

PlumRus NEWS NUUS

August Issue • Augustus Uitgawe

WOMAN'S MONTH



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program August

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		2 nd Morning Service	
5de Oggenddiens	7 th One Hour for Jesus	9 th Morning Service	9de Aanddiens
12de Oggenddiens	14 th One Hour for Jesus	16 th Morning Service	
19de Oggenddiens	21 st One Hour for Jesus	23 rd Morning Service	23ste Aanddiens
26ste Oggenddiens	28 th One Hour for Jesus	30 th Morning Service	

Diamonds of Faith...*"Shining with Grace Through Every Season"*

"She is clothed with strength and dignity; she can laugh at the days to come."
(Proverbs 31:25)

A diamond is not formed overnight. Hidden beneath the earth, it is shaped over many years under immense pressure before its true brilliance is revealed.

The same can be said of the women among us.

The beautiful ladies of PlumRus have lived through seasons of joy and sorrow, celebration and sacrifice. They have nurtured children, supported families, comforted friends, served their communities and, above all, faithfully trusted God through every chapter of life.

Their beauty is not found merely in silver hair or gentle smiles, but in hearts refined by faith.

Throughout Scripture we meet remarkable women whose lives continue to inspire us today. Sarah believed when circumstances seemed impossible. Ruth remained faithful when the future was uncertain. Hannah prayed with unwavering hope. Esther stood courageously for what was right. Mary surrendered completely to God's calling. Anna devoted her later years to worship and prayer.

Their stories remind us that God has always worked through women whose hearts belonged to Him.

Age does not diminish God's purpose. If anything, it enriches it.

Many of our residents continue to bless others through their wisdom, kindness, encouragement and faithful prayers. Every whispered prayer for a child, grandchild, neighbour or friend reaches the throne of God.

This Women's Month, we honour every lady at PlumRus.

- ❖ You are precious
- ❖ You are valued
- ❖ You are deeply loved

And like a diamond, your greatest beauty has been revealed through a lifetime of faith.

Anna – Nooit te oud om 'n verskil te maak nie

Daar was ook 'n profetes, Anna, 'n dogter van Fanuel uit die stam van Aser. Sy was al baie oud. Ná haar huwelik was sy net sewe jaar lank getroud, en daarna was sy 'n weduwee totop haar 84ste jaar. Sy het die tempelterrein nooit verlaat nie en het God dag en nag gedien met vas en gebed. Presies op daardie oomblik het sy nader gekom en God begin prys. Sy het oor die Kindjie gepraat met almal wat uitgesien het na die bevryding van Jerusalem.

(Lukas 2:36–38)

Anna was vier-en-tagtig jaar oud.

Baie mense sou dalk gedink het dat haar beste jare agter haar was, maar God het anders gedink.

Waar ander 'n bejaarde weduwee gesien het, het God 'n getroue dienaars gesien wie se gebede deel sou word van Sy grootste verhaal.

Anna het haar dae deurgebring in aanbidding, vas en gebed. Toe Maria en Josef die baba Jesus na die tempel bring, het Anna Hom dadelik as die beloofde Messias herken. Met groot vreugde het sy begin vertel van Hom aan almal wat uitgesien het na God se verlossing.

Wat 'n wonderlike herinnering vir elke inwoner van PlumRus.

- Gebed ken geen aftree-ouderdom nie
- Geloof het geen vervaldatum nie
- God hoor steeds elke opregte gebed wat uit 'n gelowige hart opgaan



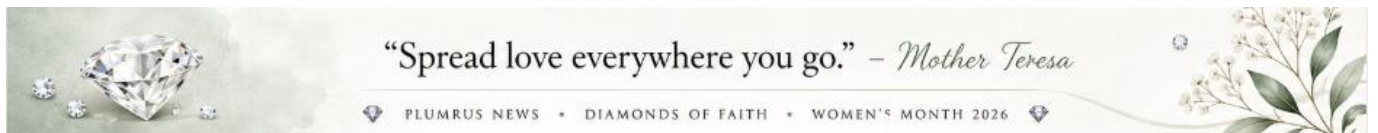
Miskien dra u bene u nie meer soos vroeër nie, miskien is u hande nie meer so sterk nie...**maar u gebede bly kragtig.**

- Elke gebed vir u kinders...
- Elke seën oor u kleinkinders...
- Elke voorbidding vir ons land...
- Elke stille gesprek met God...

Nie een daarvan gaan verlore nie.

Moet nooit onderskat wat God deur die getroue gebede van een gelowige vrou kan doen nie.

Soos Anna, het u steeds 'n belangrike plek in God se Koninkryk. U geloof, u wysheid en u gebede is 'n kosbare nalatenskap wat nog lank ná vandag lewens sal aanraak.



LOOKING FORWARD TO WHAT LIES AHEAD...

There's something in every human heart that constantly looks ahead and longs for the good or better things we imagine. By nature, we're 'hoppers'. God has made us that way. It's His plan that we live our lives in this world looking forward to and preparing for something even better than we've known already. Children look forward to their birthdays, excited about the presents they're hoping to receive, adolescents look forward to understanding their purpose in life and having good friendships, adults look forward to meeting their soul mate, getting married and raising a happy family, finding and progressing in a career, or starting a successful business, a more comfortable car and house, are more of the good and better things they hope for.

As we get older what we hope for slowly changes, especially for those of us who love and follow Christ. Our hope shifts from the good and better things of this world to the unseen wonders that await us in the world to come. In other words, our hopes change from being mainly short-term in-this-world hopes, to being long-term or eternal hopes. The Apostle Paul wrote about this re-focussing of his hope in his letter to the church in Philippi...



*Forgetting the past and **looking forward to what lies ahead**,
I strain to reach the end of the race and receive the prize
for which God is calling us up to heaven because of what Christ Jesus did for us.
Philippians 3:13-14*

As good as many of Paul's earthly hopes had been, they were eclipsed by his hope of what lay ahead in heaven because of what Jesus had done. Paul was absolutely convinced that for those who believe in Jesus Christ there was hope beyond the grave. Because of His death and resurrection, Jesus has opened the door to heaven. In some of his New Testament writings Paul expanded on this hope of the wonders that await those who trust in Christ for their salvation. God has given us brand new lives in Christ including a future in heaven!

