



SERIOUSLY SOCIAL Sunfields

5TH DEC

Balfour. A great ride through the countryside!

Optional technical loops.

Dirtbikes, Quads and Side By Sides All Welcome!

All marked, so you can ride at your own pace. Safe Parking. Shady trees. Swimming pool. Clean ablutions. Briefing at 8h45am. Mass ride to Sunfields at at 9am.

A fun day out in the dirt, 2 big loops, flowing trails with river crossings, rocky koppies. dongas and all sorts... Glorious wide-open spaces.

We will mark a few pink, technical sections for the rock hoppers

**We are taking gifts to the Sunfields Home for people with physical and mental disabilities.
Please see that attached wish list. They need all sorts! Then we ride!**

**The routes will be marked. ride at your own pace.
We'll have a team riding, taking pics and looking after you.**

Costs: Adult Riders R600.00 Kids Under 12: : 450.00. Non Riders R80.00 gate fee
The resort is offering lunch at R140pp boerie roll, salads, soft drinks.

Name & surname.....

How many Adult Riders.....U/12.....Non Riders.....

How many for lunch.....

Email:.....Cell no's.....:

Standard Bank. Family Adventures Cheque. Acc no: 200893548 code 012442.

Queries: Corinne 0828706134 Glenn 0721770621.

Send your booking form to: foleyg@mweb.co.za Janetmarsden922@gmail.com

whatsapp 0721770621

www.adventurecompany.co.za

SINCE 1991 THE SUNFIELD HOME HAS BEEN CARING FOR UPWARD OF 70 RESIDENTS, PROVIDING FOR THEIR SOCIAL, PHYSICAL AND MEDICAL NEEDS.

"OUR RESIDENTS ARE ALREADY SO EXCITED ABOUT SEEING THE "BIKERS" AGAIN THIS YEAR".

"WE REALLY APPRECIATE WHAT YOU GUYS DO FOR US! "

"HERE'S A LIST OF GOODS THAT WE NEED A HAND WITH. SEE YOU ON THE FIFTH! "

IF YOU HAVE ANY QUERIES AROUND SUNFIELDS PLEASE CONTACT BRENDA ON 072-826-0556

FACEBOOK.COM/SUNFIELDSFORTUNA

SUNFIELD HOME WISH LIST

- **Groceries:** Sugar, Cooking oil, Rice 10 kg, Mabela 10 kg, Chutney 5 l, Samp 10 kg, Tomato Sauce 5 l, Red Speckled Beans, Lemon Juice 5 l, Cake flour, Vinegar 5 l, Maize Meal, BBQ Sauce 5 l, Oats, Worcester Sauce, Mushroom Soup, Mustard Sauce 5 l, Chicken Soup, Syrup, Beef Soup, Mayonnaise, Spaghetti, Peanut Butter, Macaroni, Bovril, Sago, Cook And Spray, Popcorn, Coffee 5 kg, Stampkoring, Tennis Biscuits, Cremora 1 kg, Lazagne Sheets, Hot Choc 1 kg, Weetbix, Tea, Jelly, Rooibos, Tea Yeast, Condensed Milk, Stock Cubes 40, Apricot Jam 3 kg, Bisto 2,5 kg, Mix Fruit Jam 3 kg, Custard 2,5 kg, Strawberry Jam 3 kg, BBQ Spice 1 kg, Mix Veg 3 kg, Chicken Spice 1 kg, Baked Beans 3 kg, Steak & Chop spice 1 kg, Tomato Paste 3 kg, Fish Spice 1 kg, Tomato Puree 3 kg, Black Pepper 1 kg, Tomato & Onion Mix 3 kg, Curry Med 1 kg, Pineapple Pieces 3 kg, Tumeric 1 kg, Pineapple Rings 3 kg, Parsley 1 kg, Fruit Cocktail 3 kg, Mixed Herbs 1 kg, Tuna 1,7 kg, Meat Tenderizer 1 kg, Fusion drink mix 1 l, Salt 1 kg, Vanilla 1 l, Cinnamon, Baking Powder, Ginger 1 kg, Maizena 1 kg, Mustard Powder, Bicarb of Soda 1 kg, Instant Porridge, Icing Sugar 1 kg, Rice Brown, Icing Sugar, Rice Basmati 5kg, Raisins 1 kg, 100's & 1000's 1 kg. Pasta.
- **Building And Maintenance:** Paint (Interior / Exterior), Roof paint (Liquid Rubber), Tiles & Cement, Doors / Door handles, Locks, Toilet Seats, Lawnmower. Globes Raid 300 ml 6 Pledge 300 ml 6 T.
- **Tools:** Rollers and paint Brushes, Vegetable seeds, Wheelbarrows weed eaters.
- **Kitchen:** Pots & Pans, Dishing up Spoons, Whisks, Aprons & Head covers, Plastic Mixing bowls, 25 Litre Urn, Microwave, Kettles, Dish cloths, Matches 10's, Charcoal 4 kg, Teaspoons, Dessert spoons, Mops, 100 Black Bags (Heavy Duty), 20's Bags Clear 15x28, Bags Clear 25x40, Steel wool 500g, Skuudraad Jumbo Roll, Foil 70 m, Wax wrap 100m, Clingwrap 300m, Pinegel Floor cleaner, Toilet cleaner, Jik, Handy Andy, Air Freshner, Mosquito Killer, Feather Dusters, Broom & dustpans, Sta-soft, Toilet Paper, Dish Wash Soap, Scrub brush, Gloves, pegs, Pots & Pans, Dishing up Spoons.
- **Admin & Stimulation:** Plastic pockets, Black & Red pens, File Fasteners, Cellotape (broad/thin), Rexel staples 26/6 No. 56, White board cleaner & pens, Bulldog clips, Paper clips, Exam pads, College Exercise books, Glue sticks, Prestik, Typek photocopy paper, Stamp pad ink.
- **Arts & crafts:** Paint any colour, Sicors Wood glue, Broken tiles / Mosaic, Craft Paper, Lint / strings, Paint brushes. Wax Crayons.
- **Toiletries:** Hairdryers, Shampoo & Conditioner, Body wash / Soap, Razors, Toothpaste / Tooth Brush, Hair brush / Combs, Shaving gel/ foam, Sunscreen, Body lotion, Vaseline, Bath sponge, Towels, Heel cream, Hair cutting machine, Nail cutters, Linen, Blankets (Single Beds), Fitted sheets (Single beds), Duvet (Single bed), Pillows, Curtains, Feminine hygiene products, Deodorant, Cream.
- **Garden:** Lawnmowers, Weed eaters, Spades, forks, rakes, wheelbarrows Vegetable seeds or seedlings.