Senior Living

MAGAZINE

Thrive after 55!



Sjokolade Broskoekies

Die Kersfees van die Skewe Engel

Finding the good in 2026!

VOL. 05 Des 26/ Jan 27

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Redakteursnota

Beste Lesers

Daar is iets wonderbaarlik troostend aan Kersfees. Miskien is dit die bekende liedjies, die reuk van iets heerliks wat bak, of die manier waarop dit lyk asof ons 'n bietjie meer tyd maak vir die mense wat die meeste saak maak.

Kersfees het ook 'n manier om ons te herinner aan wat werklik saakmaak.

As ons terugkyk na die jaar, onthou ons dat ons gunstelingoomblikke nie altyd die perfek-versierde oomblikke is nie, of die jare wanneer alles volgens plan verloop het nie. Dikwels is dit die wonderlike gewone oomblikke wat spesiaal gemaak is bloot as gevolg van wie daar was.

Daardie sentiment loop deur hierdie feestelike uitgawe van Senior Living. Ons Kersverhaal, "Die Kersfees van die Skewe Engel", is 'n sagte herinnering dat die herinneringe wat ons die meeste koester, gemaak word deur lag, familie, tradisie en samesyn.

Jy sal ook feestelike resepte, Kersfeestrivia, raaisels en 'n bietjie humor vind om jou deur die vakansie en tot in Januarie te dra!

Die belangrikste is dat ons die ware rede vir ons viering mag onthou. Die geboorte van Jesus herinner ons aan God se liefde, getrouheid en die hoop wat ons deur Christus het.

Terwyl 'n nuwe jaar begin, mag ons vorentoe kyk met dankbare harte, hernude hoop en opgewondenheid oor die nuwe begin wat God in die vooruitsig het.

Ek wens jou en jou geliefdes 'n Geseënde Kersfees en 'n gelukkige, gesonde en hoopvolle Nuwejaar toe!

– Alli en die Senior Living Span

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

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Reseptehoekie

Sjokolade Broskoekies

'n Regte feestelike lekkerny wat in jou mond smelt!

Lewer: Ongeveer 30 koekies

Bestanddele

Broskoekies:
- 200 g ongesoute botter, sag gemaak
- 110 g versiersuiker
- 3 g sout
- 1 eetlepel vanieljegeursel
- 290 g koekmeel
- 40 g kakaopoeier, gesif

Sjokoladebedekking:
- 300 g baksjokolade
- 20 g groente-olie

Metode

1. Voorverhit die oond tot 150°C (sonder waaier) of 130°C (met waaier).

2. Klits die botter, versiersuiker, sout en vanieljegeursel totdat dit lig en donsig is.

3. Voeg die meel en kakaopoeier in twee sarsies by en meng totdat 'n sagte deeg vorm. Indien die deeg te sag is, plaas dit vir 30 minute in die yskas.

4. Verdeel die deeg in twee. Rol elke porsie tussen velle bakpapier uit totdat dit ongeveer ½ cm dik is. Plaas in die yskas vir 1 uur.

5. Sny die deeg in jou gunstelingvorms en plaas dit op 'n bakplaat wat met bakpapier uitgevoer is. Laat ongeveer 2 cm tussen elke koekie.

6. Bak vir 20 minute. Laat afkoel en hard word.

7. Vir die sjokoladebedekking: Smelt die sjokolade en olie saam in die mikrogolfoond, 30 sekondes op 'n slag, en roer tussen elke interval. Jy kan dit ook saggies oor 'n pot pruttende water smelt.

8. Doop die afgekoelde koekies in die sjokolade en plaas dit op bakpapier om te stol.

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Finding the good in 2026!

Things, people, and places you adore:

1 | 2 | 3

Things you've worked hard to achieve:

1

2

Hobbies, subjects or pursuits you're passionate about:

1

2

People you can count on for warm hugs and kind words:

1

2

Things that are going well right now:

1

2

Things to look forward to:

1 | 2 | 3





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Middag koffietjie...

As ons lekker kuier, word die koffie sommer "bottomless"!

