

PlumRus NEWS NUUS

February Issue • Februarie Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

February

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		1 st Morning Service	1ste Aanddiens
4de Oggenddiens	6 th One Hour for Jesus	8 th Morning Service	
Geen Diens	13 th One Hour for Jesus	15 th Morning Service	15de Aanddiens
18de Oggenddiens	20 th One Hour for Jesus	22 nd Morning Service	
25ste Oggenddiens	27 th One Hour for Jesus		



“Ons is ‘n Uitverkore Geslag”

*“Julle, daarenteen, is ‘n uitverkore volk, ‘n koninklike priesterdom, ‘n nasie wat vir God afgesonder is, die eiendomsvolk van God, die volk wat die verlossingsdade moet verkondig van Hom wat julle uit die duisternis geroep het na sy wonderbare lig.”
(1 Petrus 2 vers 9)*

Sluit by ons aan vanaf Maandag 9de tot Donderdag 12de Februarie om 18:30 vir ons Week van Gebed. Let wel dat ‘n kollekte vir Rampfonds elke aand opgeneem sal word. Hierdie is ‘n gesamelike byeenkoms tussen Plumstead Kerk en PlumRus.



I HAVE PRAYED FOR YOU...

Susan was a salt-of-the-earth type of person – kind, generous, joyful, faithful and encouraging. Her quiet acts of friendship, her strong faith in Jesus and steady longing for His return stand out in my memories of her. One of the most personally endearing things about her was the fact she regularly prayed for me and my family. When chatting with her at church, or running into her at the supermarket, she'd often say something like..." Don't forget I'm praying for you and the family!" And I knew she really was - what an encouragement! After her death some time ago, I felt we'd lost one of our most devoted supporters – someone who sincerely wanted God's best for us.



Knowing someone is praying for us is especially comforting when we find ourselves out of our depth and overwhelmed by life's circumstances. And when that someone is Jesus - all our expectations are sure to be exceeded!

Jesus and His disciples were celebrating the Passover in the upper room of a house in Jerusalem. This occasion was something Jesus had earnestly looked forward to. It would be the final Passover meal He'd share with disciples before His death. He wanted to comfort and prepare them for the new covenant He'd establish. The journey leading up to this profound event, had been a long and gruelling one. Three years earlier, Satan who'd failed in his attempts to get Jesus to doubt His identity and abandon His mission, *"retreated temporarily, lying in wait for another opportunity"* (Luke 4:13). Well, that opportunity had now come, and once again Satan attacked. Judas had already surrendered his soul and now Satan would try to devour Peter. After Jesus and His disciples had shared the Passover bread and wine, He spoke to them all, addressing Peter in particular...

*"Simon, Simon, Satan has desired to have you,
that he may sift all of you as wheat. Luke 22:31*

Although Satan had asked to 'sift' all the disciples, he focussed on Peter. Aware of his pivotal role in the church, Satan sought to destroy Peter's testimony and undermine his faith in Jesus. The fledgling church would be left leaderless and vulnerable - easy prey for the roaring lion that goes about looking for those he can devour (1 Pet 5:8). At first Peter had no idea of the trauma about to flood his life. For three years Jesus had shielded him from Satan's worst attacks, but now He was leaving and Peter would discover just how much his strength depended on the unseen shield of Jesus.

Fortunately for Peter, Jesus had countered Satan's evil desire with these remarkable words...

*But I have prayed for you, Simon, that your faith may not fail.
And when you have turned back, strengthen your brothers." Luke 22:31-32*

I have prayed for you Peter...I, the storm-stilling, miracle-working, demon-destroying, only begotten Son of God, have prayed for you. Although Peter was 'sifted', Jesus had asked that in all the shaking, his faith would not fail and fizzle out. He wanted Peter to look beyond the coming misery of his betrayal, encouraging him with the words..." And when you have turned back" not "if you turn back", but when. Jesus

made it clear that Peter's steadfastness would not rest on the slender thread of his own ability, but on the unfailing power of His earnest prayer on his behalf. The time would come when Peter would turn back and strengthen his brothers again.

And so, it is for all Jesus' disciples...

Deliverance from sin of our own doing or from a darkness not our fault, always seems uncertain from our side. Our faith and steadfastness seem frail and powerless. Failure seems certain. But from Jesus' side, our deliverance is as certain as His own intercession. For those of us who've come to faith in Jesus, our turning in times of darkness is a 'when', not an 'if'. And in the unequalled mercy of Jesus, we find ourselves welcomed back not as a 'dusted off' sinner, but as a beloved son or daughter, as someone renewed and gladly restored into service again.

