



Senior Living

MAGAZINE

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Jy Geplant Is!**

**Bloubessie &
Piesang Muffins**

**Danger of
Crocodile
Pools**

VOL. 04 Okt/ Nov 26

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Redakteursnota

Liewe Lesers

Die lente is hier, en daarmee saam kom 'n wonderlike gevoel van nuwe energie. Die dae is warmer, tuine bars van kleur en daar is iets omtrent hierdie seisoen wat ons lus maak om buite te wees en die lewe ten volle te omhels!

Ons tema hierdie maand is "Bloei waar jy geplant is", 'n pragtige herinnering dat ons nie altyd êrens anders hoef te wees om te floreer nie. Waar die lewe jou ook al "geplant" het, is daar altyd 'n geleentheid om te groei, vreugde te vind en die beste te maak van die seisoen waarin jy jou bevind.

In hierdie uitgawe onthou ons ook vir Danger, 'n besonder lojale hond wie se onwrikbare geselskap ons herinner aan die spesiale plek wat diere in

ons harte inneem. Hulle liefde is een van die eenvoudigste en grootste geskenke van die lewe!

Van eenvoudige plesiertjies gepraat ... maak seker dat jy ons heerlike piesang- en bloubessiemuffin resep probeer. Ek kan nie aan 'n better lente-middag dink nie as om 'n warm muffin en 'n koppie tee met 'n vriend te deel, in die tuin te sit en die sonskyn te geniet nie.

So, namate die lente in volle swang kom, hoop ek dat jy die vars energie daarvan sal omhels, tyd buite sal deurbring, sal koester wat vir jou belangrik is en, bowenal, sal onthou om presies daar te blom waar jy geplant is.

Gelukkige lente en lekker lees!

Met liefde

Alli

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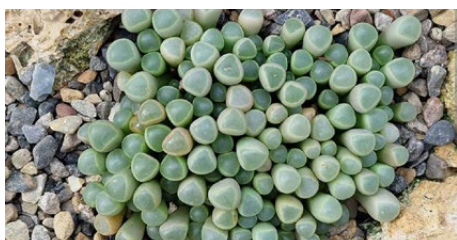
My “Oogappel” Plantjies

As mens hou ons van regverdigheid en verkies dat almal moet ewe liefgehê word...

As mens hou ons van regverdigheid en verkies dat almal moet ewe liefgehê word. So word die woordjie “oogappel” dan gebruik om n skaamtelose voortrekkerry minder sondig te laat klink.

Met my vetplantjies op my stoep gebeur die skaamtelose voortrekkerry verder. Hulle kry spesiale staanplekkies, spesiale potjies, spesiale watertjies en troetelnaampies. Smiddae na werk word hulle bevoel, beruik, bespreek, soms betreur (die kinders vrot sommer oornag) en dan word “brag” fotos geneem.

Twee derdes van alle vetplante in die wêreld is inheems aan ons pragtige Karoo!



Die spoggerige fotos word dan vir vetplant vriende, vetplant groepe, oumas en oupas aangestuur en soos bybelversies word dit soos ’n veldbrand in Augustus “geforward”. Die vetplantjies wat op jou stoep beland, is nie algemeen nie, dit is meestal Mesemb (dwerg vetplante) wat hoofsaaklik groei in die Sukkelente Karoo. Dit is versamel plante, hoe skaarser hoe duurder.



Daar word veilings gehou op Facebook, daar word uitgeruil met mekaar en landwyd is daar vetplantskoue. Dit is “vertoon” plantjies, te klein en waardevol om sommer net in die tuin te plant. Hulle kom met die mooiste volksmond name: Beeskloutjies, Bababoudjie, Volstruiswater, Volstruisnekke, Vetnoorse, Kreefkloue, Klipplante, Hoenderpootjies en dan is daar die meer beskrywende, effens onbeskoffte name ook soos: Hondeballe en Kwaggaballe!

Twee derdes van alle vetplante in die wêreld is inheems aan ons pragtige Karoo. Naas Suid Afrika is Namibië en dan Madagaskar die grootste bron van vetplante. Kaktusse kom hoofsaaklik van Mexico en omgewing. Ons het net een inheemse kaktus... die koraalkaktus.