Ons warm somermaande is altyd `n moeiliker tuinmaak tyd vir my. Die lente "honeymoon" is verby, die bloeisels maak plek vir jong vruggies, die koel aandluggie raak warmer en die sondeval vliegies (muskiete) begin irriteer.

Die dae raak warmer en ek en my vroutjie soek `n koeler plek vir ons middag koffietjie.

Om die regte ' Middag koffietjie" plek te kry is amper moeiliker om te vind as die ou mense se hoendertande.

Die verwagtinge is hoog en die onderhandeling vat tyd. Ons huwelik word plek-plek getoets soos ons die groot besluit beredeneer.
Eerstens moet daar iets mooi wees om te bekyk (hoe meer natuur hoe beter die kans).

Tweedens gaan dit nie net oor die Flora nie, maar ook die Fauna. Daar moet beplan word om ons voeltjie vriende ook te kan besigtig.

Derdens moet die "sit" keuse ook gemaklik wees, want as ons lekker kuier word die koffie sommer "bottomless".



Na vele gesprekke en toetslopies kry ons ons "Middag Koffietjie" plek.

Die onderste tuin kry `n pergola, die pergola kry `n hanepoot druif om koelte te maak, die heining kry `n latteskerm (omrede die bure nie altyd saam koffie mag drink nie) en ouma se gietyster stelletjie word ons nuwe gemaklike buite sitkamer.

Die huwelik is ook nou sommer sterker as die Woolies koffie...

Die huwelik is ook nou sommer sterker as die Woolies koffie...

Dit is ook goeie tyd om prakties te raak en reg te maak vir die somerhitte asook Kersfees se weggaan tyd. Al die beddings kry `n dik laag boombas (so hand dikte gestrooi) om die vog terug te hou en om die plante se wortels teen die stygende hitte te beskerm.

Maak seker jou besproeiing werk mooi en kom oral by, vervang jou swembad filtersand, sit lokaas uit vir vrugtevlieë en gooi gif in die Clivias en broodboom krone (Garden Ripcord keer die lily borer om amok te maak).

Nou ja, as jy klaar prakties geraak het en die rug is moeg, is dit die tyd vir `n Middag koffietjie!

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

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- **Beter asemhaling:** Maak lugweë oop; verlig asma, hooikoors, emfiseem, brongitis, verkoue, griep en sinusitis.
- **Verlig irritasie:** Kalmeer oë, keel, vel en allergieë.
- **Welstand-hupstoot:** Verminder stres en angs, help met moegheid en slaaploosheid.



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Empty bottles	Lidless containers	Broken board games	Receipts	Misfit belts
Broken hair-ties	Duplicate utensils	Incomplete puzzles	Old cards	Damaged clothes
Old toothbrush	Expired cleaners	Tired cushions	"Freebies"	Unused bags
Expired medicine	Old cookbooks	Old throws	Burnt-out candles	Broken jewellery
Dull razors	Worn dishtowels	Excess furniture	Loose buttons	Worn bedding
Old loofah	Old sponges	Old ornaments	Old keys	Unworn scarves

The Turkey shot out of the Oven!



The turkey shot out of the oven
and rocketed into the air,
it knocked every plate off the table
and partly demolished a chair.

It ricocheted into a corner
and burst with deafening boom,
then splattered all over the kitchen,
completely obscuring the room.

It stuck to the walls and the windows,
it totally coated the floor,
there was turkey attached
to the ceiling, where there'd never been
turkey before.

It blanketed every appliance,
it smeared every saucer and bowl,
there wasn't a way I could stop it,
that turkey was out of control.

I scraped and I scrubbed with displeasure,
and thought with chagrin as I mopped,
that I'd never again stuff a turkey
with popcorn that hadn't been popped!



Poem by Jack Prelutsky





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Every Day A Daisy

By Luco Crispin

When Christmas Feels Different: Finding Hope in the Festive Season

For many, Christmas is a season of joy, family and togetherness. But when someone we love is no longer with us, the festive season can also make their absence feel especially real.

The empty chair. A familiar voice that is missing. A favourite tradition that suddenly feels different. Memories can become more vivid, and moments that once brought only happiness may now bring tears.