What lies ahead for those who love Jesus? From scripture we know a new body awaits each follower of Christ. They'll be wonderful bodies made by God Himself – our homes for evermore (2 Cor 5:1-9). In some way our new bodies will be linked to the bodies we have now but in other ways they'll surpass anything we've known up to now.

Our longing for the vitality of youth and the wisdom and maturity of age will become a reality. We'll be perfect in every way (1 Cor 15:35-49), for we shall bear the likeness of the man of heaven – the Lord Jesus Christ! But perhaps more importantly, clothed in our new bodies we'll be at home with Jesus our Lord in ways not possible now while we're in our earthly bodies. Our purpose then will be grateful, whole-hearted, spontaneous adoration of the Lamb who was slain to take away our sins.

Not only will our heavenly bodies make it possible to enjoy personal communion with the Lord, but also with those who've gone on before us and those who'll follow after us. When Jesus returns to this earth to complete the victory He won at the cross,

there'll be a huge family reunion in the air as those who've already died and those alive at His coming meet up in the clouds! Believing loved ones and friends...we'll be together with Jesus forever (1 Thess 4:13-18)! While still in this world we live in the hope of eternal life with Christ. A priceless gift from God. The Day is coming when we'll have it all—life healed and whole.

In the meantime, as we wait for the coming of that Day, Scripture encourages us to live every moment of our lives purposefully for the glory of Christ. In a heartfelt prayer, Moses cries out...

*"Teach us to number our days and recognise how few they are;
help us to use them wisely and well" (Psalm 90:12).*

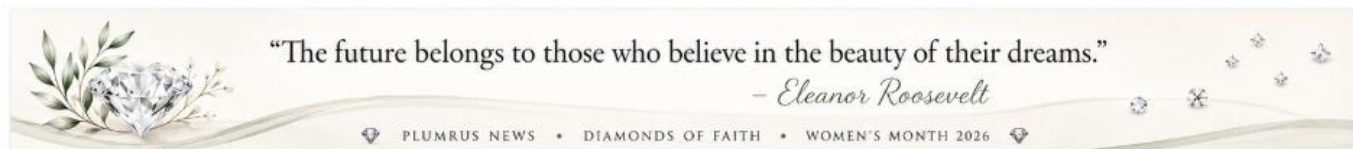
Time is a gift from God and none of us know how much time we have left in this world. One of the ways in which we can use it wisely and well is by preparing for our own passing from this life into the next. When King Hezekiah was about to die, he was told by Isaiah the prophet to "Put his house in order" (2 Kings 20:1). The Lord instructed him to make whatever practical arrangements were needed before his death, and to prepare himself spiritually for what lay ahead. When we think about our own passing, there are practical issues that should be attended to such as drawing up a will, choosing a trusted executor of our estate and clarifying our wishes about organ or tissue donation. And when it comes to preparing ourselves spiritually, we could keep in mind what Jesus replied to the teachers of the law who wanted to know which was the most important commandment. This is what Jesus said:

*'Love the Lord your God with all your heart, soul, and mind.'
This is the first and greatest commandment. The second most important is similar:
'Love your neighbour as much as you love yourself.' (Matthew 22:37-39)*

According to Jesus, our relationship with God and with others is meant to be the most important focus of our lives. Your love for God is a response to His grace towards you in Christ. It's demonstrated in willing and joyful obedience to His Word. Loving God in this way puts Him 'first' and aligns all other priorities in life. When it comes to loving others, you could use what someone has called the 'relational tasks of Jesus': saying things like *"Please forgive me, I forgive you, thank you, I love you, and when the time comes...Goodbye"*. Saying words like these in a heartfelt way can deepen already good relationships and restore broken ones. If there are people you need to say things like this to, ask the Lord to help you do so.

**WHEN GOD DECLARES
"GET YOUR HOUSE IN
ORDER" THAT MEANS
"SPIRITUALLY" NOT
CANNED GOODS &
BAGS OF BEANS!**

As we approach the end of our lives, relationships – with God and others - should be our focal point. How is your relationship with the Lord? Is it meaningful and growing? Is He 'first' in your life? Are your relationships with others healthy and encouraging? Do those close to you feel loved, appreciated and accepted?



With the help of the Lord, these are some important ways in which we can 'get our house in order' as we look forward to what lies ahead...the incredible destiny God has prepared for those who follow Christ.

'No eye has seen, no ear has heard, and no human mind has conceived', what God has prepared for those who love him."

(1 Corinthians 2:10)

Keep looking forward to what lies ahead, strain to reach the end of the race and receive the prize for which God is calling you up to heaven!

The grace of the Lord be with you.... Ps Dave Henderson

Contentment

The Bible has a lot to say about contentment.

1 Timothy 6:6-8

***Now there is great gain in godliness with contentment,
for we brought nothing into the world, and we cannot take anything out of
the world.***

But if we have food and clothing, with these we will be content.

Philippians 4:11-13 is probably the most helpful (and challenging!) passage in the Bible on contentment.

***Not that I am speaking of being in need, for I have learned in whatever
situation I am to be content.***

***I know how to be brought low, and I know how to abound. In any and
every circumstance, I have learned the secret of facing plenty and hunger,
abundance and need.***

I can do all things through him who strengthens me.

Did you notice that twice Paul says, "I have learned"? God's Word is teaching us here that it is possible to learn to be content with whatever our present circumstances might be – whether we have plenty (of water, for example), or none.

How is this possible? Well, the Greek word for contentment is autarkeis. It could be translated literally (as the Kalenjin Bible does) by saying "It is enough for me like that". It's fine. I have enough. I have sufficient for my needs.

After all, 1 Timothy 6:8 says, "if we have food and clothing, with these we will be content." Do we have our basic needs? Yes. Do we have sufficient water for our needs most of the time? Yes. So, then we need to learn to say, "It's OK". I have enough. I can adapt. I can accept what God has allowed to happen in my life. I can learn to work around it. I can learn to be content, no matter what my circumstances. Paul said he had learnt this, so can we.

