



n e w s



MAKING A LIFE-GIVING DIFFERENCE

Spiritual Care Program for December 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
3 rd One Hour for Jesus	5 th Morning Service	5 th Evening Service
10 th One Hour for Jesus	12 th Morning Service	12 th Evening Service
17 th One Hour for Jesus	19 th Morning Service	19 th Evening Service
24 th One Hour for Jesus	26 th Morning Service	26 th Evening Service





On Friday 26th November our Residents received Holy Communion at our One Hour for Jesus service, under the theme; ***PlumRus is ready for Revival.***

When gathering around a table there would normally be something to eat and something to drink, just as it was when Jesus sat around the table with his disciples. What is also important at the table is the people, the fellowship.

Matthew 26:26-28 Jesus, as the host, invites us to share in His body and blood.

We were challenged to visit with someone or invite someone to fellowship with us in the week ahead. More importantly, that we use the opportunity to share and break the Bread of Life and share the forgiveness of sin through the Precious Blood of Jesus with them.

You have been planted at PlumRus for a season such as this!



A Christmas Blessing

During this Christmas season,
May you be blessed with
The spirit of the season.
Which is hope,
And the heart of the season
Which is love.
Somehow, not only for Christmas
But all the long year through
The joy that you give to others
Is the joy that comes back to you
And the more you spend in blessing
The poor and lonely and sad,
The more of your heart's possessing
Returns to you glad.



Every Christmas we are reminded of the birth of our Lord and Saviour, Jesus Christ. This is a wonderful time of year not because of Christmas trees, gifts and festive meals, but because we are reminded of God's all-encompassing and never-ending love for us.

God loved us so much that He was willing to sacrifice His only Son to ensure that we spend eternity with Him in heaven.

Christmas is about the good news of God's amazing love and Jesus' selfless sacrifice for us. We should spend Christmas spreading this wonderful message of love to those around us, so that they too can experience the blessing of a life lived in step with God.



God werk op sy Manier

Dr. Abrahams was 'n beroemde kanker spesialis. Hy was genooi na 'n konferensie in New York waar hy die hoofspreker sou wees, en ook 'n toekenning sou ontvang vir sy navorsing oor kanker.

Hy was baie opgewonde oor die toekenning en betyds op die vliegtuig geklim. Twee ure na opgestyging, het die loods aangekondig dat hulle 'n noodlanding moet doen op die volgende lughawe. Die vliegtuig het 'n tegniese probleem ontwikkel.

Uit vrees dat hy te laat in New York sou aankom, het hy dadelik by ontvangs navraag gedoen oor 'n ander vlug. Ongelukkig sou hy 10 ure moes wag vir die volgende vlug New York toe. Hy besluit om 'n motor te huur om vinniger daar te kom.

Pas na hy begin ry het, het die weer verander en 'n geweldige storm het losgebars. Reën het in vlae neergestort en hy het die afrit gemis.



Vir ure aaneen het hy net gery.

Nêrens was enige rigting aanwysers nie, en die reën het al harder geword. Dit het vir hom gevoel asof hy honderde kilometers van die beskawing af was. Hy het deur 'n klein plekkie gery en 'n klein huisie gesien. Hy besluit om daar navraag te doen oor die rigting. Hy was teen hierdie tyd baie moeg en honger en sopnat. Hy klop aan en 'n pragtige vroutjie maak oop. Hy vra of hy net asseblief haar telefoon kon gebruik. "Jammer", sê sy, "ek het nie 'n telefoon nie, maar kom in en bly tot die storm bedaar het." Hy was soe moeg en honger dat hy haar aanbod aanvaar het.

Sy het hom genooi om saam met haar te dank vir die maaltyd en hy sê toe nee, hy glo in harde werk, nie in gebed nie. Terwyl hy by die tafel sit en tee drink, sien hy haar vir die soveelste keer na die hoek gaan waar 'n kindjie op 'n bed lê. Hy wonder toe of die kind siek is, en hy dalk mediese hulp kon verleen in ruil vir haar gasvryheid. Dr. Abrahams vra haar toe wat is verkeerd met haar kind.



Sy verduidelik toe haar seun het kanker, en hulle het gehoor van 'n kanker dokter wat hom sou kon help. Sy kon egter nie die konsultasiefooie bekostig nie. Sy sê die Here weet van die probleem en dat Hy op sy manier vir haar 'n weg sou oopmaak om die beroemde spesialis, Dr. Abrahams te sien. Sy voeg by dat sy weet God sal haar gebed antwoord en sy sal nie toelaat dat haar vrese haar geloof oorskadu nie.

Stom geslaan het Dr. Abrahams die vroutjie aangestaar en groot warm tranes het oor sy wange gestroom. Al wat hy stotterend kon uitkry was, "GOD LEEF! GOD IS

GROOT!" Hy vertel haar wat alles verkeerd gegaan het met sy vlug en die storm en die verkeerde pad sodat hy eindelijk besluit het om stil te hou en rigting te vra.



Hierdie beroemde dokter wat so vol van sy eie belangrikheid en kennis was, moes die knie buig voor 'n arm, bekommerde moeder se geloofslewe. God het hom op 'n lang ompad gebring in antwoord op 'n arm moeder se gebed.

God antwoord nie gebede soos ons aan Hom voorskryf nie.

- Hy werk op sy eie manier.
- Hy sorg vir 'n vliegtuig se noodlanding.
- Hy beveel die elemente om 'n padaanwyser te verberg.
- Hy sorg dat honger en dors en moegheid die regte persone by die regte plekke laat uitkom.

