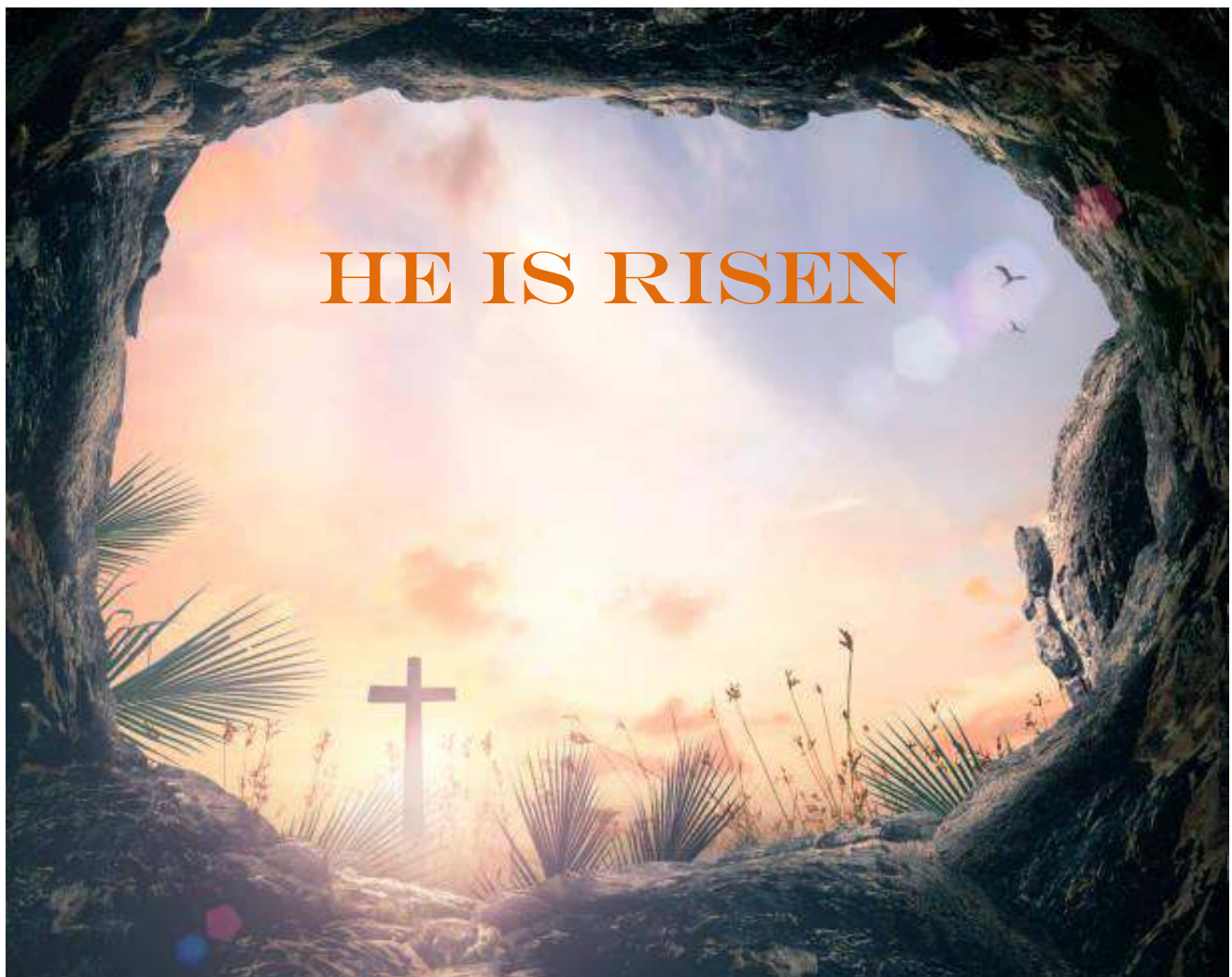




n e w s



*APRIL*

*Making a life-giving difference*

## Spiritual Care Program for April 2021

| <b>Fridays @ 09:30</b>              | <b>Sundays @ 09:30</b>           | <b>Sundays @ 18:00</b>           |
|-------------------------------------|----------------------------------|----------------------------------|
| 2nd One Hour for Jesus              | 4 <sup>th</sup> Morning Service  | 4 <sup>th</sup> Evening Service  |
| 9 <sup>th</sup> One Hour for Jesus  | 11 <sup>th</sup> Morning Service | 11 <sup>th</sup> Evening Service |
| 16 <sup>th</sup> One Hour for Jesus | 18 <sup>th</sup> Morning Service | 18 <sup>th</sup> Evening Service |
| 23 <sup>rd</sup> One Hour for Jesus | 25 <sup>th</sup> Morning Service | 25 <sup>th</sup> Evening Service |
| 30 <sup>th</sup> One Hour for Jesus |                                  |                                  |

### IT'S YOUR CHOICE

Isn't it delightful receiving an invitation to join someone at your favourite restaurant for a meal? With the current pandemic, perhaps it has been a long time since you were invited out for a meal! It may not necessarily be only the meal that you look forward to. The company may be a big factor in the enjoyment of the outing.



Friends and food are such a lovely combination that potentially results in great stories being told accompanied by much laughter.

In one of the last times, I travelled overseas; my family and I was in a restaurant where I witnessed a three-year-old leave his table to approach the table of a stranger. He joined them and then proceeded to help himself to the chips on the plate closest to him, an unwanted guest!

I think sometimes we entertain "guests" at the table of our lives that need to be asked to leave. These "guests" can be thoughts or perspectives that are contrary to what the Bible teaches. What we think is what directs our feelings, shapes our speech, and determines our actions. *'As a man thinketh in his heart so is he'*. Proverbs 23: 6 NIV.

Consider for a moment if our thinking is nihilistic, for example, *'My life is over. My ship has sailed. There is no divine plan.'* This could lead to feelings of depression, negative speech, and apathy. Considering my example, it is only one person's opinion. How often do we cling to or entertain a thought that is not true?

What is truth? The Bible is truth, as it is a letter written to us by God. The contents of which are inerrant, unchanging, and always true. *'All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness.'* 2 Timothy 3: 16 NIV. Our thinking and the truth that we hold onto, needs to be tested against what the Bible teaches.

Let's go back to my example of nihilistic thinking. Is any of it true when compared to what the Bible teaches? Let's unpack it together.