So let us stop grumbling and be content and satisfied with what we do have. Let us follow the example of Paul and learn to be content.

(Submitted by: Michelle Naude)



Happy Birthday to our Residents

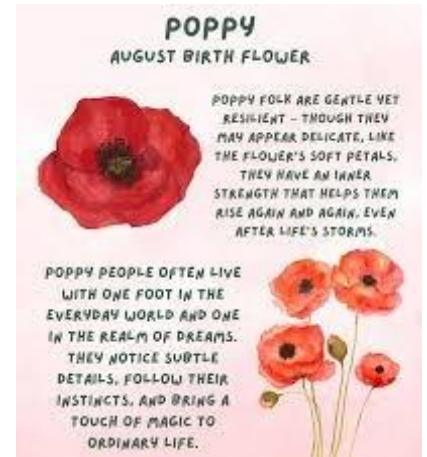
<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
6 th	Anna du Toit	R35	93
6 th	Bradley Martin	R10B	62
8 th	Amy Valentine	20A	90
11 th	Georgina Viljoen	N101	86
14 th	Allan Roebuck	R46A	70
15 th	Ione Davies	N103	84
19 th	Kenneth Fox	R33	90
21 st	Kathryn Drayton	R23B	82
21 st	Rista De la Fontyn	F110	83
27 th	Leonie Pauw	N204	96
27 th	Gavin Cochrane	R69	65
28 th	Henda Greeff	R40	83
28 th	Desmond Timm	F126	75
30 th	Gavin Lloyd	F115	64



May God crown this new year of your life with His perfect peace, comforting grace, and joyful moments. We pray that you feel deeply valued, surrounded by love, and filled with strength for each new day. Thank you for the unique light and wisdom you bring to our community.

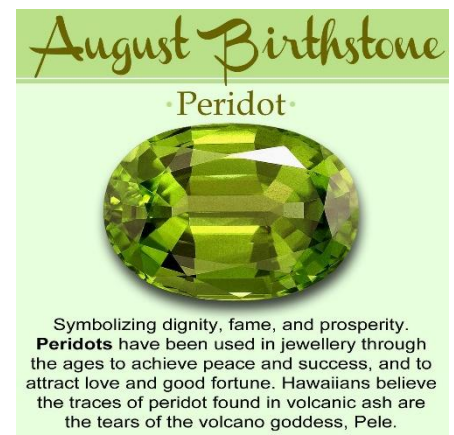
Happy Birthday to our Staff

<i>Date</i>	<i>Name</i>	<i>Department</i>
<i>1st</i>	<i>Berenice Windvogel</i>	<i>PCS</i>
<i>3rd</i>	<i>Ursula Manuel</i>	<i>Health Care</i>
<i>4th</i>	<i>Mandy Zas</i>	<i>Health Care</i>
<i>8th</i>	<i>Anastasia Buys</i>	<i>PCS</i>
<i>12th</i>	<i>Carmen Jantjies</i>	<i>PCS</i>
<i>16th</i>	<i>Britney Staebler</i>	<i>Riskman</i>
<i>18th</i>	<i>Shantey Dennis</i>	<i>Health Care</i>
<i>21st</i>	<i>Rudi Singani</i>	<i>PCS</i>
<i>24th</i>	<i>Raeesah Martin</i>	<i>PCS</i>
<i>25th</i>	<i>Rossilyn Brown</i>	<i>CCF</i>
<i>26th</i>	<i>Rene Simons</i>	<i>Health Care</i>
<i>27th</i>	<i>Nichole Meyer</i>	<i>PCS</i>
<i>28th</i>	<i>Divine Mitchell</i>	<i>Health Care</i>
<i>28th</i>	<i>Ismerelda Jaars</i>	<i>Health Care</i>
<i>30th</i>	<i>Chantelle Jones</i>	<i>CCF</i>
<i>31st</i>	<i>Micaela De Mink</i>	<i>Health Care</i>
<i>31st</i>	<i>Wafiqah Damon</i>	<i>Health Care</i>
<i>31st</i>	<i>Aviyonke Dlokolo</i>	<i>PCS</i>



Birthday Blessings to our Members/Clients

<i>Date</i>	<i>Name</i>
<i>16th</i>	<i>Felicity Raphael</i>
<i>23rd</i>	<i>Christina Wilson</i>



Gelukkige verjaarsdag aan ons raadslede.

Ons waardeer julle strategiese bydrae tot PlumRus.

<i>Date</i>	<i>Name</i>
<i>2nd</i>	<i>Danie Rossouw</i>
<i>12th</i>	<i>Lesley de Bruyn</i>
<i>23rd</i>	<i>Francois Human</i>



We love celebrating milestones with our colleagues



Congratulations to Pumi (CCL), as she celebrated her daughter, Mpho's, 21st birthday.

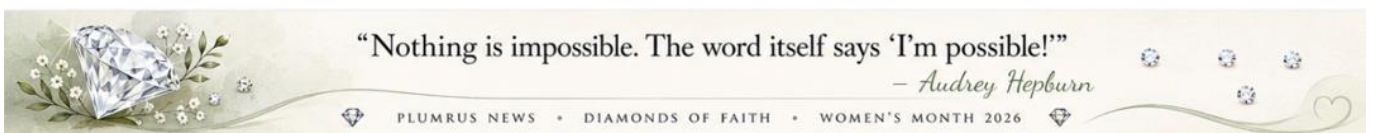
We share in your excitement as Mpho reaches this milestone birthday and we look forward to hearing of all her future accomplishments.

Congratulations to Edwina (Riskman) on the 21st birthday of her daughter, Jenica, on the 2nd June.

"The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you."
(Numbers 6:24-25)



En nou...dat julle so diep in mekaar se oë kyk! Baie geluk Rose-Anne & Riedewaan op julle 22ste huweliksherdenking.





"Every good and perfect gift is from above." – (James 1:17)

Over the past few months, our PlumRus family has been blessed with the arrival of **two precious baby boys and one beautiful baby girl**. We rejoice with our colleagues as they welcome these little miracles into their hearts and homes.