In kort is die “oogappelplantjies” ’n besonderse interessante wereld waar die skepsel gaan stil staan in verwondering oor die Skepper en Sy geopenbaarde skepping.

Lente groete vir almal!



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



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South African Birds

Kardinaalspeg Cardinal Woodpecker

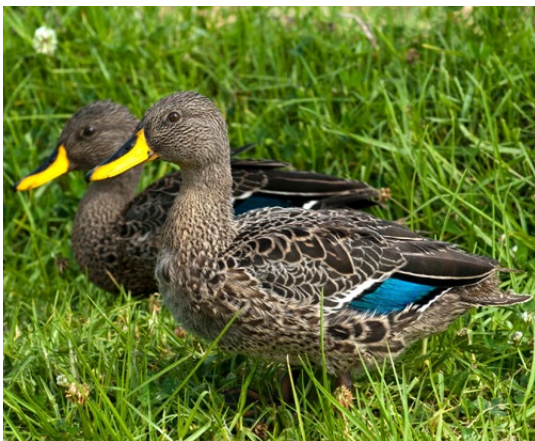
Die Kardinaalspeg het 'n lang, intrekbare tong, en hy spog nie net nie! Hierdie tong help hom om kos by te kom wat weggesteek is in nou krake en holtes in takke en bas. Ondersteun deur 'n lang, kronkelende struktuur binne-in sy kop,



kan die tong verby die bek strek om plekke te ondersoek wat die bek nie kan bykom nie. Kardinaalspegte soek dikwels kos op dun, dooie takke en stamme, en pik in klein holtes om kewerlarwes, papies en ander insekte te vind. Die tong het 'n punt met weerhake wat help om hierdie versteekte happies vas te gryp en uit te trek. Dit is ook baie handig om miere en spinnekoppe van bas en plantstamme af op te pik. So, hoewel die Kardinaalspeg dalk lyk asof hy 'n klein bekkie het, het hy 'n indrukwekkende bereik!

Geelbekeend Yellow-Billed Duck

Die Geelbekeend (*Anas undulata*) is maklik om te herken: donker, fyn gepatroonde vere, 'n heldergeel bek en 'n flits van metaalgroen op die vlerk. Hy weet beslis hoe om 'n indrukwekkende verskyning te maak! Hierdie eende word gewoonlik op stilstaande of stadigvloeiende water aangetref en kan in pare of in groepe verskyn wat wissel van 'n handjievol tot verskeie honderde. Hulle vreet hoofsaaklik waterplante, maar insekte, larwes en slakke is ook op die spyskaart. Die wyfies is



die spraaksames wat die bekende kwakgeluide maak, terwyl die mannetjies oor die algemeen stiller is en af en toe lae fluite gee. Hulle vorm monogame pare, en die wyfie bou 'n goed versteekte grasnes naby die water. Hulle kan ook verrassend nomadies wees en lang afstande reis wanneer reën nuwe voedingsgeleenthede skep.

Lesse uit 'n donkie



Hoe 'n ou donkie ons geleer het om bo die uitdagings van die lewe uit te styg!

Eendag het 'n boer se donkie in 'n put geval. Die dier het ure lank klaaglik gebulk terwyl die boer probeer uitwerk wat om te doen. Uiteindelik het hy besluit dat die dier oud was en dat die put in elk geval toegemaak moes word; dit was eenvoudig nie die moeite werd om die donkie uit te haal nie.

Hy het al sy bure genooi om hom te kom help. Hulle het elkeen 'n graaf gevat en begin om grond in die put te skep.

Die boer het in die put afgekyk en was verstom oor wat hy gesien het!

Aanvanklik het die donkie besef wat besig was om te gebeur en verskriklik begin bulk. Toe, tot almal se verbasing, het hy stil geword.

Met elke graaf grond wat op sy rug geval het, het die donkie iets ongeloofliks gedoen. Hy het die grond afgeskud en 'n tree vorentoe gegee!

Terwyl die boer se bure aangehou het om grond bo-op die dier te skep, het hy dit telkens afgeskud en 'n tree vorentoe gegee. Kort voor lank was almal verstom toe die donkie oor die rand van die put uitklim en rustig weghardloop!