Hou vas, al voel dit asof Hy laat is, dan sal Hy nog steeds betyds wees om jou gebed te antwoord. AMEN



~~~~~  
**But You're four days late**

**And all hope is gone**

**Lord we don't understand why you've waited so long**

**But His way is God's way, not yours or mine**

**When His four days late, His still on time!**



## **Op die berg (en dal) van die Here word voorsien**

### **Gen 22:14**

Op 'n dag het Abraham 'n sekere toepaslike naam aan 'n heuwelplek gegee: "Op die berg van die Here word voorsien". Erens naby Moria het dit gebeur. Hierdie naam het deur die eeue 'n besondere betekenis in die berglandskap van Israel verkry. In Israel is daar baie heuwels, soos Horeb, Karmel, Sinai, Sion, Olyfberg en Golgota. Gemeenskaplik het hierdie name een saak gemeen-hulle is almal berge van God se voorsiening. Uiteraard is voorsiening God se saak van belang in Sy Koninkryk.

Op die berg Horeb het die Here 'n graf vir Moses voorsien en op Karmel het die Here vuur uit die hemel gestuur vir Elia sodat hy oorwinning oor Baäl en sy priesters kon behaal. Op Sinai het Moses die Tien Gebooie uit die Here se hand ontvang en op Sion het die Here sy troon en tempel op aarde kom vestig. Op die Olyfberg het die Here die tuin Getsemane kom vestig as 'n troosplek vir die seun van God in sy rouSMART en op Golgota se kopbeenplek is die plek gevind waar die lam van God geslag is as sondebok vir die mensdom se sonde. Daar is ook die oorwinning behaal om 'n einde te maak aan die oorheersing van die dood. Die sonde, die satan en die doderyk.

God is nie minder die God van die vlakte as die God van die berge nie. Daarom is daar net soveel voorsienings op die vlaktes van Israel gelewer as op die berg van Israel. Talle oorwinnings oor die Filistyne, die Kananiëte, Amelakiëte en Anderiëte behaal groot eer vir die God van Israel. Betekenisvol is die verskaffing van 'n eettafel in die woestyn; engelbrood uit die hemel en rein water uit die klipharde rots, nette vol vis uit die onwillige Galilese see. Veral die vlakte van Efrata, het die herders van Betlehem verstom. Op die Betlehemsdorpie is die wonderkind en redder van die wêreld gebore wat die koning van die nuwe Jerusalem sal word.

Die Christelike Godsdienst het alles met God se voorsiening te doen omdat God 'n lewende en barmhartige God is. Moet egter nie God se voorsiening verkeerd verstaan nie, dit is nie soos 'n



kerspakkie wat onder die kersboom lê en wag nie! Abraham moes drie dae loop met sy mes, hout en sy enige seun as offer aan God. Al lopende moes hy van sy seun die Belofte Kind afskeid neem.

Gedink dis maklik om in 'n God van voorsiening te glo? Dink aan Totius, die digter se gedig oor sy kind se dood. O! Die pyngedagte.

Tog kan dit gedoen word as God oortuig is van Abraham se gehoorsaamheid tot die dood toe. God reken dis nie te veel gevra om te bewys dat 'n mens ernstig met God is nie. Want dit is presies wat God doen; om te bewys dat hy ernstig is met die redding van die mensdom as hy sy seun gee as losprys vir die sonde van die hele wêreld.

God se onvergelyklike wonderbare voorsiening is die grootse verrassing van die eeue. Die lam van God word gehoorsaam tot die dood, die dood aan die kruis. Sonder pyn weet Abraham niks van God se redding deur voorsiening nie. Ja, die pyn van afsien van die dierbaarste-jouself.

Abraham besef nie mooi wat met hom en sy seun op daardie heuwel gebeur het nie, maar hy weet, hy en sy seun kon wegstap van die offeraltaar sonder 'n letsel aan hulle lyf en sonder 'n haar van hulle koppe. Die eerste vrug van God se voorsiening op die berglandskap en vlakte van ons geloof is 'n groot oes van voorsieningheid van God se liefde te vind.

**(Ingedien deur: Ds Henn)**



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For the God on the mountain, is still God in the valley.

When things go wrong He'll make them right.

And the God of the good times is still God in the bad times.

The God of the day is still God in the night.



Hello! I am Denver Charlton Daniels. I am 46 years old. I previously worked as a Security Guard for Vizual Security Company which I enjoyed very much, but sadly the contract ended.

It is with great enthusiasm that I am working here at PlumRus now. I like to think of myself as a positive, ambitious and creative person. In my spare time I love to spend time with family and friends, which brings me much joy.

I've been enjoying my time here at PlumRus so far, and the exciting challenges that comes with it. And I am eager to find out what comes next!

Denver has been appointed as our new Risk Man Officer and reports to Mervyn.

Welcome to the team Denver we trust that you are going to enjoy your work amongst our Residents as you do your best to ensure that they are safe 24 X 7





The LORD bless thee, and keep thee:
 The LORD make his face shine upon thee, and be gracious unto thee:
 The LORD lift up his countenance upon thee, and give thee peace.

Numbers 6:24-26

God's richest blessings on your Birthday!

7th	Gaynor Dickson	N202	78
7th	Margaret Murray	MV104	88
		R20 -	
7th	Diana Owens	A	80
9th	Dick Parker	R63	95
10th	Joyce Davidow	R26	95
	Petronella Van		
11th	Tellingan	F19	92
13th	Heather Clarke	MV107	75
16th	Jurgen Bosse	F009	65
16th	Johannes Lourens	F127	86
19th	Charlotte Smit	R37	89
22nd	Walter Venner	N208	84
	Malcolm Mc		
22nd	Knight	MV106	86
22nd	Marina Lovell	F008	83
27th	Marie Le Roux	F126	79
30th	Neil Guy	R041	86
31st	Lesley Davison	N207	67

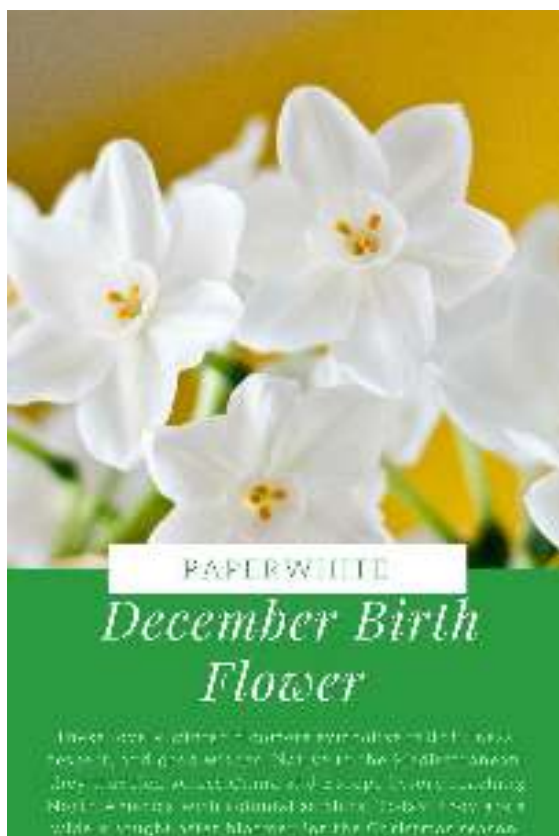


We wish all our members a very Happy Birthday!

1 st Mrs M Hendriks	20 th Mrs S Toring	28 th Mrs Y Solomons
1 st Mrs H Keever	25 th Mrs M George	28 th Mrs E Rudolph
10 th Mrs R Kenny	25 th Mrs R Jansen	31 st Mrs M Simons
20 th Mrs M Britz	26 th Mrs V Calvert	