May your homes be filled with laughter, your hearts with gratitude, and your days with the unforgettable joy that only a child can bring.



Thor Junior Havinga, son of Hadley who works in our Building Maintenance Dept, was born on 21st April 2026



***Lee-Shay is gebore op 6 Julie 2026.
Sy is die dogter van Shannon Swartz wat in die koffiewinkel werk.***

Eliano Hampe, son of carer Dept, was born on the 2nd



Shannon working in PCS March.

Did You Know?

I am very grateful to Portia who, several weeks ago, arranged puzzles in the various locations at PlumRus. I immediately was drawn to this activity. The strange thing is that I never really did puzzles before coming to PlumRus. I was immediately hooked!

What do I find enjoyable about sitting and fitting pieces of coloured card together?

1. In the warm, pleasant Aristata lounge, I meet and chat with people around the puzzle table. It is a meeting place with others giving words of encouragement and appreciation.
2. I love the collaborative team effort of putting a big puzzle together. It is lovely to check in each day before or after lunch and see that others have added pieces.
3. It is very satisfying seeing a picture develop. From a blank table, slowly, a lovely, large picture emerges.
4. It engages the mind, the eyes, and the fingers. It allows one to ask, "Where does this piece fit in?" Sometimes one finds a place for it. Most times one doesn't. But eventually, the piece will fit.
5. It gives satisfaction when the puzzle is completed. A very pleasant task has been completed!

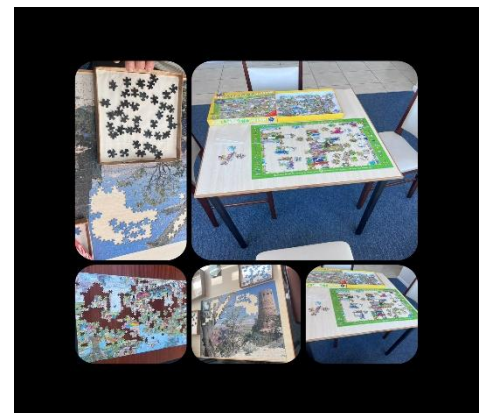


Be warned—it is very addictive, but a good addiction!

Graham Naude

Residents were treated to another kind of activity when Portia brought an armload of jigsaw puzzles for use by Plumrus in the various lounges. It quickly became very popular.

There is now a particularly intricate cartoon puzzle of 1,500 pieces underway on first floor North – mercifully not mainly sky or snow or similar textured mid-ground, but various scenes of golfers in knots of activity. I have made an almost daily pilgrimage across to Plumrus North to add another piece. This way I have reacquainted myself with passing staff, residents I seldom see and residents I often see – it's such fun to find an elusive piece and crack up laughing with others.



Other puzzles in other lounges include village street scenes, a frozen hill with dead trees and medieval stone tower, groups of people and animals. This is another activity that brings people together and adds interest to the day. Thank you too to Graham Naude for making useful little cardboard trays to help sort groups of puzzle pieces – makes it easier for us to place them. 😊🧩 Vivien Spires

A Little Courtesy Goes a Long Way



At PlumRus, we believe that mealtimes are about much more than simply enjoying a meal. They are an opportunity to gather, socialise and share fellowship around the table.

Our dedicated kitchen team prepares and serves more than **200 meals** at lunchtime every day. While we strive to provide wholesome, nutritious and enjoyable meals, catering for so many residents with different tastes and appetites is no small task. We appreciate your understanding and patience as our team works

hard to serve everyone with care.

You can help us by following these simple guidelines:

- **Please let your waiter know your preferred portion size** before your meal is served. Whether you would like a **small, medium or large** portion, we are happy to accommodate you where possible. Second serving are always available on request.
- **If there are certain vegetables or menu items you do not wish to receive**, kindly let your waiter know before your plate is served.
- **If there is food on your plate that you know you will not be eating**, please place it on your side plate **before you begin your meal**. This helps us better understand residents' preferences and reduces unnecessary food wastage.
- Please remember that our waiters and kitchen staff are here to serve you. A kind word, a smile and respectful communication make a meaningful difference to their day.



Working together allows us to provide an enjoyable dining experience for everyone while reducing waste and ensuring that meals are served as efficiently as possible.





Mrs. Elizabeth Sinclair East Flat 120

Elizabeth moved to PlumRus on the 08 July 2026.

Elizabeth was born and raised in Bloemfontein, she attended Oranje Girls School and was a medical administrative clerk.

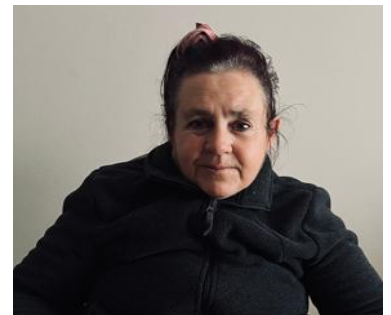
Ashe was married for 66 years until the passing of her husband in April 2026. The couple have two children together.

Elizabeth is a social person, she also enjoys reading and knitting.

Mrs. René Hattingh Health Care Zone 3 Room 38A

Rene joined PlumRus on the 1st July 2026 from Mayfair home. She was born and raised in Queenstown, Eastern Cape and attended Hangklip Primary & High schools.

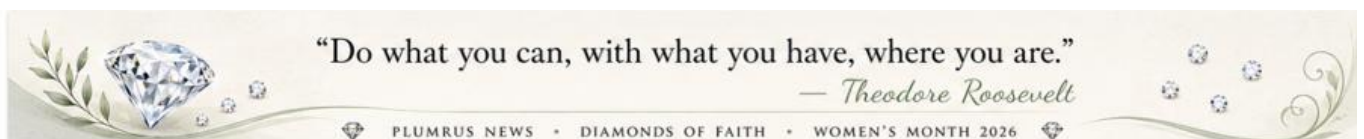
Rene is a very social person that enjoys walks, music and the company of others as well as reading.