If this is your experience, remember: there is nothing wrong with you. Grief does not take a holiday.

> Grief does not take a holiday.

Give yourself permission to feel

Christmas does not have to be either joyful or painful. It can be both. Give yourself permission to celebrate as much, or as little, as feels right.

Some traditions may need to change, while others may become more meaningful. Prepare your loved one's favourite dish, light a candle, look through photographs or share stories around the table. These simple acts don't mean you're holding on to the past. They make space for the memory of someone who remains part of your family story.

Holding on to hope

For Christians, Christmas carries a message far greater than just celebration. We remember the birth of Christ - the coming of "the light that shines in the darkness" -John 1:5.
That light does not deny our sorrow. It reminds us that sorrow does not have the final word.

The Christmas story is the story of God coming near. And when our hearts are hurting, we can hold onto the promise that He is near to the broken-hearted.

As the festive season approaches, be gentle with yourself and with one another. Pray together. Share memories. Accept the kindness of others. And if the tears come, let them come.

The first Christmas without someone we love may feel painfully different. Yet, with time, it can become more than a reminder of who is missing. It can become a celebration of love remembered, faith sustained and hope renewed.

> Hold onto the promise that God is near to the broken-hearted.

At Avalon Funerals, we understand that grief continues long after the funeral. This Christmas, may your family find comfort in one another, strength in your faith and peace in the knowledge that love does not end when life does.

Written by Luco Crispin from Avalon Funerals. For more information call 082 454 5045 / 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!**

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



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Elmarie Uys en Johan Wessels
084 445 0131 | 083 300 7296
Elmarie19@hotmail.com



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!**

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

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Die Kersfees van die Skewe Engel

Hoe een onvolmaakte Kersdag die een geword het wat ek die meeste onthou!

As jy my sou vra watter Kersfees ek die mees liefdevol onthou, sou ek jou kon vertel van die Kersfees toe ek my eerste regte fiets gekry het, of die een toe my oupa my met ‘n pragtige silwer armband verras het. Maar dit is nie die Kersfeeste wat my bygebly het nie.

My gunsteling-Kersfees was die een toe ons byna niks spoggerigs gehad het nie...
Ek was destyds ‘n jong ma, en Kersoggend het begin lank voor die son opgekom het. Ek onthou hoe ek in die bed gelê en luister het na die klanke van my kinders wat in die gang fluister.

“Is dit al tyd?”
“Nee, jy moet wag!”
“Ek dink dit is tyd!”

Dit was beslis nie tyd nie.

Fluisteringe het giggels geword, giggels het voetstappe geword!

Uiteindelik het die fluisteringe giggels geword, en die giggels het voetstappe geword wat na ons slaapkamer hardloop.

Dit het nie lank geduur nie of al drie kinders het langs die bed gestaan en verklaar dat Kersfees amptelik begin het!

Ons het in ons pajamas om die kersboom vergader, met slaperige oë en baie opgewonde harte. Die boom was nie soos die manjifieke bome wat jy vandag in winkels sien nie.

Die boom was nie soos die manjifieke bome wat jy vandag in winkels sien nie.

Sommige van die versierings was deur klein handjies gemaak, en elke jaar het ons weer dieselfde versierings gebruik. Daar was macaroni-kettings, effens skewe sterre en ‘n engel heel bo wie se rok al beter dae geken het. Maar vir ons was sy pragtig!

Kersete was altyd ‘n familie-aangeleentheid. Elkeen het iets saamgebring. My ma het haar bekende jello-poeding (trifle) gemaak, my suster het ‘n pavlova gebring, en ek was verantwoordelik vir die gebraaide aartappels, wat op een of ander manier elke liewe jaar óf effens rou óf

effens verbrand was. Niemand het ooit gekla nie.

Die kombuis was vol mense, gelag en die heerlike reuk van Kerskos.

Daar was neefs en niggies wat om die tafel ingedruk het, kinders wat buite verdwyn en met grasvlekke op hul knieë teruggekeer het, en grootmense wat oor mekaar gepraat het omdat elkeen ‘n storie gehad het om te vertel.

Ná middagete, wanneer almal heeltemal te versadig was om te beweeg...

