

PlumRus **News**

FESTIVE & NEW YEAR



MAKING A
LIFE-GIVING
DIFFERENCE

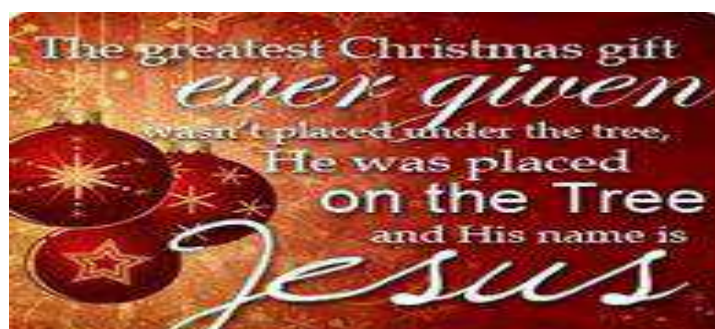
Spiritual Care Program for December 2022

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
2 nd Communion Service	4 th Morning Service	4 th Evening Service
9 th One Hour for Jesus	11 th Morning Service	11 th Evening Service
16 th One Hour for Jesus	18 th Morning Service	18 th Evening Service
23rd Kersliedere	25th Christmas Service	No Service
30 th One Hour for Jesus		



Spiritual Care Program for January 2023

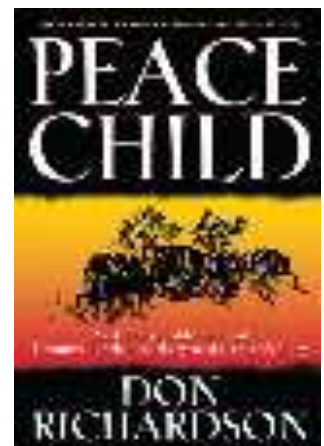
Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
	1 st New Year Service	No Service
6 th Communion Service	8 th Morning Service	8 th Evening Service
13 th One Hour for Jesus	15 th Morning Service	15 th Evening Service
20 th One Hour for Jesus	22 nd Morning Service	22 nd Evening Service
27 th One Hour for Jesus	29 th Morning Service	29 th Evening Service



PEACE CHILD

In the early 1960's, a young missionary couple Don and Carol Richardson, moved to Papua New Guinea where they began work among the cannibalistic Sawi tribe. To the Sawi, treachery and deception were highly regarded 'virtues'. They'd make elaborate plans to befriend people from other villages, only to later betray, kill and eat them. The first time Don told the Sawi about Jesus and his betrayal by Judas, the Sawi celebrated Judas as the hero of the story! Cultural barriers like this made sharing the gospel with the Sawi almost impossible. As time went on, Don and Carol worked in two neighbouring villages, who periodically went to war against one another. The cycle of conflict and killing was endless, and the Richardsons eventually decide to move away from these blood thirsty people. The decision to move startled the villagers who didn't want to lose the 'benefits' of having missionaries staying among them. So, the chiefs hurriedly declared peace and stopped all fighting between their tribes. The Richardsons didn't believe this 'peace' arrangement would hold given the long history of hatred, treachery and distrust between the villages? But the chiefs assured them it would.

The day after 'peace' was declared, something astounding happened. The Richardsons were invited to attend a ceremony arranged by the warring chiefs. It was a solemn and tense time as the tribes faced each other. After introductory speeches, a hush fell over the gathering. A warrior from each tribe stepped forward carrying an 'offering'. The offering was an infant – the warrior's own son! Slowly each warrior walked towards the other tribe, where he placed his offering in the arms of the leader of his long-time enemies. After these exchanges, everyone began to celebrate. When the Richardsons asked what all this was about, the Sawi answered. "You've been urging us to make peace with one another. Well, peace between us is impossible without a 'peace' child!" They assured the Richardsons these two children would be well provided for and protected so that peace would continue between the villages.



This deep-rooted cultural tradition of exchanging a 'peace' child, provided the breakthrough for the gospel the Richardsons had been praying for. They used it to explain how God had given his only Son, Jesus Christ as a 'peace' child in order to reconcile his enemies to himself. Through the idea of Jesus being the ultimate peace child who would never die, Don and Carol were able to reach the Sawi with the wonderful truth of the gospel. Eventually the New Testament was translated into their language, and many villagers came to faith in Christ.



This remarkable story has its roots deep in the eternal purposes of God. Thousands of years ago Isaiah the prophet spoke of a child who'd be born for us - God's gift of a son. Among the 'titles' given him by Isaiah were...Mighty God, Everlasting Father and **Prince of Peace!** A clear and unmistakable pointer to the coming Messiah...Jesus Christ. Hundreds of years after Isaiah's message, the night sky over a field near Bethlehem, filled with brilliant light, as an angel of God appeared to shepherds watching over their

sheep. "Don't be afraid," the angel said, "I'm here to announce a great and joyful event that's meant for everybody worldwide. A Saviour has been born!" With these words a vast choir of angels filled the night sky

singing God's praises...

***"Glory to God in the heavenly heights,
Peace to all men and women on earth who please him."***

This awe-inspiring incident was heaven's confirmation of Isaiah's message...God's promised 'peace' child - the Prince of Peace had arrived! The baby lying in a nearby manger would grow up to be the Lamb of God, who'd come into the world to make peace. Not peace in a political sense, but peace between God and those who were hostile towards him. This includes all of us. Because of our indifference or wilful disobedience towards God, we were His enemies. As the Lamb of God, Jesus took away this hostility when our sin was poured into himself on the cross. There he bore the punishment we deserved and died the death we should have died. Now, by putting our trust in Jesus and what he has done for us, we're made right in God's sight...we have real peace with God! And we find ourselves standing where we've always hoped we might stand - in the wide open spaces of God's grace and glory. Joyfully looking forward to becoming all God has in mind for us to be, in this life and the next. This is the true message of Christmas - that real and eternal peace with God is now possible. By giving up His only Son as the ultimate 'peace' child, God cleared the way for us to be reconciled to Him...to be at peace with Him. Through his blood shed on the cross, Jesus made this possible. Since Jesus was raised from the dead, and cannot die again, the peace he made possible is everlasting.