My life is over. The Bible teaches in John 10: 10 *'I have come that you may have life and life in abundance.'*

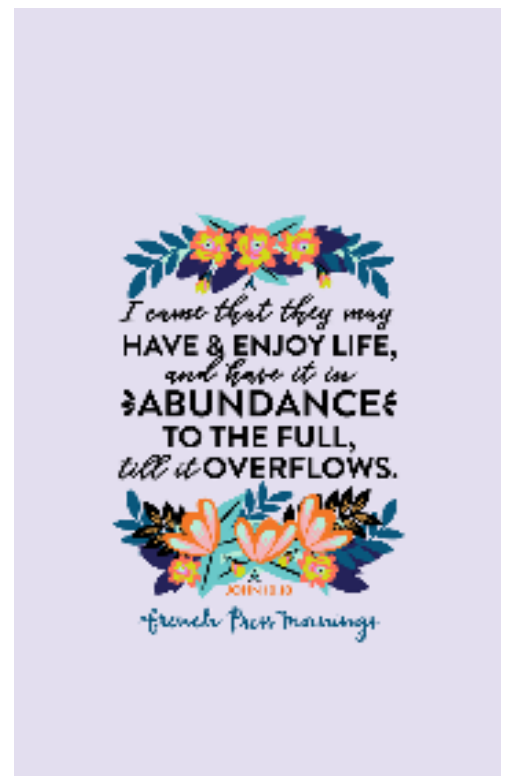
My ship has sailed. Ecclesiastes 3: 11, *'In His time He makes all things beautiful.'*

There is no divine plan. Jeremiah 29: 11, *'For I know the plans I have for you. Plans to prosper you and not to harm you. to give you a hope and a future.'*

We need to think about our thinking. Who is sitting at your table? What thinking needs to be asked to leave, as it is opinion and not truth. What truth do you need to invite to join you? What thinking would you replace my example with?

What Biblical truths would cancel this "dinner guest's" stay at anyone's table?

**(Submitted: Ps Debbie Sloane-A City Church Harfield)**



## **Paas Naweek – it's time to be still and know!**

Hierdie jaar, 2021 gaan ons minder dienste hou, minder sing en meer stil raak, meer wag op werking van die Heilige Gees in elkeen van ons. Ons gaan dus bly op ons knieë nederig en totaal en al afhanklik van Sy genade. Ons het na die 365 dae baie stof tot nadenke – wat maak regtig saak, wat is regtig vir jou as inwoner, familie lid, vriend en/of personeellid belangrik. Kom ons vat boeke... ?



On a hill far away stood an old rugged cross  
The emblem of suffering and shame  
And I love that old cross where the dearest and best  
For a world of lost sinners was slain

So I'll cherish the old rugged cross (rugged cross)  
Till my trophies at last I lay down  
I will cling to the old rugged cross  
And exchange it someday for a crown

To the old rugged cross I will ever be true  
It's shame and reproach gladly bear  
Then he'll call me some day to my home far away  
Where his glory forever I'll share



***Blessings to our Residents on their special day***

|             |                      |           |           |
|-------------|----------------------|-----------|-----------|
| 3rd         | Alan Downey          | N006      | 48        |
| 5th         | Veronica Neveling    | R61       | 82        |
| <b>8th*</b> | <b>Elsie Cloete</b>  | <b>R9</b> | <b>91</b> |
| 8th         | Noreen Moody         | F107      | 84        |
| 9th         | Felicite Smith       | R70       | 89        |
| 10th        | Anna De Villiers     | F25       | 81        |
| 10th        | Ruzanna De Wet       | R10       | 75        |
| 12th        | Berdine Stafford     | F116      | 84        |
| 13th        | Charmaleen Lourens   | F127      | 83        |
| 14th        | Jill Admas           | F119      | 83        |
| 16th        | Margaret Duminy      | A3        | 82        |
| 20th        | Sannie Meyer         | F006      | 86        |
| 23rd        | Pamela Van Der Merwe | F109      | 74        |
| 26th        | Panayotis Anetos     | R53       | 70        |
| 26th        | Denise Bredekamp     | R42       | 87        |
| 26th        | Sarie Tolmay         | R67       | 71        |
| 27th        | Mary Watson          | R43       | 86        |
| 29th        | Lilian Bothma        | R38       | 85        |
| 29th        | Stella Willard       | F127      | 85        |





***For by me your days will be multiplied, and years will be added to your life.***  
***Proverbs 9:11***

### **Happy Birthday to our Staff**

|                  |                     |     |
|------------------|---------------------|-----|
| 2 <sup>nd</sup>  | Mandy Williams      | CCL |
| 3 <sup>rd</sup>  | Ledonna Van Rooyen  | HC  |
| 8 <sup>th</sup>  | Vanessa Jacobs      | CSC |
| 13 <sup>th</sup> | Cindy Schoeman      | CCL |
| 15 <sup>th</sup> | Jackoline Adams     | CSC |
| 16 <sup>th</sup> | Minnie Fransenberg  | HC  |
| 17 <sup>th</sup> | Tracey-Leigh Leeman | CSC |
| 18 <sup>th</sup> | Elise Hobanie       | CCL |
| 20 <sup>th</sup> | Toni-Lee Adonis     | CCL |
| 20 <sup>th</sup> | Cheryl Valentine    | CSC |
| 21 <sup>st</sup> | Lucia Fredericks    | CSC |
| 25 <sup>th</sup> | Samantha Sigare     | HC  |
| 26 <sup>th</sup> | Alvina Tango        | CCL |
| 29 <sup>th</sup> | Sylvia Jantjies     | CCL |
| 30 <sup>th</sup> | Paul Stoltz         | HC  |



**We wish all our members a very Happy Birthday!**

|                  |                  |
|------------------|------------------|
| 3 <sup>rd</sup>  | Mrs Abdurahman   |
| 5 <sup>th</sup>  | Mrs Paulsen      |
| 7 <sup>th</sup>  | Mrs L Van Gee    |
| 10 <sup>th</sup> | Mrs E Abrahams   |
| 12 <sup>th</sup> | Mrs R Breda      |
| 14 <sup>th</sup> | Mrs B Syce       |
| 15 <sup>th</sup> | Mrs M Carollison |
| 19 <sup>th</sup> | Mrs S Solomons   |
| 22 <sup>nd</sup> | Mrs E Adams      |
| 25 <sup>th</sup> | Mrs Couves       |



## April Birthstone

· Diamond ·



The most coveted gemstone to date, **diamonds** are a symbol of eternal love. They're thought to provide those who wear them with better relationships, balance, clarity, abundance, and an increase in inner strength.



# Did You Know?

*Ons gebruik 150 litres melk, 480 snye brood, 40kg vleis, 10kg groente per dag om ons Inwoners gesond te hou.*



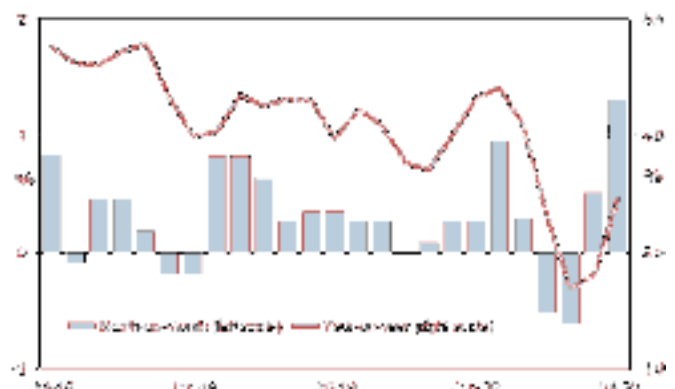
*Every time your medication prescription is updated by your doctor, you need to let us have a copy. Our records always need to have the latest medication information on file. This information comes in handy in instances of an emergency and where possible hospitalization is necessary and you are unable to relay your details or medication.*



*You can buy your-self the best emergency light ever for load shedding: contact reception & we will assist you with the fitting*

## New Levies from 1 April 2021

*Met geen salaris verhogings kon ons ten spyte van die verhoogde elektriese en water verhogings ons heffings beperk tot 'n 3.95% styging. / With God's Grace we are able to keep our levies as low as 3.95% increase, keeping in mind the high increases in electricity, water and food cost.*



## Nuwe Toegangsbeheer en Sekuriteit stelsel

Gedurende Mei 2021 gaan ons vorder met die Universal Communication Network deur ons nuwe toegangsbeheer en sekuriteit stelsel wat deel van ons UCNW is te installeer. Ons nuwe stelsel **bestuur** toegangsbeheer en sekuriteit op 3 vlakke:

- Buite grens – elektriese heining word 24 x 7 uur gemonitor deur Risk Man
- Middel grens – al ons geboue se toegang deure is toe, word beskerm deur CCTV en gekontroleerde toegangsbeheer met toegangskaart of toegang via interkom
- Binne sekuriteit – word ook 24 x 7 beskerm met CCTV en personeel patrollies

Daar sal dus geen wagte meer by ons 3 toegangsbeheer punte wees nie. Ons monitor dit net by Risk Man met elektroniese toerusting.

