

PlumRus News

APRIL 2023



MAKING A LIFE-GIVING DIFFERENCE

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
	2 nd Morning Service	2 nd Evening Service
7 th Good Friday Communion Service	9 th Resurrection Sunday Morning Service	9 th No Evening Service
14 th One Hour for Jesus	16 th Morning Service	16 th Evening Service
21 st One Hour for Jesus	23 rd Morning Service	23 rd Evening Service
28 th One Hour for Jesus	30 th Morning Service	30 th Evening Service



Both our Good Friday Communion service and our Resurrection Sunday service will be conducted by Ds. Francois Human.

Please do join us at these services and allow this Easter to be a life-changing one in your life.

Also note that we will be screening Passion of the Christ on the big screen in Bobbie Liebenberg at 15:00 on Saturday 8th April.

**This movie could be disturbing for sensitive viewers*.*

THE FRAGRANCE OF JESUS



There's a white glass bottle of Old Spice aftershave lotion in my bedroom cupboard. It's about 50 years old. I found it when tidying up my mother's home after she died. As a child, weekday mornings were pretty hectic. Dressing, breakfast, packing school bags and last-minute instructions for

the day. Mingled with this hubbub of noise and breakfast smells, the fragrance of Old Spice would waft through the house. Dad was getting ready for work. The same thing happened in the evenings. The faint fragrance of Old Spice assured us he was home. Although the bottle in my cupboard is empty, uncorking it still releases its familiar scent...and fond memories of my dad floods in. **That's what a fragrance can do - remind us of a time, a place, a person.**

Psalm 45 is a poem about a bridegroom king and his bride. It's a Messianic Psalm, and Christians believe the bridegroom king is Jesus and the bride is his church. The psalmist tells us there's a unique and pleasing fragrance about this king. His robes are perfumed with myrrh, aloes, and cassia (vs8). As Messiah, Jesus has a one-of-a-kind 'fragrance' about him. It marks his presence in unmistakable and enthralling ways. The psalm describes many extraordinary qualities that distinguish this Saviour king. Among them, that his throne is God's throne, always and forever. And from it he rules with perfect justice, loving what is good and hating what is evil. His enemies fall before him as he rides forth majestically and triumphantly, defending truth, humility, and justice. There is no one like him...he is the most excellent of all!

These qualities no doubt add to the one-of-a-kind 'fragrance' about him, but the pre-eminent quality that distinguishes him from all others, must surely be his gracious speech. What stopped people in their tracks, captivating the hearts, was not so much Jesus's miracles and healings, but the words he spoke. The psalmist says of him (vs2)...*"every word from your lips is sheer grace."* During a secret visit to Jesus, Nicodemus was enthralled by his 'grace filled' words concerning eternal life. So was the woman at the well near Sychar, when Jesus struck up a conversation with her about 'living water'. His gracious words transformed the heart of a greedy tax collector called Zacchaeus, as well as the woman who washed Jesus's feet with her tears and dried them with her hair.

From the very start of his public ministry, it was clear there was something different about the words Jesus spoke. In his gospel, Luke tells of an incident early in the public ministry of Jesus. He'd just spent forty days in the wilderness being tempted by the Devil. Having overcome the full might of that evil onslaught, Jesus left the wilderness in the power of the Spirit. Arriving in the nearby town of Nazareth, he entered the synagogue. It was a Sabbath day. Everyone in the synagogue knew him – he'd grown up in Nazareth. When he stood up to read, the scroll of the prophet Isaiah was given to him. Unrolling it, he found the place where it's written,

*The Spirit of the Lord is on me,
because he has anointed me to proclaim good news to the poor.
He has sent me to proclaim freedom for prisoners,
and recovery of sight to the blind, to set the oppressed free,
to proclaim the year of the Lord's favour.*
Luke 4:18,19

Jesus stopped reading and sat down. You could hear a pin drop. Every eye fastened on him. *"Today this scripture is fulfilled in this place,"* he said. Murmurs rippled through the crowd. There was something different about this man they knew so well...something about the words he spoke. *"All spoke well of him and were amazed at the gracious words that came from his lips",* they said. Echoes of Psalm 45!

The pre-eminent thing about our royal bridegroom is his gracious speech. His words are truly Spirit and life. Words that bring hope and comfort, forgiveness, joy, and peace. Like life-giving water, his gracious words cleanse us deep inside. There they purify our thoughts, scrub our motives, and restore our consciences. Like the balm of Gilead they heal our broken hearts. Like living bread his gracious words revive our spirits and impart eternal life.

In his second letter to the church in Corinth, Paul the apostle Paul, describes the gospel as a sweet perfume - the 'fragrance of the Christ'....

*"... now wherever we go he (God) uses us to tell others about the ,
and to spread the Gospel like a sweet perfume. As far as God is concerned there is
a sweet,
wholesome fragrance in our lives. It is the fragrance of Christ within us...*
2 Corinthians 2:15

This fragrance of Christ - the sweet perfume of the gospel, began to fill the heart of the lonely woman Jesus spoke with at the well near Sychar. Unknowingly she took

the fragrance of Jesus back to her village. There many who'd looked down on her found themselves enthralled by her excited talk of someone she'd met. "Could this be the Messiah?" she cried. The fragrance of Christ began to capture their hearts, and many hurried to the well wanting to see Jesus for themselves. He ended up spending a few days in the village sharing the good news of God's love for them...the sweet perfume of the gospel. The fragrance of Christ began to spread through the village and because of his grace-filled words, many more came to believe he was in fact the Messiah. The fragrance of Christ transformed their lives – the village was never the same again!

Has the 'sweet perfume' of the gospel, the fragrance of Jesus, captivated your heart? Has the living bread of heaven begun to revive your spirit? Has the living water of his gracious Word begun to purify your inner being? If so, as far as God is concerned, the fragrance of Christ has begun to fill your life. You're becoming a sweet, wholesome fragrance to him and to those around you...someone God delights in!



(Submitted by: Ps Dave Henderson)

The Fragrance of Jesus – by Carma Grimes

Have you experienced the aroma of expensive, sweet perfume?

How it fills every fiber, as it lingers in the room.

That's the way the love of Jesus should enhance our lives each day...

When folks pass-by they don't know why, they want to stay.

