ophthalmologist plays a critical role in assessing your eyes and identifying early signs of vascular damage before symptoms appear. During annual visits, they can detect changes as a result of your overall cardiovascular health, often spotting problems that might otherwise go unnoticed.

With the advances in eye care and your commitment to managing chronic conditions, protecting your vision is achievable. Mindful daily decisions about your heart health ensure you can see the future clearly.



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Written by Pietermaritzburg Eye Hospital  
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# Living with Palm-nut Vultures



Just before the COVID-19 pandemic reached South Africa, in February 2020, I 'won the bird lottery' – if such a thing exists – when a breeding pair of Palm-nut Vultures became regular visitors to our garden in Westville, Durban.

---

**For about five years,  
we had been feeding  
chicken necks to Woolly-  
necked Storks...**

---

For about five years, we had been feeding chicken necks to Woolly-necked Storks when, one day, a striking raptor arrived and settled gently in the tall trees opposite our home. It perched in full view on an exposed branch. This black-and-white bird was soon joined by its mate, and the pair remained there, calmly surveying the scene for more than five minutes.

We were able to take a series of photographs to confirm the sighting of

something truly special. These were the 'prize' birds: Palm-nut Vultures.

When I later contacted David Allan, then Curator of Birds at the Durban Natural Science Museum, he told me that he knew of no more than 13 breeding pairs in the greater Durban area. We had encountered something quite rare!

Not long afterwards, I threw a chicken neck onto the lawn beside the pool. One of the vultures swooped down, grasped



it firmly in its talons and flew off into the valley. The following day, both birds returned. A pattern soon emerged: one would collect a chicken neck and fly off towards the north, returning about six minutes later to repeat the process. Their nest had to be very close.

---

## About three weeks later, both adults arrived with a brown juvenile in tow.

---

About three weeks later, both adults arrived with a brown juvenile in tow. We watched as the youngster crash-landed in the foliage a few times before learning to perch properly on stronger branches.

Their diet proved more varied than expected. While chicken became a clear favourite – eventually refined to chicken backs for their near-daily visits – they were also observed catching mole-rats, giant snails and winged termites, known as alates. On more than one occasion, a stork was even persuaded to drop a guttural toad. They are true opportunistic feeders.

Many mornings, I would wake to find a vulture perched on the gutter just a few metres away, standing motionless on one leg for more than an hour at a time.

Yellow-billed Kites often attempted to harass them when a chicken neck was in transit. These 'pirate' kites would swoop above or below in an effort to force the vulture to drop its food. The arrival of any kite would immediately trigger loud, clucking warning calls from the vultures.

Each year, a new juvenile would appear in late January or early February. With its chocolate-brown plumage and dark beak, it would be fed by its parents for several weeks before being largely ignored. At times, it would be left alone for hours. Within about four months, however, the parents would drive it away from the territory altogether – a surprisingly firm and rather sad process to witness.

---

## It quickly became comfortable in our presence and would allow me to approach...

---







We remained there quietly, side by side, for several minutes. I did not look directly at it, nor did it look at me, but the sense of trust in that shared space was unforgettable.

Another time, I lay down on the grass while it fed nearby on the wall. It stopped eating, walked in a tight circle around me and, when it reached my feet, paused briefly, lowering its head until its beak came very close to my toes – an extraordinary moment of calm curiosity. It then continued on and eventually quenched its thirst.

The juvenile that arrived in 2024 was particularly memorable. It quickly became comfortable in our presence and would allow me to approach within about three metres as I placed chicken backs on a low wall, mimicking the behaviour of its parents. On occasion, I observed it picking up and carrying objects that were clearly not edible – a curious and inquisitive bird. It even ventured onto our porch and perched on the metal railing.

Once, it paced along the edge of the pool before suddenly spreading its wings while facing the water. Only then did I notice a mole-rat desperately swimming across the surface. The young vulture eventually caught it, although it struggled to break through the skin.

