

[55+ Club – Update for May 29th](#)

Greetings – we do hope that everyone is keeping well this week & staying safe & healthy! We just wanted to send a few more links of things that you can view from the comforts of home.

This week's update will include details about lions and interesting information & facts about South Africa!

Virtual Tours and Entertainment

[An Unbreakable Bond / The Lion Whisperer](#)

<https://www.youtube.com/watch?v=IChRNbuHHWE>

[10 Most Unique Lions in the World](#)

<https://www.youtube.com/watch?v=yoecv7Noq1A>

[South Africa - Safari](#)

https://www.youtube.com/watch?v=RMcrKfcFR_A

[10 Places to Visit in South Africa](#)

<https://www.youtube.com/watch?v=zNx5F8htBvo>

[101 Facts About South Africa](#)

<https://www.youtube.com/watch?v=-7wlluM0WH4>

Keeping Active this Week

[5 Mobility Exercises for Seniors](#)

<https://www.youtube.com/watch?v=MFFwSt7CrRU>

[Strength Training for Seniors](#)

https://www.youtube.com/watch?v=PBMi4Gr_9ls

Recipe of the Week from South Africa

Hertzoggies

Measurements	Ingredients
2 Cups	Self-Rising Flour
1/4 Cup	Castor Sugar
2 tsp	Baking Powder
¼ tsp	Salt
½ Cup	Butter
3	Egg Yolks
1 Tbsp	Cold Water

Filling:

½ c (165 g) apricot jam
3 egg whites
1 c (220 g) castor sugar
2 c (160 g) desiccated coconut
1 t (5 ml) vanilla essence

Directions:

1. Preheat the oven to 180 °C and grease a shallow muffin tin.
2. Sift the self-rising flour, castor sugar, baking powder and salt together. Rub in the butter with fingertips until the mixture resembles fine breadcrumbs.
3. Whisk the egg yolks and water together. Add it to the dry ingredients, cut in with a knife and knead lightly to a soft dough.
4. Roll out the dough to a 5 mm thickness, cut out pastry circles with a cookie cutter and use these to line the tin. Filling: Spoon one teaspoonful of apricot jam into the middle of each round.
5. Whisk the egg whites until soft peaks form. Gradually add the sugar, beating continuously. Fold in the coconut and vanilla essence.
6. Spoon the meringue mixture over the jam filling. Bake for 20 to 25 minutes, until golden. Turn out onto a wire rack to cool.

Smile or Laugh for the Day



Trivia

1. – This feline is the largest of Africa’s cats, spending its days lounging in the sun. It hunts big game such as zebra and This wildebeest during early morning and evening hours:
a) Caracal b) Leopard c) Cheetah d) Lion
2. - Which creature spends most of its time alone, rather than in a group?
a) African Wild Dog b) Hyena c) Leopard d) Jackal
3. - What is the closest living relative of the hippo?
a) Warthog b) Rhinoceros c) Whale d) Elephant
4. – How wide can a Hippo stretch its jaws
a) 150 b)120 c) 90 d) 65
5. – Elephants are the largest animals & incredibly intelligent creatures. Which of the following traits do elephants & humans share?
a) Burying their dead b) Long-term memory c) Forming deep family bonds d) All of the Above
6. – Venom has little effect on this thick-skinned, fearless creature that can kill & eat snakes (even the deadly mamba), & also has a particular fondles for bee larvae.
a) Serval b) Honey Badger c) Meerkat d) Bat-eared Fox
7. – How heavy is an Ostrich Egg?
a) 4 pounds b) 3 pounds c) 2 pounds d) 1 pound
8. – How fast can a cheetah run?
a) 85 mph b) 70 mph c) 50 mph d) 45 mph
9. – How long is a Giraffe’s tongue?
a) 30 inches b) 18 inches c) 10 inches d) 7 inches
10. Which species of monkey is not found in Africa?
a) Baboon b) Vervet Monkey c) Colobus Monkey d) Golden Lion Tamarin

Online Games

[Word Search – Safari Animals](https://thewordsearch.com/puzzle/11/safari-animals/)

<https://thewordsearch.com/puzzle/11/safari-animals/>

[Free Jigsaw Puzzle Online - Lion](http://jigsawpuzzles.online/2012/lion)

<http://jigsawpuzzles.online/2012/lion>

[9 Ball Pool](https://games.aarp.org/games/9-ball-pool)

<https://games.aarp.org/games/9-ball-pool>

Trivia – Answers

1. – Lion
2. – Leopard
3. – Whale
4. – 150
5. – All of the Above
6. – Honey Badger
7. – 3 Pounds
8. – 70 MPH
9. – 18 inches
10. – Golden Lion Tamarin

We are still looking for stories, recipes, jokes or anything that you would like to share with fellow members. Please send these to us by Tuesday June 2nd, so that they can be included in the Friday June 5th update!

Thank you to everyone who contributed to this week's update! 😊

Take care and if you need any assistance please do not hesitate to contact either Jen – jen.mceachen@townofws.ca or Barb at barb.armstrong@townofws.ca – by phone at 905-642-7529 extension 5328.

Jen and Barb