May the Fragrance of Jesus

And the scent of His love

Freely flow from my being,

Turning hearts to God above.

May each life I encounter

Draw a breath of Christ in me

As the Fragrance of Jesus

Draws them close to Calvary.



It's time to take a closer look into the window of my heart,

To see if Christ has full possession, or if I still claim my own part.

Is there a trail of unforgiveness, or a trace of Christ in me?

For it's His presence in my life, that sets man free.

The Tree

I was not the most elegant of my peers - they had grace and length in their branches. By comparison I was short and stocky, but I was strong.

Surprised that I was selected, I was resentful that I got the chop. Surely the others were more slender and graceful, but there it was. And so I was felled.

From the cutters talk, I realized why I had been chosen. I was not intended for elegant furniture. There was to be an execution; a crucifixion.

The times were cruel, and I wondered for which criminal I had been chosen. I was roughly trimmed and a sturdy cross pièce fitted - whether slight or large, I could handle my victim.

They carried me into town, and I was handed over to the culprit. Strange - He would first carry me, then I would carry him.

A crowd had gathered - there always was a crowd to witness such an event - the curious, the macabre-minded, the sensation seekers, the soldiers who had seen it all before, and of course, the mourners.

There was something different about my man. He didnt curse or cry out. He stumbled as if he was exhausted. He seemed to carry a load that was more than my physical weight. Somehow it seemed as if he was not aware of his own burden, but carrying the burden of all the surrounding crowd - the concerned and the indifferent. When my load became too much, I was transferred to another's shoulders.

At the hill, unprotesting, they stretched his frame against my outline, and drove the nails through his hands and feet into my fibre.

Although I had pre-deceased him, yet I felt his agony - physical agony, mental torment, spiritual suffering, and all the while his thoughts were for them, not himself. At last, his suffering came to a close, and he cried out to his father in heaven, "It is finished!", and he died, the guards pierced his side with a spear, and his parted blood ran down my trunk.

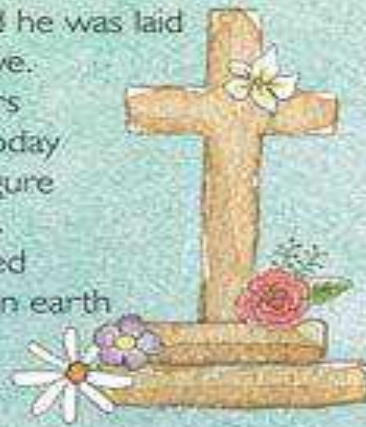
I was no longer an ordinary tree, for I had participated in the greatest event in history. My victim was Victor.

He was, He is, the Son of God
(Submitted by: Adin Harmer)



One Solitary Life

He was born in an obscure village,
the child of a peasant woman.
He grew up in still another village
where he worked in a carpenter's shop
until he was thirty.
He did none of the things one usually
associates with greatness.
He had no credentials but himself.
He was only thirty-three when
public opinion turned against him.
He was turned over to his enemies
and crucified.
When he was dead he was laid
in a borrowed grave.
Two thousand years
have passed and today
he is the central figure
of the human race.
No one has affected
the life of people on earth
as much as that
one solitary life.



(Submitted by: Louise Edgcumbe)



The player trains on the field,
the runner on the track,
and the boxer in the ring.
Each one trains where they compete!
We train on our knees,
for that is where we fight
our fiercest battles!

-The Baker and The Bread-

To all my friends and prayer warriors

*Thank you very, very much for
praying for me while I was so very ill
in Kingsbury Hospital. The Lord
heard and answered your prayers.*

Karin Klein-Werner

Meditation

A story is told about the great American theologian, Paul Tillich, who was invited to preach at the University of Chicago Divinity School.



Students, their parents and families had been invited for the occasion. Dr. Tillich, quoting scholars and references from one end of the library to another, spoke for over two hours, proving that the historical resurrection was untrue. A lot of the religious ritual surrounding Easter was superstitious mumbo-jumbo, because Jesus had not literally risen from the dead.

After the sermon, the worship leader asked if there were any questions.

Pulling an apple out of the bag he had brought for the picnic lunch that was to follow, a grizzled old white haired African-American preacher addressed the great scholar.

"Dr. Tillich, I have a question", he said, and took a bite out of his apple. After munching and swallowing he continued: "I aint never read those books you talked about...." Another bite, more munching and swallowing..."I cant read the Bible in the original Hebrew and Greek".... bite, munch, swallow... "I aint never heard of them theologians you quoted"...bite, munch, swallow... "but can you tell me, is this apple I'm eating bitter or sweet?"



Pausing for a few moments, Dr. Tillich thoughtfully answered the man: "I dont know, I haven't tasted the apple you're eating". The old preacher then dropped the apple core into his paper bag, licked his fingers and said: "Neither have you tasted my Jesus."

The congregation burst into cheering and clapping, while Dr. Tillich gathered up his notes and left the auditorium. **True or not, that story illustrates an important truth about our faith. You cannot prove it. You can only experience it.**

(From the April Edition of the Congregational Chronicle. Submitted by: Adin Harmer)

Genesis 9 vs 8-17

"... Die boog sal in die wolk wees en Ek sal dit sien om te onthou van die ewige verbond tussen God en al die lewende wesens, in alle vlees, wat op die aarde is." God het vir Noag gesê: "Dit is die teken van die verbond wat Ek gesluit het tussen My en alle vlees wat op die aarde is."





