

A silhouette of a human head in profile, facing right. The interior of the head is filled with a word cloud of terms related to mental health. The most prominent words are 'MENTAL ILLNESS', 'DEPRESSION', and 'CONDITION'. Other visible words include 'FEELINGS', 'ILLNESS', 'DEPRESSION', 'CONDITION', 'FEELINGS', 'ILLNESS', 'DEPRESSION', 'CONDITION', 'FEELINGS', 'ILLNESS', 'DEPRESSION', 'CONDITION'. The background of the entire image is a gradient of blue and pink, with faint, larger-scale patterns of the same colors.

It is important to remember that feeling sad, anxious, or overwhelmed is not a normal part of ageing that should simply be accepted. Mental health concerns are common and can be addressed with the right support.

Signs That Someone May Need Support

Residents, family members, and friends should be aware of signs that may indicate emotional distress, including:

- Persistent sadness or low mood
- Loss of interest in activities once enjoyed
- Changes in sleep patterns.
- Increased irritability or anxiety
- Withdrawal from social activities
- Difficulty concentrating or making decisions
- Feelings of hopelessness or loneliness

If these feelings persist, it is important to seek support from healthcare professionals, family members, or trusted friends.

Protecting Your Mental Well-being

There are many simple ways to nurture mental health:

Stay Connected

Maintaining relationships with family, friends, and neighbours can reduce feelings of isolation and create a sense of belonging.

Keep Active

Regular physical activity, even gentle walking or stretching, can improve mood and overall well-being.

Engage Your Mind

Reading, puzzles, crafts, learning new skills, and participating in community activities help keep the mind active and stimulated.

Maintain a Routine

Having structure in daily life provides purpose and promotes emotional stability.

Talk About Your Feelings

Sharing concerns with someone you trust can provide relief and help you find solutions to challenges.

Practise Gratitude

Taking time to appreciate positive moments, no matter how small, can improve emotional resilience and outlook.

A Community That Cares

At Rynpark Retirement Estate, we believe that mental health is everyone's concern. Creating a caring and supportive environment helps residents feel valued, connected, and understood. A simple conversation, a friendly greeting, or an invitation to join an activity can make a significant difference in someone's day. This Mental Health Awareness Month, let us remember that mental well-being is an essential part of healthy ageing. By supporting one another and encouraging open conversations about mental health, we can help create a community where every resident feels respected, connected, and empowered to enjoy life to the fullest.

Your mental health matters—at every age.





90+ Birthdays in July

8	Yvonne Fourie (91)	Snyman Home	Room 1A
19	Willem Zorgman (93)	Rynpark 6	Unit 31
22	Helena Gouws (95)	Harmony Home	Room 43
26	Richard Fry (90)	Rynpark 3	36 Robinia
27	Neville Dennis (92)	Snyman Home	Room 7B
28	Anna Smith (91)	Rynpark 5	Unit 67
30	Rolf Leifert (91)	Harmony Home	Room 48



New Residents that moved into Rynpark in June 2026

Mr. A.J. Gillman	RP4	62
Mrs. I.E. Williamson	Snyman	Rm 4B
Mrs. I.F. Maartens	RP1	3 Gousblom
Mr. J.O. Pierce	Petunia	RM 27
Mr. A.F.T. Rabette	Harmony Home	Rm 39
Mr. P.D. Pressly	Harmony Home	Rm 8B
Mrs. J.E. Spencer	Petunia	Rm 13
Mr. S.G.E.P & Mrs. H.R. Landry	RP4	96

OORDENKING / MEDITATION deur Jan Lubbe

DIE PRYS



In Johannes 16:33 sê Jesus: "In die wêreld sal julle dit moeilik hê;" Elkeen van ons kan hiervan getuig. Hoe dikwels het ons dit nie moeilik nie. Sug ons dat dinge sal verander sodat ons weer die lewe kan "geniet". Of meer vreugde kan hê. Of minder pyn. Of meer liefde. Omdat dit dikwels met ons moeilik gaan, beproef dit ons geloof en weet ons, geloof is nie aldag maklik nie. Geloof vra 'n prys van ons om te kan bly glo. Maar..... genadiglik het Jesus reeds aan die kruis die prys vir ons ten volle betaal! Daarom het Hy in Johannes 16:33 bygevoeg: "maar hou moed: Ek het die wêreld klaar oorwin." As jy dit weer moeilik het, onthou dan Jesus het reeds die prys daarvoor vir ons betaal! AMEN