Mrs. Carol Lamb East Flat 012

Carol joined PlumRus on the 15th July 2026. She was born in Cape Town and raised in the United Kingdom. She attended Herschel Girls School and Talbot Heath School in Bournemouth, UK and worked as a librarian.

She has two children, Guy & Robyn, both living in Cape Town. Carol likes to keep to herself, she enjoys walking, gardening, reading and classical music.



August / Augustus 2026

Monthly / Maandlikse Program

Monday	Tuesday	Wednesday
11th August Gym trim @ 10:00 Outing to West Coast Park 17th, 24th & 31st August @ 07:45 13th & 27th Thursday Gym trim in the hall @ 09:30 13th August Live entertainment by Granville Michaels in the hall @15:00 17th August Garden club meeting in the hall @ 15:30 19th August Residents Talk by Heather Howell in the hall from 15:00 20th August Craft session in Sugarbush @ 15:00 27th August BP Clinic in Clinic Room from 09:00 - 11:00 - Lotto draw in the hall @ 18:00 28th August Bring & Braai in the hall @ 18:00		
3	4	5
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 16:00 Live Entertainment	09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 18:00 Music Soiree with Ollie	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
10	11	12
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges Women's Day	09:00 Shopping Constantia Emporium 10:00 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
17	18	19
07:45 Outing - West Coast National Park 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:30 Garden club meeting in the hall	09:00 Shopping Constantia Village 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Resident Talk - Introducing Kgalagadi national park
24	25	26
07:45 Outing - West Coast National Park 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
31		
07:45 Outing - West Coast National Park 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges		

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in lounges
6	7	8	9
09:30 Morning market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping to Blue Route	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in lounges 18:00 Woord & Lied Dr. Chris Saayman
13	14	15	16
09:00 Shopping Meadowridge 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Live Entertainment by Granville Michaels	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in Plumrus North 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in lounges
20	21	22	23
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo 15:00 Craft session in Sugarbush lounge	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in lounges 18:00 Woord & Lied Dr. Chris Saayman
27	28	29	30
09:00 Shopping Constantia Emporium 09:00 BP Clinic in Clinic Room 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in PlumRus North 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in lounges



Mr. Thom Fleurs

East

Flat 103

Thom joined PlumRus on the 15th July 2026 from his home in Constantia. He was born and raised in Cape Town and attended Harold Cressy High School.

He later studied chemical engineering at UCT and worked in the family business as a computer analyst.

Thom enjoys playing chess and watching TV.

Mr. Allan Roebuck

Health Care

Zone 4

Room 46A

Allan joined our PCS Respite facility from his home in Mafikeng on the 9th June 2026 and transitioned as a permanent resident on the 29th June 2026.

Allan was born and raised in Kimberley. He attended Christian Brothers College and Kimberley Boys High School.

He was a pilot and opened his own flight training centre in Mafikeng. Allan now enjoys going for long walks.



Mr. Justus Smith & Mrs. Elsabe Smith

PlumRus North

N011

Justus & Elsabe moved to PlumRus from Malmesbury. The couple has been happily married for just over 7 years. Mr. Smith has one daughter, Wanda, living in Constantia.

They both enjoy reading, walking, watching TV, doing puzzles and spending time with each other.



Walking the Journey Together: Supporting Changing Health Needs

Last month we explored the importance of families and the PlumRus care team working hand in hand to provide the very best support for our residents. As our loved one's age, another important partnership comes into focus—the journey of managing changing health needs together.

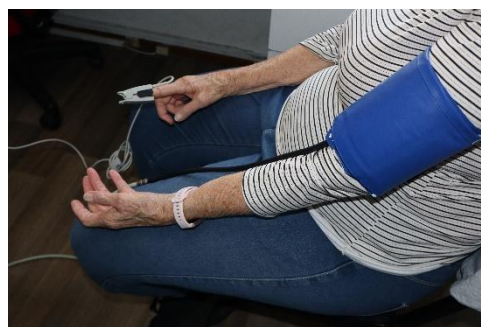
Moving into a retirement community is often accompanied by many changes. Along with settling into a new home, residents may also need to establish relationships with new doctors, specialists, pharmacies or therapists. For many families, this can feel overwhelming, particularly if they have relied on the same trusted healthcare professionals for many years. The good news is that no family has to navigate this journey alone.

The first step is to recognise that growing older does not necessarily mean becoming unhealthy. However, our health needs do change over time. Regular check-ups, medication reviews, hearing and vision assessments, dental care and preventative screenings all become increasingly important in helping us maintain our independence and quality of life.

When choosing new healthcare providers, families can ask a few simple questions:

- Is the doctor experienced in caring for older adults?
- Is the practice conveniently located and accessible?
- Does the healthcare professional communicate patiently and clearly?
- Does the service provider do "home visits"?
- Are they willing to work collaboratively with family members and the PlumRus care team?
- Do they encourage preventative care rather than only treating illness?

Perhaps the greatest gift families can offer is not simply organising appointments but offering reassurance. Attending appointments together, helping to ask questions, taking notes and discussing treatment options afterwards can help an older person feel confident rather than anxious. Decisions are best made with our loved ones—not simply for them—respecting their dignity, preferences and independence wherever possible.



At PlumRus, our nursing and care teams are committed to supporting residents and their families as health needs evolve. Open communication between residents, families, healthcare professionals and our staff create a circle of care where everyone is working towards the same goal: helping each resident enjoy the highest possible quality of life. With compassionate families, trusted healthcare professionals and a caring community, every stage of life can be lived with dignity, purpose and hope.



"Kindness is always fashionable."

– Amelia Barr



PLUMRUS NEWS • DIAMONDS OF FAITH • WOMEN'S MONTH 2026



Which Are You?



Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked. "Daughter, what do you see?"

"Potatoes, eggs, and coffee," she hastily replied.