Die lewe gaan grond op jou skep, allerhande soorte grond. Die geheim om uit die put te kom, is om dit af te skud en 'n tree vorentoe te gee.

Elkeen van ons se probleme kan 'n trappie na bo wees. Ons kan selfs uit die diepste putte kom deur eenvoudig nie op te hou nie en nooit moed op te gee nie! Skud dit af en gee 'n tree vorentoe!

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Danger of Crocodile Pools

A legacy of loyalty, courage and mischief!

Some dogs arrive in your life with a story already stitched into their hide. Danger, the Rhodesian Ridgeback, who came thundering into our home as a two-month-old, long-legged, slobbering lump of enthusiasm, was one of those.

He came from Crocodile Pools near Gaborone, a place where the Molopo River cuts through thornveld and dust, where baboons bark from the koppies and cattle wander like slow ships.

Ridgebacks born in that country carry a certain look: alert, tough, and already half wild. Danger was no exception.

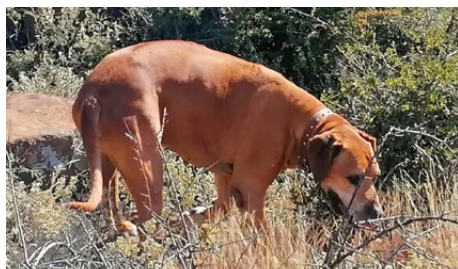
But his name didn't come from Botswana. It came from a man who lived long before him.

A two-month-old, long-legged, slobbering lump of enthusiasm!

The First Danger

My great grandfather, Mr O'Halloran, arrived in South Africa during the Boer War with the Royal Irish Dragoon Guards.

After the war, he married a Boer woman who had survived a British concentration camp, a union forged in the strange aftermath of conflict.



Times were hard. South Africa staggered through depression, drought, and uncertainty.

O'Halloran had a gift: he was a remount specialist. He could take a horse shattered by gunfire and bring it back to calmness, strength, and purpose.

Animals trusted him. All animals. His donkey was named Jacob, and his dog, a bull terrier with more brains than manners, was named Danger.

The stories say that Danger understood every word the old man spoke. He ran errands, guarded the mule cart, and kept watch while O'Halloran

ferried water for the mines. Later, when the old soldier turned prospector, Danger followed him across the diamond fields of Hopetown. It was a hard life: digging and digging for one small stone, only to have merchants try to take it for a pittance.

But O'Halloran kept his humour to the end. He died peacefully in 1942, leaving behind a handful of stories and one unforgettable dog!

**O'Halloran kept his
humour to the end.**

The Second Danger

So, when we fetched our Ridgeback pup from Crocodile Pools, fat, clumsy, and about to be saddled with a ridiculous name, I reached back into family memory and pulled out the only name that fit. Danger. And he earned it.

He grew into a magnificent Ridgeback: loyal, powerful, and possessed of that quiet confidence the breed carries. He ran the hills of the Botswana bush with Toby and Biggles, chased scents only he could smell, and slept like a king after every adventure. But his greatest adventure came when we left Botswana...

The Permit Battle

To cross the border, the dogs needed veterinary permits.

My wife, Helen, went to the agricultural state vet, an office perched high in a tall building,



and was told by four officials that Danger would not be allowed to leave the country. No explanation. No compassion. Just a flat refusal.

She phoned me in tears. I turned the car around. When I walked into that office, I didn't shout. I didn't threaten. I simply told the gentlemen, very quietly, that if they wanted fun, I had plenty of entertainment to offer in the parking lot. All were welcome. I would wait downstairs.

I waited half an hour.
No one came.

A day or two later, Danger's permit was issued. And that's how a Ridgeback from Crocodile Pools crossed the border: not through bureaucracy, but through backbone.

**...that's how a Ridgeback
from Crocodile Pools
crossed the border!**

The Baboon Hill Run

Danger's most legendary South African escapade came on a

hill about two kilometres from home. It was one of those crisp Karoo days when the dogs were restless and the koppies looked inviting. So the four of us, Danger, Toby, Biggles, and I, set off up the slope.