HAPPY BIRTHDAY TO OUR STAFF

2nd	Carla Pretorius	H/Care
2nd	Nolan Dietrich	Gardens
	Natasha	
5th	Rademeyer	CCL
9th	Donica Jacobs	CSC
24th	Edwina Engel	H/Care
24th	Brandon Jacobs	CCL
26th	Zurina Bloemstein	CSC
30th	Janice Lewis	CSC
	Mustaqeem	
31st	Vermeulen	Riskman



My get up and go has went

How do I know my youth is all spent?

Well, my get up and go has got up and went.

But in spite of it all, I'm able to grin

When I think of where my get up already has been.

Old age is golden, so I've heard said.

But sometimes I wonder when I get into bed.

With my ear in a drawer and my teeth in a cup,
my eyes on the table until I wake up.



As sleep dims my eyes, I say to myself:

Is there anything else I should lay on the shelf?

But I'm happy to say as I close the door,
my friends are the same, perhaps even more.

When I was young, my slippers were red.

I could kick my heels right over my head!

When I grew older my slippers were blue.

But I could still dance the whole night through....



Now I am old, my slippers are black,

I walk to the store and puff my way back.

The reason I know my youth is all spent,

My get up and go has got up and went.

But I don't mind when I think back with a grin

Of all the grand places my get up has been.

And since I've retired from life's competition

My schedules all scheduled (with complete repetition).

I get up each morning and dust off my wits,

Pick up my paper and read the "obits"

If I see my name missing, I know I'm not dead,

So I eat a good breakfast and go back to bed!



Vital Facts about Vitamin B12 for Older Persons

Most of us know that a balanced diet of nutritious food plays a big role in keeping our bodies healthy. Just to make sure we're getting enough of the essential vitamins and minerals, many of us regularly take multivitamin tablets. In spite of this, some older adults still end up developing a serious deficiency of one particular vitamin...**vitamin B12**. Some researchers estimate up to 20% of older adults may have a deficiency of this vitamin. There is an illness called *Pernicious Anaemia* which affects the absorption of vitamin B12 from your stomach. This condition decreases your body's ability to make 'intrinsic factor', which is essential for the absorption of **vitamin B12**. Over time, a lack of **vitamin B12** can cause serious health related issues.

In the body, **vitamin B12**, also known as Cobalamin, is essential for the manufacture of red blood cells, and the proper functioning of our nervous system. When levels of **vitamin B12** are low, our red blood cell count will also be low. Because red blood cells transport oxygen, less of them circulating around your body can cause fatigue and shortness of breath. Low levels of **vitamin B12** also affect our nervous system, causing tingling, numbness or burning in our feet, as well as poor balance and walking difficulties. Nerve cells in the brain may also not work well, causing memory problems, and irritability. A sore and red tongue or recurrent mouth ulcers may also occur.

Our bodies do not make their own **vitamin B12** and it's only available to us in food and vitamin supplements. Animal products such as meat, fish, poultry, eggs, milk and milk products; are the only reliable sources of **vitamin B12**. Mushrooms may contain a small amount of this vitamin, but it's not found in any other vegetables. Once we've eaten foods containing vitamin B12, acids and enzymes enable us to absorb the vitamin from our small intestine, and store it in our liver. Our daily requirement of the vitamin is small, so this 'store' of **vitamin B12** can remain in the liver for years. If a healthy person stops taking in or absorbing **vitamin B12**, a few years may pass before their body runs out of it, and symptoms start to develop.



Research has shown older adults are particularly prone to developing **vitamin B12** deficiency, for the following reasons:

- As we age, the amount of acid in our stomach tends to decrease due to the weakening of the stomach lining. Chronic use of anti-acids or medication like Lansoprazole, further reduces levels of stomach acid.
- Medications such as Metformin (used to control diabetes), and chronic use of colchicine (used to lower uric acid levels in blood), can also lower the absorption of **vitamin B12**.
- Excessive use of alcohol also reduces absorption of **vitamin B12**.

- Surgical removal of parts of the stomach or small intestine, or inflammatory conditions of the gastrointestinal tract such as Celiac and Crohn's disease, also reduce absorption of **vitamin B12**.

There is some good news however! Unlike many problems affecting older adults, **vitamin B12** deficiency can be treated! If you're concerned about your **vitamin B12** level, the first step is to speak with your doctor about it. If your doctor thinks it's necessary a blood test can be done to check your level of **vitamin B12**. If this test confirms a deficiency of this vitamin, a plan of treatment can begin. This usually involves intramuscular injections of **vitamin B12** to quickly get your body's level up again. Once your blood level of the vitamin has been restored, it can be maintained by taking high-dose oral **vitamin B12** supplements. If however, absorption of the vitamin from your gastrointestinal tract is a problem, you may require regular injections of the vitamin.

(Submitted by: Dave Henderson)



Library Report

Book Library:

The library is very well attended with generous donations coming in regularly from residents and their families. Book sales at Mini Market, kindly run by Thuys and Lily Van Der Linde. Thanks and appreciation to Dianne Slabbert, June Stein and Lily Van Der Linde for their willing support in the Aristata Lounge Library all year round.