But that's not all; the peace we have with God overflows into our relationships with those around us, where Jesus makes it possible to live at peace with others, including those in our immediate family circle, our church family and also the wider community around us. Followers of Christ are called to be 'peace makers', people who 'seek peace and pursue it'. Peace-making is never easy, but as far as it depends on us, we should always seek to live at peace with everyone.

Many have mixed feelings about Christmas. For some it's all about gifts, parties and bonuses. For others it's about quality time with family and spoiling the children. Some find the annual festivities are sad reminders of lost loved ones. But, when all is said and done the truly extraordinary significance of the events that unfolded around the baby lying in a manger not far from Bethlehem, lit a flame of hope that has never been extinguished. For those who believe in Jesus Christ, this hope is deeply rooted in the peace he made with God on our behalf through his death and resurrection. The promise of everlasting peace with God stirs hope in our hearts...the unshakeable confidence that Jesus has opened a door for us into God's presence, and nothing in this life or the next can ever close it again.

How should we respond to all this? The Magi we read about in Matthew's gospel show us how. When the star they'd first seen in the east appeared over the place where the infant Jesus lay, they were overjoyed. Once inside, seeing the baby with his mother Mary,

"...they bowed down and worshipped him."

Let's follow their example...it's the only fitting thing to do.



(Submitted by: Ps. Dave Henderson)

AND ANGELS LOOKED ON IN WONDER...

A lowly Hebrew maiden;
An awesome shining anger.
Mary risked her reputation
In a surrender of obedience.
And Joseph,
The man of intergrity and trust.

The child grew into manhood,
Weaponless - yet He pierced men's hearts.

Lord of the heavens,
Yet, for fallen humanity
You laid your life down,
This supreme act of humility

There is salvation in no other!

(Submitted by: Adin Harmer)



Mary Did You Know?

Mary, did you know that your baby boy
Would one day walk on water?
Mary, did you know that your baby boy
Would save our sons and daughters?
Did you know that your baby boy
Has come to make you new?
This child that you delivered, will soon deliver you

Mary, did you know that your baby boy
Will give sight to a blind man?
Mary, did you know that your baby boy
Will calm the storm with his hand?

Did you know that your baby boy
Has walked where angels trod?
When you kiss your little baby
You kiss the face of God

The blind will see, the deaf will hear
The dead will live again
The lame will leap, the dumb will speak
The praises of the Lamb

Mary, did you know that your baby boy
Is Lord of all creation?
Mary, did you know that your baby boy
Would one day rule the nations?
Did you know that your baby boy
Is heaven's perfect Lamb?
That sleeping child you're holding is the great, I Am

Mary, did you know? (Mary, did you know?)
Mary, did you know? (Mary, did you know?)
Mary, did you know? Oh



(Submitted by: Mary De Wet)

Gespreke met God

Afgetree

Vandag is daar 'n wa van die ou sneltrein van die lewe afgehaak en by 'n vreemde stasie agtergelaat. En inplaas daarvan om met blydschap vorentoe te kyk, Here, moet ek erken dat ek nie hier wil wees nie. Daar oor die naaste bult trek die res van die trein met liggies vol lewe en hier waar ek en my man agtergebly het, hier is dit donker.

Afgetree. Tyd vir rus. Pensioen trek. Geld verdien waarvoor jy nie werk nie, omdat jy reeds daarvoor gewerk het. Tyd vir klere wegpak wat jy nie meer vir sosiale geleenthede gaan nodig kry nie. Daar is iemand wat jou plek gevul het. Jy skep tog nie 'n emmer water uit 'n dam en verwag dat daar 'n holte in die oppervlak gaan ontstaan nie.

Dis swaar om te aanvaar dat jy nie onmisbaar is nie. Maar my Here, met hierdie Lot-se-vrou-houding sal die lewe vorentoe 'n ewige kyk-oor-die-skouer beteken. En ek wil loskom van die terugblik.

Help my om te besef dat hier by die vreemde stasie ook ander waens rondstaan. Hier kom lokomotiewe verby wat ons almal na nuwe ervarings kan voer. As ek net gewillig is om gekoppel te word, en nie gedurig hunker om nog aan dieselfde trein te behoort wat te vinnig met die heuwel begin afsnel het vir my om by te hou nie.

Daar is 'n roete wat U in u alwysheid met kleureprag vir ons berei het. Hierdie stasie wat in die nag vir my so eensaam gelyk het, is 'n kruising van lyne wat na alle oorde heenwys. Kies jy nou, my kind, wil U vir my sê. Jy kan die spoor waarlangs jy tot hiertoe gekom het, probeer najaag. Maar teen 'n stadiger pas sal jy die ou trein nie weer kan inhaal nie. Jy kan ook 'n ander rigting kies: die spoor wat na die rangeerplek lei is die maklikste een om te volg. Daar kan jy luid heen en weer op jou klaagspoortjie loop en raas totdat niemand jou deuntjie meer wil aanhoor nie.

Maar, hoor ek U sê, daar is ook 'n derde lokomotief wat met sy waens rustig deur die mooiste blomme van sinvolle lewensnorme kronkel. Die trein is nie haastig nie. Hy staan stil sodat jy al die mooi dinge kan raakvat. Daar is genoeg tyd om aan die wat verwelk het, 'n bietjie water te gee. Genoen tyd om die swak stammetjie van 'n weifelaar te stut en vreugde te vind in die feit dat jy jouself gegee het om 'n ander, wat met sy rug na die son gestaan het, weer die lig te laat sien.



U in al u alwysheid koppel self vir ons aan die waens wat hierdie mooiste roete van almal teen die kruin van u verheerliking gaan aandurf. Weg is die versoekings waarmee ons in ons jeug langs sypaadjies van die lewe wou wegdraai. Hier in die laatsomer blom daar hegter vriendskapbande as wat daar in ons jeug gekom en so dikwels weer gegaan het.

Kom, my kind, wil U aan my fluister, staan met my op die bergtoppe en geniet van my heerlike vrede, wat maar altyd daar was, maar wat jy in die gejaagdheid en eiesinnigheid van jou jonkheid, nooit jou eie kon maak nie.