The Peter who turned back was a different man. With fresh insight into Satan's evil power, and humbled by the magnitude of his own weakness, Peter had been deeply touched by the gracious restoring power of Jesus. The one who'd been too weak to stand with Jesus, would now strengthen others. The Lord used the darkness to transform Peter – through it all he came to depend on a power not his own.

When Satan our adversary roars, demanding to sift us like wheat, Jesus prays for us. His intercession does not necessarily keep us from experiencing the darkness of despair and defeat, but He works **in the midst of it**, keeping us from totally unravelling. He helps us see beyond the present misery, to a turning point that's not an 'if' but a 'when'. Our restoration does not depend on our frail attempts, it's as certain as the power of Jesus' own prayers for us.

*He is able, once and forever, to save those who come to God through him.
He lives forever to intercede with God on their behalf.
Hebrews 7:25*

Dark and testing times lie ahead for all of us. You may or may not have family or friends who pray for you, but be encouraged, Jesus the lover of your soul prays for you! He encourages you to look beyond the hardship to a brighter future... because your 'turning' is not an 'if', but a 'when!'

***Yours, in the love and faithfulness of Jesus
Ps Dave Henderson***

Can I pray for you?
Can I mention your name to the Lord?
When I seek His face, can I plead your case?
That's what praying is for.
I'll help you carry your cross
And find the way when you're lost.
If we'll let Jesus be true,
I know that He'll see you through.
Can I pray for you?

Chorus to the hymn: "Can I pray for you" by Mark Bishop

The One Who Comes Alongside

There are times in our lives when we need other people with us. Difficult times. Challenging times. Times when we are going through something really difficult, when someone we love dies. At such times we especially need someone who will come alongside us, walk the path with us, listen to us, and be there for us.

But wouldn't it be good if there was Someone Who was always with us in a special way all the time? Of course, God the Father is that Person and Jesus is that Person but the Holy Spirit can also be that Person (Never forget that the Holy Spirit is a Person. He should always be referred to as "He". He is just as much of a person as God the Father and God the Son.)



In John 14, 15 and 16 Jesus has a special name for the Holy Spirit which emphasizes just how much He can help us and be with us. Jesus calls Him "the Comforter". Some English translations call Him the Helper, the Counsellor, the Advocate.

Some translations even call Him the Paraclete, which is the actual Greek word Parakleitos. It is a compound word: para = alongside + kaleo = to call. So, the literal translation of the Greek word would be "the one who is called alongside or the one who comes alongside to assist."

The word is used in the New Testament of all three Persons of the Trinity. In 2 Corinthians 1:3 it is used of God the Father Who is called "The Father of mercies and the God of all comfort (all coming alongside). In 1 John 2:1 we are told that "if we sin, we have an Advocate with the Father (Who speaks to the Father on our behalf), Jesus Christ the righteous and He is the propitiation (the One Who turns aside the wrath of God) for our sins."

But the title Paraclete is supremely used for the Holy Spirit. Jesus uses it for the Holy Spirit four times in John 14, 15 and 16 to emphasize just how much the Comer-alongside will help the disciples because they will really need His help after Jesus has left them. This was something they definitely needed to know because as Jesus was speaking to them, it was a mere few hours before He would be arrested. He has a lot to say to His 11 remaining disciples about Who the Holy Spirit is and what He will do for them.

So, what does Jesus tell us about this wonderful Comforter, Helper, Counsellor and Advocate? Here are just some of the things (not all) that the Lord Jesus says about the Paraclete - the One Who Comes Alongside:

- He will be with us forever
- He will be in us
- He will teach us all things
- He will guide us into all truth because He is the Spirit of truth
- He will bear witness to Jesus
- He will glorify Jesus

- He will convince the world of sin and righteousness and judgement.

I don't know about you, but the more I think about these various ministries of the Holy Spirit, the more encouraged I am. I hope you are too. Let us be grateful for the ministry of the Holy Spirit in our lives.

And let us never forget that He is the third Person of the Trinity who comes alongside us and ministers to us in many different ways. **(Submitted by: Michelle Naude)**

Bread of Life: Sharing God's reconciling love in Cape Town

In 2018, Marietjie Bowers read an article in "The Sower" that changed her life. It was about how a woman who had been living on the streets, addicted to drugs, turned her life around after receiving the Gospel of John during a street evangelism outreach.

