MAGAZINE / TYDSKRIF

50+

ONLINE

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SEP 2026



Some Days are Diamonds, Some Days are Stone

"Advertising your Business here"

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Find our adverts here and please support them.

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You can be on the next cover page - all you have to do is to enter. Looking forward to see you on the next cover page.

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Back page - our next issue is the month of September



Photographer: Albertus Kriel
Venue: Bar with No Name - Village

Editor's *Note*

Dear reader,

There is something remarkable that happens when you reach the age of 50. Your outlook on life begins to change. You think differently, act differently, and somehow life seems to slow down a little.

You find yourself listening more and speaking less. The rush that once filled your days is replaced by a sense of calm and appreciation for the simple things in life. It is fascinating to discover how your priorities shift as the years pass.

Winter, especially, has a way of encouraging reflection. Wrapped in a warm blanket, many elderly women enjoy knitting while elderly men settle down with a good book, a newspaper, or simply a steaming cup of coffee or hot chocolate. They sit back and enjoy the quieter moments that life has to offer.

After spending decades building careers, raising families, and chasing dreams, many people find themselves downsizing—not only their homes and possessions, but also their worries and commitments. They learn to focus on what truly matters.

What a wonderful age to be. An age of wisdom, gratitude, and understanding. An age where life is no longer about rushing to the next destination, but about enjoying the journey itself.

Until next time, stay warm and cherish every moment.

Charms xox

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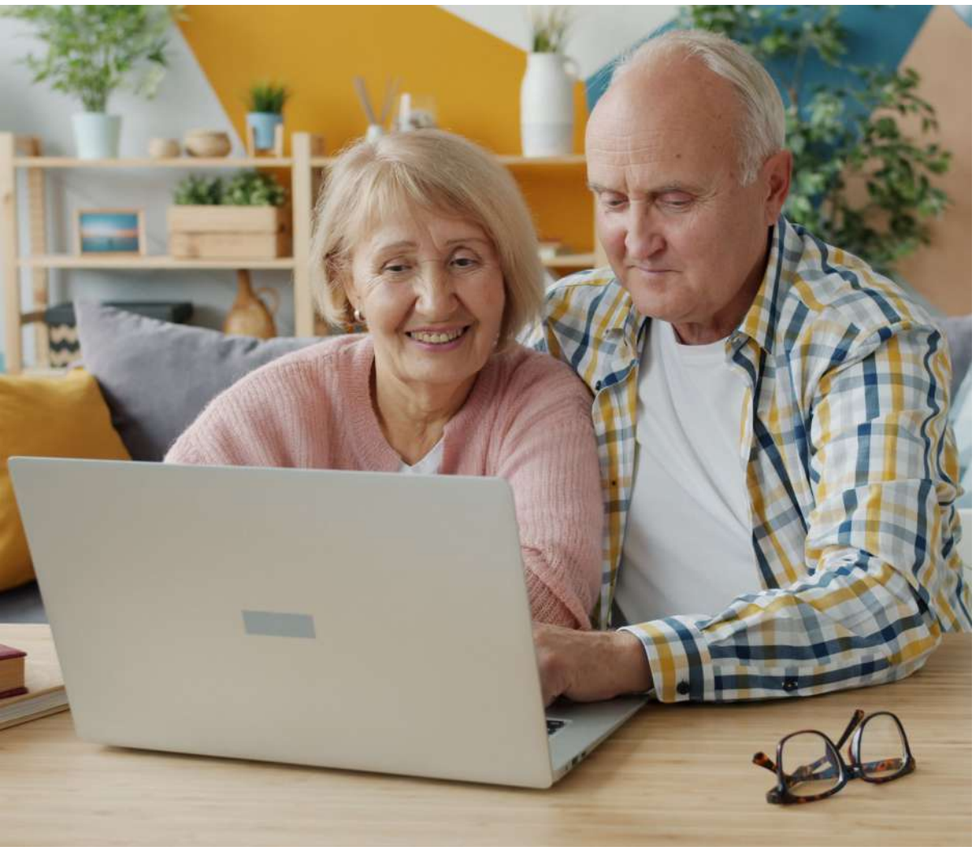
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Retirement: The beginning of a new chapter.





Retirement: The Beginning of a New Chapter

Retirement can feel frightening at first. After spending 30 or 40 years working, following routines, meeting deadlines, and building a career, the thought of stepping away from it all can leave you feeling uncertain. Many people wonder, What will I do now? Who am I without my job?

The truth is that retirement is not the end of your story—it is the beginning of a new chapter.