Afgetree. Die woord kry vir my vandag 'n nuwe betekenis, Vader. My voete rus nie meer op mensgemaakte spore nie. Ek het daarvandaan afgetrap, afgetree en ek kyk nie meer terug nie. Ek het 'n nuwe goue spoor gevind. En in my pensioenboekertjie het ek 'n reiskaartjie ontdek wat al die geld van die wêreld nie vir my sou kon koop nie, omdat U self die prys daarvan betaal het. Bewaar U dit vir my, o Vader, dat ek dit nooit mag verloor nie.

(Ingedien deur: John Herbst)



Kersgeskenke om te gee

Vir jou vyand - Vergifnis

Vir jou opponens - Verdraagsaamheid

Vir jou vriend - Jou hart

Vir 'n kind - 'n Goeie voorbeeld

Vir jouself - Respek

Vir almal -

Liefde



MISREADING

It was the annual service of nine lessons and carols. In one of the items sung by the congregation, I found myself lustily singing "Did the guiding scar behold". Momentarily embarrassed in case those standing near me had heard, I later pondered on the word scar.

Of course, it was a guiding star that led to Jesus yet His was to become a guiding scar. In Isaiah 53:5 we read "By His wounds we are healed". We glamourize the birthplace of Jesus, although, in reality it was simple and stark. But it is not in the wonder of His birth that we are saved, but in His pain; in His scars.



A star lustrous and bright
Revealed to those who would see
He, who still is the light;
His coming to seek you and me.

Yet, His scars were the way
Of the lonely path that He trod;
The price He was to pay
That, by faith, we may see God.

(Submitted by: Adin Harmer)

Kersfees gee ons vrede

Kersfees gee ons vrede
en liefde in ons hart
vir ons medemense
in vreugde en in smart.

Laat ons in ons lewe
in God's bestiering glo,
en besef ten volle
ons redding kom van bo.

Kom laat ons nou saam sing
en in die Kerstyd,
vreugdevol ons liefde
steeds om ons heen
versprei.



(Ingedien deur: Leonie Pauw)



Happy Birthday to Residents celebrating birthdays in December

6 th	Beulah Korpel	MV204	86
7 th	Gaynor Dickson	N202	79
7 th	Margaret Murray	MV104	89
7 th	Diana Owens	R20A	81
8 th	Shirley Blom	R3	80
9 th	Dick Parker	R63	96
10 th	Joyce Davidow	R26B	96
10 th	Joan Swinger	R55	69
11 th	Nola Van Tellingen	R45A	93
13 th	Heather Clarke	MV107	76
16 th	Jurgen Bosse	F009	66
16 th	Johannes Lourens	F127	87
22 nd	Malcolm Mc Knight	MV106A	87
22 nd	Walter Venner	N208A	85
27 th	Marie Le Roux	F126B	80
27 th	Pauline Wucherpfenning	N101	86
31 st	Lesley Davison	N207	68

May God never stop showering you with His blessings

2 nd	Carla Pretorius	Health Care
2 nd	Nolan Dietrich	Building Maintenance
5 th	Natasha Rademeyer	CCL
9 th	Donica Jacobs	Health Care
21 st	Shana Less	CSC
24 th	Edwina Engel	Health Care
25 th	Natalie Stoltz	CSC
29 th	Janine Tamboer	Health Care
31 st	Muka Vermeulen	Riskman

December Staff Birthdays



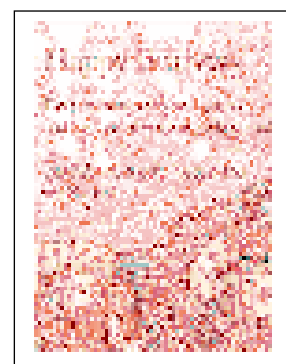
1st Mrs H Keever
 10th Mrs R Kenny
 25th M George
 25th Mrs R Jansen
 26th Mrs V Calvert
 28th Mrs E Rudoulph
 28th Mrs Y Solomons
 31st Mrs M Simons

Our Members celebrating Birthdays in December



Residents - January

2 nd	Rita Benn	A1	88
3rd	Val Mathew	R02	90
3 rd	Magdalena Nieuwoudt	N001	79
9 th	Karin Klein-Werner	N106	82
10th	Benjamin Fortuin	R24	90
14th	Mary Banfield	R37A	92
14th	Ivy Todd	R40A	91
15th	Susanna Filmalter	N002	93
17 th	Ivy Sass	R49	85
18 th	Roy Binedell	F124A	85
18 th	Johan De la Fontyn	F110	82
21 st	Cecelia Potgieter	F114	82
22 nd	Johan De Wet	F125A	81
23 rd	Matilda Brophy	R26A	85
24 th	Elizabeth Murphy	R19A	77
26 th	Julia Archer	MV201	87
29 th	Charles Miller	R29	81
29 th	Jeanette Venner	N208B	82
31 st	Rosalita Aupiais	R27	76
31 st	David Witter	N210A	66



Our Members

9th S Carelse
 10th George Adams
 22nd V Calvert



3 rd	Nono Stuurman	CCL
6 th	Simone Paarl	CSC
8 th	Eddie Snyders	CCL
11 th	Max Wollenhoven	CCL
12 th	Domonique Daniels	CSC
15 th	Melissa Paulse	Health Care
16 th	Brenda Julies	Health Care
16 th	Lenore Jacobs	CSC
17 th	Chane Felix	CCL
17 th	Paulette Hayes	Health Care
18 th	Maria Brown	CCL
19 th	Paulene Temmers	CSC
20 th	Sylvia Rezandt	Health Care
23 rd	Louisa Barnard	CSC
24 th	Tarryn Adams	Health Care
26 th	Hendrik Van Der Linde	Management
27 th	Charlene Heiberg	Management
27 th	Kim Frantz	CSC
31 st	Elizabeth Spendell	Health Care



**Happy Birthday to our
Staff**



Caring
Always there
Ready to give their all
Encouraging
Gracious
Incredible
Valuable
Exceptional
Respectable



The holiday season presents a chance for you to spend some designated, quality time with family and friends. Additionally, it is a really good time to make sure that your holiday is safe along with being festive regardless of whether you enjoying the festive season in the comfort of your own home or with loved ones. Considering these safety guidelines can help you to ensure that everyone's holiday is a happy and memorable one.