Happy Birthday to our Residents

3 rd	<i>Alan Downey</i>	<i>N006</i>	<i>50</i>
5 th	<i>Jeanette Thomas</i>	<i>F014</i>	<i>75</i>
5 th	<i>Veronica Neveling</i>	<i>R61</i>	<i>84</i>
8 th	<i>Ivy Moody</i>	<i>F107</i>	<i>86</i>
10 th	<i>Anna De Villiers</i>	<i>F025</i>	<i>83</i>
10 th	<i>Ruzanna De Wet</i>	<i>R10</i>	<i>77</i>
12 th	<i>Berdine Stafford</i>	<i>F116</i>	<i>86</i>
13 th	<i>Charmeleen Lourens</i>	<i>F127</i>	<i>85</i>
14 th	<i>Jill Adams</i>	<i>F119</i>	<i>85</i>
15 th	<i>Verena Salzwedel</i>	<i>N203</i>	<i>76</i>
18 th	<i>Pam Harmer</i>	<i>F004</i>	<i>84</i>
20 th	<i>Susanna Meyer</i>	<i>F006</i>	<i>88</i>
23 rd	<i>Pamela van der Merwe</i>	<i>F106</i>	<i>76</i>
23 rd	<i>Chummy Holtzhausen</i>	<i>F005</i>	<i>89</i>
26 th	<i>Panayotis Anetos</i>	<i>R53</i>	<i>72</i>
28 th	<i>Edith Bushell</i>	<i>R71</i>	<i>85</i>
29 th	<i>Daniel Pheiffer</i>	<i>R46</i>	<i>82</i>
29 th	<i>Stella Willard</i>	<i>F012</i>	<i>87</i>



"Blessed are those
that love
who have the
most birthdays.
Ever! Love and
Happy Birthday!"



Birthday Blessings to all our Members

5th Mrs SC Paulsen

7th Mrs L Van Gee

10th Mrs E Abrahams

12th Mrs R Breda

13th Mrs J De Villiers

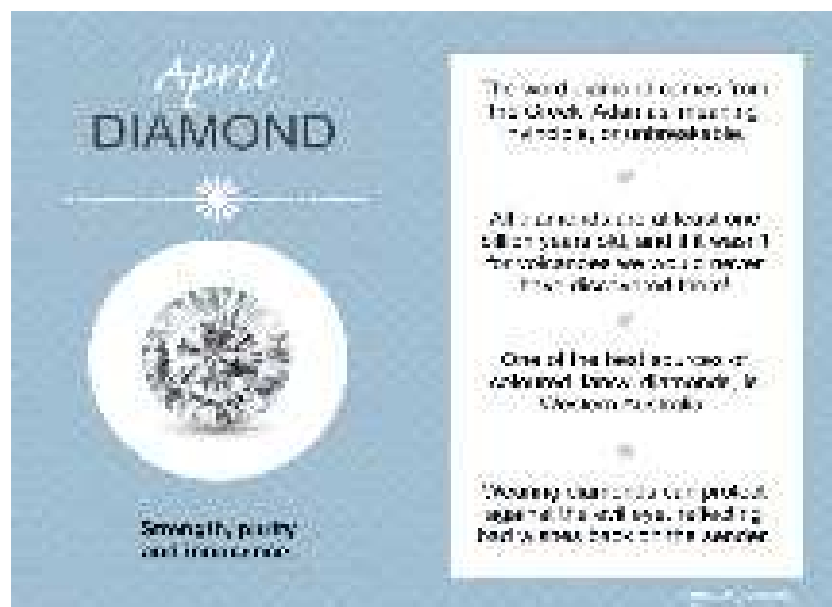
14th Mrs B Syce

15th Mrs M Carollisen

19th Mrs S Solomons

22nd Mrs E Adams

25th Mrs Couves



To our Staff

1st	Beula Beukes	CSC
2nd	Mandy Williams	CCL
8th	Vanessa Jacobs	Health Care
13th	Cindy Schoeman	Management
14th	Nikita Barry	Admin
15th	Jacky Adams	CSC
16th	Minnie Fransenberg	Health Care
18th	Elise Hobanie	CCL
20th	Toni Lee Adams	CCL
20th	Cheryl Valentine	CSC
21st	Lucia Fredericks	CSC
29th	Sylvia Jantjies	CCL
30th	Paul Stoltz	Health Care





Mr. Tony Fish – Health Care -Zone 3 Room 39



Tony was born and raised in Sea Point. He attended Christian Brothers Boarding school in Kimberley. Tony and his wife have 4 children (Deborah, Stephen, Belinda & Timothy).

Tony was part of Hamilton's Rugby Club, and he enjoyed playing scrumhalf for his team. He now enjoys reading History books and makes picture frames as a hobby.

Mrs. Angeline Arendse – Health Care – Zone 2 -Room 24



Angeline Arendse was born in Cape Town and grew up in Woodstock and Grassy Park. She is a member of the VGK church in Retreat.

She had a career as a nursing sister and enjoys knitting, sewing, and crocheting.

Angeline loves the music of Frank Sinatra and Nat King Cole and also enjoys watching suspense movies including detective series.

Mrs. Susan Willett – Health Care – Zone 2 – Room 26B



Susan Willett was born and raised in Johannesburg and grew up around Potchefstroom and Durban.

She is married to Malcolm and they have 1 daughter (Wendy O'Brien) who resides in San Francisco.

Susan enjoys bead work, knitting, and sewing and has a beautiful singing voice. She previously enjoyed playing netball and badminton.

Mrs. Senbagavallie (Rukoo) Nair – Health Care -Zone 1 – Room 11



Rukoo Nair was born and raised in Durban- Berea; she attended Dartnell Crescent Primary School and Clairewood Secondary School.

She was married to Kersey Nair (Deceased in 1985) and together they had 4 children (3 boys and 1 girl). They owned a clothing factory in Durban which their oldest son has taken over.

Rukoo loves reading books and watching TV. She is a sociable lady but enjoys her privacy.

Mr. Noel (Butch) Mackenzie – High Care – Room 1



Noel Mackenzie was born and raised in Pietermaritzburg. He has one daughter Noelle Mackenzie.

He had a career in Credit Management. Noel's hobbies were basketball, water polo, and bowls. He also enjoys 60's music, movies (The God Father) and reading from the author, Arthur lee Child.

Mrs. Magdalena (Lenie) Douglas – Health Care – Zone 1 – Room 14



Magdalena Douglas was born and raised in De Wet and Wellington. She has two daughters (Dalene & Lorraine) and one son (Andre).

She spent vacations in Kwa Zulu Natal (Verulam) Eastern Cape (Maclear) and Kleinmond.

Lenie enjoys reading, needlework, crossword puzzles and flower arranging.

Good exercise for the heart:

Reach out and help your neighbour.



**Our new
generator has
arrived!**



With increased loadshedding over the last few months, and with not much hope for positive change over the next while, we needed to review the impact this is currently having on the productivity of areas such as the kitchen, laundry and Coffee shop, which directly impacts our service delivery to you, our Residents. We appreciate your understanding and co-operation during our down times. The distribution of energy from the two sources is being finalized, after which connectivity can happen. We look forward to being at full productive – 24X7X365 – very soon.