Marietjie had been a devoted Christian since childhood, yet seeing the power of John's Gospel displayed in this manner was a revelation to her. Since then, Marietjie, now 78, has distributed thousands of "Bread of Life" booklets.



In 1993, she was among 58 people wounded in the St James Church massacre, where 11 churchgoers lost their lives. Marietjie was struck in the neck and shoulder. "Other people died, but I did not die, because I still had work to do," she asserts.

Marietjie believes that God saved her for a particular purpose – to foster reconciliation between Himself and people. Armed with a handful of John Gospels, she is always prepared to share, whether at traffic lights, in shopping queues, outside offices or even on a horse cart.

She uses the shooting incident as a powerful introduction when approaching people on the street to tell them about God. "I can now tell them, "You know, I am alive and meeting you today because it was on God's programme for me to talk to you."

Marietjie takes special care not to grow weary or despondent in her Godly goal.

"It is so crucial to remember that people are going to hell and that I am safe from hell," she says. "It is the same with the St James attackers. I did not wish anything bad upon them; instead, I said, "I received mercy. Oh God, have mercy on those people." I believe there is more glory for God if those people would become Christians," she testifies.

(Extract of Marietjie Bowers' testimony as published in The Sower and submitted by Adin Harmer)





Happy Birthday to our Residents – February

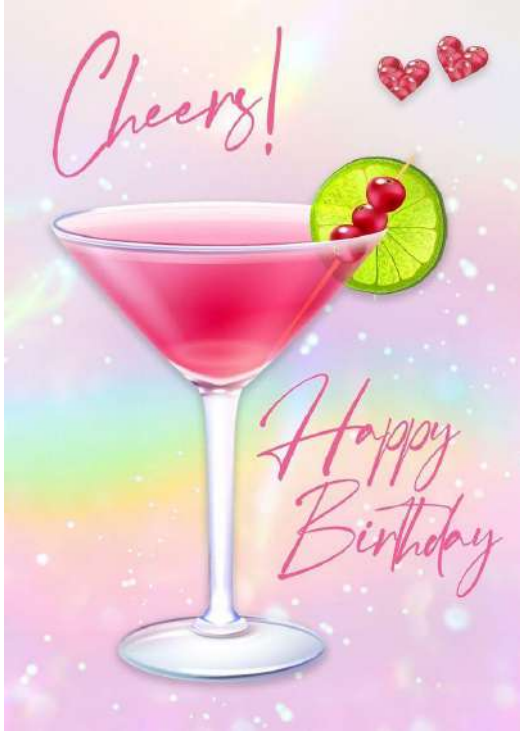
<i>Birthday</i>	<i>Name</i>	<i>Flat/Room</i>	<i>Age</i>
<i>2nd</i>	<i>Aubrey De Villiers</i>	<i>R61</i>	<i>96</i>
<i>4th</i>	<i>Anthea Sangster</i>	<i>MV105</i>	<i>76</i>
<i>4th</i>	<i>Margaret Stringer</i>	<i>MV202</i>	<i>75</i>
<i>5th</i>	<i>Lurdes De Castro</i>	<i>N110</i>	<i>75</i>
<i>5th</i>	<i>Stephen Prins</i>	<i>R75</i>	<i>69</i>
<i>6th</i>	<i>Dianne Slabbert</i>	<i>N107</i>	<i>90</i>
<i>9th</i>	<i>Zelda Pover</i>	<i>N003</i>	<i>91</i>
<i>11th</i>	<i>Lynette Kelly</i>	<i>A2</i>	<i>69</i>
<i>12th</i>	<i>Leslie Bester</i>	<i>F117</i>	<i>66</i>
<i>13th</i>	<i>Linda De Wit</i>	<i>N005</i>	<i>83</i>
<i>13th</i>	<i>Johanna Engelke</i>	<i>F016</i>	<i>86</i>
<i>15th</i>	<i>Joseph Henn</i>	<i>F013</i>	<i>82</i>
<i>16th</i>	<i>Esme Theart</i>	<i>F104</i>	<i>84</i>
<i>18th</i>	<i>Pat Finch</i>	<i>F008</i>	<i>91</i>
<i>20th</i>	<i>Shelagh Dowie</i>	<i>R76</i>	<i>89</i>
<i>20th</i>	<i>Lily Van der Linde</i>	<i>F121</i>	<i>84</i>
<i>24th</i>	<i>Tilda Kikkilus</i>	<i>F111</i>	<i>81</i>
<i>24th</i>	<i>Loretta Hanekom</i>	<i>R38C</i>	<i>77</i>
<i>28th</i>	<i>Ina Wolfaardt</i>	<i>R74</i>	<i>81</i>



Ek wil U prys omdat U my so volmaak geskep het. U doen wonderlike werk. Ek weet dat U groot dinge kan doen.