Halfway up, I saw movement. Not small movement. Big movement.

**Halfway up, I saw
movement...
big movement.**

A troop of large baboons, the kind that can tear a car door off without breaking a sweat, were making their way towards us at speed!

The boys didn't notice. They were too busy sniffing, exploring, and living their best lives.

I didn't waste time explaining the situation. I simply turned around and started moving! What followed was a downhill sprint through thornbush, loose



stones, and boulders. The dogs thought it was the greatest game ever invented!

Danger thundered ahead like a Ridgeback locomotive. Toby zig-zagged with heroic enthusiasm. Biggles, the Chief Inspector, maintained his usual dignified trot, as if the entire event was beneath his professional concern.

Meanwhile, I was performing a controlled fall at high velocity, trying not to die! We covered the two kilometres in record time. The dogs arrived home triumphant. I arrived home needing resuscitation.

But that was Danger's way. He lived life at full tilt, trusted completely, and believed every mad dash was just another chapter in the adventure of being a dog with a name inherited from a prospector's bull terrier.

Legacy

Danger lived out his life in South Africa, carrying the name of a dog who once guarded a mule cart and understood every word of a Dragoon Guardsman.

Two dogs, separated by decades, joined by a name that meant loyalty, courage, and a touch of mischief. A Ridgeback from Crocodile Pools. A bull terrier from Hopetown.

One name. One spirit.

Danger!

Written by Peter O'Halloran

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Blom Waar Jy Geplant Is



Jy hoef nie êrens anders te wees om te floreer nie...

Daar is iets besonder aan 'n tuin in die lente. Nie elke blom blom op dieselfde tyd nie, en nie elke plant het dieselfde hoeveelheid sonskyn of reën nodig nie. Tog sal elkeen op sy eie spesiale tyd groei.

Miskien is die lewe baie dieselfde. Soos ons ouer word, is dit maklik om terug te kyk en te wonder oor die paaie wat ons nie gekies het nie, die geleenthede wat by ons verbygegaan het, of die drome wat nooit heeltemal ontvou het soos ons dit voorgestel het nie. Maar wat as ons ophou om oor ons skouers terug te kyk en begin om die mooiheid van waar ons vandag is, raak te sien?

Wat as ons ophou om oor ons skouers terug te kyk?

"Bloei waar jy geplant is" is meer as net 'n mooi geseg. Dit is 'n uitnodiging om die hoofstuk van jou lewe waarin jy nou is, te omhels.

Miskien lyk jou lewe vandag anders as wat jy eens voorgestel het. Miskien het jou gesin verander, is jou huis stiller, of het jou dae nou 'n stadiger ritme. Maar 'n stadiger pas beteken nie 'n kleiner lewe nie.

Hierdie tyd in jou lewe kan nuwe vriendskappe, onverwagte avonture, kreatiewe belangstellings,

betekenisvolle gesprekke en eenvoudige vreugdes inhou. Daar is steeds soveel om te ontdek, te leer en te geniet.

'n Tuin jaag nie sy blomme nie! Dit groei eenvoudig, een dag op 'n slag.

'n Tuin jaag nie sy blomme nie!



Dus, waardie lewe jou ook al geplant het, slaan wortel. Maak die meeste van vandag. Lag gereeld. Probeer iets nuuts. Koester die verhoudings wat saak maak. Neem tyd om die klein dingetjies te waardeer.

Jy hoef nie êrens anders te wees om te floreer nie. Jy kan hier, presies waar jy is, blom – nou, op hierdie oomblik!

Geskryf deur Alli



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kompleks



Every Day A Daisy

By Luco Crispin

When Music Speaks for Us

A memorial service is a time to remember, reflect and honour a life. While it is naturally a time of deep sadness, it can also be an opportunity to celebrate the treasured moments, personality and memories that made someone special.

**...it can also be an
opportunity to celebrate!**

The right music creates atmosphere.

As a funeral director, I have often seen how music can transform a memorial service. When words feel inadequate and emotions are difficult to express, a familiar song can tell part of a person's story.

Keep in mind there are no strict rules when choosing music. A traditional hymn may bring comfort to one family, while another may find greater meaning in a favourite song their loved one played while driving, relaxing or spending time with family. Sometimes, hearing that familiar melody brings back a smile, a memory or even a moment of joy.