THE PRICE

In John 16:33 Jesus said: "In the world you will have it difficult;" Each of us can testify about our difficulties. How often we have difficulties. We sigh or desire that things will change, that we can once again "enjoy" life. Have more fun. Or less pain. Or more love. As we often have difficulties, it tests our faith and we do know faith is not always easy. Faith ask a price of us to keep on believing. But..... on the cross Jesus already paid the price in full! Thus Jesus added in John 16:33 "but be of good cheer, I have overcome the world." If you have any difficulties again, remember that Jesus already paid the price on your behalf! AMEN

THE LIFESTYLE TEAM PRESENTS



WINTER Wonderland

MASKED DANCE with Nico

17 JULY

MOST CREATIVE MASK WILL WIN A PRIZE

BRING ALONG YOUR PICNIC BASKETS AND CREATIVE MASKS

Time : 13:30 PM
Venue : RP 1 Hall

To make your booking contact
Ledine/Chanelle on 7780 or POPPIE on 7016

Made with PosterMyWall.com

Sandra Taljaard en Helpende Hand bied aan:

'n Prettige FAK-produksie

'n Nostalgie reis met geliefde Afrikaanse liedjies en lewendige danspassies
Kom geniet die musiek en kultuur en kuier lekker saam.

DATUM: 15 Augustus 2026
TYD: 10:00
PLEK: Rynpark 1 Saal

Bespreek voor 11 Augustus by Ledine/Chanelle: uitb.7780



The Date:



Two seniors went on a date to a movie. The man asked, "Did you like the film?" The woman replied, "Yes, but I liked the trailer better, it was shorter."

LIFESTYLE PRESENTS

WINTER MOVIE MARATHON

MOVIE : REMARKABLY BRIGHT CREATURES TIME: 10:00 AM HOT CHOCOLATE AND POPCORN	<i>Remarkably Bright Creatures</i> , is a heartwarming story that intertwines the lives of a grieving widow, an adrift young man, and a highly intelligent, curmudgeonly giant Pacific octopus named Marcellus.
MOVIE : TOWER HEIST TIME: 13:00 PM HOT CHOCOLATE AND POPCORN	the hardworking staff of an exclusive New York City apartment building—led by manager Josh Kovaks, conspires to rob their penthouse resident, a Wall Street billionaire after he defrauds the employees of their entire pension.

DATE: 3RD JULY
VENUE: RP5 HALL
NO BOOKING REQUIRED



RYNPARK Rynpark Retirement Estate

500 followers • 89 following

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Besoek ons Facebook blad, like en share sover moontlik asb.



RYNPARK GARDEN CLUB by Sandra Jakobi

Once again, we had an excellent speaker last month. It was very interesting to hear about the rehabilitation of wild animals, especially owls.

July is mid-winter in Gauteng, and it is one of the most important months for gardeners who want to prepare for a strong spring season. While many plants slow their growth during this cold period, July is far from a “quiet” month in the garden. Instead, it is a time for protection, planning, soil care and cool-season planting.

Gauteng winters are typically dry, sunny during the day and cold at night, when temperatures drop. Frost is one of the biggest challenges this month and can damage sensitive plants quickly if they are not protected. Remember to move plants closer to walls or under shelter. Also, water the soil earlier in the day (moist soil retains heat better than dry soil). Avoid pruning frost-sensitive plants heavily in July, as new growth can be easily damaged by sudden cold.

RYNPARK 5, SERVICE CENTRE

GARDEN CLUB

R20
Entrance Fee
Includes 2
Raffle Tickets

Speaker: Freddy
(from TV Fame)

Topic: All things
bedding plants

4 July 2026
11:00 to 12:00

New Members & Visitors Welcome

FOR MORE INFORMATION PLEASE CONTACT:

SANDRA JAKOBI X 7391
LIBBY HEIDEN X 7521
VAL COUSINS X 7528

Gardens can be productive even in winter. Cool season vegetables like Spinach, Cauliflower, Cabbage and Broccoli etc. grow steadily in winter and often develop better flavour due to the cooler conditions.

Winter is the perfect time to improve soil health. Because plants are growing slowly, soil amendments have time to settle and enrich the ground before spring planting. Add compost, mulch, turn over beds lightly and plan crop rotation for spring planting.

