

## HERMANUS SOCIAL CLUB – MARCH 2021



"How beautiful it is to do nothing, and then rest afterward."  
- Spanish Proverb

If you think that SAARP Members have been doing nothing and then resting, you would be very wrong. Just look at what some of our members have been up to!!

**Jen Mountjoy** writes *"I've used many hours weeding, planting and tending the areas which I have adopted here....with the odd help from Charlie, one of our gardeners. I know that as the seasons change, so will the colours of the garden"*.



How wonderful, Jen!

Other residents of your retirement village must be enjoying this colourful spectacle.

**Pat Gaede** has been taking online courses through FutureLearn for many years and especially during lockdown. She says *"I have completed courses in Science of Forensics, Forensic Archaeology, The Weather, Book of Kells, Ancient Rome, What is a Genome, Hadrian's Wall, Food and Mood (effect on Mental Health), Extinctions, Antisemitism - to name but a few. (And free unless you want to extend the course or get a certificate, diploma etc.)"*. Courses are available on just about anything and are of variable length, some only lasting a few weeks. You can check them out at [www.futurelearn.com](http://www.futurelearn.com).



**Carol Stephen** has been busy knitting beanies which will be handed out when winter comes to soup kitchen clients. The fifth beanie is currently being knitted, but Carol can see that she will be running out of wool soon. If anyone has oddments of double ply knitting wool to spare, please contact her by email: [cardon@telkomsa.net](mailto:cardon@telkomsa.net) Carol will also share her pattern if anyone else would like to knit some beanies.

And **Congratulations** to Carol who wins our prize of the book Senior Momentum for her "Love Story". Her entry is attached.

**Robert van Zyl** purchased a model kit from Kidz Stuff about 20 years ago. During lockdown, he spent several months building this fantastic ship and says it was “most rewarding”.

Theresa, owner of Kidz Stuff, proudly told me that they have just celebrated their 25<sup>th</sup> Anniversary. She is still able to supply kits of ships and airplanes in wood by Artesania, and plastic kits by Italeri of airplanes, military vehicles, motor bikes and collector cars. Also currently in stock are Lego Expert Harley Davidson Fat Boy and the Architecture New York City sets which have been popular during lockdown. Kits range in price from around R400 to several R1,000! Theresa is kindly offering SAARP members a 10% discount! So if this hobby appeals to you, pop into Kidz Stuff in Mitchell Street, and show your SAARP membership card for the discount.



The following was received from Ray Hattingh at Head Office and tells the story of an AARP member in California.

### **A TIME FOR KINDNESS**

This spring, in celebration of her 75th birthday, Myrna decided to gift \$75 to 75 of her friends and family—with a twist: They must find a way to give that money to someone outside of their family who needs a helping hand, encouragement or a token of appreciation.

They could either give it to one person or a favourite charitable organization. Or they could break it into smaller amounts among different people. And then she asked them to share their experience with her.

So far, she's heard back from 72 of the 75 people who received her letter, and she says the results far exceeded her wildest imagination. And many have said they plan to copy the idea in the future, further spreading the ripple of kindness she began. 

As for Myrna, she says the effort provided so many rewards. ***“The generosity, creativity and enthusiasm that resulted from this effort were uplifting. It was the best birthday I ever had!”***

### **ANNUAL GENERAL MEETING**

Due to lockdown regulations, we are unable to hold our A.G.M. due to be held on 10<sup>th</sup> March and no later than end April. We may be able to hold the AGM in April, failing which we will need to find another solution. If any member has a suggestion, please email [sheilacraul@gmail.com](mailto:sheilacraul@gmail.com)

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