Decorations:

In your home, or that of your loved ones:

- Use basic decorations that will not create clutter. Always be sure that there is ample space to walk
- Keep extension cords away from walking paths to protect against stumbling over them
- Instead of candles, use bright centerpieces of flowers or fruit, or select battery-powered candles

Floors:

With all the holiday decorations, falling hazards can become a problem for the elderly during the holiday season, so make sure to:

- Keep floors clutter-free
- Keep outside sidewalks/walkways clear
- Place non-slip pads underneath rugs

If you are traveling on a road trip:

- Remember to buckle up
- Don't drink and drive
- Do not travel when you are emotional or stressed out
- If you feel tired or restless, pull over at a safe stop and rest for a little while



Safety tips while shopping:

- Avoid carrying large amounts of money
- Don't leave valuable belongings in the trolley
- Don't have your wallet or purse visible. Keep wallet in your front pocket and not the back pocket

And remember in the event of any emergency to dial: 1000, 1001 or simply press your BellMe for immediate assistance.



PLUMRUS CHRISTMAS LUNCH MENU

STARTER:
**CRUMBED HAKE GOUJON WITH A LEMON &
HERB MAYO**

MAIN COURSE:
MAPLE GLAZED GAMMON
LEG OF LAMB WITH CRANBERRY SAUCE
SWEET & SOUR BAKED CHICKEN
DRUMSTICKS
POTATO SALAD
FRESH CORN SALAD WITH HERB DRESSING
**7 LAYER SALAD WITH SOUR CREAM &
PARMESAN DRESSING**

DESSERT:
TRADITIONAL TRIFLE

COST PER PERSON:
R295

Christmas Lunch bookings will be made on a first come first served basis. Please RSVP with Charlene at charlene@plumrus.co.za, make the payment with your surname as reference into the following bank account;

Absa

Plumstead Rusoord Board Account

Current Account

Account Number: 450 640 409

Reference: Christmas Lunch-Surname

Ps.: Only on receipt of proof of payment will your booking be confirmed



Use the time over the Festive Season to visit our Coffee Shop and explore our exciting menu and daily specials. At prices that won't break the bank

you will be able to entertain the entire family to the freshest homemade treats in the Southern Suburbs. Breakfast is the most important meal of the day; that is why we happily serve it all day.

Remember that we open every day over the holiday season, except on Christmas Day. To reserve a table call 021-761 2323 and press "7"



Proposed Writing Group

Would you like to meet with other Plumrus residents who enjoy reading and would like to try their hand at writing? (Not professionals!) Consider joining with a group of fellow Residents with similar interest.

At our first meeting, we will chat about

1. Why I want to write
2. What I would like to write about
3. When I write
4. How I write
5. We will give you examples of topics to write about

2023 is a perfect time to start a new hobby, or simply to pick-up where you left off before arriving at PlumRus. We will meet in apartment N203, in the block above the coffee shop. Come and join us! Don't forget your pen and paper.....the table is too hard to write on! Our first meeting date in January will be advertised on our notice boards and on the big screen. This is a resident's driven initiative for more information contact Ruth on Ext 2104 or Verena on Ext 2197



LOOKING OUT!

Although we are happy, contented and sufficiently stimulated in "our place"- Plumrus, we should sometimes keep a look out for what is happening in the world around us.

A good lens to look through is U3A. What is that; the University of the Third Age, for folk who have passed childhood, the workplace

and further education and have now reached the 3rd Age, retirement. To quote U3A's web page: "The objective is to offer mental and physical stimulation and socialisation to senior citizens, through opportunities for life-long learning for learning's sake, in the company of interested peers."

We now have the time to explore topics of interest. This can be done on-line or in person. U3A presents interesting monthly talks by eminent people such as Trevor Manuel and John Maytham. Bird watching and hiking groups abound. Professionals share their knowledge with us at "Your Health" talks and answer our many questions. You can qualify for reduced tickets to shows, join a writers' group, or explore literature, finance, politics and other cultures.

So why wait; type "U3A" into Google and see what comes UP?

Recipe for Health

Ingredients

A willing spirit
Your body (in whatever shape)
A chair (supplied)
A ball (supplied)
An elastic strap (supplied)
Bean bags (supplied)
Music (supplied)



Method

Tap, stretch, march, heel-toe, reach, bend, lift, figure-of-8....

Mix and blend all of the above under the expert guidance of the magnificent Manuela and you will feel firm and fit, but maybe a little fatigued. It's fun!

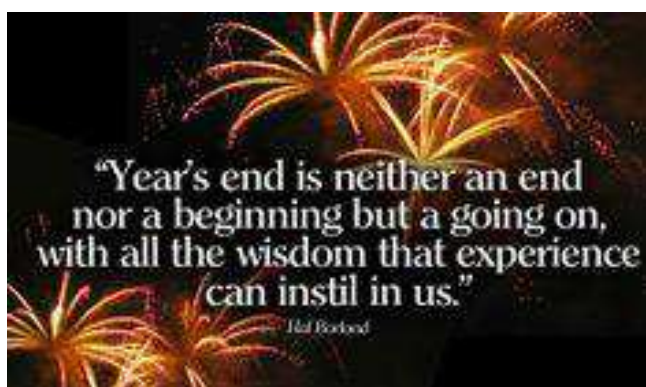
It's Gym Trim / Action entertainment.

When and Where? Tuesdays 9.30 a.m. in the Bobbie Liebenberg Hall.
For Whom? You! Come and join us!



Memorial Services are special times of reflection and celebrating the life of loved ones as a family and extended circle of friends. While we as the PlumRus community share in your loss we are unable to accommodate requests for Memorial Services to be held at PlumRus. Our operational program and venue

layout is not conducive to having these services in an atmosphere of privacy and true reflection. We encourage all Residents living at PlumRus to continue their relationships with their respective church communities making occasions such as the planning of Memorial Services an easy process for your loved ones.



31ste Desember is om die draai!

Ons hou lekker bring en braai en waterlemoenfees. Nooi die familie en vriende en ons eindig 2022 saam met die mense wat rerig in ons lewe saak maak.

