

50+

ONLINE  
Issue 07 December 2021

**Geseënde  
Kersfees**

Het jy mediese  
vrae wat pla?

**6 Signs - It's Time to  
Stop Driving**



50+

MAGAZINE / TYDSKRIF

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1.

## 50+ AMBASSADOR:

A message from our lovely  
Ambassador, she will bring you  
something new every month.



2.

## KORT HARE VIR VROU BO 50:

Hier is so bietjie raad oor hoe vroue  
bo 50 kort hare kan dra.

3.

## START A BOOK CLUB:

How to start a book club, make new  
friends and relax.

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## DONKER FEESTYD:

Die feestyd is nie jollie vir almal nie,  
Daar is baie wat eensaam is.

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38 Fitzsimmons Street, Vanderbijlpark  
Tel: 016 982 6911 - WILL BE BACK NEXT YEAR*

## 5. BACK PAGE 20

*Back page model anonymous.*



Photographer: Albertus Kriel  
Venue: Turn 'n Tender Vaal Mall

## Redakteur aan die woord

## Kersfees boodskap

**My wense aan jou die leser, mag ons Vader jou en jou gesin omvou met Sy liefde en Genade. Mag als wat mooi is op julle wag.**

**Dit was 'n moeilike jaar maar soos ek glo en vertrou voorsien God altyd.**

**Maak die beste van jou Kersfees, gesin's tyd geniet die kuiers met familie en vriende.**

**Vertrou op ons Vader in die Hemel.**

**Deel met ons jou verhaal - stuur dit na admin@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582**

**Ons wil graag met ons lesers praat. Geniet hierdie 50+ tydskrif, mooi bly en bly gesond.**

**Ek groet julle tot volgende maand of moet ek nou sê jaar ha ha ha.**

**Die tydskrif sluit vanaf 15 Desember tot 10 Januarie 2022.**

**Geseënde Kersfees en 'n voorspoedige jaar vir jou en jou gesin.**

Liefde

**Charms xox**

# 50+ Ambassadeur



**LORRAINE  
SMITH**

**Lorraine Smith:**

Skrywer: My lewe is 'n Storie  
Stigter: Onder die Pers hoed  
Stigter: Girls@FabEvents

**K**an jy glo die jaar is verby! Ons kan nou almal daai welverdiende blaas kaans vat.

**My kersfees boodskap vir jou en jou gesin:**

**Mag julle feesgety gevul wees met liefde, lag en saam wees en mag elke dag vir julle vreugde bring in die jaar wat voorlê.  
Geseënde Kersfees van my huis aan jou huis.**

**Wees veilig waar ookal julle gaan. Ons sien mekaar weer in 2022 as dit die Vader se wil is.**

**Liefde Groete**

*Lorraine*



## Het jy mediese vrae wat pla?



**Laat Dr Quinten Fourie jou help!  
Stuur jou vrae na [admin@topvibe.co.za](mailto:admin@topvibe.co.za)  
OF  
per WhatsApp na 072 768 8582**

# Kort hare vir vroue bo 50



Haarknipsels vir vroue ouer as 50 hoef nie 'n model of te kort te wees nie. Die lengte van die slot word toegelaat tot die lyn van die wangbene, oorlelle, ken, middel of onderkant van die nek. U kan eksperimenteer met multi-gelaagdheid, tipfrees, graduering, seleksie van knalle, afskeiding. By die keuse van haarstyle, beveel stiliste aan dat dames ouer as 50 moderne opsies kies, met inagneming van die tipe voorkoms, veral die figuur



Moenie tevrede wees met standaardkapsels vir vroue nie, as die geleentheid bestaan om jongmense te kies, beklemtoon die ovaal van die gesig. Stylvolle stilerings met ponyne vir kort of medium hare sal vroue help om jonger, eleganter te lyk.



Moenie bang wees vir eksperimente nie. Modieuse kleurmetodes, verligting sal die kortste kapsel laat herleef, help om die gebreke van 'n ronde, vierkantige gesig te verberg.