DVD Library:

DVD issues dropped to around 14-15 a month (fell off during Covid). New donations steadily coming in especially British productions and series. Thank you to assistants Joss Findlay and Shirley Coles.





The War Reporter

Monthly Edition: General War News- 1 December 1900

Huge Battle at Renosterkop

In the veld in the eastern Transvaal, 30 November- General Ben Viljoen was involved in a heavy battle with the British army at Renosterkop, some 24 kilometers north of Bronkhorstspuit, yesterday.

Viljoen has earlier occupied the hill with about 1000 burghers and ordered them to build entrenchments. Commandant Chris Muller heard on Tuesday that a huge British force was advancing on Renosterkop. He immediately went there with the Boksburg Commando and joined Viljoen.



Yesterday, a force of at least 2500 Khakis with at least nine guns attacked the Boers. The British Commander was General Paget. The British attack begun at dawn. It was an orthodox frontal assault with infantry that attacked the Boer entrenchments in the centre and mounted infantry that attempted to outflank the burghers on both sides. The battle front stretched over an area of five kilometers. The Boers managed to halt the British attack with gun and rifle fire.

After the burghers had held out the whole day long, Commandant Muller launched a counter- attack against one sector of the British line just before dark. It failed. Since Viljoen realized that the burghers did not have enough ammunition to fight for another full day, he ordered them to abandon the position in silence under cover of the night. The burghers managed to get away unnoticed through Poortjiesnek and retreated to the east.

As far as we could ascertain British casualties amount to 15 men dead and about 70 wounded. Only two Boers were killed and 22 wounded.



1990-1999

Die Reënboogjare

2 Februarie 1990

Pres. FW De Klerk kondig aan dat die ANC, PAC en SAKP ontban word.

11 Februarie 1990

Nelson Mandela word vrygelaat na 27 jaar in die tronk.



21 Maart 1990

Namibië word onafhanklik en Suid-Afrikaanse magte word aan die land onttrek.

14 Mei 1991

Winnie Madikizela-Mandela word skuldig bevind en tot 6 jaar opgeskortte tronkstraf gevonnis vir haar aandeel in die ontvoering en dood van Stompie Moeketsie Sepei (14).

4 Augustus 1991

Die Griekse passasierskip *Oceanos* sink by Koffiebaai. Die 571 passasiers word almal gered.

22 Maart 1992

Suid-Afrika haal die halfeindstryd van die Krieket-wêreldbekertoernooi, maar word deur Engeland uitgeskakel weens 'n reënui.

Julie 1992

Suid-Afrika word die eerste keer sedert 1960 toegelaat om aan die Olimpiese Spele deel te neem.



15 Augustus 1992

Die Springbokke speel hul eerste toets na apartheid. Hulle verloor 24-27 teen die All Blacks.

10 April 1993

Chris Hani, hoofsekretaris van die SA Kommunisteparty, word deur Janusz Walus in sy oprit doodgeskiet.

15 Oktober 1993

Nelson Mandela en **FW De Klerk** wen die Nobelprys vir Vrede.



9 Maart 1994

Die **Nokia 2110 selfoon** word in Suid-Afrika beskikbaar gestel teen R4199.

Maart 1994

Suid-Afrika se nuwe vlag, ontwerp deur Fred Brownlee, word bekend gestel.



27 April 1994

Suid-Afrika hou sy eerste demokratiese verkiesing.

25 Mei 1995

Die Springbokke klop Australië 27-18 op Nuweland in die openingswedstryd van 1995 se Wêreldbeker-rugbytoernooi en wen die **Webb Ellis trofee** 'n maand later op Ellispark.



29 November 1995

Desmond Tutu word aangestel as voorsitter van die Waarheids en Versoeningskommissie.

15 April 1996

Die WVK se hoorsittings begin.

8 Mei 1996

SA se nuwe grondwet word deur die parlement aanvaar.

30 Oktober 1996

Die Vlakplaas polisiebevel voerder **Eugene de Kock** word tot 212 jaar tronkstraf gevonnis.

23 April 1997

Eugene Terreblanche, leier van die AWB, word in Potchefstroom skuldig bevind aan poging tot moord.

31 Augustus 1997

Diana, prinses van Wallis, sterf in 'n motorongeluk in Parys.



10 Oktober 1997

'n Gekombineerde weergawe van "Nkosi Sikelel' iAfrika" en "Die Stem van Suid-Afrika" word die volkslied.

22 April 1998

Die afrigter van die Springbokspan wat in 1995 die Wêreldbeker gewen het, Kitch Christie (58), sterf aan leukemie.

25 Augustus 1998

'n Bom ontplof in die **Planet Hollywood-restaurant** in Kaapstad se Waterfront. Twee mense sterf en meer as 20 word beseer.

24 Maart 1999

Allan Boesak, voormalige hoof van die Stigting vir Vrede en Geregtigheid, word 8 jaar gevangenisstraf opgelê weens bedrog.

16 Junie 1999

Thabo Mbeki word Suid-Afrika se tweede president.

31 Desember 1999

Ondanks die Y2K-virus breek die nuwe millennium sonder voorval aan.

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On Wednesday, the 3rd November, Mpendulo was the guest speaker at our monthly Residents Talk. His presentation was based on his current research on an endangered tree known as the yellow peeling plane his current research on an endangered tree known as the yellow peeling plane. It was a very informative talk with lots of visuals.

We have many Residents who assist us with the upkeep of our amazing gardens. They can be found weeding and planting from early hours of the morning. There is a lot of careful planning and organising that goes into the management of the grounds. This month we feature two of the Residents who make a meaningful contribution to the PlumRus gardens.

Mrs. Elizabeth Granier takes a lot of pride in maintaining her section of the garden.....I am sure I heard her speak to the flowers as I passed by.



Mrs. Marie Boshoff is very proud of her section of the garden which she looks after with tender love and care. At the age of 91 you need not ask what her recipe for longevity is.

Die tarentale hier, is besig om fees te vier.