Psalms 139 vers 14 (Die Boodskap)

Happy Birthday to our Staff



<i>Date</i>	<i>Name</i>	<i>Department</i>
<i>1st</i>	<i>Rhodene Koense</i>	<i>Management</i>
<i>1st</i>	<i>Shannon Hampe</i>	<i>PCS</i>
<i>4th</i>	<i>Praxia Petersen</i>	<i>CCP</i>
<i>8th</i>	<i>Lauren Wilson</i>	<i>CCP</i>
<i>6th</i>	<i>Judith Kayter</i>	<i>PCS</i>
<i>9th</i>	<i>Phumeza Velani</i>	<i>CCP</i>
<i>9th</i>	<i>Leticia April</i>	<i>PCS</i>
<i>12th</i>	<i>Marcheline Simons</i>	<i>CCP</i>
<i>13th</i>	<i>Lee-Ann Hendricks</i>	<i>CCP</i>
<i>14th</i>	<i>Wilma Visser</i>	<i>CCP</i>
<i>21st</i>	<i>Gaskia Snyders</i>	<i>CCP</i>
<i>22nd</i>	<i>Micaela Oliver</i>	<i>Health Care</i>
<i>22nd</i>	<i>Melodene Tika</i>	<i>PCS</i>
<i>23rd</i>	<i>Dorothy Jantjies</i>	<i>Health Care</i>
<i>24th</i>	<i>Gwendoline Busby</i>	<i>Health Care</i>
<i>25th</i>	<i>Kelly George</i>	<i>Health Care</i>
<i>25th</i>	<i>Sheron De Beer</i>	<i>Health Care</i>
<i>27th</i>	<i>Shevon Van Rooyen</i>	<i>PCS</i>
<i>28th</i>	<i>Diana Orgill</i>	<i>Health Care</i>
<i>28th</i>	<i>Tantaswa Ntikinca</i>	<i>Health Care</i>

Gelukkige Verjaarsdag aan ons lede en kliente

<i>2nd</i>	<i>Martha Hector</i>
<i>4th</i>	<i>Johanna Goliath</i>
<i>6th</i>	<i>Mariaane Fortgens</i>
<i>7th</i>	<i>Anna Elizabeth Du Plessis</i>
<i>13th</i>	<i>Asa Kenny</i>
<i>15th</i>	<i>Charmaine Jacobs</i>
<i>16th</i>	<i>Ernest Deane</i>
<i>28th</i>	<i>Doreen Schuller</i>
<i>28th</i>	<i>Enrico Mouton</i>



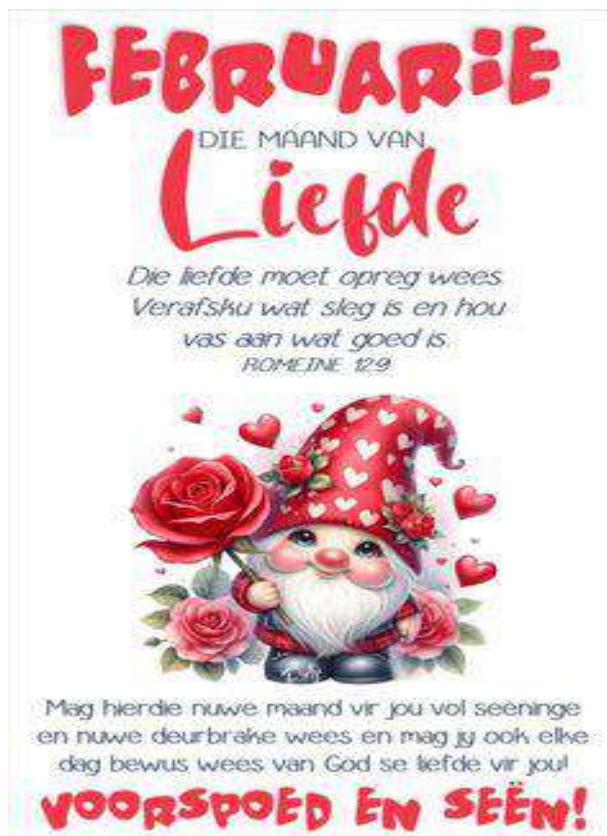
Liefde deur Elke Seisoen

Liefde kom saam met elke dag,
in somerlig en winterklag.
Dit groei met tyd, word sag en stil,
'n krag wat God se hand vervul.