Weens hierdie reeling skuif alle besoekers toegang na die nuwe hoofingang naamlik die hek tussen PlumRus North en Mountain View. Daar is 'n interkom vir kommunikasie met Risk Man 24 x 7 om die hek oop te maak. Daar is ook reeds 'n versoek aangebring: "no hooting" moet asb. nie die toeter druk nie – dit is regtig onbeskof en betoon geen respek vir ons Inwoners nie. Groot asb. vra jou familie en vriende om nooit die toeter te druk nie – Risk Man sal help gebruik net die interkom asb. Risk Man sal die



hek outomaties oopmaak met die uitgang.

Inwoners sal uitgereik word met "remotes" wat gebruik kan word vir outomatiese toegang. Gereelde besoekers wat meer as 3 x keer per week kom besoek sal ook uitgereik word met n remote teen n koste van R200 per remote om toegang te vergemaklik want ons families is geen bedreiging nie.

'n Nuwe skuifhek word installeer regoor die wit bank wat **ALLEENLIK** vir Inwoners en personeel is.

Die ou hek by die waghuis word oorgedoen en is daar vir die Inwoners wat agter parkeer en nie vir besoekers nie. Besoekers moet hoof ingang gebruik asb.



Die hek word ook gebruik vir aflewering en personeel wat agter die ou-gebou parkeer.

Meer belangrik as alles wat hierbo bespreek is, is jou en jou familie en vriende se geduld - wees asseblief geduldig en gee ons kans om jou te help. Ons waardeer die ondersteuning en samewerking in hierdie verband. ***Sal verder bespreek word by klein groep vergaderings.***

### Technology and our Staff

In compliance with Labour regulations, all staff needs to record their daily attendance at work. Our staff attendance register is in line with all our other technological advancements. We use a SAPRO attendance system. Staff scan in by using either fingerprint or face recognition. All deviations of either latecomers or absenteeism can be managed every morning and immediately dealt with. This accurate record of staff's attendance can be used in cases where disciplinary action against staff is necessary. It is also a reliable record to use when emergency evacuation is needed to check staff on premises.



**Audiology @Home**

**HOME-VISITING  
AUDIOLOGY  
SERVICES IN  
CAPE TOWN**

*Reconnecting you  
to your world*

Audiology@Home is a professional and quality mobile audiology service, run by a registered Audiologist operating in the Cape Town metropolitan area that conveniently comes to you. This practice focuses on adults with hearing difficulties.

Our goal is to improve your quality of life by improving your hearing. It's important to us that we see you enjoying conversations again.

**Our Services Include:**

- Hearing Tests
- Hearing Aids
- Hearing Aid Care and Maintenance

Lee-Anne from Audiology @Home will be at PlumRus on Thursday the 15<sup>th</sup> April from 10am onwards. She will be giving a short talk and thereafter will be doing free screening for our Residents. Kindly make an appointment by contacting Sr. Berry on Ext 1031 and she will allocate you a time slot for your personal screening. Sessions are approx. 15 minutes in duration.



With the installation of our electric fencing we needed to trim and in some case cut down sections of our beautiful hedges and trees. Our verges are slowly starting to take shape again. We thank the members of our Garden Club as well as Neville Burt and the members of the Constantiaberg Close Homeowners' Association for their financial contribution to the maintenance of our gardens both inside and surrounding our facility.

We have had a good month in the gardens. We have had some reasonable rain but the storm the other night made a lot of mess with leaves & small branches blown into the beds. The pavement beds opposite Constantiaberg Close have been planted & are going to be lovely once the plants settle in. We had an excellent talk by Paul Green on succulents & quite a good number of people came to listen to him. I would like to stress that the talks that we organize are for all the residents not just for the Garden Club. In fact the talk for April is about film making! Melanie Stewart is an old friend of Plumrus & has given us a number of talks in the past. She is very interesting & this talk is about how she & her husband started in the movie business. We do invite everyone to come & enjoy the talk, on Wednesday 28th April at 3 pm.



### **The Gardener's Prayer**

Oh Lord, grant that in some way it may rain every day, say from midnight to 3 in the morning, gentle & warm so that it can soak in,

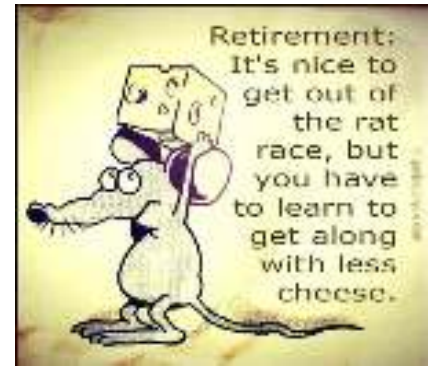
Grant that at the same time it would not rain on aloes, succulents & others which in Your infinite wisdom are drought-loving plants,

Grant too that the sun may shine everywhere except on shade-loving plants, that there may be plenty of dew & little wind, enough worms but no aphids or snails.

Thank you Lord for gardens - Amen

## **Dinge wat ouer persone moet doen, deur Emsie Martin**

Om oud te word ... nee wag, my skoonma het altyd gesê 'n mens raak ouer, nie oud nie. Maar as jy nou ouer raak, is dit nie rede om stil te sit nie. Daar is 'n paar dinge wat ouer mense steeds behoort te doen vir solank hulle nog die krag en geleentheid daartoe het. Onthou, jy hou nie op lewe wanneer jy ouer raak nie, jy sal dalk net nodig hê om aanpassings te maak, al is die algemene persepsie van aftrede om van dan af niks te doen nie.



Dr. ST Potgieter, 'n geregistreerde sielkundige met 'n spreekkamer in Bellville, het hierdie wenke:

### **Oefening**

'n Ouer persoon behoort te oefen terwyl hy nog kan. Die oefeninge behoort egter by die persoon se ouderdom aangepas te word. Strekoefeninge, rolbal, stap en swem is voorbeelde van oefeninge vir bejaardes. Daar is nog heelwat ander soorte oefeninge en sport wat vir die ouer persoon geskik is.