Avoid overwatering (a common winter mistake). Check drainage carefully to prevent root rot.

Gardening in July is about working with the season rather than against it.

Elsabe's 35-Year Journey as a Social Worker

Roy: Telling me that you were born in Bethlehem has a distinct spiritual ring to it when considering the carer you have been as a social worker for the Rynpark village folk for an incredible 35 years! How did all this come about?

Elsabe: Yes, I was born in the small Free State town to very thoughtful and generous parents, particularly my father who besides being a dedicated civil servant as a town clerk, would literally hand out bread to people in need while we were shopping. I obviously inherited his caring nature. Not long after that the family moved to Port Shepstone where I matriculated at Suid Natal Hoerskool.

Roy: And then back to the Free State...?

Elsabe: Yes, to the University of the OFS from which I graduated with a B.Soc.Sc (SW) – SW being Social Work. And then many years later I was able to elevate this to M.Soc.Sc, a masters degree in social science through RAU (now UJ, the University of Johannesburg). If my husband Christo had had his way I would have gone for my doctorate, but for me a masters was enough...!

Roy: You mention Christo, your reason for settling in Benoni, I take it...

Elsabe: Yes, Christo is a born and bred Benonian. His dad worked for the Benoni municipality. We were married here in 1984 when I started work as a probation officer for what is now the Department of Social Development in a little building next to the courts



With soul-mate husband Christo, reflecting just one of their many passions...



A very special day for Elsabe, graduating with a Batchelor of Social Science (B.Soc.Sc [SW]) degree from the then University of the Orange Free State in 1984



**“Firstly, I try and keep my sense of humour and
secondly rely on my religion “**



Typical image of Elsabe in caring mode

Roy: How then did you become involved with Rynpark?

Elsabe: My next job was community liaison with the newly created Department of Population Development, an extremely emotionally and intellectually challenging undertaking to “uplift” under-privileged souls in over-populated structures in the surrounding townships – not typical social work but a very enriching part of my life! After six years my son Come was born and I decided to go for a half-day job.

Roy: At Rynpark?

Elsabe: Eventually yes. When still at the department I did screening for all the retirement villages in Benoni when there were still subsidies available, ultimately accepting the half-day social work position at Rynpark 1 in January 1991.

Roy: And still half-day here?

Elsabe: Yes! It worked for me as a mother, seeing my son Come through to becoming an IT graduate and daughter Odette, a private school teacher. It also helped me with a guest house Christo and I ran for 20 years – a house we bought in front of our own Rynfield home after he resigned his job at Telkom.

Roy: Has your social work changed much through the years?

Elsabe: Very much so, particularly in view of the fact that we don't have the subsidies for the aged we used to have. Main part of a social worker's responsibility in the past was to link applicants with the resources available. Resources in the community are now nil and applicants now rely on us to find a way, very much part of my administrative responsibilities at the moment

Roy: Probably leaving the most important aspect to last, but how have you managed to cope with the many psychological and emotional human challenges you have obviously faced here through the years as a social worker?

Elsabe: Firstly, I try and keep my sense of humour and secondly rely on my religion – rely on my own inner strength and in my case the inner strength is not a human being. Somebody out there that helps me when I don't have the answers. Not a problem for me to say I don't know, let's talk about it. Mostly I don't have the answers and have to be very creative at times. For me it is not a sign of weakness to cry.

Roy: All contributing to an admirable legacy, no doubt, built up over 35

Interviewed & Written by: Roy Watson

RYNPARK

NEW RESIDENT'S WELCOME TEA - RYNPARK 1



RYNPARK 4 MONTHLY LUNCH – 29 MAY AT RYNHAVEN

Residents enjoyed the monthly lunch held on 29 May at Rynhaven. The menu featured delicious pulled pork or chicken served on a toasted roll with salad. A total of 72 meals were served. Adding to the occasion was a lucky draw, with Lionel Churchill being the fortunate winner. Congratulations, Lionel!



RYNPARK

ANGEL PAWS - SNYMAN HOME



QUICK WALK OUTSIDE – SNYMAN HOME



In die Hospitaal

Pasiënt: "Dokter, gaan ek die operasie oorleef?" Dokter: "Natuurlik. Een uit tien mense oorleef dit, en die vorige nege is reeds dood."