 Hulle krap en skrop, dat die gras en blomme hop.
 Probeer hulle keer, maar hulle kom weer en weer.
 Wat, gemaak?
 Dis 'n yslike taak.
 Nou is daar 'n klomp kuikens by.....en loop hulle in 'n ry.



2021 seemed to be dragging on with no end to lockdown in sight. I had a challenging time recovering from my knee operation and am still feeling to void of losing my dear friend Grace. But suddenly an invitation to spend some time with my sister and her family has put a smile back on my face.

I spent 2 months at Kenton on Sea in the Eastern Cape, and enjoyed every minute of precious family time. We traveled to the Kruger National Park and spent a total of 8 nights at 4 different camps. We stayed in the bungalow that the Royal family stayed in, in 1947.

We saw many animals except the elusive leopard; we followed the King of the Jungle (Lion) taking a stroll down the road. The monkeys did not behave very well and stole our food, one jumped through the window onto my lap and stole my lunch right out my hand; but we all had an amazing time. The hornbill joined us for breakfast and actually had his own chair.

I left the Kruger with one question on my mind; the monkey who stole the tin of bully beef, I just wondered how he was going to open the tin and enjoy the contents????



(Submitted by: Shirley Coles)

DECEMBER / DECEMBER 2021 MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Midday Prayer in All Decentralized Lounges Wednesday's @ 11h45 Heartland Series in All Decentralized Lounges Wednesday's @ 10h30 Fruit & Veg Lorry Wednesday's @ 12h30 Heartland Series in All Decentralized Lounges Saturday's @ 15h00 3 Arts Village EVERY Friday for Walkers & Wheelchairs @ 14h00 02 December 2021 Morning Market @ 09h30 06 December 2021 Friends Meeting in the Hall @ 15h00 13 December 2021 Garden Club Meeting in the Hall @ 16h00 16 December 2021 YouTube Social Evening in the Hall @ 18h00 22 December 2021 Carols by Candle Light in the Hall @ 18h30 25 December 2021 Christmas Day 27 December 2021 Public Holiday 31 December 2021 Year End Service in the Hall @ 18h00 31 December 2021 Bring & Braai @ 19h00		1 08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 13 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
6	7	8
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:00 Outing: Hout Bay Beach 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Checkers Main Road 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 15 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
13	14	15
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Outing: Hout Bay Beach 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Meadowridge 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 17 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
20	21	22
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Outing: Hout Bay Beach 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping PnP Plumstead 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 1 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:30 Carols by Candle Light in the Hall
27	28	29
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY	09:00 Outing: Hout Bay Beach 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Constantia Village 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 3 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday 2	Friday 3	Saturday 4	Sunday 5
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping PnP Plumstead 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 14:00 Shopping : 3 Arts for Walkers & Wheelchairs	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Claus Family 18:00 Woord & Lied
9	10	11	12
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 15:00 Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 14:00 Shopping : 3 Arts for Walkers & Wheelchairs	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Let It Snow 18:00 Woord & Lied
16	17	18	19
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:00 YouTube Social Evening in the Hall PUBLIC HOLIDAY	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 14:00 Shopping : 3 Arts for Walkers & Wheelchairs	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 18	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Santa in Training 18:00 Woord & Lied
23	24	25	26
08:30 Library 09:30 Shopping Checkers Main Road 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 14:00 Shopping : 3 Arts for Walkers & Wheelchairs	09:30 Christmas Service 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 2 CHRISTMAS DAY	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Pottersville 18:00 Woord & Lied
30	31		
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping 3 Arts for Walkers & Wheelchairs 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 18:00 Year End Service 19:00 Bring & Braai		

Welcome Home

— WHERE YOU BELONG —



Charles Miller can be found in Zone 3 Room 30. Born in Claremont Charles worked for Golden Arrow as a bus driver and conductor. He enjoys peaceful surroundings, gospel music, and the company of others. In his younger days he enjoyed playing cricket, table tennis and enjoyed swimming.

Mrs. June Busse resides in The Lodge A3.

A retired PA/Secretary June was born in Port Elizabeth but grew up in Johannesburg. She spent many family holidays in East London. June loves reading any Wilbur Smith book and listening to Richard Claydeman



Ms. Lesley Davison is our new resident residing in N207 (PlumRus North). A born and bred Capetonian she enjoyed many holidays in East London.

Lesley enjoys knitting and reading any James Patterson novel.

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Mrs. Avril Davidson passed away on the 01/11/2021. We trust that the memories created over the years will comfort the family over the weeks and months to come.