For decades, your life revolved around responsibilities. Now, for perhaps the first time, your time truly belongs to you. Retirement offers an opportunity to slow down, reflect, and enjoy the rewards of years of hard work.

A few important tips for retirement:

- Stay active. Keep your body moving with regular walks, gardening, dancing, or any activity you enjoy.
- Stay connected. Spend time with family and friends. Loneliness can be one of retirement's biggest challenges, so maintain meaningful relationships.
- Find a purpose. Whether it is volunteering, mentoring, learning a new skill, or pursuing a hobby, having a reason to get up each morning brings joy and fulfillment.
- Look after your finances. Create a realistic budget and plan carefully so that your retirement years remain comfortable and stress-free.
- Keep learning. Read books, attend classes, travel, or explore new interests. The mind thrives when it continues to grow.

Most importantly, remember that your value is not defined by your job title. The wisdom, experience, kindness, and knowledge you have gained over the years remain with you. Retirement simply gives you the freedom to share those gifts in different ways.

Retirement is not about growing old. It is about finally having the time to do the things you always said you would do "one day."

That day has arrived.

Embrace it, enjoy it, and make the most of every moment. The best years are not necessarily behind you—they may still be ahead of you.

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Growing Older, Staying Healthier

As we reach the age of 60 and beyond, our bodies begin to tell the story of a lifetime. Every step we have taken, every task we have completed, and every challenge we have faced has left its mark. After all, our bodies have worked hard for six, seven, or even eight decades.

It is therefore not surprising that many older adults experience health challenges. Hip replacements, knee replacements, arthritis, reduced mobility, and other age-related conditions become more common. Just like a well-used machine eventually shows signs of wear and tear, the human body also begins to slow down.

Our joints have carried us through thousands of kilometres of walking. Our hearts have beaten millions of times. Our muscles, bones, and organs have worked tirelessly every single day. It is only natural that some parts of the body may begin to deteriorate with age.

However, aging does not automatically mean poor health.

Many people reach their 60s, 70s, and even 80s while remaining active, independent, and full of energy. Why do some people age better than others? Part of the answer may lie in genetics. Our genes certainly play a role in how our bodies age and how susceptible we are to certain diseases.

But genetics is only one piece of the puzzle.

Lifestyle choices can make a tremendous difference. Regular exercise, a balanced diet, sufficient sleep, staying socially connected, and maintaining a positive outlook on life all contribute to healthy aging.

Even simple daily activities such as walking, gardening, dancing, or spending time with loved ones can have a positive impact on both physical and mental well-being.

Regular medical check-ups are also important. Detecting health problems early often leads to better treatment outcomes and helps maintain quality of life.

Perhaps the greatest lesson about aging is that it should not be feared. Growing older is a privilege denied to many. Each hair reflects experience and wisdom gained through the years.

The goal is not to remain young forever. The goal is to remain healthy, active, and engaged for as long as possible.

Aging is a journey. While our bodies may slow down, our spirit, wisdom, and appreciation for life can continue to grow stronger with every passing year.



Voorblad geleentheid in 2026

Wil jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Faceboek blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2026 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..



Some Days are Diamonds, Some Days are Stone





Some Days Are Diamonds, Some Days Are Stone

Life has a way of reminding us that not every day is meant to shine.

Some days we wake up with a smile on our faces and a lightness in our hearts. Everything seems to fall into place. We laugh a little louder, appreciate the little things, and feel as though the world is on our side.

Those are our diamond days.

But then there are other days.

Days when getting out of bed feels harder than usual. Days when our hearts are heavy, our thoughts are tired, and nothing seems to go according to plan. We may smile at people, carry on with our responsibilities and tell everyone that we are fine—but deep inside, we are simply trying to get through the day.

Those are our stone days.

And perhaps the greatest lesson life teaches us is that both kinds of days are necessary.

We often put pressure on ourselves to be happy all the time. Society tells us to smile, to be positive, to be strong and to keep going. But being strong doesn't mean that we never struggle. It doesn't mean we never cry, feel disappointed, become angry or simply need a moment to ourselves.

Sometimes being strong means admitting:

“Today is not a good day for me.”

And that's okay.

A bad day does not mean you have a bad life.

A difficult season does not mean your story is over.

A broken heart does not mean you will never love again.

And a stone-filled day does not mean that tomorrow won't bring diamonds.

Life is made up of moments. Some beautiful, some painful, some unforgettable and some we'd rather forget. But each one becomes part of who we are.