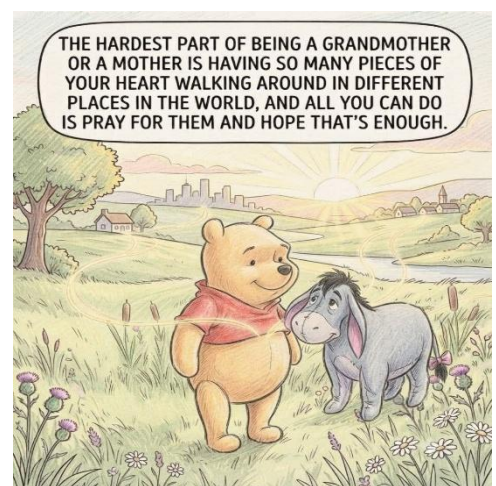
"Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. "Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity- the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us.

Which one are you?

(Submitted by: Yacoub)



"What we have once enjoyed, we
can never lose. All that we love
deeply becomes part of us."

— Helen Keller —

Sunrise 10/08/1938

Sunset 17/07/2026

A Tribute to a Remarkable Lady - Mrs Julina Manuel

Today, we honour and remember a very special lady who called our retirement village home for 28 years. During those years, she became much more than a resident—she became part of the heart of our community.



She lived independently in the Lodge, where everything reflected the person, she was. Her room was always immaculate, and she took great pride in keeping the kitchen neat and welcoming. She believed that caring for her home was an expression of caring for herself and those around her. She had a generous heart and found joy in serving others. Many of us will remember the delicious fish meals she lovingly prepared for the staff. She would invite us in, carefully set the table, and make every one of us feel welcome and appreciated. It wasn't just the meal that made those occasions special—it was the warmth, kindness, and thoughtfulness she shared with us.

She was also a woman who gave generously of her time. For many years, she volunteered at Lady Michaelis, where she assisted with the packing of medication, at Douglas Murray home she enjoyed putting a smile on the faces of the residents. Her willingness to help others, her reliability, and her caring nature made a meaningful difference to many lives.

One of her greatest contributions was organising the annual Big Walk here at PlumRus. She brought together residents, staff, and local schoolchildren in a wonderful display of community spirit. The children proudly pushed residents in their wheelchairs, while staff walked alongside, offering support and companionship. It was a day filled with laughter, friendship, and inclusion—a tradition that reflected her belief in bringing people together.



On behalf of everyone at the PlumRus, thank you for 28 wonderful years. It was a privilege to have known you. May you rest in peace, knowing that your kindness and your legacy will always be remembered..... ***Submitted by PlumRus Care Services Team***

"The best protection any woman can have is courage."

— Elizabeth Cady Stanton

PLUMRUS NEWS • DIAMONDS OF FAITH • WOMEN'S MONTH 2026

In Loving Memory of Julina Manuel "Ma Julie"

It is with deep sadness that we bid farewell to our beloved Julina Manuel, affectionately known to many as "Ma Julie." She was a devoted wife, loving mother, cherished sister, proud grandmother, and great-grandmother whose life was a beautiful example of kindness, generosity, and unwavering faith.

For 28 years, Julina called Plumrus Retirement Village her home. During that time, she touched the lives of countless residents and staff, leaving behind a legacy of warmth, friendship, and compassion. Her gentle spirit made everyone feel at home, and she will be remembered as someone who always had time for others.



(Ma Julie with daughters: Pearl, Beverley & Vanessa)

Julina's love language was found in her kitchen. Baking and cooking were not simply hobbies, but they were expressions of her love and care. Many were fortunate enough to enjoy her delicious, sweet tarts or be refreshed by her famous homemade ginger beer, a treasured recipe that she lovingly shared with family and friends. These thoughtful treats became a symbol of her generous heart and her desire to bring joy to those around her.

Beyond her home, Julina lived a life of service. A woman of deep Christian faith, she believed in serving God by serving others. She dedicated her time to helping children in need at local schools, including St Anthony's and St Mary's Primary Schools, always willing to lend a helping hand wherever she was needed. In her earlier years, she also volunteered at Lady Michaelis Day Hospital in the pharmacy, faithfully giving her time and care to the community she loved.

Despite her many commitments, Julina's greatest joy was her family. Her grandchildren and great-grandchildren held a very special place in her heart. She spoke of them with immense pride and endless affection, celebrating every milestone, achievement, and blessing in their lives. Anyone who spent time with her would quickly hear stories of her beloved family and know just how grateful she was for each one of them.

Julina's life reminds us that true greatness is found in simple acts of love, kindness, and selfless service. Her legacy will live on in the lives she touched, the family she adored, the friendships she nurtured, and the many memories she created through her caring heart.

Though she is no longer with us, her love, faith, and gentle spirit will remain with all who had the privilege of knowing her.

The family would like to extend a special thanks to all the staff at Plumrus for their unwavering love and care for Ma Julie, especially through her last days here with us.

Rest peacefully, dear Ma Julie. You have run your race with grace, and your memory will forever be a blessing.

(Submitted by: Vanessa-daughter)

Heather Binedell – 27/09/1939 – 12/07/2026



Our beautiful Mom, Grandmother and Great Grandmother. Our Matriarch. The glue to our family and our special person. Heaven has gained a one-of-a-kind Angel.

We were truly blessed to have had so many wonderful years together. She touched so many lives, and if you were lucky enough to know her, you knew her heart and home were always open.



Our tears are a mix of utter heartache and sadness but also happiness as we think back to all the wonderful moments we have had with her. Our hearts may be broken but we know hers is resting easy in the arms of Jesus and seeing her great love, her Husband, Roy Binedell. We love you always and forever.

(Submitted by: Karen-daughter)

In Loving Memory of Mrs. Heather E. Binedell

Sunrise: 27 September 1939

Sunset: 12 July 2026

It was a true honour and privilege to have cared for Mrs. Binedell. Her kindness, warmth, and gentle spirit touched the hearts of everyone who had the pleasure of knowing her.