RYNPARK 6 EXERCISES



Shout out to our brave residents! A huge thank you to everyone who turned up at RP6 to exercise despite the cold. Your commitment and spirit are what make our community strong. Stay warm, keep it up, and see you at the next session.

RYNPARK

ASSISTED LIVING - PETUNIA

Brenda in the Art Room

Bible Study



Art Room



Movie on Tuesday



Chair Exercises with Jenny



Chair Exercises



RYNPARK 5 - BINGO WINNERS



Bingo



Rummikub



Nagmaal



Why do retirees love the phrase 'Good morning'?
Because it implies they actually remembered what time of day it is.



RYNPARK

FATHER'S DAY - SNYMAN HOME

Happy Father's Day to the 2 dads here at Snyman Home. We played a game and had lots of laughs.



RYNPARK 1 - Park Representative:

Park	Activity	Day	Time	Volunteer
RP1	Arts & Crafts	Monday	09:30-12:00	Lifestyle Team
RP1	Scrapbooking	Monday	14:00-16:00	Poppie 7016

RP1 Hall	Line Dancing for Beginners	Tuesday	08:30-10:00	Jenny Cloete 7580
RP1 Hall	Movie	Once a Month on a Tuesday	13:00-16:00	Poppie 7016
RP1	Fabric Painting	Tue & Thurs	10:00-12:00	Evelyn x 7140
RP1	Putt-Putt	Wednesday	10:00-12:00	Sally 7309
RP1	Arts & Crafts	Wednesday	09:00-12:00	Lifestyle Team
RP1 Hall	Chair Exercises	Wednesday	14:00-15:00	Veronica 7175
RP1	Library	Wed & Fri	09:00-12:00	Hannetjie O'Neill 7113
RP1 Hall	Bible Study	Thursday	11:00-12:00	PSTR René Jackson
RP1 Hall	Bingo	Thursday	14:00-15:00	Poppie 7016
RP1 Hall	Rummikub & Games	Friday	14:15-15:30	Poppie 7016
RP1 Hall	Church Service	Sunday	11:00-12:00	PSTR René Jackson

RYNPARK 2 & 3 - Park Representative: Keith Ablett 7329

RP2 Dingler	Knitting Club	Monday	14:00-15:30	Florence 7276
RP2 & 3	Mens Chat Group	Every 1st Monday	15:00	Robin 7311
RP2 Dingler	Chair Exercises	Tuesday	09:00-10:00	Joan Rankin 7344
RP2 & 3	Library	Tuesday Friday	14:00-16:00 10:00-12:00	Renette Watkins 7321
RP2 Dingler	Bingo	Tuesday	14:00-15:00	Joan Hendriksen 7305
RP2 Dingler	DVD's Library	Wednesday	09:00-11:00	Pikkie de Beer 7230
RP2 Dingler	Table Tennis	Wednesday	10:00	Sally 7309
RP2	Putt-Putt	Wednesday	10:00-12:00	Sally 7309
RP2	Sundowner Quiz	Every 6 Weeks Wednesdays	15:15	Mick 7263
Dingler	Rummikub	Thursday	14:00-16:00	Jean 7341
RP2 Dingler	Darts	Friday	14:00-16:00	Rodney 7286

The GPS system: An elderly couple bought a new car with an advanced voice-activated navigation system. On their first drive, the husband got a bit flustered trying to park, and the wife started giving him conflicting directions. The GPS suddenly chimed in and said, "In 100 metres, please pull over and let me talk to your wife."



RYNPARK 4 - Park Representative: Peps Pretorius x 7395

Park	Activity	Day	Time	Volunteer
RP4	Chair Exercises	Monday	14:00-15:00	Veronica Schoultz 7175
RP4	God's Hour	Wednesday	10:00-11:00	Ds Alberts Jooste 084 601 8914
RP4	Chair Yoga	Tuesday	11:00-12:00	Claudia 082 966 9633 Chanelle 7780
RP4	Knitting Group	Wednesday	13:30-16:00	Nora 7387
RP4	Line Dancing	Thursday	09:00-10:30	Judy Gerber 7436
RP4	Oil Painting	Thursday	14:00	
RP4	Pool, Canasta & Social	Friday	15:00-17:00	Peps 7395 / Chanelle 7780