Dun vroue pas die vorm van 'n vierkant,

vol soos 'n bob, 'n kaskade vir kort hare. Diegene wat baie skaars slotte het, kan beter pixies kies.

Voordat u na die haarkapper gaan, moet u deur modetydskrifte kyk en foto's van beroemde aktrises ouer as 50 jaar bestudeer. Miskien sal hul beeld help om die geskikte stylopsie te kies vir die vakansie, die troue van kinders, hul eie ronde herdenking.

Haarstyle vir 'n ronde, vierkantige, smal gesig moet gekies word met inagneming van die tekortkominge van voorkoms. Weelderige gemaalde slotte sal help om gebreke te masker, die beeld van vroulikheid te gee.

Haarkappers vir vroue 50 jaar oud moet nie net gemaklik wees nie, maar ook stylvol, mooi. Baie kort drade kan nie gelaat word as u nie ouer wil lyk nie. Dit is raadsaam om die knoppe met maalskêr te sny, om dit geskeur of reguit te maak. Vir 'n ronde gesig, 'n kaskade, boontjie is geskik, vir 'n vierkantige is dit beter om

om dit geskeur of reguit te maak. Vir 'n ronde gesig, 'n kaskade, boontjie is geskik, vir 'n vierkantige is dit beter om gavrosh, 'n sessie te kies. Kare en pixies word gekies deur die eienaars van die Ovaalvorm.

Die kaskade sal elegante dames ouer as 50 met dun yl hare pas. Dit word aanbeveel vir eienaars van ronde, vierkantige gesigte, vroue met kromme. Kort draadjies aan die kante gaan by die trappe af, verberg die plooië in die oë, die regte ouderdom en onvolmaakthede. 'N Trappige kaskade is 'n kapsel wat geen ouderdomsperk het nie. Stapel dit beter met 'n haardroër, 'n halfsirkelvormige kwas, sodat die wortels by die wortels voorkom.

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# START A BOOK CLUB

So you want to start a book club?

Maybe you're a book lover looking to meet fellow book lovers. Maybe you're not reading as much as you'd like and want to encourage yourself to pick up a book more often. Maybe you already have a group of friends interested in getting together to talk books and don't know what to do next. Or maybe you've never even thought about starting a book club, but now you're thinking it's an awesome idea.

Whatever your reason for starting a book club, you've come to the right place! Running a book club is not only a fun way to enjoy books and meet new people, it's also a great way to learn new perspectives and participate in some healthy debate.

Lucky for you, we've put together the book club tips and resources you'll need to get your book club up and running.

**Determine What Type of Book Club You Want to Host.**

**Figure Out Who You Want to Invite.**

**Decide Where Your Book Club Will Meet.**

**Decide How You'll Choose Books.**

**Think About How Members Will Access the Books.**

**Set Up the Discussion.**

**Don't Forget the Logistics.**

Whether you want to host a book club for just you and a friend or bring together a large group of people, it's important to figure out who will come to your book club. Big groups can offer a wide variety of ideas and viewpoints, but smaller gatherings can be more intimate and allow you to really get to know your fellow book club members.

There's no right or wrong answer to this question and it may change over time, but it's important to consider before you get started because the size of your book club will affect when and where you can meet, and may even impact what books you'll read.

You should also consider how you'll find members. Will you invite close friends only? Do you want to expand your social circle and welcome anyone who's interested?

It can be daunting to find people to join your book club, but books really do have a way of connecting people. Try starting with three friends and asking each of them to invite one, two or even three friends of their own.

Neighbourhood and community boards on social media channels like Facebook are also great places to connect with fellow bibliophiles.



# Things to do if you're alone for Christmas



Our tips for helping the elderly who may feel lonely this Christmas

- Arrange a visit. ...
- Take the time to call. ...
- Help with their shopping. ...
- Help with Christmas decorations. ...
- Attend a Christmas event at a local community centre or church. ...
- Offer to drive an elderly neighbour to an event.