### **Buitelewe**

Ongelukkig is dit so dat ouer mense hulself soms tot hul huis of kamer beperk. Daar is verskeie redes hiervoor, byvoorbeeld dat hulle kragte min is, dat hulle nie meer motor bestuur nie en dat hulle bang is vir misdaad. Dit is egter goed en gesond vir ouer persone om buite te kom en by 'n veilige plek in die natuur tyd te spandeer. Ek dink aan dinge soos 'n piekniek, visvang, stap in 'n natuurpark en tuinmaak. Die meeste plekke het organisasies wat spesiale uitstappies vir bejaardes reël. Maak gebruik daarvan want om uit te kom, voed die siel.

### **Woon uitvoerings by**

Baie aftreeoorde het baie aktiwiteite en hou selfs hul eie musiekuitvoerings, toneelstukke en konserte. Indien jy in staat is om self uit te gaan, is daar heelwat plekke wat spesiale afslag aan senior burgers bied vir programme en uitvoerings. Maak 'n plan en kom uit. Dit is veilig en gemaklik om voor die televisie te sit, maar daar buite is 'n wêreld wat die ouer persoon nog steeds kan geniet. Heelwat ouer



persone reis oorsee of gaan kyk blomme in Namakwaland. Jy hoef nie eers self te ry nie, gaan saam met 'n bustoer.

## Breinaktiwiteite

Hou daardie brein wakker en elasties deur breinaktiwiteite te doen soos om boeke en die koerant te lees, te skryf, blokkiesraaisels en sudoku in te vul, en om legkaarte te bou. Bly nuuskierig oor die lewe en leer om steeds nuwe dinge te ontdek. Dit is hierdie soort goed wat maak dat mens positief bly en 'n sin vir humor behou.

## Familie en vriende

Maak tyd vir jou familie. Maak tyd vir jou kinders en kleinkinders. Geniet jou kinders en hulle gesinne. Probeer op die hoogte bly van wat in jou kinders en kleinkinders se lewe aan die gebeur is. Kuier ook saam met jou vriende. Soms neig ouer mense om hulle te onttrek. Skakel in by aktiwiteite wat vir senior burgers aangebied word en kuier oor en weer in julle kompleks. Ouer persone raak soms eensaam omrede hulle nie moeite wil doen om te gaan kuier nie. Selfs in 'n ouetehuis vereensaam mense, want hulle gaan kuier nie by die ander inwoners nie.



## Behou die geloof

Hou vas aan die geloof en bly stewig aan die Woord geanker. Jy is 'n rolmodel vir jou kinders en kleinkinders. Hulle sien op na jou om ook gemoedsrus en sekerheid vir hul geloof te vind.

Doen dít wat jy kan terwyl jy dit nog kan doen. Daar kan 'n dag kom wat jou liggaamskragte jou nie meer gaan toelaat om sekere dinge te doen nie.



## Heerlike Ingelegde Vis

Is die eet van ingelegde vis, spesifiek op Goeie Vrydag, 'n Suid Afrikaanse of Kaapse tradisie? Is dit 'n Christelike tradisie?

Daar is seker so veel interpretasies as wat daar resepte is om hierdie spesiale dis te maak.

Pickled Fish is a classic dish of fish pickled in white wine vinegar flavoured with curry spices. Slaves from Dutch territories in the East Indies brought this traditional method of pickling fish to South Africa. This became very popular in the days before refrigeration and though refrigeration has made this method of preservation obsolete, pickled fish is still popular throughout South Africa.



### Ingredients:

6 – 8 slices of hake

3 onions sliced in thick half rings

30ml curry powder

10ml fish masala

5ml pickling spice (optional)

15ml chutney

10ml salt

¼ cup sugar

1 1/2 cups of white vinegar

½ cup water

15ml oil

Flour for fish batter

## Method:

In a medium size pot boil onions, spices, salt, sugar, vinegar and water together for 15 minutes. Add chutney and boil for a further 15 minutes. Set aside and allow the onion mixture to cool down.

In a large pan add oil and fry seasoned (salt, pepper) fish that has been rolled in flour. Place fried fish in a glass dish.

Spoon the cooled down onion mixture over the fish.

Cover and refrigerate for at least 2 days before enjoying with fresh bread or hot cross buns.

NB: Remember you can add your own spices (bay leaves, peppercorns, turmeric, etc)

***Thank you Mrs Sangster (MV 105) for sharing your family recipe with us.***



***Not so much what you eat, but rather who you are eating with.***



**The best and most beautiful things**

**In the world**

**Cannot be seen or even touched.**

**They must be felt with the heart.**

**(Helen Keller)**

**Did I read that sign right?**

**In an office:**

\*AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD\*

**Outside a secondhand shop:**

\*WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?\*

**Notice in a farmer's field:**

\*THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES\*.

**Seen during a conference:**

\*FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

# Welcome Home

— WHERE YOU BELONG —



*Rev David and Mrs Lilian Bothma –Have many friends at PlumRus. Currently they are enjoying the extra care they receive from the staff at PlumRus and can't wait to interact at all the festivities (R38)*

*Mrs Lovelle Rightford – loves her children dearly and would give everything to them. She enjoys any company and loves outings. (N007)*



*Mrs Veronica Ramawoothar – her favourite thing to do is read, read and read, and to meet new people by the smoking area. (R75)*



*Mrs Naomi Jacobs – she is a quite reserved lady who enjoys spending time with all her family and meeting with them daily. (F109)*

*Mrs. Joan Byrne is the eldest of 8 children. She used to be an excellent roller skater and she is extremely competitive with card games, she loves winning. (R46)*