---

**Only then did I notice  
a mole-rat desperately  
swimming across the  
surface.**

---

On another memorable day, it walked along the wall, hopped across a gap and settled beside me on the low wall.

Sadly, in August last year, I went to check on the vultures' nesting site. A friend whose home overlooks the raffia palms informed me that a pair of Egyptian Geese had taken over the nest. It seems that the Palm-nut Vultures had relocated further down the valley and had since become infrequent visitors.

For more than six years, I have been privileged to observe these remarkable and surprisingly trusting birds. Although their visits have become less frequent, their presence has left a lasting impression – an extraordinary reminder of how closely the wild can share our everyday spaces when given the chance.



**Observations and photographs by  
Marcia George and Dave Ellinger © 2026**



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# Understanding the Documents Issued After a Death

Losing someone you love is never easy.

During those first few days, families are often handed several official documents with unfamiliar names, making an already emotional time feel even more overwhelming.

Understanding what these documents are and why they matter can help bring a little clarity when it is needed most.

The first document issued is typically the Declaration of Death. It is completed at the place of death by a registered medical practitioner, such as a doctor, professional nurse or qualified ambulance paramedic, and confirms that death has occurred. This allows the funeral director to lawfully transfer the deceased into their care and begin making the necessary arrangements.

## The first document issued is typically the Declaration of Death.

The next document is the Notice of Death (DHA-1663A). This important statutory document from the Department of Home Affairs records the deceased's personal details and medical cause of death.

Different sections are completed by the medical practitioner, a family member or other informant, the funeral undertaker and, in certain circumstances, a forensic pathologist.

Once completed, the form is submitted to the Department of Home Affairs to

officially register the death. Part of the form is sealed for confidential statistical purposes and is not shared with the family.

Only once the death has been registered can the Death Certificate (DHA-5) be issued by the Department of Home Affairs. This is the official legal proof of death and is required when administering an estate, claiming life insurance, closing bank accounts, accessing pension benefits and attending to many other legal matters.

In simple terms, the Declaration of Death confirms that someone has passed away, the Notice of Death registers the death, and the Death Certificate provides legal proof of it.

At Oakleigh, we guide families through every step of this process, ensuring that all documentation is completed correctly and with care, so that you can focus on what matters most – remembering and honouring your loved one.

For assistance with the certification of death-related documents, you are welcome to call Oakleigh on 086 111 1380.





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# Puzzle Corner

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## 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 38!**

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

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## Wordsearch

Find all the hidden words in the grid - they can go forwards, backwards, up, down or diagonally! No tricky clues, just a fun challenge for your brain.

**Solutions on page 38!**

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

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## Small Steps, Big Benefits

**Gentle exercise can help  
you stay stronger, healthier  
and more independent!**

You don't need to run marathons or spend hours in the gym to enjoy the benefits of exercise. Gentle, regular movement is one of the best ways to keep your body healthy as you age.

Activities such as walking, swimming, stretching, gardening and chair exercises can improve balance, strengthen muscles and help keep your joints flexible. Regular exercise also supports heart health, helps maintain strong bones, boosts energy levels and may improve your mood and sleep.



The key is to find an activity you enjoy and make it part of your daily routine. Even 20 to 30 minutes of movement on most days of the week can make a real difference. Remember, every step counts – even if it's just a few extra trips to the kettle.