We welcome our new Cleaning and Laundry Manager-Rossilyn Brown

Rossilyn has worked at Plumrus for the past 9 years, and until recently she was our Laundry Supervisor.

In February 2023, Maria Brown decided that she needed to take early retirement to focus on her health. We viewed this as an ideal opportunity to combine the roles and elevate the position to a management function. Rossilyn accepted the challenge of managing the laundry and cleaning teams with much enthusiasm.



We would like to welcome and congratulate her on her appointment as manager and wish her all the best for the journey ahead.

**A person who feels
appreciated will always
do more than what is
expected.**

We would like to welcome Noelwene Johnston as our new Housekeeping Manager.

Noelwene has been a part of the Plumrus family for the past 7 years and was until very recently the manager of Protea Coffee Shop. As our new Housekeeping Manager, she will be training all waiters to ensure that our residents have a WOW experience during mealtimes in our dining rooms and lounges, creating fresh, new ideas on a more regular basis.

On Wednesday, 29 March 2023 Noelwene and the team implemented the first of the creative changes with a new look and feel in some of the lounges and dining Rooms; Bobbie Liebenberg, Stokoei and Sugarbush, with Pin Cushion and John Killian to follow shortly. Like most things change will always take some people longer to adapt to than others, but we look forward to what Noelwene brings to the overall client experience of all our Residents.



Residents enjoying their new couches in Stokoei

The refurbished Bobbie Liebenberg lounge



Residents enjoying lunch in Bobbie and Aristata, including celebrating Nellie Marsburg's 97th birthday.





Our writing club members have been very busy putting their passion and group encouragement sessions to the test, with a few interesting contributions for all our readers to enjoy. If you have a similar interest and passion, please feel free to join the group at their next meeting on Tuesday 18th April at 3pm in N203.

THE CAGE (THEOLOGY)

They could not cage Him
He stepped back, neatly
Every time the trap crashed down.
They were hot, helpless and offended.
Spitefully, clumsily they built their ultimate surprise.
When he saw it, He laughed
And walked deliberately into it
The gate locking behind Him.

From there He sang.
He sang the cage into silver and gold.
Not hearing His song,
They made the cage His memorial

By Dr Walter Willies, our guest at Writers' Club

A POEM

My Best Friend
Is close to my heart.
I never want us to be apart.
Yet, if I love him
I must let him go
Then, when he returns
We will start once more
To watch life and love
Shower down, then pour
Over everything we see and touch
Is that asking for too much?

Submitted by Ruth Davies via the Plumrus Writers' Group

MY BEST FRIEND : A tongue-in-cheek sardonic submission

I learned long ago not to have best friends. By definition, there cannot be more than one and that special schoolmate was always here today and gone tomorrow, fearsomely fickle. Someone else always had a better lunch to share or more fascinating gossip about the boy next-desk.

Was my spouse my soulmate? Sometimes yes, more often not, because, if I am sardonically honest, I am my own best friend.

After all, I always agree with me. I understand my feelings at any given moment. I generally approve of myself and am not much given to self-criticism. I know exactly what to gift myself to suit the occasion. I can even read my own thoughts, make up my own mind and don't have to sway my opinion of myself with false flattery or gossip.

I'll always be there for me. Yes, humanly speaking, under God, I am my own best friend.

So, what do you think of that?

By Verena Salzwedel via the Plumrus Writers' Group



MY BEST FRIEND

My best friend from Sub A, both of us so shy, we also shared a friendship with an even shyer lad.

Later years, when neither of us could comprehend Maths, we stood together in humiliation as "and now, for the weaker ones..." in the maths class. The thread was kept through many years and Platteland moves until one year, there was no answer to her phone. Best friend lost, best friend gained, ad infinitum, a pal said *"if they don't reach out to you when you do, then that's it"* Harsh, hey?

Best friends stumbling through early teenage years until career paths changed and new gang of many a student Best Friend followed with early adult hilarity in new found freedom (we thought) and there was a special best friend for sharing secrets, feelings and thoughts for that stage of life but lost along the way due to distance.

Life took me to another city, and it was so difficult to find a new link far from a rural surround yet, right there was that special best friend to drag me through to a new life and to introduce me to my Bestie of all time, my husband of the future and to remain a friend after being my best man.

During the farming years, there were many 'best friend' couples also with sprouting children – they would go through fire to help one another and also make life such fun. The many years with a fireball friend next door for misadventures and travail through drought, flood, and family fun.

Moving to a soulless 'dorp' a special friend reached out in her loneliness and own isolation to become a beacon of kindness and so the drifters collected for week-end friendship and jollity.

'Because I have a sister, I'll always have a friend' - this plaque given to me by my younger sister. Thus, with 2 sisters it's double 'friendlier' plus a brother – that's 'friendliest'! Each one my Best Friend through whatever.

Retirement – as Mr. George said – brings one a choice of about 200 odd (not always) friends and some become another Best Friend in life's circle, really watching one's back!

Submitted by: June Stein via the PlumRus Writers' Group

A TRUE EASTER STORY

It was Easter time, and the Sunday School class of 7-year-olds was a lively class, except for Steven, who had Downs Syndrome, who struggled to 'fit in.'

The Sunday School teacher had brought with her a number of plastic, egg-shaped containers of the type that pantyhose were marketed in. She gave one to each pupil and instructed them to find something that reminded them of Easter. They quickly spread out and searched each corner. Gathering them together again, she opened the containers one-by-one.



The first one contained a flower and the finder said that signified new life. Another contained a stone, which the finder said was a reminder of the stone that closed the tomb entrance. And so on....

Then she opened a container, and it was empty. "That is my one," said Steven, the Downs Syndrome boy, and they all laughed at him. "Oh Steven," they laughed, "You never get things right!"

"I did get it right!" protested Steven. "The tomb is empty!"

There was a stunned silence as they digested this - and from that moment, Steven was accepted as one of them.

Barely six months later, Steven died, and the Sunday School teacher said that she would never forget the sight of the class accompanying the small coffin, on which rested eight empty, egg-shaped containers.