Ons het ook tradisies gehad.

Elke Kersaand sou ons rondry om na die liggies in die buurt te kyk. Op Kersoggend sou ons na Kersliedere luister terwyl ons geskenke oopmaak. En ná middagete, wanneer almal heeltemal te versadig was om te beweeg, sou ons onder die skadu van die bome sit en stories vertel van Kersfeeste wat verby is.

Sommige stories is elke liewe jaar vertel. Ons het die wegholers (punchlines) geken, maar ons het in elk geval gelag!

As ek nou terugkyk, besef ek dat daardie klein tradisies nooit regtig oor die tradisies self gegaan het nie. Dit het oor behorendheid gegaan. Dit het vir ons kinders gesê: “Dit is wie ons is. Dit is wat ons doen. Dit is ons huis.”

Maar daar was een ding wat ons nooit vergeet het nie. Voordat die geskenke oopgemaak is en voordat ons aangesit het vir ons Kersete, sou ons bymekaarkom en die verhaal van Jesus se geboorte lees.

Die kinders sou wikkel en giggel, en iemand sou onvermydelik gesê word om stil te sit. Maar wanneer ons die woorde bereik oor die baba wat in die krip lê, het die kamer altyd gelyk of dit ‘n bietjie stiller word.

Want dit was die hart van Kersfees...
Nie die geskenke nie.
Nie die kos nie.
Nie die versierings nie.
Jesus

Ons sou saam ‘n gebed doen en God dank vir Sy grootste geskenk en vir die mense wat in die kamer sit. Sommige jare het ons tafel oorgeloop. Ander jare was daar leë stoele waar geliefdes eens gesit het.

Soos die jare verbygegaan het, het ons familie verander. Kinders het grootgeword. Hulle het getrou. Babas het opgedaag.



Sommige mense het weggetrek. En, helaas, sommige het nooit weer huis toe gekom nie.

Dit is die bittersoet ding van Kersfees. Dit herinner ons aan wat ons het, maar dit herinner ons ook aan diegene wat ons mis.

Dit is die bittersoet ding van Kersfees.

En tog, elke jaar, het ons voortgegaan.
Dieselfde liedjies.
Dieselfde resepte.
Dieselfde stories.

Nuwe gesigte om die tafel, en ou herinneringe wat ingeweef is in alles wat ons gedoen het.

Nou, wanneer ek onder die kersboom sit en my kleinkinders hoor lag, maak ek soms my oë toe en onthou daardie Kersfees van lank gelede. Ek kan amper die gebraaide aartappels ruik. Ek kan daardie opgewonde klein voetstappe in die gang hoor hardloop. Ek kan daardie effens skewe engel sien wat trots bo-op die boom sit.

Maar ek is dankbaar.
Dankbaar vir die jare.
Dankbaar vir die gelag.





Dankbaar vir die herinneringe. Dankbaar vir familie, selfs wanneer familie onvolmaak is en die lewe nie altyd lyk soos ons dit voorgestel het nie. Die meeste van alles is ek dankbaar vir die klein baba in Bethlehem wat alles verander het.

Ek is so dankbaar!

So, as ek vir my familie een Kersgeskenk kon gee, sou dit nie in papier toegedraai wees nie. Ek sou vir hulle die herinnering gee dat Kersfees nie gaan oor die perfekte tafel, die grootste geskenke of die mooiste versierings nie. Dit gaan oor liefde. Dit gaan oor gee. Dit gaan oor om naby mekaar te kom. Dit gaan oor onthou. En bo alles gaan dit oor die viering van die grootste geskenk van almal: Jesus Christus.
Dit, my skatjies, is die Kersfees wat ek die meeste onthou. En miskien is dit al die jare later steeds my gunsteling omdat dit my iets geleer het wat ek nooit vergeet het nie: Die beste Kersfees is nie die waarop ons die meeste geld spandeer nie – dit is die waaraan ons ons harte gee.

