



SAARP SOCIAL SERVICES GROOTE SCHUUR

Membership Secretary
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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	Mrs Gaby Sauma-Jeltsch	021 462 2482
Speakers	Mrs Sonia Walker	083 871 1192
Outings	Mr Ralph Kelly	021 686 0334

Newsletter – July 2017

Dear Fellow Members,

In last month's newsletter we recorded with sadness the passing of Virginia Poulton, a former Chairman of the club. This month we note the death of another stalwart, Cedric Barker. Cedric had been ailing for some time. Our condolences to Liz and the family. Cedric attended meetings regularly and he and Liz were a familiar couple on the day trips every month. He will be sorely missed. He was always very aware of what was going on in the country, be it politics, the economy, social issues, and his knowledge of Cape Town and surrounds was extensive. With Cedric on the bus, we knew we would not get lost!

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The outing to the Planetarium (22 June) was another memorable event. This facility has been upgraded recently and is now able to use the latest IT technology. The show was called "From Earth to Universe" – spell-binding stuff! It leaves you with the sobering thought that in this incredibly vast universe we are a TINY DOT! It turned into a sunny day. We enjoyed the coastal drive to Blouberg and a good lunch at the Big Bay Spur. Table Mountain in all its splendour could be seen across the sea – the iconic view that never fails to enchant. Capetonians are sometimes referred to as "the Mountain people"!

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YOUR GOOD HEALTH

Here are a few "stretch exercises" which you may find helpful when your muscles are tensed up :

- Keep your back straight, look down at the floor to stretch your neck. Then lean your head to either side to stretch your neck sideways;
- Stretch your arms up as high as you can. Then bring them down to your sides;
- Bend at the waist and let your arms hang in front of you;
- Raise your shoulders and then let them fall.
- Stand with your feet spread apart. Raise one arm, then bend over sideways until your arm is parallel to the floor (or go as far as you can). Repeat with the other arm.

(Courtesy of LIVE FOR LIFE - Johnson & Johnson Health Management, INC.)

FOR YOUR DIARY

This month's General Meeting - Monday 17th July. Venue: Rosebank Methodist Church Hall. Doors open at 09h15. Speaker - Marilyn, representing TEARS, an animal welfare organisation.

Next Month's General Meeting - Monday 21 August. Venue & time as above. Speaker: Sr Lynne Starck - On her nursing experiences. (She specialised in diabetes affecting children)

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 members in hospital or ill at home we wish you well.

THEATRES (Info supplied by Gaby Saurma-Jeltsch)

Artscape: The Flying Dutchman (Opera) – Sat 19th August at 6pm, and Sunday 23rd August at 19h30. (50% discount on R400 & R300 Others – R200/R100)

Old Mutual Choir festival: Sunday 20th August 10a.m. and 18h00 R60

Wizard of Oz: 16th Sept to 8th October - Book at July Meeting R160 per ticket on Sunday 24th and Saturday 30th September.

BAXTER: Showcase of Dance - 12/19 August – R115 (Evenings – 7.30pm) Matinee 3pm & 6pm 50% discounts (30 Mins before performance)

Fiela se Kind: (Afrikaans) 22/26 August. R120/160 10% discount

Fugard Theatre: King Kong (South African Musical) 25 July/2nd Sept R280/200 – 10% discount. (Always ask for your Pensioners Discount)

OUTINGS

Note: NO OUTING in July

Tuesday 22 August: The visit to the Alpaca Loom, Wellington will be repeated. (To be confirmed) (Note: The previous visit was cancelled owing to a cambering problem at the entrance)

INTO OUR KITTY (June 2017)

Bring & Buy (R160); Tea Monies (R40); Lucky Draw (R20)

GENERAL

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

SUBSCRIPTION REMINDER

Please use one of the following methods of paying subscriptions:

- a) CASH at monthly meetings **(50.00 per member annually)**
- b) EFT to ABSA Account – **Number 9172732609**, Branch Code **632005**, providing your full name and membership number.
- c) CHEQUE – payable to **SAARP Social Services Groote Schuur**, but add **R25.00** to cover bank charges. Submit to Membership Secretary.

PLEASE : No cheques to be deposited at Banks due to increased bank fees.

If you are receiving a news letter by post, this is an **additional R30**

PAYMENTS FOR OUTINGS : CASH only at meetings.