The difficult days often teach us things that the easy days never could. They teach us patience. They teach us compassion. They teach us to appreciate the people who stand beside us when we have nothing to give in return.

They teach us that sometimes simply getting through the day is an achievement.

So, if today is one of your diamond days, enjoy it. Laugh. Love. Celebrate. Be grateful. Don't feel guilty for being happy.

And if today is one of your stone days, be gentle with yourself.

You don't have to pretend.

You don't have to wear a mask.

You don't have to convince everyone that you're okay.

Take a breath. Take one step at a time.

Rest if you need to. Cry if you need to. Ask for help if you need it.

Tomorrow is another day.

And perhaps tomorrow, the stone will become a diamond.

Because that's the strange and beautiful thing about life:

We cannot appreciate the diamonds without knowing what the stones feel like.

So embrace every day—the good ones and the difficult ones.

The laughter and the tears.

The victories and the disappointments.

The beginnings and the endings.

Because one day, when we look back, we may realise that even the hardest days were shaping us into the person we were meant to become.

Some days are diamonds.
Some days are stone.
But every day is a gift.

And as long as we are here, there is always another sunrise, another opportunity, another reason to hope.

Keep going. Your diamond day may be just around the corner.

Do We put on a mask?....

We put on a mask.

Not the kind that covers our face, but the invisible one that hides our emotions, our fears, our pain, and sometimes even our true selves.

How many times have you smiled while your heart was breaking? How often have you said, "I'm fine," when you were anything but fine? We laugh at jokes, go to work, attend social events, and post happy photos on social media, while inside we may be struggling with sadness, loneliness, anxiety, disappointment, or anger.

Society has taught us that we should always be happy, positive, and strong. We are often made to believe that showing emotion is a sign of weakness. So instead of asking for help, we wear a mask. We smile through the tears. We hide our struggles. We pretend everything is okay.

But pretending comes at a cost.

The longer we wear our masks, the more disconnected we become from ourselves.

We become exhausted trying to meet other people's expectations instead of living authentically. Behind many cheerful faces are silent battles that no one knows about.

Imagine a world where people felt safe enough to say, "Today I'm not okay." A world where kindness replaced judgment, where listening was more important than pretending, and where vulnerability was seen as courage instead of weakness.

Perhaps the greatest gift we can give one another is permission to remove our masks.

You don't have to be happy every moment of every day. You don't have to carry every burden alone. It's okay to cry. It's okay to feel angry, disappointed, or overwhelmed. Those emotions don't make you weak—they make you human.

The next time someone asks, "How are you?" maybe we should be brave enough to answer honestly. And maybe we should be kind enough to truly listen to the answer.

Because behind every smile is a story, and behind every mask is a person longing to be seen, accepted, and loved for who they truly are.



The Precious Bond Between Grandparents and Grandchildren



In today's fast-paced world, it is easy to become caught up in work, school, technology, and daily responsibilities. Yet one of the greatest gifts parents can give their children is the opportunity to build a strong relationship with their grandparents.

Grandparents are living history books. They carry memories, experiences, and stories that cannot be found in any classroom or on the internet. They can tell children what life was like when they were young, how families lived, what challenges they faced, and how they overcame them.

These stories become treasures that are passed down from one generation to the next.

As I enter my own grey years, I often find myself remembering stories my grandmother told me. I can still hear her voice as she shared memories of her childhood, her family, and the lessons she learned throughout her life. Those stories shaped my understanding of where I came from and helped me appreciate the journey that brought my family to where we are today.

Children benefit greatly from knowing their grandparents.

They learn about family values, traditions, and history. They discover that their parents were once children too, and that every family has a story worth telling. These conversations help children develop a stronger sense of identity and belonging.

For grandparents, spending time with grandchildren can be equally rewarding. It keeps them connected, valued, and involved in family life. The laughter, questions, and curiosity of a child can bring tremendous joy and purpose to their later years.

The reality is that grandparents will not be with us forever. Time passes quickly, and opportunities to create memories should never be taken for granted. Encourage your children to visit, listen, ask questions, and spend quality time with their grandparents while they can.

Tell your children stories about your own childhood. Share memories of their great-grandparents. Talk about family traditions, funny moments, challenges, and achievements. These stories become part of a child's heritage and help preserve family history for future generations.

One day, those children will grow older and tell those same stories to their own children and grandchildren. In that way, the wisdom, love, and memories of previous generations live on.

The bond between grandparents and grandchildren is one of life's greatest treasures. Nurture it, cherish it, and make the most of every moment together.



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