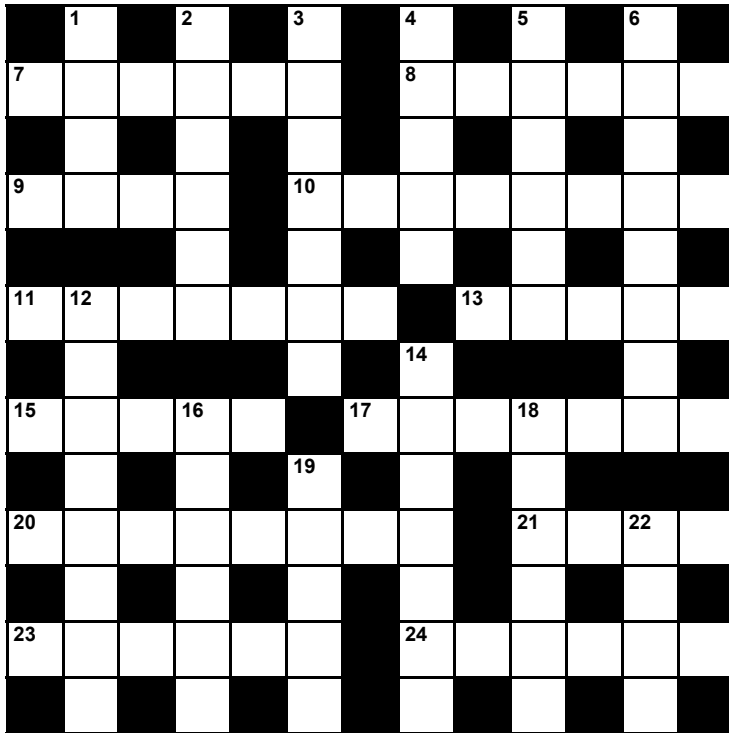
Staying active doesn't have to be strenuous. Keep moving, keep smiling and enjoy the freedom that comes from looking after your body. After all, if bending down to tie your shoelaces feels like a fitness challenge, it's definitely time for a little more exercise!



# Puzzle Corner cont.

## Crossword

Crack the clues, fill the grid, and test your brain! **Solutions on page 38!**



### Across

- 7 Inflict a penalty on (6)
- 8 Scribble aimlessly (6)
- 9 Extremist religious group (4)
- 10 Border of an area (8)
- 11 Acting with or showing care and thought for the future (7)
- 13 Underneath (5)
- 15 Run after a person (5)
- 17 Ask for something (7)
- 20 Ant-eating African mammal with a tubular snout (8)
- 21 South African Police Service (abbr) (4)
- 23 Snoozing (6)
- 24 Distant in manner, not friendly (6)

### Down

- 1 Personal religious teacher in Hinduism (4)
- 2 Skilled (6)
- 3 An entire system; the whole \_\_\_ (7)
- 4 Unpleasant smell (5)
- 5 Thin strip of pasta (6)
- 6 Illustrious, marvellous or wonderful (8)
- 12 Recite a play (8)
- 14 Type of computer (7)
- 16 Occurring quickly (6)
- 18 Dangerous or perilous (6)
- 19 Pleased (5)
- 22 Shove someone (4)



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# South African Birds



## Speckled Mousebird

Think all brown birds are boring? The Speckled Mousebird is here to prove otherwise! With its scruffy crest, black face and long tail, this sociable character is usually spotted in noisy little gangs, bouncing through gardens, forest edges and fruiting trees.

Listen for its cheerful “chee chee chee” calls as it raids bushes for berries, flowers and even fresh leaves. But its greatest party trick is hidden in its feet... Like all mousebirds, it can rearrange its toes into different positions, helping it climb branches, cling to trunks or even hang upside down like a feathered acrobat!

Common across much of South Africa, these quirky birds remind us that even our everyday garden visitors can be full of surprises if we simply stop and watch.

## Crested Barbet

If birds had personalities, the Crested Barbet would be the loud neighbour with the fabulous wardrobe. Splashed with bright reds, yellows, blacks and whites, it is one of South Africa's most eye-catching garden visitors.

But don't expect a sweet melody – its call is a long, buzzing trill that has famously been compared to an alarm clock with the bell removed! Luckily, it is far more charming than it sounds.

You'll often spot one hopping around beneath trees, searching for fruit, insects or even the occasional snail, which it expertly smashes open. Common in gardens, parks and dry woodland, the Crested Barbet proves that you don't need a beautiful singing voice to become one of the most memorable birds around.