***We remember the following Residents who have passed on***

Mrs Sarie Van Der Watt  
Mrs Anna Pelser  
Mr Walton Lotz  
Mrs Valerie Jacobs



# April 2021

## Maand Program / Monthly Program

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Midday Prayer in All Decentralized lounges DAILY @ 12h00</b><br><b>Shopping EVERY Tuesday &amp; Thursday</b><br><b>Fruit &amp; Veg Lorry Wednesday's @ 11h30</b><br><b>Heartland Series in all Decentralized lounges Wednesdays @ 11h00</b><br><b>Heartland Series in all Decentralized lounges Saturdays @ 15h00</b><br><b>02 April 2021 Public Holiday Good Friday</b><br><b>05 April 2021 Public Holiday Family Day</b><br><b>05 April 2021 Friends meeting in the Hall @ 15h00</b><br><b>12 April 2021 Garden Club Meeting in the Hall @ 16h00</b><br><b>15 April 2021 Audiology Talk &amp; Screening in the Hall @ 10h00</b><br><b>21 April 2021 YouTube Social Evening in the Hall @ 18h00</b><br><b>27 April 2021 Public Holiday Freedom Day</b><br><b>28 April 2021 Talk about Film Making in the Hall @ 15h00</b><br><b>30 April 2021 Bring &amp; Braai in the Hall @ 18h00</b> |                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                               |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 6                                                                                                                                                                                                                                                       | 7                                                                                                                                                                                                                                                                             |
| 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Friends Meeting</b><br><br><b>PUBLIC HOLIDAY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>09:30 Shopping</b><br><b>Constantia Village</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges                              | 08:30 Library<br><b>09:45 Afrikaanse Diens</b><br>10:00 Tea Time: lounges<br><b>11:00 Activities in lounges</b><br><b>Heartland Series E2</b><br><b>12:30 Fruit &amp; Veg Lorry</b><br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b>                                        |
| 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 13                                                                                                                                                                                                                                                      | 14                                                                                                                                                                                                                                                                            |
| 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges<br><b>16:00 Garden Club Meeting</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>09:00 Shopping</b><br><b>Meadowridge</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges                                     | 08:30 Library<br><b>09:45 Afrikaanse Diens</b><br>10:00 Tea Time: lounges<br><b>11:00 Activities in lounges</b><br><b>Heartland Series E4</b><br><b>12:30 Fruit &amp; Veg Lorry</b><br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b>                                        |
| 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 20                                                                                                                                                                                                                                                      | 21                                                                                                                                                                                                                                                                            |
| 09:00 Manne Bid Groep -Staff<br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>09:30 Shopping</b><br><b>Constantia Village</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarbush<br>11:00 Bible Study in N102<br>15:00 Tea Time: lounges                              | 08:30 Library<br><b>09:45 Afrikaanse Diens</b><br>10:00 Tea Time: lounges<br><b>11:00 Activities in lounges</b><br><b>Heartland Series E6</b><br><b>12:30 Fruit &amp; Veg Lorry</b><br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b><br><b>18:00 YouTube Social Evening</b> |
| 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 27                                                                                                                                                                                                                                                      | 28                                                                                                                                                                                                                                                                            |
| 09:00 Manne Bid Groep -Staff<br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>09:00 Shopping</b><br><b>Constantia Village</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarbush<br>11:00 Bible Study in N102<br>15:00 Tea Time: lounges<br><br><b>PUBLIC HOLIDAY</b> | 08:30 Library<br><b>09:45 Afrikaanse Diens</b><br>10:00 Tea Time: lounges<br><b>11:00 Activities in lounges</b><br><b>Heartland Series E8</b><br><b>11:30 Fruit &amp; Veg Lorry</b><br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b><br><b>15:00 Talk about Film Making</b> |

| Thursday<br>1                                                                                                                                                                                                                                                                                | Friday<br>2                                                                                                                                                         | Saturday<br>3                                                                                                                                                                       | Sunday<br>4                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08:30 Library<br><b>09:00 Morning Market</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br><br><b>14:00 Shopping</b><br><b>Constantia Village</b><br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall<br>15:00 Afrikaanse Bybelstudie in John Killian                       | <b>09:30 One Hour for Jesus</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br><b>PUBLIC HOLIDAY</b>                   | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Activities in lounges</b><br><b>Heartland Series E1</b> | <b>09:30 Church</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br><b>15:00 Movie in Lounges</b><br><b>The Shack</b><br><b>18:00 Woord &amp; Lied</b><br><b>Dr. Chris Saayman</b>                               |
| 8                                                                                                                                                                                                                                                                                            | 9                                                                                                                                                                   | 10                                                                                                                                                                                  | 11                                                                                                                                                                                                                                                           |
| 08:30 Library<br><b>09:00 Shopping</b><br><b>Blue Route</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall                                                                                                                  | <b>09:30 One Hour for Jesus</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br>15:00 Prayer Meeting<br>in John Killian | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Activities in lounges</b><br><b>Heartland Series E3</b> | <b>09:30 Church</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br><b>15:00 Movie in Lounges</b><br><b>Finding Ohana</b><br><b>18:00 Woord &amp; Lied</b><br><b>Dr. Chris Saayman</b>                           |
| 15                                                                                                                                                                                                                                                                                           | 16                                                                                                                                                                  | 17                                                                                                                                                                                  | 18                                                                                                                                                                                                                                                           |
| 08:30 Library<br><b>09:30 Shopping</b><br><b>Constantia Village</b><br><b>10:00 Audiology Talk</b><br><b>&amp; Screening</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall<br>15:00 Afrikaanse Bybelstudie In John Killian | <b>09:30 One Hour for Jesus</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges                                                | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Activities in lounges</b><br><b>Heartland Series E5</b> | <b>09:30 Church</b><br><b>Rev. Rob Hattingh</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br><b>15:00 Movie in Lounges</b><br><b>Hope Bridge</b><br><b>18:00 Woord &amp; Lied</b><br><b>Dr. Chris Saayman</b> |
| 22                                                                                                                                                                                                                                                                                           | 23                                                                                                                                                                  | 24                                                                                                                                                                                  | 25                                                                                                                                                                                                                                                           |
| 08:30 Library<br><b>09:00 Shopping</b><br><b>Meadowridge</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall                                                                                                                 | <b>09:30 One Hour for Jesus</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br>15:00 Prayer Meeting<br>in John Killian | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Activities in lounges</b><br><b>Heartland Series E7</b> | <b>09:30 Church</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><br><b>15:00 Movie in Lounges</b><br><b>Klein Karoo</b><br><b>18:00 Woord &amp; Lied</b><br><b>Dr. Chris Saayman</b>                             |
| 29                                                                                                                                                                                                                                                                                           | 30                                                                                                                                                                  |                                                                                                                                                                                     |                                                                                                                                                                                                                                                              |
| 08:30 Library<br><b>09:00 Shopping</b><br><b>Constantia Village</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall<br><b>18:30 Lotto Draw</b><br><b>in the Hall</b>                                                         | <b>09:30 One Hour for Jesus</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><b>18:00 Bring &amp; Braai</b>              |                                                                                                                                                                                     |                                                                                                                                                                                                                                                              |

## **A Not So Glamorous Topic**

Constipation isn't something most of us easily talk about! But those who experience chronic or even occasional bouts of it know how distressing it can be. It's rather common in the general population and is even more widespread among older adults. Some researchers estimate 65% of people over the age of 65 experience constipation to one degree or another.

When it comes to bowel movements, people often want to know what's 'normal' or 'ideal'. Although it's probably ideal to have bowel movements every day, it's generally considered acceptable to have them every 2-3 days, provided they're not hard, or painful and difficult to pass.

Like many problems affecting older adults, constipation is often due to multiple causes. As we age, the solid waste products of the food we eat move through our colons at a slower rate. This together with a growing weakness in our pelvic floor muscles can result in problems with bladder and bowel control. Other factors which may also aggravate acute or chronic constipation include: side-effects of certain medications, insufficient dietary fibre, water intake and physical activity. Electrolyte imbalance due to vomiting, excessive sweating and kidney disease plus certain illnesses such as Parkinson's disease and life-long diabetes may also worsen the condition.

In this article, we'll focus on some of the commonly used medicines which may cause or worsen constipation in older adults. These medicines include those regularly used to treat overactive bladder, diarrhea, nausea, vomiting, asthma, muscle cramps and other conditions which cause involuntary muscle movement. Some antihistamines, painkillers and diuretics can aggravate constipation. Certain sedatives and antidepressants, as well as formulations of iron and calcium may be part of the problem. If you have an ongoing problem with irregular bowel movements, the first thing to do is ask your doctor or pharmacist to check the medication you're taking. Next, it may help to increase your intake of dietary fibre and fluids. Then, establish a regular toilet routine by spending a little time on the toilet after meals or after exercise each day. It may also be necessary to use over-the-counter laxatives to relieve your constipation. Some people have concerns about using laxatives more than occasionally, because they may cause a "lazy" bowel condition. But there is little or no research to support this claim. So, if you need to use a laxative occasionally or regularly, what options do you have? There are three types of effective over-the-counter laxatives to choose from:

- **Osmotic agents.** These work by drawing extra water into the stool, which keeps it softer, making it easier to move through the bowel. These agents contain polyethylene glycol (Movicol) or sorbitol or lactulose (Lacson). It's best not to use magnesium-based agents (Epsom Salts or Engelse Sout) in older adults due to the probability of high magnesium levels as a result of decreased kidney function.



