

Namibia & Upington

December 6, 2025

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<b>Louw</b>	Joey & Desmond, Lemise & Zandré; 74 <i>Walvisbaai</i>	081 694 1495(D) Neptune Street, Narraville, Walvisbaai. 081 441 3949(J)

Windhoek Senior Park

**LOW** *Wimdeek Senior Park Heights, Kennebunk Kaundera street, 081 272 6116(D)*

Winchhoeck; Posbus 3934, Vineta; 081 229 6196(T)  
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<b>LLOW</b> Piet, 20 Potgieter Street, Piонeers 081 240 2669	Windhoek Senior Park Park, Windhoek, Namibia, Senior	Park, M2 Natalie, Tyrik, 43 Pima Street, Aggeneys, 082 433 8810(N)	Aggeneys 8893, PO Box 343, Aggeneys, 8893; natalein82@gmail.com, (-29.2369250,	18.8401330)
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Windhoeck Khomasdal

Diergaardt Elizabet, Micalelo, Chrizano  
Schwartz Sophia  
Shand (Elder) Trevor & Marlene, Joshua, Jesse  
Van der Walt Stephanie  
Van Heerden Wilma  
Van Wyk Christopher

**Schand** Trevor & Marlene, Joshua, 081 145 8365(T)  
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<b>Schwarz</b>	Sophia; 0 271 Chiisopraas 081 222 8202(So)	Wimdhok Khomasdal Street, Khomadsal Winidhok, Khomadsal, Windhok,
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**LLOW** Piet; 20 Podgäster Street, Pionneers 081 240 2669 Windhoek Senior Park Park, Windhoek, Namibia, Senior Park, M2

Okaraku

Opperman Daniel  
Pfeiferse Lorina  
Swarz Katje  
Van der Wait (All mtgs; Elder) Eddie

**Louw Piet**  
**Louw Deon & Tanja, Lauren**  
**Jannuarie Meléneý, Jean-Claude, Damian, Tayla**

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Winnower Senior | AIA

Windachek Senior Park  
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Windachek, Kenneseth Kuanuda Street, 081154 6600(D)  
Windachek, Posbus 3934, Vinita, 081229 6196(T)  
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## Namibia & Upington

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### NAM Contacts

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**Van Heerden** Eduard & Manette

### Okahandja

**Bezuidenhoudt** Leonie & Kobus  
**Du Preez** Rika  
**Strämke** Ansie & Max

### Otjiwarongo

**Kurz** Emil & Katie, Mercy, Monalisa

### Rehoboth

**Vries** Kynan & Nadine, Aiden, Kadene, Lillian

### Swakopmund

**Havemann** (*SunAM,SunPM*) Marjan  
**Huisamen** (*Wed;Elder*) Helmon & El-Selene

### Upington

**Coetzee** Lien  
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**Jansen** Johnny & Laurika, Ava, Leoniece  
**Nel** (*All mtgs;Elder*) Jan & Julia  
**Opperman** Wieks  
**Smith** Susan & Sakkie, Sakkie jr

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**Van Heerden** Danie & Jeanette, Daniella  
**Van Wyk** Chet & Zuzette, Timiica