Soil for Life's purpose is to teach people how to grow safe, nutrient-rich food and improve their health and wellbeing. It achieves this by providing practical training in organic food gardening while simultaneously sharing information about health, nutrition and wellbeing.

Participants learn how to grow wholesome food using organic methods that build healthy soil, save water and improve biodiversity. They are taught how to gain maximum yields of the best quality food from small spaces and how to creatively recycle waste (that is destined for overflowing landfill sites) into valuable resources for food gardening.

Since the start of our work in 2002, over 7,600 people have participated in various aspects of training. This training has provided the potential for approximately 45,600 people (the gardeners, their families, friends and neighbours) to benefit from having access to healthy nutritious vegetables and knowledge about health and nutrition.

Many of our beneficiaries have gone on to use their gardening skills to generate income through initiatives such as selling excess produce, seedlings and garden structures; gaining garden related employment; and setting up gardening services.

All of Soil for Life's methods center around "growing" whole people who have the skills and resilience to live healthier, happier lives. We are opposed to hand-outs and strongly in favour of empowering people to plan and provide for their own needs.

Soil for Life's Resource Centre in Constantia, Cape Town is a major component of our income generating activities. It houses an organic vegetable, herb and fruit garden; a nursery; compost-making and vermi-composting facilities; and an outdoor classroom which is used for training workshops. Income is generated through sales to the public and retail outlets as well as through gardening workshops.

SFL has been a proud recipient of a number of awards including the Cape Times Environmental Award in 2007; Pan Africa Teach a Man to Fish Country Award in 2009; the 2012 Impumelelo Social Innovations Award - Platinum winner; and the Mail & Guardian Greening the Future Award in 2015 and 2016 (runner up in the Community for Climate Change category).



Thank you to Soil for Life for providing above content and images. Visit their website at www.soilforlife.co.za to learn more about the amazing work they do. We are hoping to have them visit PlumRus early in 2022 to do a Residents talk. Blessings as you continue with this amazing work!

WORLD SOIL DAY 2021 - Halt soil salinization, boost soil productivity

Soil salinization and sodification are major soil degradation processes threatening ecosystem and are recognized as being among the most important problems at a global level for agricultural production, food security and sustainability in arid and semi-arid regions. World Soil Day on 5th December 2021 (#WorldSoilDay) and its campaign "Halt soil salinization, boost soil productivity" aims to raise awareness of the importance of maintaining healthy ecosystems and human well-being by addressing the growing challenges in soil management, fighting soil salinization, increasing soil awareness and encouraging societies to improve soil health.

Did You Know?

Join us on Christmas Day for a buffet feast of a fine selection of cold meats, sauces and salads topped off with traditional christmas trifle. All this at just R195pp.

Please note that we are only able to cater for an extra 24 people, so reservations need to be made ASAP and will be confirmed on receipt of your payment.



PlumRus is ready for **Revival**.

Following on with our theme of Revival, we are seriously considering God's plan with our Spiritual Program here at PlumRus. Over the last two months the steering committee under the leadership of George, Chris,

Rhodene, Belinda and a few Residents, have been meeting, praying and sharing as we feel the Spirit leading us to seriously review our structure and content of our Spiritual Program. We know that God want us to be more focused and intentional about His work here at PlumRus. We are excited about how this will all "come together" and trust the working of the Holy Spirit to lead the process.

Worship must be – Christ centered,
Holy Spirit led, a Response to the
Father, about Intimacy and Service
and always lead to Transformation!

PlumRus

Have you had a chance to shop at the new 3 Arts Shopping Centre? We will be assisting Residents in wheelchairs and with walkers on afternoon shopping trips every Friday from 14:00. Kindly complete an idemnity form at reception and ensure



that your family know about the trip.



Don't forget to join the Gym Trim sessions in Bobbie Liebenberg every Tuesday morning at 09:30. If this timeslot doesn't suit you the session continues in Sugarbush from 10:30 onwards.



Everyone is invited to join us on Thursday the 16th December at 18:00 in Bobbie Liebenberg where we will be enjoying a tribute to Theuns Jordaan, at the same time reflecting on Reconciliation Day.



Remember to join us on the 31st December at 18:00 for our New Year's Eve service followed by our Bring 'n Braai & Watermelon Festival....the party promises to go on into 2022!



To ensure that we all enjoy the Festive Season, let us continue to be proactive, careful and responsible and not let our guard down as we continue to fight against the Covid-19 virus. We want to enjoy 2022 together!



Alvino Tango - CCL

This has been a rough year but I wish that next year is so much better. I wish that everyone has a plate of food and a roof over their head. My biggest wish is for Covid to end because everyone had to sacrifice lots to ensure their safety.



Shantey Dennis - HC