Bookings for braai packages can be made at reception up until Thursday 29th December at 12:00

Dringend: Weet iemand dalk van 'n slagter wat vroulik is?? Ek voel so simpel as ek die slagter moet vra of sy wors lekker is.



DECEMBER / DECEMBER 2022
MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 01st December 2022 Morning Market in the Hall @ 09:30 06th December 2022 Friends Meeting in the Hall @ 15:00 07th December 2022 Residents Talk in the Hall @ 15:00 16th December 2022 Day of Reconciliation - PUBLIC HOLIDAY 23rd December 2022 Special One Hour for Jesus in the Hall @ 09:30 25th December 2022 Sunday Morning Christmas Service @ 09:30 29th December 2022 Lotto Draw in the Hall @ 18:30 31st December 2022 Year End Service in the Hall @ 18:00 31st December 2022 Bring & Braai @ 19:00		
5	6	7
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 10 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall 19:00 Small Group Meeting in F022
12	13	14
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
19	20	21
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges Ds. Francois Human 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
26	27	28
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY DAY OF GOODWILL	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges Dr. Allie van der Westhuyzen 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Communion/Nagmaal Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 9	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Christmas With You 18:00 Woord & Lied Dr. Chris Saayman
8	9	10	11
08:30 Library 09:00 Shopping Blue Route 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	08:30 DVD Library 09:30 One Hour for Jesus Dr. Allie van der Westhuyzen 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Falling For Christmas 18:00 Woord & Lied
15	16	17	18
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	08:30 DVD Library 09:30 One Hour for Jesus Ds. Francois Human 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 PUBLIC HOLIDAY DAY OF RECONCILIATION	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Christmas Prince 18:00 Woord & Lied Dr. Chris Saayman
22	23	24	25
08:30 Library 09:00 Shopping Constantia Emporium 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	08:30 DVD Library 09:30 One Hour for Jesus Special Service Ps. Raymond Lombard 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5 18:00 Special DVD in the Hall	09:30 Church Christmas Service 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Holiday Rush 18:00 Movie in the Hall Christmas In Love CHRISTMAS DAY
29	30	31	
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 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Praise & Testimony 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers and Wheelchairs 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7 18:00 Year End Service 19:00 Bring & Braai	

JANUARIE / JANUARY 2023
MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
30	31	
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	
2	3	4
08:30 DVD Library 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
9	10	11
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
16	17	18
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 10:00 Small Group Meeting in N104 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 10 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022
23	24	25
08:30 DVD Library 09:00 Outing: Fish Hoek Beach 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Emporium 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Health Care Lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 19:00 Small Group Meeting in F022

Thursday	Friday	Saturday	Sunday
Outing to Fish Hoek Beach Monday's @ 09:00 Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 01st January 2023 New Year's Day 02nd January 2023 PUBLIC HOLIDAY 06th January 2023 Communion Service in Decentralized Lounges @ 09:30 26th January 2023 Lotto Draw in the Hall @ 18:30 27th January 2023 Shopping 3Arts for Walkers & Wheelchairs @ 14:00 27th January 2023 Bring & Braai @ 18:00			1 09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Identity Thief NEW YEAR'S DAY
5	6	7	8
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 15:00 Bybelstudie in John Killian	08:30 DVD Library 09:30 One Hour for Jesus Communion/Nagmaal 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Rescued by Ruby 18:00 Woord & Lied Dr. Chris Saayman
12	13	14	15
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Clueless 18:00 Woord & Lied Dr. Chris Saayman
19	20	21	22
08:30 Library 09:00 Shopping Blue Route 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	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Choice 18:00 Woord & Lied Dr. Chris Saayman
26	27	28	29
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 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Praise & Worship Testimony 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers and Wheelchairs 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Benji 18:00 Woord & Lied Dr. Chris Saayman



Trying to uncover the man behind the name Joey Pillay, is like cutting through an onion layer by layer, without the teary eyes. There are 2 "I's" in his DNA, which he shares very proudly with everyone he calls friends; **I**ndian dad and **I**talian mom, I guess some would say, how more complicated could life be?

PlumRus has benefitted for close on 13 years from Joey's vast experience gained in the corporate world; first as Chairman of the Board and now as Chairman of our Resident's Committee. With over 30 years of wheeling and dealing for Unilever with some of the most influential business personalities in the retail world, Joey has been able to use this experience in his capacity as Chairman of PlumRus Board.

Another layer, or 3, to Joey is his love for motor cars, painting and his creative cooking skills. He spent many years motor racing around the country with much dedication and passion. I have heard of and smelt the aroma's of a mean lamb curry being prepared at Flat 24. I guess with Indian and Italian roots there is a natural affiliation with good food and wine. I would suggest that you visit Joey to view some of his artistic flair beautifully showcased on the walls of his flat.



Joey's on-going contribution to PlumRus is valued by everyone, and we are happy to have Ursula and him not only living here but being actively involved in the broader PlumRus Community.



As ek dink aan wat belangrik is my lewe sê ek dit met hierdie 2 foto's.

Dit is my hart, my siel en die rots in my lewe.





The Marine Wildlife Management Co- Ordinator, Brett Glasby, the magic man had us all tjoepstil with his interesting talk about V & A Waterfront animals he has to rescue or control, these being Urban Colonies.

Birds -eg. 9000 Terns breeding on Nedbank building roof all taking off together, pooping on the smoker's heads, the noise, the smell, air-cons had to be switched off in Summer, ideal pebbles on roof for nests then +- 4500 chicks hatched! R1,2million to clean the solar panels.....ALL IN A DAY'S WORK!

Swifts with flu, seagulls in wire & plastic, penguins in the harbour - endless troubled birds.

Sunfish -average weight 400kg, largest 2,5 tons of bony fish, sunning horizontally thus getting stuck on boat ramps or against jetties, they must be tipped over vertically with a crane sometimes to be able to swim again. About 60 sunfish are rescued yearly.



