

January 3, 2026

Namibia & Upington

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<b>Jansen</b>	Johnny & Laurika, Ava, Leoniece; 9 Kalsium <i>Upington</i>	061 364 0464(J) Street, Belview, Upington, 8801; Posbus 2129, Upington, 8800 061 813 0802(J)
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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** *Wimdhok Senior Park* Heights, Kenedi Kauda street, 081 154 6600(D)  
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<b>LLOW</b> Piet, 20 Podgijeter 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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Windhoek Khomasdal Susan; 8378, Bachberch  
8378, Bachberch

<b>Schwarz</b>	Sophia; 0 271 Chiisopraas 081 222 8202(So)	Wimdhok Khomasdal Street, Khomadsal Windhok, 073 937 2173(C)
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**LLOW** Piet; 20 Podgäster Street, Pionneers 081 240 2669  
Wimdhoeck Senior Park Park, Windhoek, Namibia, Senior Park, M2

Okaraku

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

**Louw** Pieter  
**Louw** Deon & Tanilia, Laureen  
**Januarie** Melene, Jean-Claude, Damian, Tayla

Windhoek Senior Park

**LOW** Windhoeck Senior Park Deon & Tanja, Laurens; 2 Uhland 081 272 6116(D)  
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## Namibia & Upington

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

### Walvisbaai

**Louw** Joey & Desmond, Lemise & Zandré  
**Van Heerden** Danie & Jeanette, Daniella  
**Van Wyk** Chet & Zuzette, Timiica