My wish for Christmas is that we are all protected from this dangerous virus. I would like to enjoy my festive season with family without having to worry about Covid. I hope that this New Year brings growth and opportunities.

Evano Rademeyer - CCL

I wish that Covid can stop so that I can enjoy my day with family & friends without having to stress about being infected or infecting others, I hope that this 4th wave doesn't affect people closest to my heart. I wish that everyone has a prosperous Christmas and New Year and that everyone gets back safely to work.

Sr. Brenda Karelse – Health Care

My wish is to grow spiritually and to can make a difference in people's lives, and for Covid 19 to come to an end.

Denver Daniels – Riskman

Wens is vir almal 'n Kersfees gevul met liefde en gesondheid, samesyn met hul geliefdes. That all people irrespective of creed or colour live in harmony.



You are Invited to Join the PlumRus Family Feast

Christmas at the Orso's is not Christmas without an oven roast, honey glazed gammon.



The gammon must be slow cooked to perfection in mom's deep blue cast iron casserole for approximately one hour with a dash of water and a pinch of holiday spirit.

Thereafter, place the casserole in a preheated oven at 190'C - allow to cook until soft and tender before glazing with a mix of one quarter cup Veldblom honey, 1 cup freshly squeezed pineapple juice and 2 tablespoons of mustard powder.

For the glaze, mix all ingredients together, microwave on high speed for 20 seconds before applying to the gammon with a pastry brush.

Allow gammon to soak up this glaze and roast until golden brown before enjoying with loved ones.

////////////////////////////////////
Jannie and Linda De Wit say that Christmas is not complete without the family enjoying their daughter, Karen's, special Christmas Trifle.

I like to use a deep round see-through glass bowl so that you can see all the layers.

Cut a swiss roll into slices and pack in the bottom and bottom sides of your bowl.

Mix strawberry or raspberry jelly (usually 2 Packets) using the boiling water and using the juice of a large tin of mixed canned fruit or canned peaches and pour cooled jelly mixture over the swiss roll.

Refrigerate until jelly has set

Add a thick layer of custard

Top with a thick layer of whipped cream. Decorate with mini meringues, chocolate, cherries, berries, or whatever you like and enjoy.



Christmas time is always a celebration in the Brand's home where we would get together as family celebrating the birth of our Saviour Jesus Christ. Christmas morning we would first attend the church service together with our family and the community.

In those days traditionally it was always turkey, roast lamb, veggies, yellow rice with raisins and roast potatoes for lunch. As we sat down for lunch around the table my husband being the head of the home always carved the turkey. Thereafter, the dessert would be trifle.

Afternoon tea was always with Christmas mince pies and of course Christmas cake which I would bake. We always had Christmas carols playing in the background. Many South African homes still celebrate Christmas like we did, and so the traditions still carries on with the exchanging of gifts and also good food. I would love to share my fruit cake recipe, and by so doing allow you to be part of my family Christmas celebration.....Merry Christmas!

Baked fruit cake:

Ingredients:

1 kg mixed fruit cake mixture	1 tsp vanilla essence
1 cup brandy or sherry	1 ½ cups self raising flour
1 cup brown sugar	½ cup plain flour
1 cup water	4 large eggs beaten lightly
250 g butter	1 tsp cinnamon
1 tsp bicarb soda	1 tsp mix spice

Method:

Soak fruit overnight in brandy.

Add sugar, water, butter and place on low heat till butter melts.

Add bicarb, spices, vanilla essence, simmer for 10 minutes and cool.

Add flour and eggs

Pour mixture into lined base and sides of a round 23×9cm cake tin with non stick baking paper. Bake at 180°C for $\pm 1\frac{1}{4}$ hours or until done. Glaze with apricot jam and decorate with almonds, red & green cherries.





Under the theme SMILE, our Residents enjoyed a very special year end luncheon on Thursday 25th November.

Regardless of all the challenges 2021 may have had we are indeed still so blessed to experience God's daily blessings and provision for each one of us. As usual the Catering team headed by Cindy pulled out all the stops to deliver a perfect setting, tasteful meal which was very well presented. Our Residents enjoyed what was on offer with their usual PlumRus fellowship.







During November our Residents enjoyed weekly outings to Little Streams in Constantia.

Little Stream is managed by the Cape Town YMCA as a Tea Garden and Conference Centre.

Thank you to Johan Van Zyl and Kurt Arend for transporting our Residents safely on their weekly outings.

Make sure to get your name on the December outing list....we will be visiting Hout Bay every Tuesday during December. Take a stroll in the harbour and see the fishermen at work.





Mrs. Rebecca Meyer enjoyed her 90th birthday with her friends in Zone 3.



Treated like a real princess for the day, Rebecca reflected the true meaning of being a child of the King, having been fearfully and wonderfully made.



The Residents in Zone 2 helped Mrs. Frances Talbot celebrate her 90th birthday with some delicious sweet treats.



PS: A special thanks to the Management of PnP Family Store in Gabriel Road Plumstead for donating the birthday cakes.