Submitted by Adin Harmer via the Plumrus Writers' Group



On the 16th and 28th of March the Kwagga & Zebra Teams attended the first 2 of 4 training sessions respectively, which is focused on improving the WOW service delivery experience for our residents.

The training consists of our newly developed RCT (Rhodene Carer training) & CWT (Charlene Waiter Training) training manuals. Rhodene presents the RCT Training and Noelwene & Charlene presents the CWT to all Staff.

Our goal with the training sessions is to get all staff

Nursing, Catering, Cleaning, Laundry & Riskman teams both day and night, including management to the same level where anyone can assist when needed to give our residents the WOW experience in ALL areas of basic care. Our next training sessions will be held during April.

(Submitted by: Paul Stoltz)



Goodbye's are not always easy.....



Maria Brown has spent many dedicated years caring for our Residents. She travelled from home, in Ocean View, at the crack of dawn through rain and sunshine to be at her post before 06:00 every morning. She always had a beaming smile on her face and no task was too much effort for her to perform. Maria decided to bid us an early retirement. We wish her God's blessing of good health and much joy in the years to come.

APRIL 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 4th April 2023 Friends Meeting in the Hall @ 15:00 6th April 2023 Morning Market in the Hall @ 09:30 8th April 2023 Passion of the Christ DVD in the Hall @ 15:00 9th April 2023 Resurrection Sunday Service in the Hall @ 09:30 12th April 2023 Live Entertainment in the Hall @ 10:30 17th April 2023 Garden Club Meeting in the Hall @ 16:00 28th April 2023 Bring & Braai @ 18:00		
3	4	5
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
10	11	12
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY FAMILY DAY	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Live Entertainment in the Hall 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
17	18	19
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105 15:00 Writer's Group in N203	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
24	25	26
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Rock my Heart 18:00 Woord & Lied Dr. Chris Saayman
6	7	8	9
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Meadowridge 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Communion/Nagmaal 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY GOOD FRIDAY	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Passion of the Christ DVD in the Hall	09:30 Church Resurrection Sunday 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Just Mercy
13	14	15	16
08:30 Library 09:30 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges All Together Now 18:00 Woord & Lied Dr. Chris Saayman
20	21	22	23
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges True Spirit 18:00 Woord & Lied Dr. Chris Saayman
27	28	29	30
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall PUBLIC HOLIDAY FREEDOM DAY	08:30 DVD Library 09:30 One Hour for Jesus Praise & Testimonies 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The In Between 18:00 Woord & Lied

The importance of exercise as we age – Manuela Watson

Our bodies are not machines. They are a precious gift to us, and we need to look after them. When we are young, we are naturally active but as we age, we need to be more mindful of exercising. Even going for a walk will get your heart rate up, improve your mood and keep your joints mobile. What you need to do is start!



There are so many benefits to keeping active. You tone your muscles, keep your weight stable, protect your heart, keep your blood sugar down and, most of all, prevent falling. Falls destroy your confidence, increase isolation, and reduce independence. Let's decide to exercise, stay strong and keep moving.

Extend exercise can help you to achieve this. Exercise classes are performed while seated in chairs, although it includes some standing work while holding onto chairs. You will be amazed at just how much active exercise can be performed while sitting in a chair! And best of all you have FUN! And all the exercises are done to 'our' kind of music.

If you would like to join an Extend class, come, and try it out! We meet on a Tuesday at 9.30 in the hall. Just wear comfortable clothes.

Don't be complacent when it comes to your body — you only have one. Keep moving!



***I DON'T
SWEAT,
I SPARKLE***

***“SWEAT,
SMILE
&
REPEAT.”***



MARCH OUTING: GREEN POINT URBAN PARK

A conversation between June Stein (JS) and Verena Salzwedel (VS)

VS: So what was the highlight of your Monday?

JS: *The outing to Green Point Urban Park, of course!*

VS: Wasn't the weather brilliant?!

JS: *Gentle sun, no wind, air like wine, fresh after rain...*

VS: I enjoyed watching the paragliders against the backdrop of Signal Hill and Lion's Head.

JS: *The gardens are so well-kept! Did you know there are 25000 plants there?*

VS: I was fascinated by the clean, clear water and the huge fish.

JS: *Yes, they were amazing, gulping at us. Looked like sharks. Barbel? Cob?*

JS: Did you see the labyrinth?

VS: *No, did you?*

JS: *Yes, I walked it! Fortunately, it was easy to find my way out. A labyrinth has a beginning and an end and activates your left brain, as contrasted with a maze, which activates the right brain, because it has several endings.*



VS: I did a spot of birdwatching in the wetland. As usual, there were Egyptian geese and goslings and seeing the yellow-billed ducks up close was a treat. A very active cormorant decided to enhance the water feature in the middle of the lake.

VS: What did you see that interested you the most?

JS: *The Biodiversity garden. Some of the many information plaques read as follows: "The Cape has the smallest and richest floral kingdom in the world," but also has "the highest extinction rate in the world."*

VS: That's rather frightening. What can ordinary folk like us do about it?

JS: *Another info board suggested we "Plant local and plant for a reason."*

JS: What interesting fact did you find?

VS: *"A ladybird eats 100 aphids a day. That is serious pest control!"*

JS: Did you go to the restaurant?

VS: *Yes, of course. We headed straight there for coffee and a shared scone. On the way out we were tired, so we sat in the shade and had massive R20 ice-creams.*

JS: *We sat in the shade at the amphitheatre and enjoyed watching others doing yoga.*

VS: What is the most memorable feature of the park?

JS: *The abundance of water from 3 Table Mountain springs and the working water wheel.*

Thank you Plumrus, for braving the morning traffic to take us on such a highly successful outing!







Mrs. Vorster was a very sweet but also very straight forward person.

She loved watching the X Factor TV talent show and going out for her smoke breaks. Her son Patrick will miss her so much.

We will surely miss you Mrs. Vorster. MHDSRIP

From: Donica Jacobs

Death is painful, however, death taking a precious jewel like you is more painful. You were a woman with a good heart who cared so much about other residents and everyone else around you. You contributed to the development of every single person you met on your path and you never seized to be an inspiration to all.

Kindhearted, caring, considerate, loving and walking at your own pace.

Thank you for living such a great and fruitful life Sr. Sari Tolmay.

From – Yvette Hartnick. Z5 Zone coordinator.

