



# Help Seniors

## Nuusflitse News Flash

Julie/July 2010

Liewe Vriende

Ons hoop u ervaar die winter nie te erg nie!

Dear Friends

We hope that the winter is not too cold for you!

*Iets om na uit te sien ... / Something to look forward to .....*



### Oggendtee saam met Sandra Prinsloo

Sandra praat oor  
Suksesvolle Veroudering

The Retreat at Hazeldean en Cherry on the Top Events nooi u vriendelik na 'n gesellige oggend propvol vermaak, heerlike eetgoed, heelwat bederwe, kreatiwiteit en welwillendheid.



Datum : Saterdag, 7 Augustus 2010  
Tyd : 09:00 - 13:00  
Plek : The Retreat at Hazeldean  
Prys : R150 per persoon

Inligting en bespreking by:  
Sareta - 073 257 4256 /  
Anneke - 072 349 8395  
sareta@cherryonthetop.co.za  
admin@helpseniors.co.za



Click on 'Events' for more information.

Kliek op 'Events' vir meer inligting.

### Kort Kursus in Gerontologie / Short Course in Gerontology: 10 - 12 Augustus / August 2010

Die tweede kursus, aangebied deur die Sentrum vir Kontekstuele Bediening Universiteit van Pretoria, oor Kreatiewe Veroudering vind plaas 10 - 12 Augustus 2010 te Oostvallei Aftree-oord. Kliek op 'Events' om die Program te sien.

Kontak ons of skakel dr Elsona Malan vir meer inligting of bespreking, tel: 012 991 3853 of 082 355 5142.

Die kursus kan bygewoon word deur predikante, verpleegkundiges, bestuurders van aftree-oorde, arbeids- en fisioterapeute, maatskaplike werkers en ander persone betrokke by die versorging van ouer persone.

The second course, presented by The Centre for Contextual Ministry University of Pretoria, on Creative Ageing will take place 10 - 12 August 2010 at Oostvallei Retirement Village. Click on 'Events' to see the program.

Contact us or telephone Dr Elsona Malan for more information or to make a reservation, tel: 012 991 3853 or 082 355 5142.

Ministers of the various church denominations, nursing staff, managers of retirement villages, occupational- and physiotherapists, social workers and other persons involved in caring for older persons, can attend the course.

### Oupa en Ouma Dag / Grandparents' Day 3 Oktober / October 2010

Hou ons webblad dop vir meer nuus hieroor.

Watch this space for more information.

### Gholfdag 12 Oktober - Waterkloof Gholflklub Golf Day 12 October - Waterkloof Golf Club

4 ball - R1400 / Sponsor a hole - R3 000

4 bal - R1400 / Borg 'n gaatjie - R3 000

Kliek op 'Golf Days' vir meer inligting.

Click on 'Golf Days' for more information.





**Contact Anneke should you wish to support us :**

**Kontak Anneke indien u ons wil ondersteun :**

Tel : 086 111 6122

Fax : 086 502 3987

[www.helpseniors.co.za](http://www.helpseniors.co.za)

***Kampioene vir Suksesvolle Veroudering / Champions for Successful Ageing***