

SAARP SOCIAL SERVICES GROOTE SCHUUR

Membership Secretary
Mr Ivo Hensberg 079 373 9214
501 Rosedale, Lower Nursery Road, Rosebank 7700

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 (G & S)	Mrs Gaby Saurma-Jeltsch	021 462 2482
Speakers	Mrs Victoria Paterson	021 681 2821
Outings	Mr Ralph Kelly	021 686 0334

Newsletter – January 2020

Dear fellow members,

By this time you would have made all those New Year resolutions. Let's hope they are within your will and ability to carry out. We would like you to add another resolution: to try to introduce a new member or two (or even more!). Groote Schuur Club now has a membership of 113 – we really need a good boost! More members will make it easier to do our monthly excursions to country places. The cost of the bus will be met if we aim at 40, at least. Our present average is about 30. Please do your best! The old maxim "EACH ONE, REACH ONE!" still applies & works.

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The end-of-year Christmas Lunch at the Cattle Baron, Pinelands, was a happy event. 24 of us enjoyed the buffet meal and good fellowship. We had bargained for an attendance of 40! Our thanks to Vicki Paterson, our Chairman, for organising this function in the absence of Mercy Boy who was on holiday in the USA. The seating at one long table was much more comfortable this time.

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Harry Curtis entertained us at our last General Meeting in November and sang some very memorable songs from the 60's, 70's and 80's. He played his guitar to a good backing track, which was very effective.

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YOUR GOOD HEALTH

Many seniors suffer from "DRY EYE" - when the eyes do not produce enough tears and become red and feel gritty.

Normally glands in the eyelids manufacture tears which are washed across your eye every time you blink. When there are too few tears or when tears drain too quickly from the eye you suffer "dry eye".

As we age our eyes produce fewer tears. Symptoms include burning or itching of eyes, a gritty feeling and red appearance. The eyelids may stick together when you wake up in the morning, and moving the eyes may even be painful.

If untreated, this condition may lead to various infections.

Initial treatment includes eye drops, eye gel and eye ointment. Treatment has been developed to improve the functioning of the tear draining canal which can dramatically improve the condition of dry eye.

If the problem is serious you should contact your optometrist or ophthalmologist.

SUBSCRIPTION REMINDER

Please use one of the following methods of paying subscriptions:

- Cash at monthly meeting (R50 per member annually)
- EFT at 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

FOR YOUR DIARY

This month's General Meeting : Monday 20th January. Speaker for the Blind Dogs Assoc. Venue: Rosebank Methodist Church Hall. Doors open at 09h15.

Next Month's General Meeting: Monday 17th February: Speaker to be arranged. Venue and times as above.

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 (Info supplied by Gaby Saurma)

Fugard Theatre: (021 461 4554) Book via phone.

Kinky Boots – Musical (season ends 1st February) Pensioners R250 only at matinees 3pm (Best seats) Full price at Evening shows – R250/450

Peter Pan Show on Ice - 3hrs Pensioners discounts only Tuesdays at 7.30 pm and Sundays at 5.30pm To 31st January.

Artscape

La Boheme (Opera) – 14 Feb/22 Feb. Pensioners –Sunday 16th Feb 3pm (50% discount) R200/R250

CITY HALL: Orchestra Concerts: R135/350 Sundays 26th Jan and 2nd Feb. Rehearsals – Thursdays and Sundays at 11am R100

OUTINGS

Tuesday 18 February: Farm Sanctuary, Franschoek & lunch at the Somerset West Spur. R140pp (Lunch at own account) Bus leaves 09h30 opp the Church on the Main Rd. Returning at approx 4pm. This is a new destination and promises to be very interesting. We'll enjoy a conducted tour around this animal sanctuary.

Tuesday 17 March: Wellington – Leather factory (To be confirmed)

Note: Booking has started for the 4day trip to Graaff-Reinet (2-5 March) organised by Fairview Touring. Tour price R7200pp (Single Supplement R950) Includes accommodation Bed, Breakfast & Dinner. Visits to Nieuw Bethesda & the "Owl House" and the Valley of Desolation. Contact Eric at 021 701 7131/ 083 261 7447

INTO OUR KITTY (October & November 2019)

Bring & Buy (R201); Tea Monies (R97); Lucky Draw (R121)

GENERAL

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

A warm welcome to new member: Mr L La Vita.