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# Collector's Corner

With Daryl Kriel from Kensington Bond

Hi Daryl,  
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Goldscheider porcelain figurines occupy a distinguished place in the history of European decorative arts. Produced primarily by the renowned Goldscheider workshops in Vienna during the late nineteenth and early twentieth centuries, these elegant sculptures reflect the artistic movements of their time, particularly Art Nouveau and Art Deco.

Their graceful forms, expressive modelling and finely painted finishes continue to captivate collectors worldwide.

Today, Goldscheider figurines remain highly sought after, with values varying considerably according to rarity,

condition, subject and designer. Common examples generally sell for between R3,000 and R4,000, while rare or museum-quality pieces by celebrated artists such as Stefan Dakon or Josef Lorenzl can command between R50,000 and more than R200,000 at major international auctions. Original labels, factory marks and flawless condition can significantly enhance desirability.

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of artistic ambition,  
fashionable taste and  
technical mastery.**

Beyond their monetary value, Goldscheider figurines embody exceptional craftsmanship and cultural history. Each piece tells a story of artistic ambition, fashionable taste and technical mastery. They also possess one remarkable quality absent from most modern celebrities: they never post on social media, demand appearance fees or complain about the lighting.

Treat them with care, however. One unfortunate tumble can transform a prized investment into a very expensive lesson in gravity and the fine art of sweeping up porcelain.

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# The Cookie Thief

How many times in our lives, have we absolutely known that something was a certain way, only to discover later that what we believed to be true...was not?

A woman was waiting at an airport one night,  
With several long hours before her flight.  
She hunted for a book in the airport shops,  
Bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see,  
That the man sitting beside her, as bold as could be,  
Grabbed a cookie or two from the bag in between,  
Which she tried to ignore to avoid a scene.

So she munched the cookies and watched the clock,  
As the gutsy cookie thief diminished her stock.  
She was getting more irritated as the minutes ticked by,  
Thinking, "If I wasn't so nice, I would blacken his eye."

With each cookie she took, he took one too,  
When only one was left, she wondered what he would do.  
With a smile on his face, and a nervous laugh,  
He took that last cookie and broke it in half.

He offered her half, as he ate the other,  
She snatched it from him and thought... oooh, brother.  
This guy has some nerve and he's also rude,  
Why he didn't even show any gratitude!

She had never known when she had been so galled,  
And sighed with relief when her flight was called.  
She gathered her belongings and headed to the gate,  
Refusing to look back at the thieving ingrate.

She boarded the plane, and sank in her seat,  
Then she sought her book, which was almost complete.  
As she reached in her baggage, she gasped with surprise  
There was her bag of cookies, in front of her eyes.

If mine are here, she moaned in despair,  
The others were his, and he tried to share.  
Too late to apologize, she realized with grief,  
That she was the rude one, the ingrate, the thief.



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# Puzzle Corner Answers

**Crossword Solutions**  
**Across:** 7 punish, 8 dooodle, 9 cult, 10 boundary, 11 prudent, 13 below, 15 chase, 17 request, 20 aardvark, 21 SAPS, 23 asleep, 24 offish.  
**Down:** 1 gurn, 2 gifted, 3 shebang, 4 odour, 5 noodle, 6 glorious, 12 rehearse, 14 desktop, 16 sudden, 18 unsafe, 19 happy, 22 push.

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

Sudoku Solution

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

Word Search Solution

- Hint Pinks**
1. Fat cat
  2. Half laugh
  3. Teal eel
  4. Grey day
  5. Last blast
  6. New glue
  7. Hot pot
  8. Thin grin
  9. Tan man
  10. Old cold
  11. Long song
  12. Glad dad
  13. Bug rug
  14. Pig jig
  15. Tart start

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# The Words They Will Carry Forever



**Sometimes, the smallest things we say become the greatest treasures in a grandchild's heart.**

Ask any grandparent what they hope their grandchildren will remember one day, and you'll probably hear about camping trips, birthday parties, family holidays or secret chocolate treats. Yet, years from now, it may not be the big moments that linger most. It may simply be the words you chose.