RYNPARK 5 - Park Representative: Pierre Muller 7564

RP5 Hall	Line Dancing	Monday & Fri	08:30-10:30	Jenny Cloete 7580
Rp5 Hall	Yoga	Monday	14:00-15:00	Leanne 0823241332
RP5	DVD Library	Tuesday	14:00-15:00	Carol Wilson 7574
RP5	Camera Club	Every 3rd Fri	14:00-15:00	Rob 7750
RP5 Hall	Line Dancing for Beginners	Tuesday	11:00-12:00	Jenny Cloete 7580
RP5	Garden Club	1st Sat each month	11:00-12:00	Sandra Jakobi 7391
RP5 Hall	Bridge	Tuesday	12:30-16:00	Rose Metzger 7740
RP5 Act. Room	Rummikub	Thursday	14:00-16:00	Libby Heiden 7521
RP5 Snooker	Snooker	Every day	09:00-16:00	Derek Karshagen 7690
RP5 Gym	Gym	Every day	Any time	
RP5	Library	Every day	Anytime	Geoff Smart 7562
RP5 Servitude	Cricket	Thursdays	09:00-12:00	Tony Nortjé 7316
RP5	Movie	Every 3rd Friday of the month	10:00-13:30	Chanelle 7780 & Carol 7574
RP5 Gym	Biokinetics Gym Class	Friday	12:30-13:30	Nadine Harding 082 302 2359
RP5	Bingo	Every 2nd Friday		Pierre Muller 7564 Pierre, David & Chanelle

RYNPARK 6 - Park Representative: Coert Van Der Merwe 7648

Park	Activity	Day	Time	Volunteer
RP 6 Lapa	Sundowners	Monday	16:00-18:00	Beverley Beukes 7628
	Games	Tuesday	14:00-17:00	Minnie Koster 7648
Baan agter Harmony Home Frailcare	Jukskei	Tue & Thu	14:00-16:30	
RP 6 Lapa	Exercises	Thursday	09:00-10:00	Olivia Belcher 7634
RP 6 Lapa	Arts & Crafts	Friday	09:00-12:00	Christine Bremner 7684

RYNPARK 7 - Park Representative: Daleen Hiten x 7728

Rynpark 7 - Club House	Bingo	Every 1st & Last Monday	10:00-12:00	Chanelle Smith 7780
	Beginners Bridge	Monday	13:00-14:00	Tony & Rose Metzer 7740
	Bridge / Socials	Monday	14:00-15:00	Tony & Rose Metzer 7740
	Knitting Group	Tuesday	14:00-16:00	Pam Champion 7715 Pat Karshagen 7690
	Sonneblom Klub	Every 3rd Tuesday	09:30-12:00	Gesina Botes 7688.
	Biokenetics	Wednesday	12:30	Ledine x 7780 (Nadine)
	Men's Social Club	Every Last Wednesday		Stuart Sim 7741

The Smartwatch: A grandfather finally agreed to wear a new fitness tracker that his children bought him. A week later, they checked his data and noticed his heart rate spiked dramatically every afternoon at exactly 3:00 PM. They called him in a panic to ask what heavy exercise he was doing. He chuckled and replied, "That is when I try to figure out how to un-pause the television."



RYNPARK

RYNPARK 1 - KLASSE AANGEBIED DEUR LENÉ JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 14:00 YACHTZEE	30 14:00 RUMMIKUB	1 10:00 BINGO	2 14:00 BEADS	3 14:00 DICE
6 14:00 YACHTZEE	7 10:00 BOOKED PRIVATE 14:00 RUMMIKUB	8 10:00 BINGO	9 14:00 BEADS	10 14:00 DICE
13 14:00 YACHTZEE	14 09:30-12:00 BAPTIST CHURCH 14:00 RUMMIKUB	15 10:00 BINGO	16 14:00 BEADS	17 14:00 DICE
20 14:00 YACHTZEE	21 11:00 AFRIKAANS BYBELSTUDIE DS VAN TONDER 14:00 RUMMIKUB	22 10:00 BINGO 14:00 QUIZ	23 14:00 BEADS	24 10:00 Memory Lane- Recipes over the years- Baking Peppermint Crisp 14:00 DICE
27 14:00 YACHTZEE	28 10:00 Wellness chat: what is Dementia 14:00 RUMMIKUB	29 10:00 BINGO	30 14:00 BEADS	31 14:00 DICE



Southern Masked Weaver, eats seeds, insects, plant material and nectar.