Ms. Tolmay was a loving and caring person she cared a lot for late Mrs. Montague and Mrs. Findlay. She was always there to assist whenever she saw the carers stuck in the zone...her words to us was 'as julle voel om n bietjie te rus kom le graag by ouma op die bed.

Ms. Tolmay you were an inspiration to so many of us we have learnt so much from you. Zone5 will never be the same without you Ms. Tolmay . If we could only thank you in person for all your assistance we will miss u dearly in zone5.



Fly high with the angels Ms. Tolmay 🌹🌹💖💖

From Lamees Lewin – Z5 Zone coordinator.

SUSARA TOLMAY – A tribute by a friend

Susara was born in Barkley West and after school she started her nursing training at the Kimberley Hospital. Later she nursed at Tygerberg Hospital where she and my eldest sister became good friends. Sarie as we called her, became a part of our family. Not content with just being nursing sisters, the two of them studied many courses through UNISA until both attained their Bachelor of Nursing Degrees whereupon Sarie exchanged her uniform for formal attire as she took up a position as Sister Tutor.

Sarie was a very gifted and talented woman and everything she did was done to perfection. From her excellent UNISA results to the perfect edges of her lawn which she mowed herself; she made the most delicious marshmallow tarts to the most beautiful baby matinee jackets she knitted – it would take pages to describe the tasks that she undertook – all was done with great skill, attention to detail and loving care.

The two S's in Susara, to my mind stand for two words – Service and Selflessness – which I think sum up Sarie's life. Sarie loved Father God. Serving him in whatever way she could, was her greatest joy and purpose. Thus her love for her fellowman was God filled and inspired. When she was living in a complex in Bergvliet, many homeless people used to live on the pavement across the road and Sarie would tend to their wounds, buy them cough syrups, feed them hot meals and spread the Word of God to them. She would encourage and comfort them.



When Sarie was no longer working in a hospital environment but in an old age home – she had such a heart for the elderly – she was so overwhelmed with pity for an elderly lady who was grief-stricken with missing her pet dog. So Sarie asked my sister to fetch the dog one evening and to bring it to the home. Pets were strictly a no-no at that time. The lady just burst into tears of utter joy as she and her pet cuddled. Another example of Sarie's empathy and love for her fellowman.

Susanna Tolmay, Sarie's se oorlede broer se vrou skryf: "Sarie was 'n baie goeie mens. Vir elke mens het sy omgee of dit straatkind of straatvrou of straatman. Dit maak nie saak wie dit was nie, die mense om haar was vir haar baie belangrik. Sarie het 'n baie goeie hart gehad, was 'n wonderlike omgee mens met 'n groot hart; wat sy vir my gedoen het, se ek ook dankie. Ek het nie regtig woorde nie, maar al wat ek kan se is, so 'n vrou gaan jy nie weer kry nie".

Susanna's sister Brenda writes: "Sarie liked staying at Plumrus, she loved the staff and the people on her floor. She was a very quiet person and kept to herself but liked to help the others." I salute you Susara Tolmay. Your beautiful example will remain in my memory. I miss you so very much. Jeanette Wilson

Mrs Gertie Boshoff

Sunrise 08.07.38 Sunset 02.03.23

We as a family would like to pay tribute to my late sister Gertie Boshoff.

We were a family of five, she being the eldest followed by our late brother and me being the youngest.

Since childhood Gertie and I have had a very special relationship. I was really spoiled by her amongst others with pocket money, accompanying her to the drive-in and local cinemas, His Majesty's Theatre in Johannesburg to attend a "Pat Boone" show and on holiday to Durban.



For the past 19 years she and her daughter Maria had a close relationship with my daughter's family in Fish Hoek and became an integral part of the family. Gertie loved visiting her son, Paul, daughter and nephew, Estelle and Kyle in Australia.

Gertie Boshoff was a loving sister, mother, grandmother and friend. She loved arranging and playing Rummikub games in the lounge and watched music and Australian nature DVDs with friends.

She volunteered at the PlumRus charity shop applying her experience from working in the stores on the mines in her younger years.

We are going to miss her severely.

REST IN PEACE GERTIE - Marianne Dirker & Boshoff family

Gertie Boshoff was a wonderful Christian lady, always interested in everything & full of ideas. She worked for a number of years in the Bargain Shop where she made herself responsible for the monthly figures. She always insisted that she had the correct bookkeeping books & everything was beautifully neat & immaculately done. She also spent many hours sorting & marking items in the shop & devising new ways of keeping track of how items were moving. She was a great reader but also very conscious of what she considered suitable books! She once came to the library with a book she had taken out & wanted it destroyed as it had very unsavory language in it. She said we should go through all the library books & discard all those with unsuitable language. She was a very kind person who worked tirelessly for charity. She will be very much missed by Plumrus but she herself must be so happy to be finally with her Lord. – Dianne Slabbert

In loving memory of Gerty Boshoff.

Your life was one of kindly deeds, a helping hand for other's needs, sincere and true heart and mind. You'll always be remembered for the love u had for the bargain shop, rummy cup and always ready to assist wherever needed. Her mission was one that made a great difference in the lives of many residents.

From Yvette Hartnick – Zone 5 Zone Co-ordinator

Hoesê?

Cable tie - kabelklamp, flinkbind
Starter - knormoer
Down lights - plafonogies
Calculator - somtjom
Bicycle - baiesukkel
Passenger on bike - agteroppie
House wife - tuismuis
Pensioner - rumatikulant
Chatterbox - kaaitjiekekkelbek
Gossip girl - skindervlinder
Go-go girl - wikkeldoedie
Cuddle - snoesel
Pillowtalk - kussingkleks
Chaperone - voëlverskikker
(Ingedien deur: Pat van Wyk)



Vroegherfs

N.P. van Wyk Louw

Die jaar word ryp in goue akkerblare,
in wingerd wat verbruin, en witter lug
wat daglank van die nuwe wind en klare
son deurspoel word; elke blom word vrug,
tot selfs die traagstes; en die eerste blare val
so stilweg in die rook-vaal bos en laan,
dat die takke van die lang populiere al
teen elke ligte môre witter staan.
O Heer, laat hierdie dae heilig word:
laat alles val wat pronk en sieraad was
of enkel jeug, en vër was van die pyn;
laat ryp word, Heer, laat U wind waai, laat stort
my waan, tot al die hoogheid eindelik vas
en nakend uit my teerder jeug verskyn.

