

## SAARP SOCIAL SERVICES - PINELANDS



(Reg No 2006/003084/08)

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Monthly Meetings: 3<sup>rd</sup> Thursday at Pinelands Bowling Club  
St Stephen's Rd. Doors open at 09:00, meeting closes 11:15

### NEWSLETTER : JULY 2019

Hello again,

Welcome to the second half of the year – it's scary how quickly Time flies as we get older, isn't it? Soon we'll all be busy with Christmas shopping and our annual letters and cards to overseas friends and family.

Thank you to all who came to the Sing Your Hearts Out morning; although I coughed my way through most of the songs, I was pleased to see many of you enjoying the sing-song. Somebody mentioned she hadn't sung out loud for many a year, which brought to mind the fun we used to have at sequence dancing when we would whizz round the dancefloor, singing at the top of our voices to the inimitable Cliff Jones – what warm memories we have of that time of our lives! Many thanks to Juan Bruwer for putting the words of the songs onto the screen (and for the carefully chosen illustrations!). I thanked Gordon Epstein for the work he had put into learning both the music and words of the songs, which he had never heard before; the following evening he provided the entertainment at a function at Pinelands Grove, and I was so pleased when he incorporated several of the items into his programme. If you enjoyed the singing and would like to have another sing-song in the future, please let me have a list of your favourite songs so that we can compile a programme that will suit most tastes – think of Bing Crosby, Frank Sinatra, Nat King Cole etc; I'm sure that would make a magical morning of music! Perhaps we should do that for our November meeting – would you like that?

Thanks to the 27 who attended the 'indoor outing' Bingo morning. Merle deserves grateful thanks from all of us for the hard work she puts into making these Bingo sessions such a success – she donates and/or makes all the prizes at her own expense. I'm not usually a winner at anything but was delighted to win two tickets to our next event, the Christmas in July lunch on Tuesday 23 July. If you haven't bought your tickets yet, please get in touch with Mark soon. This is a real value-for-money occasion with tickets priced at only R80 - the Committee has agreed to subsidise the lunch as a token of appreciation for your support.

### TODAY'S COMMITTEE MEETING

**(a) Subscriptions:** At our club, the annual subs stretch from March of one year to February of the next. Our Treasurer, Jackie Pittman, has advised that currently we have only 87 paid-up members. This is a gentle reminder to those who have not yet paid - our banking details are as follows:

***Nedbank Account No. 2012078737 in the name of SAARP Pinelands Social Club.***

**(b) Birthdays:** Twenty members will celebrate birthdays during July: Etta Anderson, Juan Bruwer, Cherry Coughlin, Fred Byworth, Delfine Fairall, M Fielding, Ken Gilham, Muriel Hendricks, Judith Hawes, Denise Johnson, C Kirkman, Rosalie Kleynhans, Joyce Louw, Pam Martin, Sheila Neethling, Pearl Nicolaou, Jocelyn Odendal, Kathy Roberts, Patricia Schroeder and Gertrude Smith. Congratulations to all of you, especially those celebrating Big 0 birthdays – may you feel the love with big hugs from family & friends!

**(c) Outings:**

- (i) *T-bag Design:*** On the advice of the owners, this outing will be postponed from August to October due to concerns about the weather and the expected number of members to be accommodated in their limited space. Anticipated cost will be R200 pp.
- (ii) *Wednesday 25 September:*** Cape Garden Centre with lunch at Schoongezicht. Tickets R250 each. Fay writes: *Please keep 25 September open for a Spring treat. At the Garden Centre we'll have tea and see the new plants before strolling round the novelty shops, after which we'll cross to the sumptuous buffet lunch at Schoongezicht. The bus will leave The Oval promptly at 09:00. Fay is collecting the names of those interested in this outing; please phone her on 021 531 2702.*
- (iii)** Fay will be investigating a visit to the Lawhill Maritime Centre at Simon's Town which was so popular a few years ago when we last went there.

**(d) *Speaker for July Meeting:*** I am pleased to advise that Rouvanne van den Berg has agreed to address us this month. Many of you will recall his very graphic descriptions of his experience as a volunteer fire-fighter after the destructive mountain fires on the Table Mountain complex some years ago. This time he'll be talking about fire-fighting from a different point of view.

Now for something completely different that I found on the SAARP website recently:

**SEVEN 'BRAIN FITNESS' TIPS**

- 1. *Stay as relaxed & unstressed as possible:*** Distraction & worry cause poor memory. When we are fearful the brain 'freezes up', we don't listen properly & our mental ability is impaired. Have you ever emerged from a consultation with your doctor about a worrying medical condition and you can't remember exactly what he/she has told you?
- 2. *Exercise:*** Brain power is boosted by physical exercise which benefits the frontal lobes essential for mental sharpness – the area that ageing attacks the most. Described as 'the wonder drug for the over-fifties', exercise keeps you more mentally agile and less forgetful.
- 3. *Large doses of 'Vitamin F' (Friends!):*** Studies show that people with an active social life are less likely to develop memory loss. A strong social support system with a stable circle of friends is vital for mental health, with the happiest people being those who enjoy strong relationships.
- 4. *Be a lifelong learner:*** Keep learning! Keep your curiosity alive! Learning, together with challenge and change, literally grows the brain.