Make a meal of it. "The first Christmas I had on my own was initially a bit daunting, but I decided I would do things I would never normally do. ...

- Treat yourself. ...
- Join a virtual Christmas party. ...
- Spend some time volunteering. ...
- Wrap up and walk. ...
- Keep yourself occupied.



If I was on my own on Christmas Day I'd buy myself a beautiful shrub for my patio, hang fairy lights outside, and treat myself to a load of candles. Ever since I've been on my own I've lit pillar/church candles. I find their light very comforting."

"Some of our family do a four gift idea - something you want, something you need, something to eat and something to read."

Whether or not you're used to spending Christmas alone, having an indulgent day can make things a little easier. We all know how happy those little treats can make us, and it doesn't have to

break the bank. As this gransnetter suggests, gift yourself with a mixture of goodies - functional and frivolous - including something delicious (and boozy if you want!) to tuck into on the day.

Being alone doesn't mean you have to be lonely. The Gransnet forums are open 24/7, including Christmas Day, and there's plenty of joy to be found with online friends, new and old. Every year we host our virtual Christmas party - with plenty of merriment, jokes and mince pies (bring your own!), so don't miss out.



# 6 Signs - It's Time to Stop Driving

**There are some other clear indicators that it's no longer safe to drive, Kennedy says. They include:**

**Stopping at green lights or when there is no stop sign  
Getting confused by traffic signals  
Running stop signs or red lights  
Having accidents or side-swiping other cars when parking  
Getting lost and calling a family member for directions  
Hearing from friends and acquaintances who are concerned about a senior's driving  
When you do have concerns about your own or a loved one's driving, one option is to request a driving evaluation, which can be performed at a rehabilitation center, driving school, or state licensing agency.**

**There are also physical therapy centers that can run tests to measure a person's reaction time and vision, along with testing the ability to safely drive through an obstacle course,**

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**Paratransit.**

**Many communities offer paratransit, in which a driver will pick you up at home and take you where you need to go.**

**Making the transition from being an independent driver to being a passenger can be difficult. However, creating a network of alternative transportation arrangements to get you where you need to be can go a long way toward helping you adjust.**



# Die feestyd is nie 'n jolly tyd vir almal nie...Veral nie weens Covid-19.



**K**ersfees bestaan nie meer vir my nie," sê Carel met onmiskenbare bitterheid in sy stem.

"Covid het als van my af weggevat" vir die eens gelowige man wat Kersfees altyd saam met sy familieom 'n feestelike gedekte tafel met geskenke gevier het, is dit nou net nog 'n dag.

"Ek het alle vertroue in die Here verloor," sê hy prontuit.

Carel was vir ses weke in die hospitaal weens Covid-19. In die tydperk het alby sy ouers gesterf sonder dat hy van hulle kon afskeid neem.

"Wat het ek verkeerd gedoen? Hoekom is ek gekies om deur daai hel te gaan?" Is onder die vrae waarmee hy worstel.

Daar is so baie vrae wat ek myself vra met geen antwoorde nie.

"Covid het als van my af weggevat, ek kan nie eers dink aan Kersfees nie."

Elke persoon wat fisies geraak is deur Covid -19 en gesond geword het en iemand aan die dood moes afstaan, sal die feestyd binnegaan met depressie of 'n ander gemoedstoornis as 'n direkte gevolg van die Covid-19.

Hierdie feestyd gaan daar soos baie van tevore mense wees wat alleen gaan wees. Wil jy nie maar uitruik nie.

Gaan besoek 'n ouetehuis al gaan gesels jy net so bietjie met 'n paar bejaardes. Kinders gaan weg met vakansie sonder om hulle ouers te besoek.

Enkel persone is alleen, selfmoord syfers styg die tyd van die jaar.

Dan is daar nog die metriek leerders wat nie kans sien vir die lewe nie.

Vir baie mense is dit 'n donker Kersfees.

## DONKER FEESTYD



**MAGAZINE**

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NEXT ISSUE JANUARY 2022

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