- **Stimulant agents.** These work by stimulating the colon to squeeze and move things along more quickly. These products include senna (Senokot) and bisacodyl (Dulcolax).

- **Bulking agents.** These work by making the stool larger. Provided the stool doesn't get too dried out, a bulkier stool is easier for the colon to move along. These products contain soluble fibre (Metamucil) or methylcellulose (Citrucel), and **must** be taken with lots of water.

While constipation is common among older adults, it doesn't have to 'dominate' your life! If you're having problems, be sure to ask for help. Keeping a log of your bowel movements and related symptoms will provide helpful info for those you speak to. If for instance, you notice red blood in your stools, or if they're black or tarry, let the nursing staff know immediately. Most 'garden-variety' constipation can be managed through a combination of lifestyle changes, like eating fibre-rich foods, physical activity, and establishing a regular toilet routine. Also, identifying and changing where possible, any constipation causing medications, and the proper use of over-the-counter laxatives when needed, will provide a lot of relief.

In closing, prunes are an effective natural laxative. They provide soluble fibre and work through osmotic pressure in the bowel. The recommended dose is 50gm daily (about 12 prunes), but you'd need to establish what's best for you - through trial and error!

### Here's a riddle for you...

Why did the raisin go out with the prune?  
Because he couldn't find a date!

*(Submitted by Dave Henderson a retired Pharmacist who still volunteers at the Retreat Day Hospital)*



***Our Finance Minister, Tito Mboweni delivered the 2021 Budget Speech on Wednesday, 24 February 2021.***

***How does it affect you!***

- **Personal Income Tax:** Above inflation adjustments to the personal income tax brackets and primary, secondary and tertiary rebates. The increase of 5% in the personal tax tables results in the tax-free threshold increasing from R 83,100 to R87,300 (for taxpayers below 65 years of age).
- **Medical Scheme Fees Tax Credits:** The value of the medical tax credit is proposed to increase by inflation from R319 to R332 per month for the first two beneficiaries. The monthly credit for the remaining beneficiaries is proposed to go up from R215 per month to R224 per month.
- **Fuel Levies:** The general fuel levy and Road Accident Fund Levy will increase by 15c/litre and 11c/litre effective 7 April 2021. This is slightly higher than inflation.
- **Sunset Date for Special Incentives:** A sunset date of 28 February 2022 has been introduced for tax incentives dealing with airport and port assets, rolling stock, and loans for residential units. Together with the incentive providing exemptions for films, these incentives will lapse once they reach their respective sunset dates.
- **Plastic Bags:** A reduced levy of 12.5c/bag will apply to bio-based plastic bags (ordinary plastic bags will continue to be taxed at 25c/bag)
- **UIF Contribution Ceiling:** For the first time in four years, the UIF contribution ceiling will be adjusted. The contribution ceiling changes from R14,872 to R17,711.58 effective 1 March 2021
- **Social Grants:** state pension grants and care dependency grants increase by R30 to R1890

***(Submitted by Frans Boonzaaier CA(SA) – Director of PKF and PlumRus Board Member) Follow our monthly feature from May on Offshore Investing.***



## **The War Reporter Weekly Edition 7 April 1900**

### **Commandant General Joubert's Funeral**

The general staff led the procession to the cemetery. Joubert's horse with a black cloth draped over its back, walked in front of the gun carriage. At least 20 horse carriages, including President Kruger's coach, which was brought along in the special train so that Joubert's family could sit in it for the procession, as well as a whole carriage full of wreaths, followed the gun carriage. Numerous burghers formed a guard of honor along the road.

At Rustfontein the Reverend DP Ackerman led the funeral service, addressing the mourners from the huge veranda in front of the deceased farm house. After the service the local magistrate and then General Louis Botha, Jouberts designated successor, paid tribute to the late Commandant – General. Botha praised the deceased and stated that it was clear that Joubert never would have bowed under the British yoke. His example should serve as an encouragement for everybody to remain determined and to keep fighting courageously for freedom, since their most valuable asset was their complete independence.

While the coffin was being lowered into the grave, a number of specially appointed burghers fired three rifle salvo's into the air. For many of those present at the funeral it was noticeable how many Black people of the district were present to convey their last respects to the deceased.



**1910 – 1919**  
**SMART EN HOOP**

**31 Mei 1910**

Die Unie van Suid-Afrika kom tot stand met genl. Louis Botha as eerste minister.

**27 April 1911**

Louis Botha en J.B.M. Hertzog stig die Suid-Afrikaanse Party (S.A.P), met die klem op versoening met Brittanje.

**8 Januarie 1912**

Die South African Native National Congress, word in Bloemfontein gestig, met John Dube as president.

**19 Junie 1913**

Die Wet op Grondbesit beperk swart Suid-Afrikaners tot eiendomsreg in "tradisionele" gebiede.

**November 1913**

Hertzog word uit Botha se kabinet weggelaat omdat sy uitsprake van "Suid-Afrika eerste" as anti-Brits beskou word.

**16 Desember 1913**

Die Vrouemonument word in Bloemfontein geopen ter huldiging van die meer as 25 000 vroue en kinders wat in konsentrasiekampe gesterf het.

**1-9 Januarie 1914**

Hertzog stig die Nasionale Party in Bloemfontein

**28 Julie 1914**

Die Eerste Wêreldoorlog breek uit. Suid Afrika tree toe aan die kant van Brittanje. Die Rebelle breek uit, gelei deur voormalige Boeregeneraals.

**18 Desember 1914**

16 Bolandse sakemanne vergader op Stellenbosch om die Nasionale Pers te stig en 'n koerant, *De Burger*, te begin.

**15 April 1915**

D.F. Malan, 'n dominee op Graaff-Reinet, word as eerste redakteur van *De Burger* gewerk.

**26 Julie 1915**

Die eerste uitgawe van *De Burger*.

**15 September 1915**

**DIE BURGER**

Die Kaaplandse tak van die Nasionale Party word op Middelburg gestig.

### **20 Oktober 1915**

In die algemene verkiesing wen die Nasionaliste net 27 setels, teenoor die S.A.P. se 54 en Unioniste se 39.

### **Mei 1916**

Die Nasionale Pers se eerste tydskrif, *De Huisgenoot*, verskyn.

### **28 November 1916**

M.T. Steyn (59), laaste president van die Vrystaat, sterf.

### **Mei 1917**

Die eerste vroue-journalis Sarah Goldblatt, word by De Burger aangestel. Sy behartig C.J. Langenhoven se tekste.

### **15 September 1917**

Die Nasionale Pers koop *Het Volksblad* in Bloemfontein vir £16 000. Dit word *Die Volksblad*.