RYNPARK 5

BYBELSTUDIE



ELKE DONDERDAG | 9:30 – 10:30

Aangebied deur
Ds. Carla van Tonder
en Prop. Bianca Lategan

RYNPARK

RYNPARK 2 & 3 - FATHER'S DAY

Rynpark 2 and 3 celebrated Father's Day with an interesting talk by Robin Wheeler on "Being Yourself for a Living, in Retirement." This was followed by a jaffel and chips lunch.



RYNPARK

HARMONY HOME - FATHER'S DAY



HARMONY HOME

**GR 1 LEARNERS FROM
ASHTON COLLEGE CAME
TO READ BOOKS TO THE
RESIDENTS**



TRY !!!

Rynpark 2/3 Springbok rugby fans celebrate one of the 12 tries by the Bokke in their 80-31 drubbing of the Barbarians in a high-spirited televised viewing session in the village's Dingler Community Centre on Saturday, 20 June. Happily, all upcoming Springbok test matches between now and late November - with kick-offs no later than 6pm - will be televised in the hall free and gratis. Just bring own snacks and refreshments (although braais/pizza arrangements are definitely on the cards - watch this space!).

Next games will be vs. England, Scotland and Wales respectively on Saturdays 4, 11 and 16 July at 17h40, and then the greatest rivalry clashes vs the New Zealand All Blacks at 17h00 on Saturdays 22 and 29 August and 9 and 12 September. Mouth-watering stuff!

If wanting to come and enjoy the gees, just WhatsApp either Rob/Roy on 0828764919/0824588091 respectively.

PS: Also have R5 handy to enter a winner-takes-all predict the score draw. Exact or closest prediction wins. Needless to say, no-one came close with the Babas game, so the pool is being carried over to the 5 July England encounter.



A Thought for Today

Aging is not about losing your youth; it is about entering a new chapter of strength, wisdom, and freedom.

Every wrinkle holds a story, and every grey hair represents a lesson learned and a challenge overcome.

You have spent a lifetime building a legacy, and now is the time to enjoy the simple moments, share your wisdom, and live with a peaceful heart.





TOEKA RYNPARK 1
Charity Shop

TRADING HOURS
09:00 - 12:00
WEDNESDAY, THURSDAY & FRIDAYS

Contact *Rosa*
082 824 0734
011 747 7858

Thank you for supporting our community!

DONATE with love
SHOP pre-loved
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NUUSBRIEF NEWSLETTER

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WhatsApp: 082 520 6879
SEND in your stories, jokes

**ONLY PHOTO'S WITH WRITE-UP
OR CAPTIONS WILL FEATURE
IN NEWSLETTER**

**DEADLINE FOR AUGUST:
25 AUG 2026 @ 10:00**

IMPORTANT / BELANGRIK Watering times/Natleitye:

Natleitye
08:00-10:00 en 15:00-17:00

Alhoewel die was van voertuie met 'n tuinslang weer toegelaat word, word inwoners versoek om steeds water spaarsamig te gebruik.

Dear residents, please note that the water restrictions are amended until further notice.

Watering times
08:00-10:00 and 15:00-17:00

Although the washing of vehicles with a hosepipe is again allowed, residents are urged to still use water sparingly.

PLEASE DONATE

We request that, where possible, residents who upgrade to a new cell phone please donate their old one to **TOEKA** to hand to other residents who do not have, or cannot afford to buy one.

EMERGENCY NUMBERS ONLY AFTER HOURS

Manager on Duty:
083 497 1657
Maintenance on Call:
083 734 2008

TERMS FOR SMALL ADVERTS

All ads will run for 2 months. Thereafter removed and will have to be resubmitted if still needed.

Alle advertensies sal vir 2 maande verskyn.

Daarna word dit verwyder en moet weer ingedien word indien nog benodig.

EATS & TREATS

Sweeteners - 400 best pills R50 delivered
Jurgen Delport x 7201

Koekies – Gemmer, Klapper, Soet en
Koshuis sowel as piesang brood.

Charlotte Kraft x7153

Pure Honey - 500g bottles

Sandra Jakobi x 7391

Jurie & Etresia RP1 X7146 (2 Eucalyptus)

Pannekoek - Nick x 7571 RP5/78

Homemade Strawberry jam. All natural
ingredients made with reduced sugar. -

Kathy x7290

Homemade beef & vegetable, chicken &
vegetable pasties and peanutbutter bars.