Turtles - 250 plus rescued babies yearly; hatched out on KZN beaches, they swim down warm Agulhas current, at turnaround stage they hit the cold current [about Struisbaai, Bettys Bay], slow down with cold shock, barnacles grow on them, they cannot feed so wash onto beaches. Rescued, spend about 10 months in the Oceanarium & released 30 nautical miles off Cape Point where the water is 25 instead of 7 degrees. Maybe 20 larger damaged turtles are helped to heal yearly, sometimes kept for many years. The tales of Annette, Yoshi & Bob are for another time, much money is needed to discover the secret turtle life with a cost of R75,000 for the smallest tracker on the back.



Seals - about 250 every day in the harbour, sunning on plush yachts, oily, wet 300 kg bodies breaking stuff! 3 plans: yachts asked to put up picket fences, V & A monitors smack them off boats & they build platforms for lounging & rescue. Now divers sneak under the platforms to cut off plastic around their necks through the board gaps or catch difficult customers in a big "butterfly" net to remove thick strangling rope.

Clawless Otters - a recent problem, after 4 years Wizzard brought home a female & turned nasty, now he terrorizes the security staff, chases night staff nipping them causing scary night mayhem.

Thank you PlumRus for our Residents Talk; hint that we would like Brett to return with more Tales of the Wild.

(Submitted by: June Stein)

(Daar is niks meer aan te doen nie)

Lank gelede kon vlugtelinge, misdadiges en skuldenaars hulle toevlug neem tot sekere plekke wat as veilige hawens verklaar is. In antieke tye reeds het die Hebreërs stede gehad waar mense wat misdade gepleeg het, kon gaan skuil. In Egipte het net sekere tempels hierdie status gehad en in Griekeland alle tempels . Die spreekwoord het dus gesé: As iemand in 'n kerk skuil en daar trek skielik 'n koeël deur die kerk, het die vlugteling geweet dat sy agtervolgers nie die plek respekteer nie en dat hy niks meer aan sy saak kon doen nie. Die koeël is deur die kerk!

(Ingedien deur: Pat van Wyk)

WORDS / WOORDE

In English many loose words may be used to convey one concept:

Ice Cream bowl

In Afrikaans these words are strung together: Roomysbak

Dit is interessant dat Afrikaans so baie woorde het wat aanmekaar geskryf word. As die woorde dieselfde begrip het, moet dit aanmekaar geskryf word, dikwels met behulp van 'n letter 's' of 'n koppelteken.

Die kortste woorde is bv. *en* & *'n* & *is* & *as*

Verskeie lang woorde:

Waatlemoenkonfyt tentoonstelling lokaal

Afvalwaterbehandelingsaanlegte

Perdewedrenentoesiastebyeenkoms

Energiebesikbaarheidsfactor

Wonderpynverligtingstoestel

Rugbykampioenskaptoets

Matriekeindeksamen

Volgens Google is die volgende woord die langste: 140 letters!

Tweedehandsemotorverkoopsmannevakbondstakingsvergaderingsameroeperstoep
praaskrywerspersverklaringuitreikingsmediakonferensie-aankondigings!

Ongelooflik!

Dont go overboard!

(Ingedien deur: Leonie Pauw)



Kom vannag in my drome

Kom vannag in my drome
as dit donker is en stil;
reik my jou hand deur die drome,
en ons sal dwaal waar ons wil.

Kom, in die sterreduister
sal ek jou siel erken;
soos elke nag in die duister
sal ek jou oë ken.

Soos rook sal ons siele swewe
steil deur die sterrenag,
bo oor die donker berge,
bo oor die donker nag.

Bo oor blydschap en liefde
wat hierdie wêreld ken,
sal ons in roerlose straling
die ewige skoonheid ken,

die skoonheid wat ons 'n oomblik
sien flikker en vergaan
tussen die donker dinge
waardeur ons lewes gaan

met ewig-stille weemoed
en halwe herinnering
van iets wat was en nog swewe
oor ons herinnering;

van iets wat ons nooit kan kry nie,
van iets wat ons nie kan sien,
die hart van droom en verlange,
die sal ons siele sien,

lief, as jy kom in my drome,
kom in die sterrenag,
en ons twee dwaal deur die drome
bo oor die donker nag.

(Ingedien deur: Lida Herbst)





Dit is in die platteland waar Afrikaans hoogty vier. Daniel, Esme Theart se kleinseun, moes 'n voorstelling doen van 'n Afrikaanse idioom, hy kies toe; daar is 'n slang in die gras.

Iewers is iets nie pluus nie, dinge lyk verdrag.

'n Paar lewenslesse wat jy nie net vir jou kinders moet leer nie, maar ook iewers vir jou moet opplak, om jou te herinner oor wat belangrik is in jou lewe.

- ❖ Moenie moed opgee as jy misluk nie, want daar is altyd iets wat jy daaruit kan leer
- ❖ Om te gee, maak n mens gelukkig
- ❖ Vriendelikheid **kos absoluut niks** nie en dit doen wondere vir jou eie gemoed. Wanneer jy dalk voel jy het niks om vir ander mense te bied nie, niks om te gee nie – onthou dat jy altyd vriendelikheid het. Vir meeste mense is dit oorgenoeg om hul dag te maak.
- ❖ n Mens moet leer om nee te se
- ❖ Bly weg van giftige mense wat jou aftrek
- ❖ Wees lief en versorg jouself
- ❖ Moet jou nooit met ander mense vergelyk nie, want daar is n rede hoekom almal uniek is
- ❖ Verwonder jouself aan die klein dingetjies in die lewe
- ❖ Onthou om jou lewe te geniet





Olive Martienssen – Sunrise 14/08/1931

Sunset 02/11/2022

Mrs. Martienssen has been one of the longest residents here at Plumrus. Olive was a very quiet, sweet and humble lady. She loved her rusks and fruit and always enjoyed her milo in the evening and her 10 o'clock tea in Bobby. She also enjoyed working at the bargain shop, and always bought herself clothes even though she owned a lot.

We will truly miss her and she will always have a special place in our hearts. Rest in Peace.

Olive Martienssen passed away on Wednesday 2nd November. She is survived by her son, Karl, and daughter, Ingrid, and their respective spouses Grace and Shaun. Three grandchildren: Eldoray (26), Luke (20) and Guy (17) will also miss her dearly. Most people will remember Olive by her smile, and her baking and gardening. The kitchen and the outdoors were indeed her happy places. Olive was always positive and had resilient philosophy to life. Olive was one of 8 children in the Salt family and the second youngest. She outlived them all. She grew up in Sedgefield and then lived in Cape Town when she married.