### **1 Mei 1918**

Die versekeringsmaatskappy Santam word in Kaapstad gestig. Een maand later volg Sanlam.



### **Oktober 1918**

Die Spaanse Griep tref Suid-Afrika. Nagenoeg 200 000 mense sterf.

### **11 November 1918**

Die Eerste Wêreldoorlog eindig. Suidwes-Afrika word as mandaatgebied aan Suid-Afrika oorgedra.

### **Mei 1919**

Die *Landbou-Weekblad* word deur die Nasionale Pers gestig.

### **27 Augustus 1919**

Louis Botha (57) sterf. Jan Smuts vervang hom as eerste minister.



## Dit is nou lekker kuier

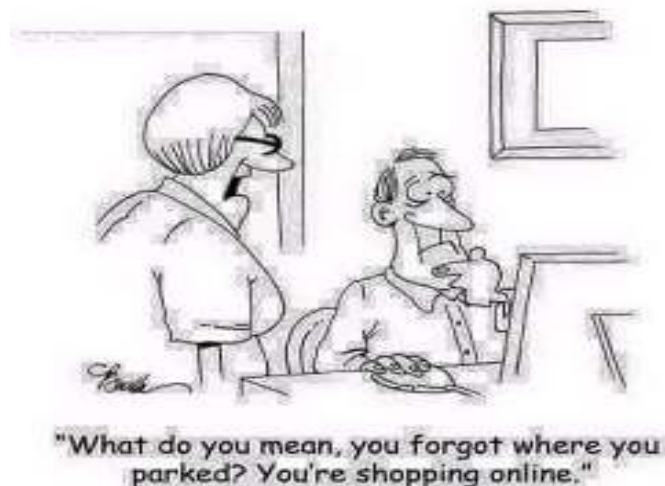


Daar is seker min dinge in die lewe wat 'n wegbreek kort tydjie aan 'n mens kan doen. Die afgelope naweek in Redelinghuys was regtig baie lekker. Ons kon lekker ontspan, al was ons die enigste kampeerdere. Ons het geswem, of dalk liever se natgemaak, want dit was lekker warm. Ongelukkig het die muskiete ons amper weggedra, maar die kuier was die moeite

werd. Om die voëls dop te hou en die hoenderhaan te hoor kraai, laat mens baie ver terug dink. Ek kon tot die sterre en maan behoorlik bekyk. In die stad verloor mens so baie wat mooi en skoon is.



Vir diegene wat wil weet, Redelinghuys lê tussen Piketberg en Elandsbaai aan die westkus.



## PlumRus - Science of Multiplication



Being a mother of twins is learning about strengths I didn't know I had and dealing with fears I didn't know existed. If people knew all the hardships I endured to even have twins, It was all worth it in the end. My Little blessings sent from above, twice the smiles and twice the love

They know me in a way no one ever has.

They drive me insane and push me to my limits.

They are the beat of my heart, the pulse of my veins and the energy of my soul.

They are my twins!

**Zion & Zayden – 29/10/2020 Congratulations Tarryn (Nappy Administrator)**

**Muhammad Raziq Williams 20/10/2020.**

Raziq is such a loving sweet child a true blessing I've got nothing more than love for him he lightens up my life. He is so adorable and he loves to smile hardly cries he's my little sunshine

***Congratulations Shantey (Health Care)***



Congratulations to Victoria who is a carer in Health Care on the arrival of her beautiful baby boy, **James Mlangeni born on the 25<sup>th</sup> October 2020**



So my journey with this baby was so nice, I enjoyed my maternity leave too, it was so nice to be home with this little bundle of joy. I enjoyed every moment with her and still do even though she gives me sleepless nights I still enjoy her.

**Aisha De Beer - 18/09/2020**

**Congratulations Sheron (Health Care)**

Something tells me I am going to love him forever.

His little hands stole my heart, and his little feet ran away with it.

Son, you'll outgrow my lap but never my heart.

The very first moment I held him, my heart was irrevocably gone.

You are loved for the boy you are, the man you will become and the son you will always be.

For this little boy we have prayed.  
**Corbon Ralph Tango-2/11/2020**

***Congratulations to Ralph (Facility Carer) & Alvino (Laundry)***





Gerald and I have been together for 12 years. Every year for the past 8 years we kept on saying that we will get married in February. We did not put much effort into setting a date because we both have very hectic schedules, including raising two children that are now in Primary school. Early one morning in September 2020 Gerald said that he wants to get married and he does not want to wait any longer. So we set a date for the end of October. All this in the middle of a pandemic!

Since October it has been very stressful because we had to change our date 3 times due to the pandemic and the closing of our church. Eventually when church re-opened in November, there was a long waiting list for marriages to take place and the next date we could get was the end of January. By this time everything closed again. Stressed and anxiously waiting for our church to again re-open, we were told that the church would open again in early February. After hearing the news that we had to wait until April we both felt overwhelmed and it seemed like we would not be getting married anytime soon because we no longer knew what laid ahead and thought that by April things might just close again.

Then I received a phone call and I was informed that instead of getting married on a Saturday like we had hoped for we could get married on

Sunday 28 February. Initially we so much wanted the Saturday but eventually settled for the Sunday.

The day that we had been waiting so long had finally arrived!!!!!! 28 February 2021!!!

This was one of the most perfect days of our lives. It was a beautiful, hot sunny day. We had a short and sweet ceremony at the New Apostolic Church in Sun Valley and thereafter had our pictures taken on the beach and our reception with our closest family and friends at the Black Marlin Restaurant in Simons Town. This was really a magical day for us.

We feel completely blessed. All Thanks and Praises to our heavenly father for making our day special and possible and for blessing our union.

**PS: We finally got our February wedding – 8 years later!!**



***Congratulation Divine & Gerald we pray God's blessing upon your union.***

*Kenneth, fondly known as Whitey, suffered a stroke a few weeks ago. He has been discharged and is recuperating at home. He has impaired vision and walks with some difficulty. We have started a fund to enable anyone who would like to make a financial contribution to do so and we will manage the distribution thereof directly to Whitey. Deposits can be made at Reception or EFT directly into the following bank account, using the reference "Donation-Whitey"*



**ABSA ACCOUNT NUMBER – 407 792 4401**

**ACCOUNT NAME – PLUMSTEAD RUSOORD**

## Blessed and Highly Favoured

We celebrated LIFE at PlumRus on Wednesday 24<sup>th</sup> March. After being in some or other level of lockdown for a year we have reason to celebrate God's Grace for each one of us. Celebration always comes with good food, great companionship and music of yester year.

Residents were treated to various juices, cold drinks, soup, oxtail with sweet potato and rice, and soft serve ice cream. All this while listening to great music and catching up with old friends and meeting some of our new residents as well.

GOOD  
FOOD



GOOD  
MOOD





**THERE ARE FRIENDS,  
THERE IS FAMILY,  
AND THEN THERE ARE  
FRIENDS THAT  
BECOME FAMILY.**



Our weekly visit from Allie the Fruit & Veg Team allows our Residents the opportunity to shop for their fresh fruit at very reasonable prices.



A request went out to our Residents to donate toiletries for distribution to the Residents at The Village Old Age Home in Lavender Hill. Our Residents were gracious in their donations and we were able to distribute a toiletries hamper to each Resident at the home.