5. **Importance of meditation/prayer:** The normal process of ageing involves thinning of the brain cortex, affecting memory. What has to be good news is studies show that long term meditators have a thicker cerebral cortex in those areas involved with attention and sensory processing. Admittedly, those in the study meditated for an average of 6 hours a week over 9 years! 'Life is fragile, handle with prayer' seems to make more sense than ever.
6. **A sense of purpose & meaning in our life:** We need a sense of purpose – it is the traction of life; we need more than a full bladder to get up in the morning. Okinawa, aka 'Longevity Island' has more people over 100 years old than anywhere else in the world. There is no word for 'retirement' in their culture; instead, they have "ikigai", which translates roughly to 'purpose' or 'that which makes one's life worth living'. What makes your life worth living? We need to identify & maintain a sense of purpose whether it's being involved in a cause bigger than ourselves, doing a small kindness for someone or perhaps just enjoying our favourite hobby.
7. **Pay attention:** Paying attention is an important component of a good memory. Do we hurry through life without pausing to really stop, look and listen?

Don't just swallow – **TASTE!**    Don't just think – **FEEL!**  
 Don't just look – **OBSERVE!**    Don't just exist – **LIVE!**

**THEATRE NEWS** (remember to ask for pensioners' discounts when phoning)

**A. ARTSCAPE (Dial-a-Seat 021 421 7695)**

(a) 20 July – 10 Aug, Opera House: *South Pacific*, the G & S production of Rodgers & Hammerstein's enchanting musical set on a tropical island populated by American sailors and nurses during WW II. Wonderful songs like Some Enchanted Evening, There's Nothing Like a Dame, I'm Gonna Wash that Man Right Outta My Hair. Tickets R140 – R290. Evenings 19:30, matinees 14:30; duration 3 hrs.

(b) Wednesday 26 July, Arena Theatre: *Once Upon a Dance Night*. A theatrical dance show, a fairy story with actors & dancers (including belly dancing and hip-hop!). Tickets R150, duration 2hrs 15mins. Proceeds in aid of Scarlett Paws animal shelters.

(c) 17 – 31 August: Ballet *Sleeping Beauty*. Tickets R150 – R695. Pensioners etc R180 with Orchestra, R150 without.

**B. THEATRE ON THE BAY (021 438 3300)**

**NOTE: 50% off every Wednesday and Thursday evening.**

(a) Until Sat 13 July: *Family Secrets*, a must-see bitter-sweet comedy directed by Alan Swerdelow and featuring Dorothy-Ann Gould & Sven Ruygrok as mother and son. (Saw is last night – highly recommended!)

(b) 19-21 July: *Grensloos ('Without Borders')*, a musical collaboration between Andre Schwartz (recently diagnosed with motor neuron disease) & Coenie de Villiers, sharing their talents both vocally and on twin grand pianos. Fri & Sat @ 20:00, Sun @ 15:00. "Come and celebrate life in word and song with two of South Africa's foremost entertainers."

(c) 31 July – 17 August: *Here's to You*, the Simon & Garfunkel Songbook, which should be great. A cast of multi-talented performers bring their timeless music to life in a theatrical setting.

### C. FUGARD THEATRE (021 461 4554)

- (a) Until 27 October: *Kinky Boots* – did you see the Trolley Dollies arriving at Parliament in all their glory on TV the other evening? It looks great fun. Tickets R220-R470; Tues – Sat 20:00, matinees Sat & Sun 15:00.
- (b) 30 July – 24 Aug: *The Old Man & The Sea*. The Contagious Theatre, who recently brought us such an interesting rendition of The Snow Goose, now present Hemingway's classic story using chorus, mask, physical performance, innovative set and sound design. Studio Theatre (careful how you climb the stairs!), Tickets R140-R160, duration 65 minutes with no interval.

### THINKING OF OTHERS

In closing let's think of friends and loved ones experiencing ill health, whether in clinics/hospitals or recovering at home – we hope you'll soon be on your feet again and re-joining Life. And, with Mandela Day just around the corner, have you planned how you will be spending your 67 minutes to benefit humanity?

### LETTER SENT TO AN AUSTRALIAN NEWSPAPER

*It is about time the authorities did something about older drivers. For too long they have caused havoc by hogging the left hand lane, sticking to the speed limits and halting at 'Stop' signs, causing great inconvenience and preventing others doing what they like.*

*Another concern is by avoiding fines, they are not doing their bit for state revenue and therefore placing a further burden on younger drivers. Until older drivers can prove they are proficient at weaving in and out of traffic, driving while texting or talking on their cell phones, tailgating, using drugs or doing wheelies, they must be banned from holding a licence.*

I do hope this was written with the author's tongue stuck firmly into his cheek!

Cheers for now.

Ruth

COMMITTEE CONTACT DETAILS				
POSITION	NAME	LANDLINE	CELLULAR	E-MAIL
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