Author: Anonymous

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Puzzle Answers

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

Sudoku Solution



Word Search Solution

South African Birds

Bloureier Grey Heron

Die Bloureier is ’n voël wat die kuns van geduld bemeester het. Dikwels gesien waar dit heeltemal roerloos in vlak water staan, kan dit lyk asof dit vergeet het wat dit besig was om te doen! Maar moenie gefop word nie. Die oomblik wanneer ’n vis binne bereik kom, pik die reier met blitsvinnige spoed, terwyl dit sy lang nek uitstrek en sy maaltyd met sy indrukwekkende snawel gryp.



Bloureiers word gevind om riviere, mere, rymondings (estuaria) en moerasse, en hulle kan dag en nag aktief wees. Vis maak die grootste deel van hul dieet uit, maar hulle is nie besonders kieskeurige vreters nie. Hulle sal ook weglê aan wurms, insekte, weekdiere, klein knaagdiere en selfs die afwisselende voël.

En dan is daar die stem. Vir so ’n grasieuse voël het die Bloureier ’n verrassend growwe “kraank!”-geroep. Dink minder aan ’n “elegante sangvoël”, en meer aan “iemand wat hardop sy keel skoonmaak van oorkant die vleiland”. Dalk betaal geduld tog op die ou end af!

Rooibekkakelaar Green Wood Hoopoe



As jy hoor wat klink soos ’n groep voëls wat lekker lag, kyk op. Jy het die Rooibekkakelaar gevind, in isiXhosa bekend as Intlekibafazi, wat “’n vrou wat baie lag” beteken. Dit is ’n wonderlike paslike naam vir ’n voël met so ’n luidrugtige persoonlikheid!

Hierdie glansende, kleurvolle voëls is hoogs sosiaal en reis in pare of groepe. En hulle sit nie bloot en gesels nie. Groepe wieg saam vorentoe en agtertoe terwyl hulle luidrugtig kaggel, en dit lyk asof hulle ’n uiters snaakse grap deel.

Rooibekkakelaars bring hul dae deur om langs boomstamme en takke te soek, terwyl hulle hul lang, geboë rooi snawels gebruik om insekte en larwes te vind wat in die bas wegkruip. Spinnekoppe, duisendpote, geitjies en paddas is ook op die spyskaart, saam met die afwisselende vrug of nektar.

So, as jy ’n koor van aansteeklike gelag uit die bome hoor kom, hou jou oë oop. Dit is dalk die Intlekibafazi wat nog ’n lekker giggelbui het!



Comic Corner

God's Not Deaf

Two young boys were spending the night at their grandparents' house the week before Christmas. At bedtime, the two boys knelt beside their beds to say their prayers. The younger one began praying at the top of his lungs:

"I PRAY FOR A NEW BICYCLE..."
"I PRAY FOR A NEW NINTENDO..."

His older brother leaned over, nudged him and said, "Why are you shouting? God isn't deaf." to which the little brother replied, "No, but Grandma is!"

Q: Why don't Christmas stockings ever win races?
A: They always get hung up at the start!

New Generation!

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

Q: Why was the snowman rummaging through a bag of carrots?
A: He was picking his nose!

Q: Why are Christmas trees bad at sewing?
A: They always drop their needles.

Christmas Shopping

A couple were Christmas shopping at the mall on Christmas Eve and the mall was packed-full of shoppers buying their loved-ones gifts.

Walking through the mall, the surprised Wife looked up and noticed that her Husband was nowhere around, and she was very upset because it was meant to be a special time shopping together. She took her Phone out of her handbag, and called her Husband, "Where are you, honey? She enquired.

The Husband, in a calm voice, said, "Babygirl, remember the Jewellery store we went into 5 years ago? Where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day?"

His Wife started to cry with joy, and said, "Yes, I remember that necklace and store".

He said, "Well, I'm in the Bar right next to it.


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



2. **Win a GIFT HAMPER courtesy of Avalon Funerals**
   Find this BALLOON hiding in the magazine and tell us where it is!
   Keyword: BALLOON | Answer: Page number and location of the BALLOON.



3. **Win a TREATMENT VOUCHER courtesy of NewU House of Beauty and Aesthetics**
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   Find this TYRE hiding in the magazine and tell us where it is!
   Keyword: TYRE | Answer: Page number and location of the TYRE.

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