Olive was renowned for her scones and pancakes. She loved cooking for people and all were welcome for a cuppa and hearty treat in her kitchen. One funny thing about Olive is that, despite her name, she didn't actually like olives, black or green. She never bought them or ate them! In the garden Olive grew all her own plants, from cuttings or seeds. She created showcase gardens that were a riot of colour, with zinnias, dahlias, hydrangeas, roses, cosmos, ageratum, gazanias, snapdragons and stocks; and she never visited anyone without taking them a colourful bunch of her garden flowers.

Olive's last words, spoken to Karl, just before she slipped away, were "hold my hand". Holding hands is such a powerful symbol. So please remember to do what Covid and lockdowns denied us for so long - reach out to loved ones and reach out to friends. Hold each other's hands often and feel the love and energy of humanity, and in doing so remember dear Olive.



The very kind words, tributes and wishes expressed in all I have enjoyed and appreciated. It was my mom's birthday could be for the Rusoord community. Please thank George, Wilbur and the board for their generous and kind gesture.

Raven)

(Extract from email received: Tim



On Tuesday 8th November we had a birthday party to remember. I have been a resident of Plumrus for 10 years & I don't think I have been to such a joyous event before. Of course, the gorgeous birthday girl was the star of the show, but she was so ably made centre stage by the decor & the delicious food. A very big gold medal must go to the PlumRus team for doing such a memorable job. (Submitted: Dianne Slabbert)

“It’s in responsibility that most people find the meaning that sustains them through life. It’s not in happiness. It’s not in impulsive pleasure.”

This is a note of sincere thanks to all my friends at Rusoord, for the wonderful wishes I received on my 100th birthday.

If I were to attempt a thank-you note for each one, it would take me another 100 years, so please accept this brief message of appreciation to each one who sent me such loving messages; they mean a great deal to me!

May each one of you beat my record and reach your 200th birthday with our Lord's presence at your side each day.

I wish His rich blessings to you all; from Margaret Raven.



To the Management, Staff and Friends of PlumRus

Thank you all for all your kindness and concern whilst I was being rehabilitated after Covid Delta, also for the use of appliances to assist me in my recovery.

I wish you all of the best for the future. Enjoy the peace and quiet now that I have gone. Special thanks to Eric for Thursdays.
(Submitted by: Margaret Duminy)



"Thank you to all the Rusoord staff and residents who cared about mom throughout her 20 years living here. Olive was very proud of Rusoord, doing her part by working in the bargain shop, doing the bingo evenings, doing the gardens, making pancakes on Wednesdays, knitting for charity, etc. She looked forward to all the entertainment events at Rusoord. For many years one could never get Olive on the phone as she was never in her flat, but always out and busy with something. Her family attribute the atmosphere and success of Rusoord to the outstanding management and the angels that are the staff, and the wonderful, wonderful residents. Christian goodwill pervades every aspect of Rusoord and Olive was so happy here."

(Extract from tribute submitted by: Ingrid-Olive's daughter)



CSC spog met 'n troue, op die 28 Oktober 2022.

Gailine Williams het in die huwelik getree met Andrew Chung. Ons wens is dat die Here hulle sal ryklik seën en dat hulle altyd Hom in al hulle planne sal insluit.



Lemé Stoltz was born on the 10th November 2022 @ 12:15. She is tiny but already fearless, she surprised us with her early arrival. At 36 weeks, she was perfectly healthy and weighed in at 2.780kg. She is tall like her dad and measured 50.5cm.

We are excited, nervous, in love and just whole heartedly happy with being her parents. She is the sweetest and cutest little girl. We thank our Lord for trusting us with her.

We would just like to thank everyone from the Residents to the staff that kept us in their prayers and for all the well wishes received.

She will come and visit everyone soon.



Love Paul & Juanita



90 has never looked so good! Roselyn Francis celebrated her milestone birthday with her children, grandchildren and great grandson



Van ons personeel stuur Kerswense aan hulle geliefdes

Daniel, Yolandie, Mileah en klein George - Mag julle 'n Christus Fees in die teenwoordigheid van die Heilige Gees doer onder geniet. Sien julle as die Here wil, April 2023, kan nie wag nie.
George

My moeder; sy gaan my eers pak slae gee as ek Desember daar aankom aangesien ek so lanklaas daar was; sy het vrou alleen ons kinders groot gemaak; met baie liefde en 'n lang rottang lat.
Chris

Dear Hailey, Divana and Paton,

Though we won't be together at Christmas time, know that we love you and we wish we could be there. May love and laughter fill your home during this festive season. God bless and keep you. We miss you girls so much. Enjoy your gifts, they are small but filled with love.
Simone

Christmas Blessings to Samson & Laura - Farmor loves you both so much. Last year's blessings are this year's memories.





If money was not a problem; where would you like to go on holiday, and why?

George - sonder om te blik of te bloos – Walt Disney Oord Orlando USA as dit 'n oorsee se vakansie is. Dit is 'n fees van keuses en dit stop nooit nie 24 uur per dag. Veral die "Cowboy Bar" op Pleasure Island is iets besonders. In Suid Afrika: Yzerfontein (maar nie in skoolvakansies nie), dit is mooi, dit is skoon, dit is rustig, dit is 'n tyd om af te skakel, te kuier en te braai.



Simoné - The Kruger National Park, I can just imagine myself sitting comfortably on a wooden deck, watching the sunset out in the bushveld, with an elephant or two walking by, that would be a dream come true.



Chris - Suidkus; tussen George en Jeffreys' Bay, Nature's Valley, ook Hermanus omgewing

Welcome to all our family and friends visiting Cape Town over the Holiday Season. Enjoy the beauty of our City, but more importantly; create memories with your loved ones that will last a lifetime.