Our Protea Coffee Shop has become a special place where families come together to celebrate special occasions, and some just come to connect. The team; Noelwene, Chantel J & Chantel C would love to hear how they can help you make those special occasions more memorable. There is always something fresh baking in the oven so to avoid missing out on your favourite treats, why not make your reservation in advance and they will ensure that they have your special order ready when you arrive. The Coffee Shop will be open throughout the Christmas period. Some special memories made in the Coffee Shop over the last few weeks.....



Bridget Venner celebrated her 58th birthday with her parents, Wally & Janette.



Mrs. Joan Smith celebrated her 87th birthday with her family. Her grandson, Luke, played Happy Birthday to her on his bagpipes.....great memories.



You are Appreciated



Our Board and Management Team enjoyed a social evening with their partners/spouses, as they reflected on yet another challenging year. We cannot show enough gratitude to the Board members who volunteer their time to assist Management in ensuring that PlumRus continues to be a Residence of choice for so many. Our sincerest appreciation goes out to our General Manager, George Holtzhausen, who selflessly gives of himself to lead the team at every strategic and operational level.



Marie Knuppel is een trotse Ouma. Haar jongste kleinseun, Walt, het by die Universiteit Erasmus in Rotterdam – Nederland, cumlaude gegradueer met 'n BSc Honneurs-graad.

Al drie die Knuppel mans het 'n BSc-graad.

Baie geluk Tannie!



Meet Margaret Raven, officially the oldest Resident at PlumRus. At 99 Margaret still enjoys an active lifestyle with minimal assistance. Here she is surrounded by some of the Catering Team who ensured that she was well catered for at lunch on her birthday.

Christmas Markets

Considering spoiling the special people in your life, but don't want to be caught in overcrowded shops with irritated shoppers? Why not consider doing your gift shopping at some of the Christmas Markets in the Southern Suburbs? You are guaranteed to find that something special and in the process assist some small business owner make a living in these challenging economic times. Plan your shopping and enjoy the surroundings while adhering to current lockdown protocols.



The Pinelands Market takes place at Pinelands High School, Howard Drive Pinelands from 10 – 23 December. Market opens at 09:00 to 19:00 (Mon-Fri) & 09:00 to 17:00 (Sat & Sun). Entry is free.



Enjoy the outdoors while doing your gift shopping at this weekly market situated at False Bay Rugby Club in Constantia. Every Saturday between 10:00 and 15:00 the market operates. You can enjoy live entertainment while tasting some interesting foods.



Simply South Gift and Craft Fair (Bergvliet)
Westcott Primary School, Boundary Road, Bergvliet

17-23 December 2021
Weekdays: 9am – 7pm
Saturday and Sunday: 9am – 4pm

Forget trying to walk
a mile in my shoes.
Try spending
a day wandering
around in my mind!
Now that will give
you something worth
thinking about!



LAUGHTER
MIGHT NOT
ADD YEARS
TO YOUR
LIFE, BUT IT
WILL SURELY
ADD LIFE TO
YOUR YEARS!



TO LAUGH AT
YOURSELF IS TO
LOVE YOURSELF



I've decided to leave
my past behind me,
so if I owe you
money... I'm sorry,
but I've moved on.



If a woman says,
"Do what you want,"



DO NOT DO WHAT YOU WANT.

Stand still, don't blink,
don't answer,
don't even breathe.
Just play dead.

NOTHING COMPARES TO
THE STOMACH ACHE YOU
GET FROM LAUGHING
WITH YOUR BEST FRIENDS

Everyone has the right
to be stupid...
It's just that
some people
abuse the
privilege!



CAPITAL CITIES IN AFRICA

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

ALGIERS

KINSHASA

MONROVIA

ASMARA

LIBREVILLE

PORTO-NOVO

CAIRO

LILONGWE

RABAT

DAKAR

LUANDA

TRIPOLI

DJIBOUTI

LUSAKA

TUNIS

KHARTOUM

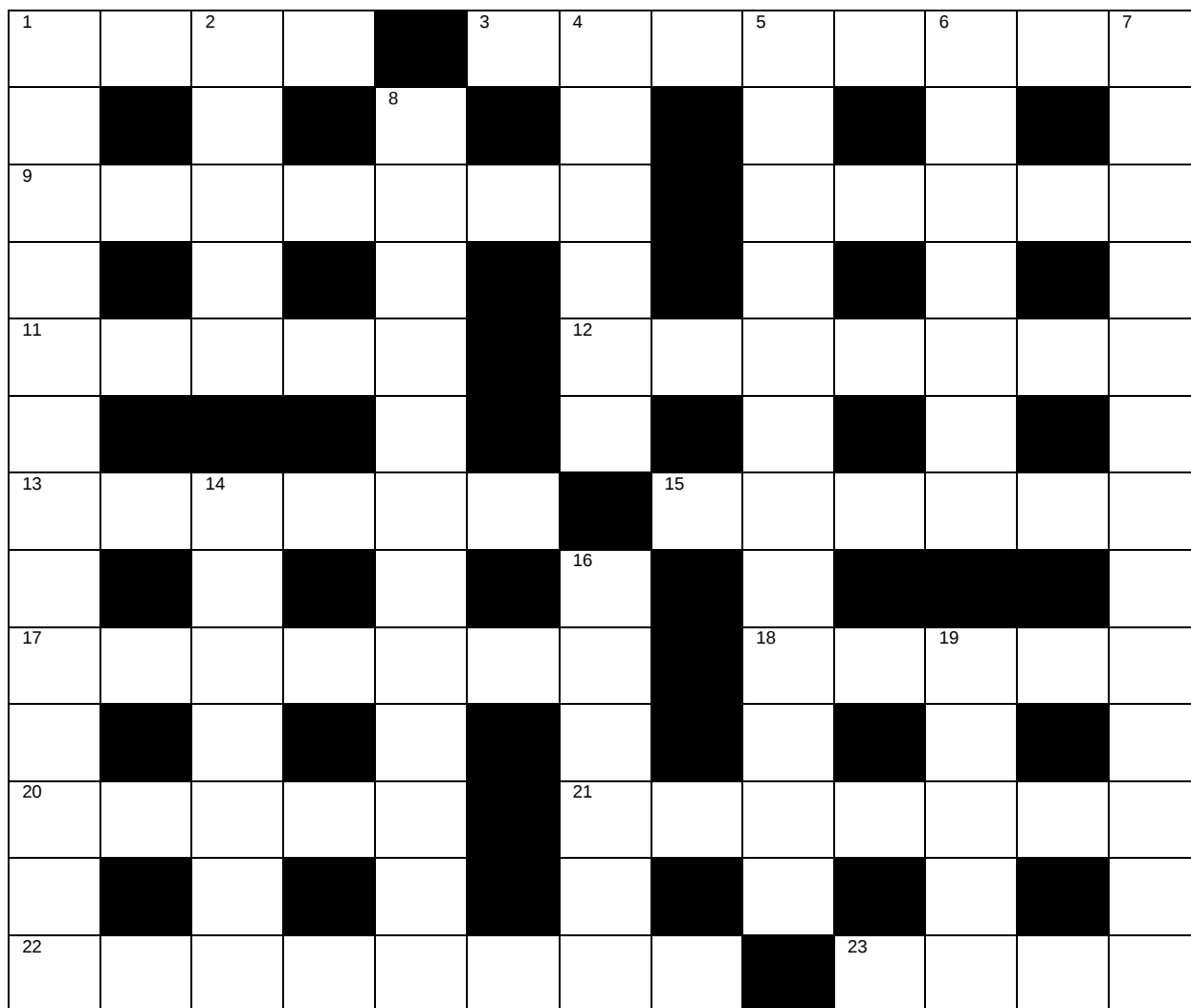
MAPUTO

WINDHOEK

KIGALI

MOGADISHU

YAOUNDE



Across

- 1 Hats (4)
- 3 Obstruction in a passage (8)
- 9 Perceptible to the eye (7_
- 10 Additional; excess (5)
- 11 Huge (5)
- 12 Moving to and fro (7)
- 13 Fourscore (6)
- 15 Post (6)
- 17 Speaking one's opinion (7)
- 18 Game fish (5)
- 20 Wanderer (5)
- 21 Entered in a hostile manner (7)
- 22 Finely chopped (8)
- 23 Solely (4)

Down

- 1 Public officials (5,8)
- 2 Sow-off (5)
- 4 Speculative view (6)
- 5 Dictatorial (12)
- 6 Mound made by insects (7)
- 7 In an inflated manner (13)
- 8 Lost in thought (6-6)
- 14 Shine faintly (7)
- 16 Cause to start burning (6)
- 19 _ Nash: writer of light verse (5)

O Holy Night

Adolphe Charles Adams



O Ho-ly Night! The stars are bright-ly shi - ning, It is the night of our
Led by the light of faith se - rene - ly beam - ing, With glow-ing hearts by His
Tru - ly He taught us love for one a - noth - er, His law is love and His



dear Sav-iour's birth. Long lay the world in sin and er - ror pin -
cra - dle we stand. O - ver the world a star is sweet-ly gleam -
gos - pel is peace. Chains He shall break, the slave is our broth -



ning. Till He ap-peared and the soul felt its worth. A thrill of hope the
ing, Now come the wise - men from O - ri - ent land. The King of kings lay
er, And in His name all op-pres-sion shall cease. Sweet hymns of joy in



wea - ry world re - joi - ces, For yon - der breaks a new and glor-ious morn. Fall
thus in low-ly man-ger; In all our tri - als born to be our friend. He
grate-ful chor-us raise we, With all our hearts we praise His ho - ly name. Christ



— on your knees! Oh, hear the an - gel voi - ces! O night
— knows our need, our weak - ness is no strang - er! Be - hold
— is the Lord! Oh, praise His name for - ev - er! His pow'r



— di - vine, O night when Christ was born; O night,
— your King! Be - fore him low - ly bend! Be - hold
— and glo - ry ev - er - more pro - claim! His pow'r



— O Ho - ly Night, O night di - vine!
— your King! Be - fore Him low - ly bend!
— and glo - ry ev - er - more pro - claim!