Rikky x7356

Gebottelde Beet - Magda 7230

GENERAL

4 x SUV tyres for sale. Very good
condition, size 215/65/R16C - R1600.

Collection at RP6, Unit 42.

Barry Leppan x 7660

AVON Beauty Products - For Sale, or
become a representative and earn extra
money - Thea Leppan x7660

For Sale: Cd's, DVD's

Make me an offer, Melinda x 7164

Ice Cream: Sandwich Wafer, Ice Lollies,
Milky Pie, etc. - Alex x 70

Samsung Smart TV 32" Terry x 7359

Gebreide Pink Panthers - Poppie x7024

**5 Verskillende groottes egte silwer nood
(ICE) armbandjies.**

GENERAL

Joey x 7539

Avon beauty products for sale or become
a representative and earn extra money.

Thea x7660

Greeting cards:

* Pressed Flower cards.

Geraldine x7284

* All varieties. Jill x7374

* All have some original art,
personalised English or Afr.
Carol x7574

* Cards in stock for every
occasion or specially made.

Chrissie x7684

Freerange Eggs fresh from the farm every
week. Free delivery. Kola x7548

Compost, potting soil, top soil, fertilizer
etc. Free delivery.

Kola x7548

Solar lights Inside and outside lights
installed. Kola x7548

**For all occasions: Hand embroidered
3D cards.** Christmas cards are in stock.
Connie X7328

Media Conversion: All types of media,
audio as well as videos. Tapes, DVD's,
LP records.

Contact **Barry Leppan x 7660**

Old type Telkom Telephones - Roy 7729

Tumble Dryer in working and reasonable
condition - Ledge van Druten x7581

Looking for guitars. Any unused or even
broken guitars welcome -

Robin, Rp2 x 7311

Used and old greeting cards.

Please phone: Christine Shaw 7729

MEDICAL ACCESSORIES

Aqualift - vir veilig in/uit bad klim.

Ongebruik - Gerbrand Steyn x 7168

Upmarket Wheelchair and Walker -

Mick Healey x 7263

SERVICES

Enige Staalwerk - Susan Venter x7042

Handyman: Robin, your all round handyman. No job too big or small. Give me a call x 7311.

Computer, tablet, e-reader, cellphone lessons. I teach you what you want to know. Carol Wilson x7574

Pedicures and manicures done in the privacy of your own home. Annatjie x7071

Drivers Licence renewal assistance. - Jenny x7580

Sewing/Alterations Lorraine x 7317

Sharpening of knives and garden shears. - Johan x 7503

Bookkeeper - Are you a small business looking for a bookkeeper? 20yrs in my own business. Kathy x 7290

House sitter will look after pets and house, love animals. Eric x7114

VEHICLES

I buy cars for cash: Tol x7504

Cash paid: Paul x7587

I can help you get the best price: Kola x7548

!! MAINTENANCE DEPARTMENT CONTACT NUMBER !!

Please note that the maintenance contact number has changed.

The new maintenance number is **7850**.

Kindly note that 7017 is no longer available with immediate effect.

We apologise for any inconvenience caused.

!! ONDERHOUDSAFDELING SE KONTAKNOMMER !!

Neem asseblief kennis dat die onderhoudskantore se kontaknommer verander het.

Die nuwe onderhoudsafdeling se nommer is **7850**.

Neem asseblief kennis dat 7017 met onmiddellike effek nie meer beskikbaar is nie.

Ons vra om verskoning vir enige ongerief wat veroorsaak mag word.

**Liefde op Oudag**

'n Ouer paartjie sit op die stoep en dink terug aan die verlede. Vrou: "Skat, onthou jy nog hoe jy altyd my hand vasgehou het toe ons jonk was?" Die man vat dadelik haar hand vas. Vrou: "En onthou jy hoe jy my altyd gesoen het?" Die man leun oor en gee haar 'n piksoen op die wang. Vrou: "En onthou jy hoe jy altyd aan my nek gebyt het?" Die man staan skielik op en loop haastig die huis in. Vrou: "Waarheen gaan jy nou?" Man: "Ek gaan net gou my tande in die badkamer gaan haal!"