**When words feel inadequate or
emotions are difficult to express,
a song can tell a story.**

Remember the time...

When selecting music, ask yourself: What did they love listening to? Which song immediately makes me think of them? What music best expresses what I feel but cannot put into words?

Your answers may help create a playlist that feels deeply personal and a farewell that reflects the unique life being remembered.

Music is more than something played during a service - it will become part of the memory itself.

**Music expresses what we feel but
cannot put into words.**



For more inspiration on creating a meaningful memorial playlist, visit our blog at www.avalon051.co.za



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!**

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



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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 gesondheidsuitkomst te verseker.

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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.

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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!**

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

VIER
 DANKBAARHEID
 VREUGDE
 MOONTLIKHEID
 VRIENDELIKHEID
 HERNUWING
 GEPLANT
 GENADE
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reception@bayswatervillage.co.za

Staying Independent at Home

A home is more than just a place to live.

It is where memories are made, and where comfort and familiarity bring peace of mind. For many older adults, staying in their own home is deeply important because it represents independence, dignity and the freedom to continue enjoying the life they know and love.

As homes grow and families evolve, moving between floors can become more difficult. A Lifta SA Home Lift offers a simple and elegant way to make every level of the home safe and accessible again.

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



Lifta has become a trusted partner for families wanting to support loved ones at home. Every lift is built to high European standards and installed with care by experienced local teams.

Unlike traditional lifts, Lifta 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.

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

The Lifta Trio Home Lift is ideal for those planning ahead or needing extra space. It comfortably accommodates two people or a wheelchair, providing safe and reliable movement between floors.

Every Lifta Home Lift includes advanced safety features, simple controls and battery backup for peace of mind during power outages. With a sleek, modern design, each lift blends beautifully into the home.

We are changing lives, one lift at a time.

Website: www.lifta.co.za
Email: info@lifta.co.za
Contact number: 080 73 73 73 7

Why Choose Our Home Lifts?



Installed within 2 days



Elegant and Stylish



Retro-fit



Small Footprint



Unmatched Safety Features



Empowering Homes, Empowering People

Lifta Home Lifts are European designed, stylish residential lifts that can be installed almost anywhere in your home.



Experience luxury living with effortless movement between floors. Lifta SA home lifts allow you to move freely in the home you love and enjoy the confidence of luxury without compromise. Our shaftless, classy lifts can be incorporated as part of a new build or installed within an existing home. There is no need for three phase power or extensive and costly construction work and our lifts can be installed by our team within 2 days.

Contact Lifta on **080 73 73 73 7 for a free**, no obligation, on site assessment with one of our Product Specialists.



E: info@lifta.co.za | T: 080 73 73 73 7
www.lifta.co.za



Bloubessie en Piesang Muffins

'n Eenvoudige bederfie om saam met middagtee te geniet!

Bestanddele

- 3 baie ryp piesangs, fyngedruk
 - ½ koppie (125 ml) gesmelte botter
 - ½ koppie (100 g) wit suiker
 - 1 groot eier
 - 1 teelepel vanieljegeursel
 - 1½ koppies (190 g) koekmeel
 - 1 teelepel bakpoeier
 - ½ teelepel koeksoda
 - ¼ teelepel sout
 - 1 teelepel gemaalde kaneel
 - 1 groot handvol vars bloubessies
4. Meng die meel, bakpoeier, koeksoda, sout en kaneel in 'n aparte bak.
 5. Vou die droë bestanddele by die piesangmengsel in totdat dit net-net gemeng is. Moenie te veel meng nie.
 6. Vou die vars bloubessies liggies by die mengsel in.
 7. Verdeel die beslag eweredig tussen die muffinbakkies en vul elkeen ongeveer ¾ vol.

Metode

1. Voorverhit die oond tot 180°C en plaas papierbakkies in 'n 12-holte-muffinpan.
2. Druk die piesangs in 'n groot bak fyn.
3. Roer die gesmelte botter, suiker, eier en vanieljegeursel by totdat dit goed gemeng is.
8. Bak vir 18–22 minute, of totdat 'n toetspen wat in die middel gesteek word, skoon uitkom.
9. Laat die muffins vir 5 minute in die pan afkoel voordat dit na 'n draadrak oorgeplaas word.

