



**SOUTH AFRICAN ASSOCIATION OF RETIRED PERSONS
SAARP SOCIAL CLUB – GEORGE
c/o P O Box 2415, George, 6530**

NEWSLETTER NO. 362 – JULY 2019

Dear Members and Friends



MESSAGE FROM THE CHAIR

Is it not strange that when one has a total block of the mind, someone comes along and unblocks it! Later in this newsletter is the announcement of the activity for the month of July – thanks to Sharon Drake! Thank you Sharon – you have no idea how much this helps me!

I hope this encourages more of you to think of things we can do at the meetings, or an outing or two which you would enjoy. Any suggestions will be very gratefully considered!



WELCOME NEW MEMBERS

No new members were signed up during June – not unusual as this is the quietest month of the year for the SAARP Club in George. The school holidays have an adverse effect on our activities – in all respects. But at least we can look forward to welcoming new members in the coming months, I hope.



REPORT BACK

Thursday 13th June – Breakfast at Meadeat81 Bistro

16 members arrived at this very quaint venue to be welcomed by hostess, Linda. The morning was a huge success, with food, service and company excelling. I hope those who joined us will use that wonderful form of advertising, viz. “word of mouth” and give a good critique for the venue and its personnel.

~~WELCOME NEW MEMBERS~~
A very good time was had by all and a few enquiries were received from the public. My hope is that you had a good time and I hope to see you at the next meeting. I think the less I say about this most disappointing turnout of members, the better. I hope to see you at the next meeting.

Some of the 4 members who enjoyed the picnic were suitably awed by the wonder if this enormous tree and its surrounds, with its awesome history. We enjoyed ourselves!

FORTHCOMING ATTRACTIONS

Tuesday 16th July 2019 – General meeting at Emmaus – 14:00 for 14:30

Amlerie van Rooyen, Sharon Drake’s contact mentioned in the “message” above, has sent me the following email, which describes the offer she has made! It all sounds very different and exciting and I am sure we will all enjoy being exercised in the new and unique way – so let us make a huge effort to attend! *Ageless Grace is done in a chair to lively music. Each of the 21 exercises is designed to stimulate the brain, and based on the principle of neuroplasticity or the ability of the brain and nervous system to change their form and function throughout your lifetime. All 5 areas of the brain are stimulated and the exercises really are great fun. I normally do a short talk of about 5 minutes and then spend about 25-35 minutes demonstrating some of the exercises in which everyone can then participate. I can tailor-make this to fit in with your requirements.*”

The usual entrance fee of R7 for members and R10 for non-members will apply.



SALLY’S BREAKFAST GROUP

Thursday 8th August 2019 – Breakfast at Augusta Grill, corner Meade and Courtney Streets – 09:00 for 09:30

I am sure many of you have visited this up-market grill/patisserie and enjoyed their most enjoyable tea and cake offer! They are now offering a very low priced breakfast and tea or coffee and Peter and Gillian have booked the breakfast group to enjoy their fare! The price is R55 including tip. Come along and join us for a new experience! For more information, contact Peter and Gillian Orlet at 044 873 4780.





P-J'S HIKING GROUP

Sharon has sent me the following email, updating the activities of this group during the month of June. *"On the 27th 27 of us hiked at Carmel Vic bay followed by scones and tea.*

On the 20th 25 of us did the Midbrak Meander at Fraaiuitsig followed by refreshments at Klipheuwel padstal

13th 17 of us had a lovely hike in Witfontein forest followed by refreshments at the Deacon Bistro

6th Piet led 23 of us on a hike to Wolwedans dam where we walked through a river bed with lots of rocks. Great challenge. We ended at Die Ou Pastorie

For breakfast." For more information, contact Sharon at

sharon@gardenroutehousesitting.co.za



10 PIN BOWLING GROUP

I have been told that this group will now meet at 9:30 every Tuesday and Friday and not at 08:45 as has been the custom for some time. The group is active and still very competitive and looking for new players all the time. Keep up the good work, folk! Should be interesting! Contact Gerard Roozendaal at 044 874 4505.

MEMBERSHIP BADGES

Badges are again available at the old price of R20 each and can be ordered from me in the usual way!

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DATES TO REMEMBER

Thursday 11th July 2019 – Breakfast at Panarottis at the Mall – 09:00 for 09:30

Tuesday 16th July 2019 – Exercise at Emmaus Community Hall – 14:00 for 14:30

Thursday 8th August 2019 – Breakfast at Augusta Grill - 09:00 for 09:30

Winter is upon us with a vengeance, so keep those duvets close!

Pam