A grandchild who hears, 'I'm proud of you,' even after making a mistake, learns that love is not something to be earned.

---

## Children notice when they are trusted.

---

When you say, 'Tell me more,' you show them that their thoughts matter. A simple, 'I love spending time with you,' reminds them that your greatest gift is not what you buy, but the time you gladly give.

Children also notice when they are trusted. They remember the grandparent who believed they could solve a problem, who listened without rushing to judge and who welcomed every emotion, not only the happy ones. Those

quiet conversations around the kitchen table or during a walk in the garden often become lifelong memories.

---

## They will never forget how you made them feel.

---

Perhaps the greatest gift grandparents offer is the quiet assurance that there is one place in the world where their grandchildren are accepted exactly as they are. In a busy, fast-moving world, that kind of love becomes an anchor.

One day, your grandchildren may forget which games you played or what presents you gave them. But they will never forget how you made them feel. So, the next time they burst through your front door with muddy shoes, endless questions and stories that seem to go on forever, pause for a moment.

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# HINK PINKS

A **Hink Pink** (sometimes called a "rhyming pair") is a pair of rhyming words that matches a silly definition. For example:

A black bird that does not fly fast: **slow crow**

1. Jumbo Feline \_\_\_\_\_
2. 50-percent Giggle \_\_\_\_\_
3. Blue-green Moray \_\_\_\_\_
4. Cloudy 24 Hours \_\_\_\_\_
5. Final Explosion \_\_\_\_\_
6. Fresh Adhesive \_\_\_\_\_
7. Scalding Cauldron \_\_\_\_\_
8. Skinny Smile \_\_\_\_\_
9. Sun-kissed Male \_\_\_\_\_
10. Ancient Flu \_\_\_\_\_
11. Lengthy Tune \_\_\_\_\_
12. Happy Father \_\_\_\_\_
13. Insect Carpet \_\_\_\_\_
14. Hog Dance \_\_\_\_\_
15. Sour Beginning \_\_\_\_\_



Answers on Page 38





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# Comic Corner



---

**Q: Why are frogs always so happy?**

**A: They eat whatever bugs them.**

---

## One Wish Too Far

Three friends stranded on a deserted island find a magic lamp. Inside is a genie who agrees to grant each friend one wish.

"I want to go home," says the first friend. The genie grants her wish.

"I want to go home too," says the second friend, and the genie sends him home.

"I'm lonely," says the third friend. "I wish my friends were back here."

## Fat-Free Fries

A boy sees a restaurant sign advertising fat-free French fries.

"Sounds great," says the health-conscious boy, and he orders some.

He watches as the cook pulls a basket of fries from the fryer. The potatoes are dripping with oil when the cook puts them into the container.

"Wait a minute," the boy says. "Those don't look fat-free."

"Of course they are," says the cook. "We only charge for the potatoes."

---

**Q: What did the tree say when spring finally arrived?**

**A: What a relief!**

---

## Ten Ants

Five ants rented an apartment with another five ants. Now they are tenants.



## Riddle

1. What gets smaller every time it takes a bath?
2. What five-letter word typed in all capital letters can be read the same upside down?

---

Riddle Answers: 1. Soap 2. SWIMS



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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 Garden hamper worth R600 Courtesy of Oakleigh Funeral Home.**

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

Keyword: POTPLANT | Answer: Page number and location of the pot plant.



**2. Win a R300 Blackwood's Nursery Voucher**

Keyword: BLACKWOOD'S | No competition answer required.

**3. Win a SUNDAY LUNCH FOR TWO at Nino's Hilton**

Find the hidden NINO'S LOGO and tell us where it's hiding!

Keyword: NINO'S | Answer: Page number and location of the Nino's Logo.



**4. Win R500 CASH courtesy of Senior Living Magazine**

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

Keyword: DRAGONFLY | Answer: Page number and location of the Dragonfly.



**Where applicable, winners will be drawn on 16 September 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!**

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