Geniet dit!

THE STAFFY

**BANG FOR BUCK
BREKKIE**

10:30 - 12:30

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R45

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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
084 445 0131 | 083 300 7296
Elmarie19@hotmail.com

From Far To You

Eksklusiewe Damesklere

Nuwe somers voorraad beskikbaar vanaf 7 September



Marie Wessels
084 038 9749

Elmarie Uys
084 445 0131

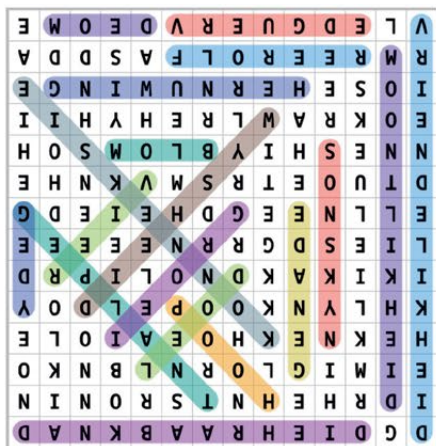
Winkel Ure:
9 - 5
Maandag tot Vrydag
9 - 12
Saterdag

Sondae en Vakansie dae gesluit



31 Jac van Rhyn str, Universitas Rif, Bloemfontein

Puzzle Answers



Word Search Solution

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

Sudoku Solution



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Santjie

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Comic Corner

Q: Why do birds fly south in the spring?

A: Because it's faster than walking!

The Prince

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words, and so on.

One day, he fell in love with a beautiful lady.

He refrained from speaking for two whole years so he could call her "my darling".

But then he wanted to tell her he loved her, so he waited three more years.

At the end of these five years, he wanted to ask her to marry him, so he waited another four years.

Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, "My darling, I love you! Will you marry me?"

And the lady said, "Sorry, can you repeat that?"

Bad Word

A young boy was sitting in the waiting room for a little bit after getting his tooth pulled.

The receptionist asked him if he was OK. "Yes, but I didn't like the bad word the dentist used while he was pulling my tooth."

"What did he say?" asked the receptionist, worried.

The boy replied, "Oops."

**Crochet is basically anger management with yarn.
You stab something 5000 times and end up with a blanket.
Highly therapeutic!**

**I told my wife she should embrace her mistakes.
She gave me a hug.**

**Q: Why couldn't the bad sailor learn the alphabet?
A: Because he always got lost at "C".**



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Is Dit Jy?

- ✓ Volledige opleiding en ondersteuning
- ✓ Werk van jou foon of rekenaar
- ✓ In jou eie tyd

Carika

061 503 1188



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



**JOU
SOMER-HELD
IS HIER!**



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in die Spar Sentrum HEUWELSIG

Kom kuier by Klinikare Apteek en geniet fantastiese winskopies wat jou begroting sal laat juig. Sê koebaai vir hooikoors, hoofpyne en alle gemors wat jou somerdae versier. By Klinikare Heuwelsig kry jy top diens, kundige raad en sorg vir enige kwaal.

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**Onvergeetlike
oomblikke
begin
by ons kos!**

Verryk jou volgende kuier met handgemaakte soet en sout happies vir enige geleentheid...



Vir 'n pryslys en foto's
stuur whatsapp na

082 565 1596

Martli

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 R500 CASH courtesy of Senior Living Magazine

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

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



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

Find the NEW U LOGO hiding in the magazine and tell us where it is!

Keyword: NEW U | Answer: Page number and location of the NEW U LOGO.



3. Win a GIFT HAMPER courtesy of Avalon Funerals

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

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



4. Win a R250 VOUCHER courtesy of The Staffy Restaurant

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

Keyword: BREKKIE | Answer: Page number and location of the BREAKFAST



Where applicable, winners will be drawn on the 16th of November 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

Content and competitions: alli@seniorlivingmag.co.za.



Dan Pienaar

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07h30 tot 12h00 en 14h00 tot 17h00

Saterdag

08h30 tot 12h00

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