I SHOP LOCAL
I invest in my community
 I LOVE MY LOCAL ARTISANS
I EAT FRESH
 I CAN ASK AN EXPERT
I enjoy getting to know my neighbors
 I CHOOSE QUALITY OVER QUANTITY
I VISIT THE FARM MARKET
I find value in the cost
 I WORRY ABOUT OUR FUTURE GENERATIONS
I LOVE HANDMADE
 I'M SAVING THE ENVIRONMENT
I support independent artists & crafters
 I BUY FROM A FAMILY OVER A CORPORATION
IM PROUD TO KEEP OUR LOCAL ECONOMY GOING STRONG



On the last Sunday of every month (as well as additional dates in Dec), The Kirstenbosch Craft Market in Cape Town takes place in the grounds of "The Cottages" which are located opposite the main entrance to the Kirstenbosch Botanical Gardens. Here, you will find 250 local artists and crafters showcasing and selling a variety of hand-crafted gifts and keepsakes at great prices.

Handmade toys, beautifully detailed clothing, ornaments, kitchenware, décor

items and so much more are on offer at this lively market. The friendly vendors are keen to welcome visitors and share their insights into the fresh produce and gorgeous finds. Of course, the market wouldn't be complete without some moreish treats and a hot coffee, an ice-cold craft beer (perfect for summer days), or an acclaimed South African wine.

Live music always sets a fun tone. The different artists that make their appearances at the Kirstenbosch Craft Market certainly do their bit in getting the vibe going.



The **Pinelands Craft & Gift Fair** takes place every December (5th to 22nd) in the Kent Hall at Pinelands High School. This cashless market lends a wonderful opportunity for locals as well as visitors to do their Christmas and end of year gift shopping in a relaxed, safe and friendly environment.

It is a wonderful concept where a selection of gifts exhibited by 200 crafters has one central pay-point with credit card facilities and a streamlined exit, making it easy for customers to get all their shopping done in one go.

Trading Hours: Mon-Fri: 9am – 7pm, Sat & Sun: 9am – 5pm



South Market is a festive, family friendly Christmas market held once a year in the Southern Suburbs. We are passionate about supporting and bringing local small businesses, artists and crafts to our community. We have over 20 years of experience operating in the market field, and we are proud to bring a well run and unique indoor shopping experience.

Trading Hours:

15-23 December 2022

Mon – Friday: 9am – 7pm | Sat and Sun: 9am – 4pm

Interesting market at a cosmopolitan location. If you don't know Muizenberg then go and check the locals hanging out here. And I am not only talking about the vendors. No. The patrons. They arrive in colour, kids, dogs (few), old, and young. On a Friday it becomes a party.

Grab some local food, wine or a beer and plonk on a bench near these locals. It will not take long to become friends. It's fun. It's Muizenberg. And it's the real authentic deal



- The food is very good.
- Alcohol seems to be priced reasonably for the quality, and it's also well-stocked in the restaurant.
- The service is friendly and helpful.
- Indoor location means no weather issues.
- This place is a great local spot with a vibe.
- They support local businesses

Open: Every Thursday 4 pm to 9 pm and every Friday 4 pm to 10 pm

Who is a Grandmother.....?

- 🧓 Usually they are so clever they know all answers
- 🧓 She wears glasses and smart dresses
- 🧓 She can take her teeth out
- 🧓 Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us...



Onderwyseres: Pietie, hoe oud is jou pa?

Pietie: Hy is ses.

Onderwyseres: Bog! Hoe is dit moontlik?

Pietie: Toe ek gebore was, het hy 'n pa geword.

.....

Onderwyseres: Sannie, gaan wys op die landkaart, waar Noord-Amerika is.

Sannie: Hier is dit.

Onderwyseres: Klas, wie het Noord-Amerika ontdek?

Klas: Sannie!

.....

Onderwyseres: Pietie, jou opstel "my hondjie" is presies dieselfde as jou boetie s'n. Het jy dit van syne afgeskryf?

Pietie: Nee juffrou dis dieselfde hondjie.

.....

Onderwyseres: Wat noem 'n persoon wat die hele tyd praat, terwyl niemand luister nie?

Klas: 'n Onderwyser.

Teacher: What is the chemical formula for water?

Donald: HIJKLMNO

Teacher: No, that's wrong.

Donald: Yesterday you said it's "H to O" (H₂O)

.....

Teacher: Glenn how do you spell "crocodile"?

Glenn: K-R-O-K-O-D-I-A-L

Teacher: No, that's wrong.

Glenn: Maybe, but you asked me how I spell it.



Kulture woordsoek

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

fees	kerse	kersfees	ster	simbool
trou	gesin	dra	versier	nasie
maaltyd	krale	gunsteling	dieselfde	verskillend
geleentheid	klere	tempel	aanbid	geloof
gesekenke	moedertaal	niggie	nefie	tradisioneel
gewoontes	voorouers	erfenis		

JOY TO THE WORLD

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

ADVENT	INFANT	MYRRH
ANGEL	JESUS	NATIVITY
BETHLEHEM	JOSEPH	REJOICE
BIRTH	MAGI	STABLE
BLESSINGS	MANGER	STAR
CAMELS	MARY	THREE KINGS
FRANKINCENSE	MIRACLE	WISE MEN

O Little Town of Bethlehem

O little town of Bethlehem
How still we see thee lie
Above thy deep and dreamless sleep
The silent stars go by
Yet in thy dark streets shineth
The everlasting Light
The hopes and fears of all the years
Are met in thee tonight

For Christ is born of Mary
And gathered all above
While mortals sleep, the angels keep
Their watch of wondering love
O morning stars together
Proclaim the holy birth
And praises sing to God the King
And Peace to men on earth

How silently, how silently
The wondrous gift is given!
So God imparts to human hearts
The blessings of His heaven.
No ear may hear His coming,
But in this world of sin,
Where meek souls will receive him still,
The dear Christ enters in.

O holy Child of Bethlehem
Descend to us, we pray
Cast out our sin and enter in
Be born to us today
We hear the Christmas angels
The great glad tidings tell
O come to us, abide with us
Our Lord Emmanuel





New Year's Wishes

PlumRus, management and staff would like to wish everyone a Merry Christmas as we head towards the New Year.

With a world in turmoil and disarray, let's not forget Who this holiday honors. The very Person upon which the measurement of days, months and years are literally intended and presented on calendars.

We at PlumRus humbly approach this new year of 2023 with our reliance upon Him, and we want to wish all our residents, families, and staff a happy and prosperous New Year.