(Uit "Vier Gebede by Jaargetye in die Boland."
(Mei-Julie 1937))



(Ingedien deur: Leonie Pauw)

What makes PlumRus such a Happy Home for ALL?



Some members of the Friends Group getting to know each other socially over delicious scones and tea.



District Six Dance Tribute

With thanks to Artscape Opera House & District Six Museum, 12 Plumrus residents thoroughly enjoyed the dance tribute magically woven by 36 exuberant, talented dancers at their "Dreaming Dance in District Six: The Johaar Mosaval Story." Backdrops depicting District Six, a passenger ship & the various dance themes were mesmerising, lighting was dreamy & the narration of the amazing dance journey of Dr. Mosaval from District 6 to Sadlers Wells in London & introduction to the Queen was clear & interesting. The end came too soon, each dance was new, fresh & enthusiastically supported by pupils from some dancers' schools, also with complimentary tickets!

Thanks, Plumrus for the outing organisation & to Malcolm, Anthea & Marie K for privately shuttling us to a welcoming Artscape.



SNIPPETS FROM SANCCOB - heard at the Residents' talk on 22 March 2023



SANCCOB saves seabirds, whether injured, abandoned or oiled.

Do seabirds need saving? They certainly do, especially the endangered penguins. Eg. 80% of the colony on the island of St Croix has been lost since 2015. 3627 birds were admitted for rehab during the last year: African penguins, Cape Gannets, Hartlaub's gulls and terns. Everyday birds in need of help are reported by the general public. The release rate after rehab is an encouraging 83%.

As well as rehab and treatment, SANCCOB researchers do population surveys, weighing and tracking. Transponders (microchips) are injected into the birds, which track them on Google Earth when they step over a reader line in their colony. This data they share with the scientific community, which has an influence on government legislation. In fact, SANCCOB are regarded as one of the essential services, even though they receive no government funding. Monthly running costs are in excess of a million rand a month.

Whilst passing around the results of the taxidermist's effort, we got to stroke the incredibly soft, completely waterproof gull's feathers and see eye to eye with a penguin. Stretch your finger and thumb between your jaw and your eyes to get some idea of the size of a baby penguin. It must eat 10% of its body weight of chopped up sardines every 3 hours. SANCCOB uses 3 tons of A-grade sardines per week, at a cost of R400 per 5 kg. The birds grow at a phenomenal rate. After one week's growth, they are usually kicked out of the nest.



Volunteers, many of whom come from overseas, start their shift at 5 am. They have to weigh 60 chicks and prepare the food and do 6 am, 9 am and 12 noon feeds and even clean the penguins' bums and beaks. Each chick has a teddy bear for comfort and company, it also makes them eat more as they think there is more competition. Penguins put under anaesthetic for operations get kids' socks on their flippers and feet to prevent death from heat loss.

In contrast to humans, penguins can handle short term stress, but not long-term and should be kept as wild as possible. If for example, they have a bite wound, they have to wait longer than 6 months to regrow feathers on the bare patch and they also become tamed and difficult to release.

A penguin has a 25-year lifespan, but seldom reaches it, as the ecosystem is under severe strain. On the mainland, rats, cats and dogs are eating penguins, pelicans

are eating dogs and cats at rubbish dumps. At sea, sharks and seals are eating pelicans and all are becoming increasingly emaciated. Seagulls eat plastic and toxins cause slow paralysis. Plastic straws have a lifespan of 200 years and the tamper-proof circles on bottles end up around many a chick's neck.

How to help? Every effort counts. SANCCOB was founded by a single woman who took home 60 oiled penguins, washed them, fed them and drove them to the local tidal pool for a swim every day. You can encourage your grandchildren to become volunteers, help big-time by leaving a legacy or small-time by using a My School Card or even donating Tabard sticks.

Advocate for the environment by promoting the fact that animal welfare is not secondary to human welfare if we are all to survive. Live sustainably and recycle responsibly!

Thank you, Alex and Tania, for a fascinating afternoon. Watch the notice boards for our tour of the SANCCOB facility at Table View during May.





Our next Residents Bring & Braai is on the 28th April – invite the Family & Friends – don't miss out!

We share our Happiness with the Seniors in our Surrounding Community

We, The Joy Crew (Just Older Youth) of New Hope church hereby extend our sincere gratitude and heartfelt thanks to PlumRus for coming alongside us and for your support with our Seniors programme.

We continue to meet every Tuesday morning and provide the food to the members every Thursday. The Seniors are enjoying the meals provided by Plumrus. Thank you once again for your love and support. Thank you Rhodene and Belinda for the roles you both played in making this possible. Thank you to the Kitchen staff for providing wonderful nutritious meals each week. Thank you to the men that deliver the food each week. May God bless you and your families. (Extract from New Hope Church thank you letter)



the best
THINGS IN LIFE
→ ARE
THE PEOPLE
we love
THE PLACES
WE'VE BEEN
& the
MEMORIES
WE'VE MADE ALONG
the way



Elvis resurrected from the dead especially for the NG Kerk Kermis. Dr. Allie booging away to Elvis rock 'n roll tunes.



Joan Kendrick enjoys knitting and the companionship of her many friends at PlumRus

Daniel Rootman, die kleinseun van Louise Edgcumbe, wou altyd 'n sokkerspeler word. Na 'n sending na Uganda saam met "Youth with a Mission", het hy besluit om sy sokker gawe en passie te gebruik as 'n sokkerafrigter en te selfde tyd die evangelie met die vlugteling van Uganda te deel.

Ons bid vir beskerm vir Daniel en dat baie jongmense deur sy uitreiking die Here leer ken.

Hierdie foto is van Daniel toe hy 11 jaar oud was.





Hilda Robertson enjoying her birthday with her family.



Pat Goldman was a very proud grandmother when she attended her grandson, Tiago's graduation ceremony at Artscape. Tiago surprised his mom and grandmother by making the Dean's Merit List and walking away with the Best Film Producer award.

Congrats Tiago....acting and the performing arts clearly runs in your gene.

Shirley Coles enjoyed her 5-week holiday with her sister Margie, and brother-in-law David in Kenton-on-Sea.