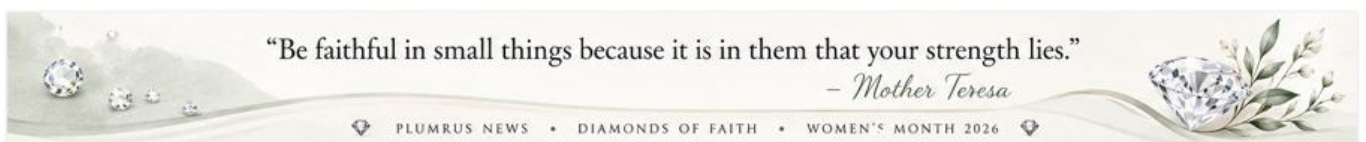


Heather had a caring heart and a beautiful smile that could brighten even the most difficult days. She will be remembered not only for the remarkable woman she was, but also for the love, compassion, and joy she shared so generously with everyone around her. Her gentle nature and quiet strength left a lasting impression on all whose lives she touched.

Although she will be deeply missed, her memory will continue to live on in the hearts of her family, friends, and all who were blessed to know her. The kindness she showed and the love she gave will never be forgotten.

May your beautiful soul rest in eternal peace, dear Mrs. Binedell. You will always be remembered with love, gratitude, and affection.

With our deepest love, gratitude, and respect, Zone One Carers



In Loving Memory of Anna (Annie) van Vuuren

21 October 1939 – 11 July 2026

It is with a full heart that I write this tribute to my mother, Annie van Vuuren, who passed away peacefully at Plumrus on Saturday, 11 July.

Mom was born on 21 October 1939 in Smithfield, in the Southern Free State, the second eldest of seven children born to Ollie and Hanna Hefer. As the daughter of a baker, she grew up with modest means but strong values, first in Koffiefontein and later in Bloemfontein – values of hard work, resilience and care for others that would shape the rest of her life.



Mom's first marriage was to our father, Jacques Rossouw, and the two of them made their home in Pretoria for fifteen years. When they divorced in 1977, Mom found herself raising my brother Kobus and me largely on her own. She worked hard, and at the same time studied through night school to earn a post-matric qualification in accounting, all while seeing us through high school and university. Looking back, it is hard to imagine the strength that took, but she never made it seem like a burden – she simply got on with it, for us.

In 1988, Mom found love again when she married Jan van Vuuren, a widower and farmer we came to know and love as "Pa Jan." Their marriage was a genuinely happy one, full of warmth and companionship, until his passing in 2006 brought that chapter to a close.

Mom was immensely proud of her two sons – Kobus, who became a world-renowned theatre lighting designer and lecturer at both Stellenbosch University and the University of Cape Town, and me, who became an attorney. But more than our achievements, what she treasured most was the closeness of our family: her bond with Kobus and me, and with her three grandsons, was something she cherished deeply. She loved nothing more than spending time with us, and her legendary sense of humour and irrepressible zest for life made every moment in her company a joy.

Mom is survived by her two sons, Kobus and Danie (me), her three adult grandchildren, Zander, Tiaan and Jea, and a great-granddaughter, Nina. She leaves behind a legacy as a beautiful, gracious lady with a twinkle in her eye, a razor-sharp wit, and a deep compassion for everyone around her – a legacy that will live on in our hearts and minds for the rest of our lives.

Rest in peace, Mom. You were, and always will be, deeply loved.

(Submitted by: Danie Rossouw-Son)



In Loving Memory of Mrs. Annie Janse Van Vuuren
Sunrise: 21 October 1939

Sunset: 11 July 2026

Mrs. Van Vuuren was a remarkable woman whose strength, resilience, and determination inspired everyone who had the privilege of knowing her. She was a true fighter who never gave up, meeting life's challenges with courage and unwavering spirit.

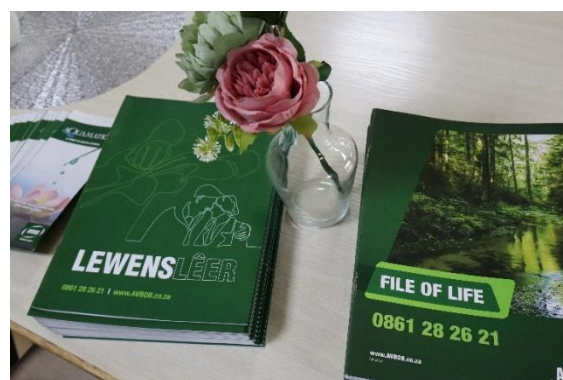
Annie knew what she wanted and approached life with confidence, purpose, and a strong sense of conviction. Her vibrant personality and steadfast character made her truly unforgettable. Behind her strength was a kind, caring, and compassionate heart that touched the lives of so many.

Her warm smile brightened every morning, and our early morning coffee chats became treasured moments that we will always remember. Annie had a wonderful sense of humor, and there was never a dull moment in her company. She had a special gift of making us laugh, lifting our spirits, and filling our days with joy.

Although we mourn her passing, we celebrate a life that was well lived and a woman who left a lasting impact on everyone she met. The memories we shared with Annie will remain in our hearts forever, and her legacy of strength, kindness, and love will continue to inspire us.

Rest peacefully, dear Mrs. Annie Van Vuuren. You will always be remembered, deeply missed, and forever cherished. Your memory will live on in the hearts of all who knew and loved you. *With our love, gratitude, and respect, Zone One Carers*

Yolanda, from AVBOB, shared their end-of-life services with our Residents. The presentation focused on a new service called Aquamation; exploring the process, advantages and costs involved.



Feel free to get a copy of the Aquamation brochure and your File of Life from Belinda.

A glimpse of the month that was...



Our residents had an amazing time with the wonderful learners from Reddam Constantia!

From friendly board games and a fun trivia challenge to beautiful musical performances, the room was filled with smiles and connection.

Thank you for sharing your time, your talents and your hearts with us. We can't wait to welcome you back!

Thanks to the team from the DA who visited PlumRus to ensure that our new Residents were able to update their details on the Voters Roll, which will make it easier and more convenient for them to partake in the upcoming local government elections in November.



Summer is coming, and we are getting are gardens prepped for maximum enjoyment by our residents!



Soup, Sherry, Slippers & Sing-along = SMILES!

“Courage starts with showing up and letting ourselves be seen.” – *Brené Brown*

PLUMRUS NEWS • DIAMONDS OF FAITH • WOMEN'S MONTH 2026



Can you work out which famous woman each clue describes?