Valencia, Die Village bestuurder betuig haar dank aan Plumrus, dit was 'n verrassing vir elke senior. Die blydschap toe hul die pakkie oopmaak het boekdele gesprek. Dit was regtig 'n wonderlike goedgehartige gebaar van Plumrus.





Maandagmòre 8 Maart het ons v Plumrus 9 uur die oggend weggery met n lied in ons hart, ons breuk weg v n paar dae na Hartenbos !! Elkeen was bederf met n houer padkos wat Cindy met sorg voorsien het v 12 v ons. Daar was tog te lekker eetsnoepery in.



Met Paul aan die stuur v d bussie en Chris met n auto v 4. Ons het tot in Swellendam gery en daar gestop by Buffelsjag. Daar het ons verder geniet v ons kos , en het koffie gekoop en hoe dan anders ook roosterkoek met maaltvleis, wat heerlik gesmaak het was die kaas en vye konfyt. Nadat ons lekker geeet en bene gerek het , was ons volgende bestemming Hartenbos !!! Waar v ons diebekende woonplek gesien het met opgewondenheid begroet !!! Nadat Chris vir ons

veiligheid Gebid het, is elkeen met hul tas na hul kamers; na n halfuur het ons almal bietjie rondgestap en die plek verken. Die aand het ons heerlik hoender gebraai met slaai en broodjie gerooster.



Saam het ons vinnig skoongemaak ,en tot laataand speletjies gespeel. Kaarte, Domino's en pick up sticks !! Waar ons lekker gelag en tot laat -aand geniet het. Dat daar aan ons vertel is dat dit

slapenstyd is en ons kan weer mòreaand lag en gesels. Ons het gaan swem die volgende dag wat die hoogtepunt was. Middag het ons almal

*langs die zee gaan stap. Chris het ons verras en aan sy Ma voorgestel,*



*wat 'n pragtige vrou. Die volgende oggend het Rhodene ons verras met heerlike krummelpap, wors en roer eiers. Ons het n afspraak met Chris se Ma om te ontmoet by DIE PUNT in Mosselbaai, waar sy ons rondgewys het. Ons het saam na n Restaurant gegaan wat oor die zee kyk. Daar ht ons almal gezellig n melkskommel geniet. Ons het tuis gekom en v ons het gaan swem. Chris en Paul het weer v ons heerlike steak's gebraai , weer was ons bederf met ontbyt. Het weer*

*lekker gaan stap langs die zee en inkopies gaan doen. Die laaste aand het ons saam gezellig weer gelag en gesels. Ons wil graag vir Chris en Rhodene bedank v hul versorging en omgee vir ons. Ook v Paul v d veilige bestuur van die bussie. En hy was baie gemaklik om te help, self as van die Dames nie trappe lekker kon baas-raak was hy daar behulpzaam, selfs tot gehelp by die swembad !! JULLE IS DRIE STAATMAKERS !!*

**KYK UIT V N VOLGENDE KEER NA HARTENBOS. AMEN V ONS VEILIGHEID. (Uit die pen van Marie Knuppel)**



## Morning Market



Come and visit us at our next Morning Market on the 1<sup>st</sup> April. You will meet Brian the Jam Man and many other vendors. Brian has been making jams for more than 20 years and has definitely mastered the art. His products include marmalade, pickled onions, beetroot chutney, pickled cucumbers as well as pure honey. Place your order beforehand via whatsapp on **066 236 6349**

## NEW MENU – APRIL 2021

**As approved by Dieticians: Alida Muller & Julian Fourie**

|                    |          |                       |                         |
|--------------------|----------|-----------------------|-------------------------|
| <b>Monday's</b>    | <b>-</b> | <b>delightful</b>     | <b>Pizza</b>            |
| <b>Tuesday's</b>   | <b>-</b> | <b>divine</b>         | <b>Stew</b>             |
| <b>Wednesday's</b> | <b>-</b> | <b>something else</b> | <b>Surprise</b>         |
| <b>Thursday's</b>  | <b>-</b> | <b>tasty</b>          | <b>Mince</b>            |
| <b>Friday's</b>    | <b>-</b> | <b>tasteful</b>       | <b>Fish &amp; Chips</b> |
| <b>Saturday's</b>  | <b>-</b> | <b>yummy</b>          | <b>Pasta</b>            |
| <b>Sunday's</b>    | <b>-</b> | <b>mouthwatering</b>  | <b>Roast</b>            |

**NB:**

- 1. Diabetic options are available**
- 2. All desserts has a diabetic option**
- 3. Thursday fresh baked bread - optional**

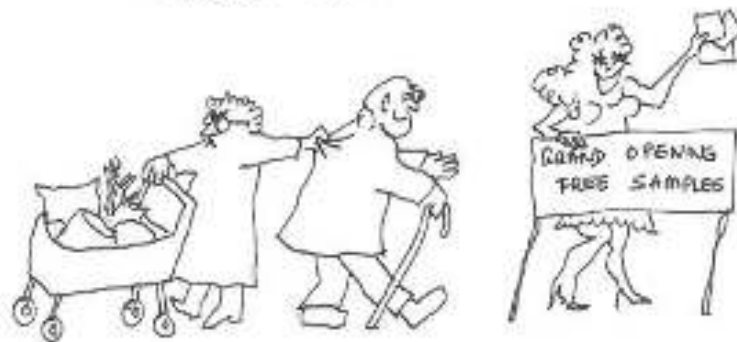
**Take Aways- Drop off and pick up containers by Residents themselves**



END TO THE DUST AND NOISE !



SPECIAL OFFERS !



WHY WE ARE LOOKING FORWARD TO THE COMPLETION  
OF THE NEW SHOPPING CENTRE



**(Sketches -What I am looking forward to from new shopping centre-by Vivian Spires)**

# WORDSEARCH: UP IN THE SKY

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | Y | Q | B | A | T | S | N | O | B | X | Q | W | T | H | Z | Z | A | C | C | O |
| E | W | W | M | S | V | Q | D | V | U | D | X | K | Z | Q | G | V | Y | D | V | L |
| K | J | H | N | W | M | Z | S | Q | T | L | R | I | A | M | K | Z | J | I | Q | H |
| S | J | A | V | M | U | O | F | V | T | Z | I | O | Y | Z | F | E | W | O | C | K |
| O | N | F | L | J | V | P | K | A | E | F | M | W | N | P | G | J | E | P | M | V |
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| P | A | X | U | C | L | O | V | H | A | I | L | S | F | U | N | C | M | I | O | E |
| O | N | Z | A | X | I | P | B | D | M | H | Z | E | H | U | P | A | K | D | P | S |
| T | B | G | R | Y | P | L | L | B | P | A | L | C | H | F | K | C | A | E | T | Q |
| F | L | M | U | L | S | O | W | A | Z | W | A | T | F | B | N | I | R | R | E | J |
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BATS

BRANCHES

BUGS

BUTTERFLIES

CLOUDS

DRONES

ECLIPSES

GLIDERS

HAIL

HELICOPTERS

INSECTS

KITES

MARS

PARACHUTES

PLANES

RAIN

ROCKETS

SLEET

SMOKE

SPACESHIPS

SUPERMAN

THUNDER

TORNADOS

TREES