They enjoyed their visit to the Addo Elephant Park.



Lily Van der Linde celebrated the arrival of another great granddaughter, Luné. Trotse ou sus, Anke, hou 'n goeie ogie oor haar.



Beware of using the ATM outside the 3 Arts Mall. I was recently scammed out of R12000.

(Submitted by PlumRus Resident)



Jy weet jy word 'Wonderbaarlik Volwasse' wanneer: 🙋

Jy en jou tande nie meer saam slaap nie. 😊

Jy jou kouse probeer optrek omdat dit kreukel . . en dan besef jy het nie kouse aan nie. 😊

Jy word wakker en lyk soos die foto op jou bestuurderslisensie. 😊

Dit neem twee probeerslae om van die bank af op te staan. 😊

Om 'n "gelukkie op te tel", beteken jy kry jou kar in die parkeerarea. 😊

Jou idee van 'n aandjie uit is om op die patio te sit. 😊

"Happy hour", beteken 'n slapie. 😊

Wanneer jy op vakansie is en jou energie op is, voor jou geld. 😊

Dit neem langer om te rus as om moeg te word. 😊

Jou geheue is korter en jou klagtes is langer. 😊 😊

Jou adresboek het meestal name wat begin met 'Dr.'. 😊 😊

Jy sit in jou wiegstoel en kan dit nie aan die gang kry nie. 😊 😊

Die apteker word jou nuwe beste vriend. 😊

Dit neem dubbel so lank om die helfte so goed te lyk. 😊

Alles is seer en dit wat nie seer is nie . . . werk nie. 😊 😊

Jy slaan jou tande in 'n steak in . . en hulle bly daar. 😊 😊

Jy doen afstand van al jou slegte gewoontes en jy voel nog steeds nie goed nie. 😊 😊

Jy het meer geduld, maar eintlik gee jy net nie meer om nie. 😊

Jy kry uiteindelik jou kop reg . . en jou lyf begin uitmekaar val. 😊

Jy wonder hoe jy oor die muur kan wees, as jy nie eers kan onthou dat jy bo-op dit was nie. 😊 😊 **Lida Herbst**



I broke up with my girlfriend at a restaurant. She started crying. Everyone thought I proposed to her so they started clapping.



Me: "I love you." You: "Is that you or the wine talking?"
Me: "It's me talking to the wine."

Ek : Hi Ma,ek is in n stripclub.

Ma : Sien jy goed wat jy nie mag sien nie.

Ek : Ja

Ma : Wat?

Ek : Vir Pa

Gatiep sit op couch en kyk n video.....

Skielik skree hy vir die ou ini video:

"MOENIE INI KERK GAN
NIE.....MOENIE IN GAN
NIE.....ooooh DJY GAN SPYT
WIES NE!!!"

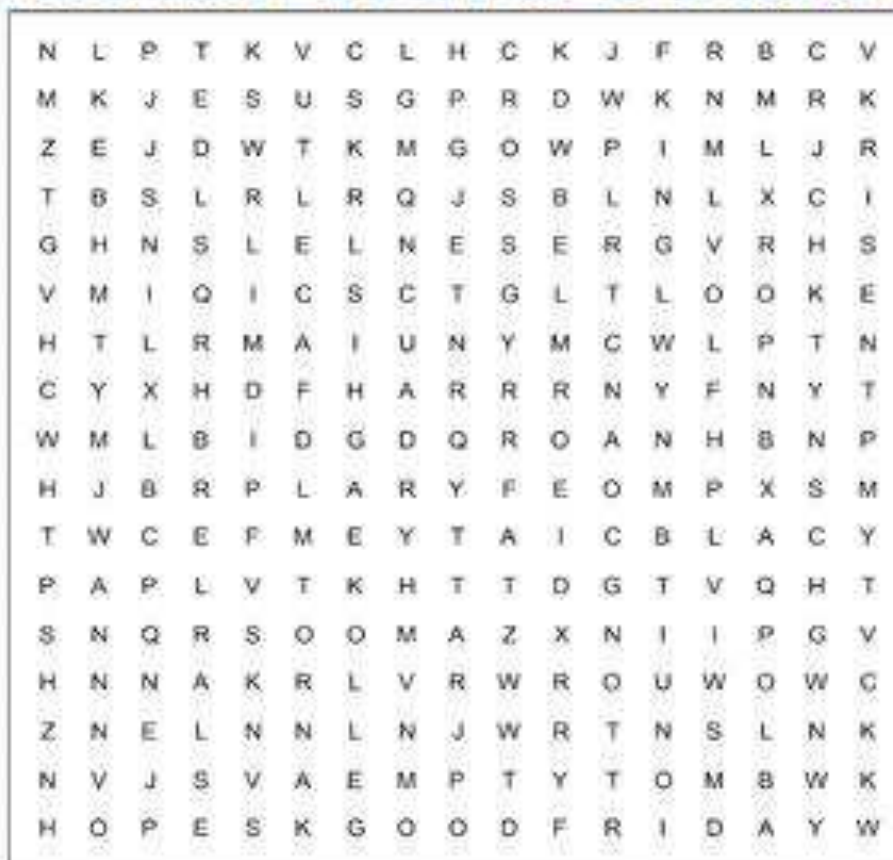
Sy vrou vra hom:Gatiep....wat kyk d'jy?

Hy antwoord...."Ons trou video...!!

Drie ou omies sien mekaar na baie jare weer.Hulle begin gesels oor wat hulle nou doen vandat hulle met pensioen is.
Die eerste oom sê: 
"Ek neem foto's."
Die tweede sê:
"Ek werk in die tuin."
Die derde sê:
"Ek doen opsporingswerk."
....."En waarin nogal!?"
wil die ander twee weet.
"Nee," sê die oubaas: 
"elke dag soek ek my bril, my klerie, my valstande, my sleutels..."



Easter Word Search



Angel

Cross

Crown of Thorns

Easter

Empty Tomb

Good Friday

Holy

Hope

Jesus

King

Love

Mary

Messiah

Resurrection

Risen

Sacrifice

Salvation

Sunday

Savior

Third Day



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***Wishing all our Residents, Families, Staff,
Clients & Friends of PlumRus a Life-changing
Easter!***