

# SAARP SOCIAL SERVICES GROOTE SCHUUR

Membership Secretary  
Mr Ivo Hensberg 079 373 9214  
501 Rosedale, Lower Nursery Road, Rosebank 7700

Chairman	Mrs Victoria Paterson	021 681 2821
Vice Chairman	Mr Ralph Kelly	021 686 0334
Secretary	Mr Ralph Kelly	021 686 0334
Treasurer	Mrs Mercy Boy	021 671 6604
Theatres (G & S)	Mrs Gaby Saurma-Jeltsch	021 462 2482
Speakers	Mrs Victoria Paterson	021 681 2821
Outings	Mr Ralph Kelly	021 686 0334

## Newsletter - May 2019

Dear fellow members,

When you read this newsletter we will have a new Parliament, following the General Election of 8<sup>th</sup> May. I am sure we are all hoping for a Parliament that is not only aware of the problems we are facing, but willing and able to act in the best interests of all the people of this beautiful land. May we join in fervent prayer for a new leadership fully committed to an honest and able administration. And may the Good Lord look mercifully on all of us.

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Following the Calitzdorp holiday of 4-6 April, organised by Fairview Touring, I received an email from Eric Palmer, our tour guide, thanking us for using his company again, and giving us a list of the places we have visited in the past. These were: Lamberts Bay (2010); Wupperthal, Cederberg (2011); Montagu (2012); Agulhas & South Coast (2013); Sutherland (2014); Swellendam (2015); Malgas (2016); Oudtshoorn (2017); Mossel Bay (2018); Calitzdorp (2019). He is planning a 4-day trip to Graaff-Reinet next year. Details will be given nearer the time (usually April/May).

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The PUBLIC HOLIDAY on Monday 17<sup>th</sup> June has meant the cancellation of our General Meeting, which usually falls on the 3<sup>rd</sup> Monday of the month. This has affected the June day-outing, which is also cancelled. Bookings are finalised and payments made at our General meetings - hence the cancellation.

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### **YOUR GOOD HEALTH: What to do about High Blood Pressure (Hypertension)**

All elderly folk should have their BP checked on a regular basis. If your age is between 65-79 your Blood Pressure should be 140/90 or less.

If you are 80plus it should be 140/90 to 145/90.

How can one bring down high BP? If your condition is not too serious you should try the following:

- Eat more fruits and vegetables;
- Choose low-fat dairy products;
- Avoid salty foods or snacks;
- Go easy on sugary foods and beverages, e.g. soft drinks, sweets, pastries;
- EXERCISE! A regular brisk walk can be most effective.
- If overweight, even losing a little of that surplus will help!

### **FOR YOUR DIARY**

This month's General Meeting – Monday 20<sup>th</sup> May: Venue – Rosebank Methodist Church Hall. Doors open at 09h15. Speaker: Gloria Pitlo: Karoo Animal Protection. PLEASE NOTE: There will be NO MEETING next month on Monday 17<sup>th</sup> June – a PUBLIC HOLIDAY. Next General Meeting: Monday 15<sup>th</sup> July – further details to follow.

### **BEST WISHES**

Congratulations and Best Wishes to those who will be celebrating birthdays and anniversaries. Our condolences to those who have lost loved ones. To those in hospital or ill at home, we wish you well.

### **THEATRES (Info supplied by Gaby Saurma-Jeltsch)**

#### **Artscape Opera House: SOUTH PACIFIC (Musical)**

From 20<sup>th</sup> July to 10<sup>th</sup> August. On offer: SPECIAL admissions @ R160 (Choose your seats). Matinees 2.30pm on Sunday 21<sup>st</sup> July & Saturday 27<sup>th</sup> July  
Bookings at May General Meeting.

#### **BAXTER Theatre**

**Jazz UCT Big Band & different schools yearly competitions.** Last week of May. Ask for Pensioners Discount from R80/140 Book at Baxter or any Pick'nPay or phone the Baxter.

#### **FUGARD Theatre: (021 461 4554)**

**Kunene and the King** - John Kani & Anthony Sher - R190/340 Phone the theatre for further info.

**OUTINGS: Tuesday 21 May - Fairview (Spice Route) - Lunch venue pending.**  
R140pp Bus departure: 09h30 opp church on the Main Rd  
**Please Note: No day-outing in June (see overleaf)**

### **INTO OUR KITTY (April 2019)**

Bring & Buy R160; Tea Monies R75; Lucky Draw R40

### **GENERAL**

Please support our Bring & Buy table. Special request for cookies, etc  
Donations of clothing items, wool & materials etc are gratefully accepted. Collection bag at the attendance table. ToCH distributes to the needy.

### **SUBSCRIPTION REMINDER**

Please use one of the following methods of paying subscriptions:

- Cash at monthly meeting (R50 per member annually)
- EFT at ABSA Account – Number 9172732609 Branch Code 632005  
Providing your full name and membership number.
- CHEQUE payable to SAARP Social Services Groote Schuur, but add R50 to cover bank charges. Submit to Membership Secretary. Also add R40 if you receive newsletters by post

**Payments for Outings: CASH only at meetings**