In kinderjare, jonk en klein,
in drome groot en hoop wat skyn.
In volwasse jare, werk en sorg,
dra liefde ons van môre tot môrg.

Wanneer die hare silwer word,
en dae stadiger verby ons glip,
bly liefde vas — 'n anker sterk,
God se belofte, diep en reg.

Dit fluister hoop in stille uur,
gee warmte waar die pad is duur.
Deur elke seisoen, elke tyd,
bly liefde — God se teenwoordigheid.



❤️ ❤️ **A Special Message for Our Elderly** ❤️ ❤️

To our cherished elders,

Your wisdom is a lighthouse guiding us through life's storms.

Your stories carry the heartbeat of history, and your kindness reminds us of the beauty in patience and love.

You have walked paths that taught resilience, embraced moments that shaped generations, and given more than words can measure.

May you always feel valued, celebrated, and deeply loved — not just for what you've done, but for who you are.

You are living treasures, and the world is brighter because of you. ✨

(Submitted by: Charlene Heiberg)



Is Love for the Elderly? Absolutely.

Love does not retire. It does not fade with age, nor does it belong only to the young. In a retirement centre, love simply takes on new and beautiful forms.



For many older adults, love is found in the comfort of familiar routines, a friendly greeting in the hallway, or the joy of sharing stories that carry a lifetime of memories. It lives in the laughter during morning tea, the quiet companionship of sitting together, and the reassurance of knowing someone cares. Love among the elderly is also deeply rooted in connection.



Friendships formed later in life are often rich with understanding and patience. They remind us that companionship is not about how long you have known someone, but how deeply you connect. A kind word, a shared meal, or a listening ear can mean more than grand gestures ever could.

Within our retirement community, love is present in many ways; in the dedication of staff who offer care with kindness, in families who visit and stay connected, and in residents who support and uplift one another. It is seen in small acts: holding a door open, checking in on a neighbour, or offering encouragement during difficult days.

Love in later life is often quieter, but it is no less powerful. It is steady, patient, and deeply meaningful. It reminds us that everyone, at every stage of life, deserves affection, respect, and belonging.

So, is love for the elderly? Without a doubt. Love grows wiser with age — and here, it continues to thrive.

Did You Know?

With so many new Residents at PlumRus we thought it important to remind everyone of the opportunities available to meet your neighbours, make new friends while enjoying some of the sights in and around Cape Town. We create these opportunities with our monthly outings.

A venue/facility is chosen for the month, and we arrange the outing for every Monday of the month. (i.e. 4-5 trips to the same venue in a month) During February we will be visiting Vredenheim Big Cats & Animal Farm. Bookings can be made with Portia on Ext.1003.

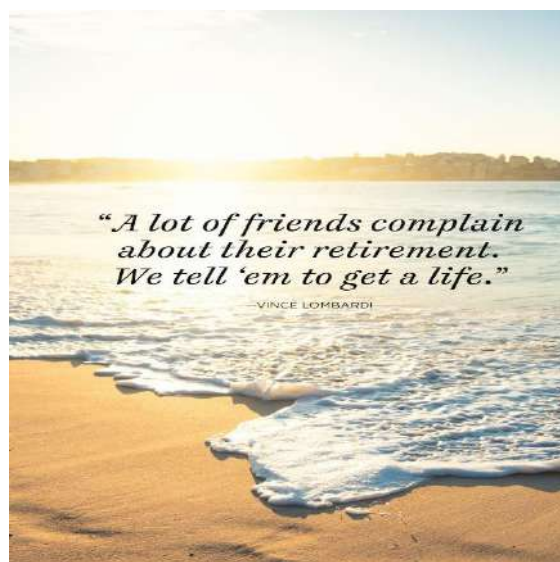


To make the outings enjoyable for everyone we ask our Residents and members to kindly take note of the following guidelines.