Write the name beside each clue. Some are biblical, some are historical, and some are modern women who have inspired the world.

1. I lead my people with wisdom beneath a palm tree.....
2. I refused to bow to fear and became queen "for such a time as this."
3. I was the first woman to win two Nobel Prizes.....
4. I walked beside the poorest of the poor in India.....
5. I flew alone across the Atlantic Ocean.....
6. I opened the first modern nursing school.....
7. My beautiful singing voice earned me the nickname "The First Lady of Song."
8. I faithfully followed Jesus and was the first to witness His resurrection.....
9. I became Britain's longest-reigning monarch of the modern era.....
10. I composed over 150 hymns despite losing my sight as a baby.....
11. I became famous for saying, "I have a dream "actually, I didn't, I was married to him!.....
12. I saved Israel with a tent peg.....
13. I was known as the "People's Princess."
14. I discovered the power of radioactivity alongside my husband.....
15. I wrote *The Hiding Place* and helped protect Jewish people during World War II.....

Possible answers

Princess Diana; Marie Curie; Fanny Crosby; Jael; Mother Teresa; Deborah; Coretta Scott King; Ella Fitzgerald; Corrie ten Boom; Esther; Queen Elizabeth II; Mary Magdalene; Florence Nightingale; Amelia Earhart;



Is deur Wiskunde
dat sommige mense
in die skuld is 😬
Wiskunde het ons
geleer as jy niks het
nie moet jy leen 😭



My neighbor just finished
writing a book on "How to
Make Money" Now he needs
money to publish it... I told
him to read the book. Did I
offend him 🤔😬😬😬😬

My friend, Gavin died of heartburn💔
I still can't believe Gaviscon????😭



Until further notice,
the days of the week are
now called:
**Thisday, Thatday,
Otherday, Someday,
Yesterday,
Today and Nextday!**



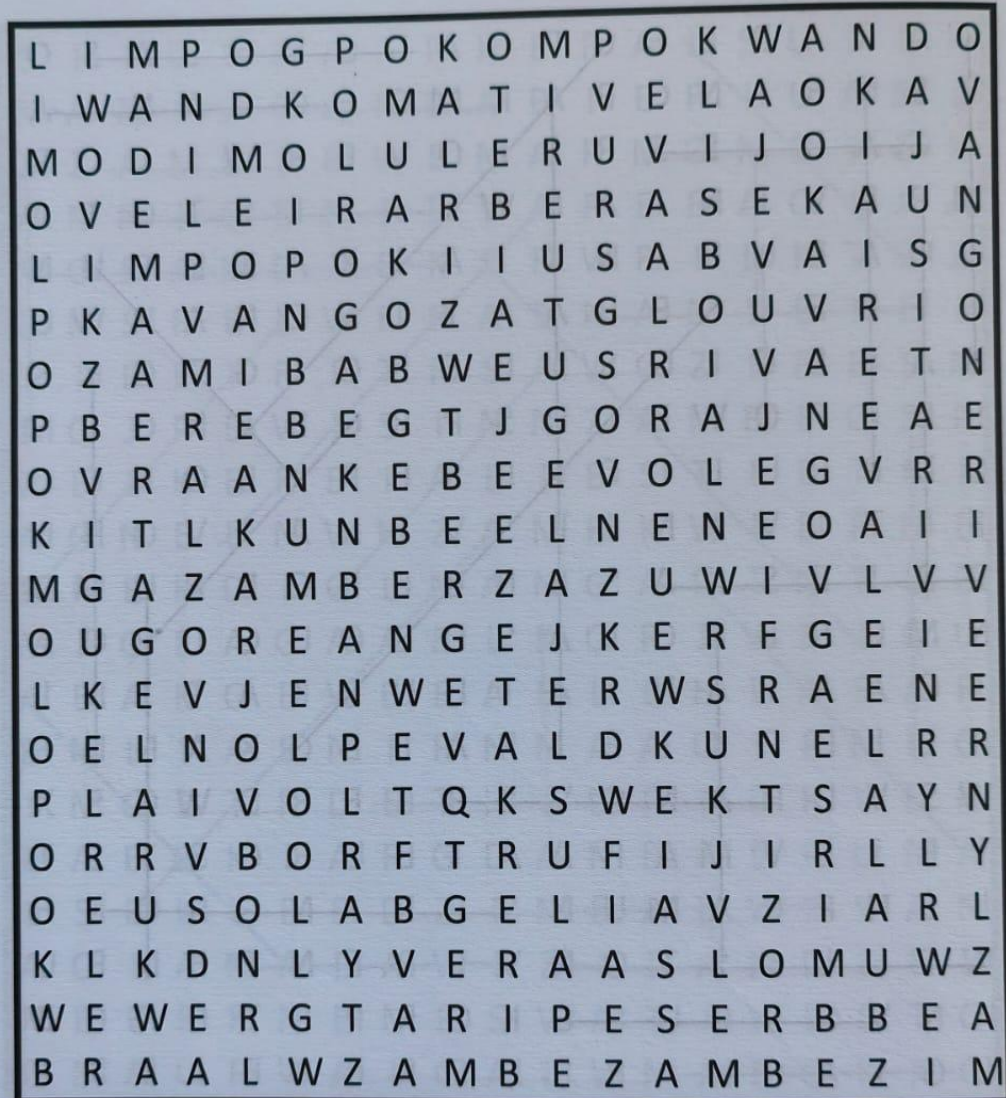
I told my doctor I wanted to live to
be 100.

He asked me, "Do you drink, smoke,
or stay up late?"

I said, "No, I've never touched a
drop, I don't smoke, and I'm in bed
by 9 PM."

He looked at me and asked, "Then
why on earth do you want to live to
be 100?"

WOORDSOEK 4



Riviere in Afrika

Berg	Kunene	Niger	Tugela
Breede	Kwando	Nyl	Vaal
Gourits	Limpopo	Okavango	Vis
Komati	Lualaba	Oranje	Volta
Kuiseb	Molopo	Rufiji	Zambezi

"I can be changed by what happens to me.
But I refuse to be reduced by it." – Maya Angelou