

SAARP SOCIAL SERVICES GROOTE SCHUUR

	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
Membership Secretary	Theatres (G & S)	Mrs Gaby Saurma-Jeltsch	021 462 2482
Mr Ivo Hensberg 079 373 9214	Speakers	Mrs Victoria Paterson	021 681 2821
501 Rosedale, Lower Nursery Road, Rosebank 7700	Outings	Mr Ralph Kelly	021 686 0334

Newsletter - July 2019

Dear fellow Members,

The Public Holiday on Monday 17th June meant the cancellation of our meeting on that day – but we are now back on track! New members and those interested in joining our club should note that meetings are held on the third Monday of each month at the usual venue: the Rosebank Methodist Church hall. There is time for tea and a chat with friends before the meeting starts at 10h00. We have some interesting talks ahead of us – and a singer and guitarist at the November meeting.

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The next day outing is on Tuesday 20th August, to Simons Town, for coffee and a walk-about and then to the Simons Town Country Club for lunch at Jacky's. We hope to include a visit to a "place of interest" in the area. This will be discussed at our July meeting. The September "Flowers trip" will be to the historic Groote Post estate with lunch at Brig's Barn in Darling, and the usual stop at the popular "boerewors" butchery. Details will be given later. Both outings are R140pp (lunch at own expense).

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The older I get, the more conscious I am of my mortality. There is a saying: "We live with only two certainties - taxation and death!" I am sure other "oldies" will share this awareness. So I was prompted to read again an old SAARP questionnaire entitled "The SAARP Thermometer" (which asks you to consider your peace of mind)

We are questioned about the steps we should be taking to help our dear ones when we pass on – but there are also some tips about achieving a good "quality of life" in our sunset years!

These are the questions:

- Do you have a valid will? (SAARP may help you find an executor who will offer a discounted fee;
- Do you have insurance cover (i.e. death benefits) ?
- Do you have adequate cover for your funeral? (Some companies offer discounted rates;
- Have you made provision for medical emergencies or accidents?
- Do you have a trusted advisor to help your spouse or partner upon the death of the first one?
- Do you make use of social clubs (e.g. SAARP) to ensure that you do not become housebound?
- Do you plan an annual holiday – as a "good break" (SAARP may advise)
- Are you aware that hearing aids and spectacles are available at discount rates?

NOTE: The SAARP Senior Citizens' Membership card will enable you to request a pensioner's discount at several of the places where you shop.

ENQUIRIES: SAARP Head Office 021 592 1279 - speak to Ray or Julie

FOR YOUR DIARY

This month's General Meeting: Monday 15th July; Venue – Rosebank Methodist Church Hall. Doors Open at 09h15 Speaker: Elizabeth Linsell – Travels in China
Next Month's General Meeting: Monday 19th August: Speaker – Les Hellman, retired ship's captain – on his career.

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

Artscape Opera House: SOUTH PACIFIC (Musical) – To 10th August
Matinees 2.30pm Sunday 21 July and Saturday 27th July. Booking: Computicket
Please Note: Gaby Saurma-Jeltsch will not be doing theatre bookings in future.
We thank her for serving the club so conscientiously for so long.

OUTINGS

Tuesday August 20th - Simons Town – walk-about and coffee – with lunch at the Simons Town Country Club (Jacky's restaurant) (see overleaf for further details)
R140pp (lunch at own expense) Bus leaves at 09h30 from opp the church on the Main Rd.

Tuesday September 17th - Groote Post estate – a drive to see the Spring Flowers.
Lunch at Brig's Barn, Darling - R140pp (lunch at own account) Bus details as above.

INTO OUR KITTY: (No meeting in June)

GENERAL

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

We remember one of our dear members of long standing – PAT FORBES, who passed on recently. May she rest in peace.

SUBSCRIPTION REMINDER

Please use one of the following methods of paying subscriptions:

- (a) CASH at monthly meetings (R50 per member annually)
- (b) EFT to 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.