



WEEK 094







- +7 Chicken Pieces,
- +12 Wings,
- +a mega scooping of fries
- +2 x 750ml Pepsi



DOUBLE DEALS!

Even BIGGER value every TUESDAY & THURSDAY







Think Milk, think



filled with goodness!





Eating a breakfast rich in nutrients that support your brain is a great way to ensure children stay focused.

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Join us today, don't forget to bring towels and water

TAMUKA FITNESS









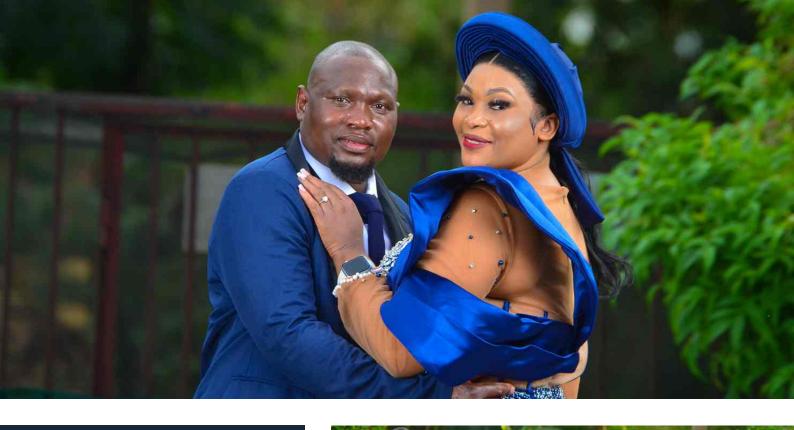












Bridget & Tinashe Roora Day

12-04-25

TWINLAKES NORTON





PHOTOGRAPHY 0773236415







Get Off the Couch and Get on Track

Unleash the Power of Athletics



By Peter Matangira - Dedicated to Mendisa Moyo Mpofu

Are you tired of feeling sluggish and stuck in a rut? Do you dream of having more energy, confidence, and a sense of accomplishment? Look no further than athletics!

Athletics is the ultimate all-weather, all-age sport that can transform your life in countless ways. Whether you're a seasoned athlete or a complete beginner, athletics offers a wide range of benefits that can't be beaten. From improving cardiovascular health and boosting mood, to increasing strength and flexibility, athletics is a powerful tool for achieving overall wellness. And the best part? You don't need to be a superstar athlete to reap the rewards.

In fact, athletics is one of the most accessible sports out there. All you need is a pair of running shoes and a willingness to get moving. And with a wide range of events and disciplines to choose from - from sprinting and distance running, to jumping and throwing - there's something for everyone.

So why not ditch the remote and lace up your running shoes? Join a local athletics club, find a running buddy, or simply head out to your nearest track and get moving. Your body - and mind - will thank you.



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we offer a wide range of groceries and fresh from the farm meat products

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GOVANZ SHOPPING CENTRE NEXT TO GLASSBAR /JET

OPERATING HOURS 6:30AM-8<30PM MONDAY TO SUNDAY



0776284776/0712334596









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4-IN-1 COATING SYSTEM

Sealer Primer, Waterproofer & top coat | Interior & Exterior



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ENAMEL

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Trims & Windows OIL PAINT



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20 PU GLOSS VARNISH

YES WOOD

Scratch and water-resistant for natural wood - Interior & Exterior



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Wood Wood 20 Pu Gloss Varnish

51



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