- Outings are organized for the enjoyment of ALL our Residents and Members. Outings take place on a Monday morning.
- Venues/facilities we visit are chosen based on accessibility for the majority of Residents/Members, wheelchair and walker friendly. You are welcome to recommend places of interest for us to visit.
- Costs for Residents are kept to a minimum, most times there are no costs payable by the Residents/Members.
- Duration of outings will be pre-determined to allow EVERYONE to get value for their time and money. No one or group of Residents to demand that outing be "cut short", unless there is an emergency which will be at the discretion of the staff members accompanying the group.
- A carer will always accompany the group, whether the Residents are classified as being "Independent" or from Health Care.
- When outings are longer than 2 hours, and at our discretion, we may provide the Residents/Members with a snack box. Residents can always indulge in refreshments at the various tea rooms, restaurants at the facilities at their own costs. Our aim is ALWAYS accessibility and affordability for as many as possible.
- **Where necessary take-away containers to be placed in the kitchen, if our return to PlumRus, cannot be guaranteed in time for scheduled lunchtime at 12:30**
- Always ensure that you have sunscreen, a jersey, a hat and comfortable walking shoes on to enjoy the day.

Riglyne vir Uitstappies vir Inwoners

- Uitstappies word gereël vir die genot van AL ons Inwoners en Lede. Uitstappies vind plaas op 'n Maandagoggend.
- Plekke/fasiliteite wat ons besoek, word gekies op grond van toeganklikheid vir die meerderheid Inwoners/Lede, rolstoel- en loopvriendelik. U is welkom om plekke van belang aan te beveel wat ons kan besoek.
- Koste vir Inwoners word tot 'n minimum beperk, meestal is daar geen koste betaalbaar deur die Inwoners/Lede nie.
- Die duur van uitstappies sal vooraf bepaal word sodat ALMAL waarde vir hul tyd en geld kan kry. Niemand of groep inwoners mag eis dat die uitstappie "verkort" word nie, tensy daar 'n noodgeval is, wat na goeddunke van die personeellede wat die groep vergesel, sal wees.
- 'n Versorger sal altyd die groep vergesel, of die inwoners nou as "Onafhanklik" of van Gesondheidsorg geklassifiseer word.
- Wanneer uitstappies langer as 2 uur is, en na ons goeddunke, kan ons die Inwoners/Lede van 'n peuselhappieboks voorsien. Inwoners kan altyd op eie koste verversings by die verskeie teekamers en restaurante by die fasiliteite geniet. Ons doel is ALTYD toeganklikheid en bekostigbaarheid vir soveel as moontlik.
- **Waar nodig, kan wegneemetehouers in die kombuis geplaas word, indien ons terugkeer na PlumRus nie betyds gewaarborg word vir die geskeduleerde middagete om 12:30 nie.**
- Maak altyd seker dat u sonskerm, 'n trui, 'n hoed en gemaklike stapskoene aan het om die dag te geniet.



RECYCLING REMINDER

Please be reminded of the following for our efforts to help save the planet!

All items for recycling need to be placed in the "cage" storage area on the ground floor of Plumrus North, the one nearest to the bottom gate.



PLEASE only put PAPER in the yellow bin and GLASS in the green bin. All other mixed large items such as cans, plastic bottles, large plastic (e.g. yoghurt, margarine, ice-cream containers) need to be kept in a clear bag. When it is full, it can be placed ON THE FLOOR of the refuse area NEXT to the green and yellow bins.

General refuse should be in a black bag and deposited in the black refuse bins.

Thank you for your co-operation!

(Submitted by: Verena Salzwedel)

SAVING THE PLANET!



A group of residents from PlumRus Retirement Centre have been very busy filling Eco bricks for at least the last two years. What are Eco bricks? Empty 2 litre plastic bottles are recycled and filled with small plastic waste such as clingwrap, old toothbrushes, pens, chocolate wrappers, pill backings. A huge black bag of small plastic waste is just enough to push into one bottle.

We planned to build a bench out of Eco bricks and we did! The group was very enthusiastic and kept reminding each other: "We aren't just building a bench; we're saving the planet!" Just before Christmas, we could finally sit on the bench. One of our admirers commented: "So much plastic sequestered from the landfill!" Now he has also caught the Eco brick vision, and we challenge you to get going too.

What's next? Watch this space! Were you part of this venture...become involved, make new friends while positively impacting our environment!



**(Article written by
and published in
Bulletin)**

**Verena Salzwedel
the Constantiaberg**

February / Februarie 2026

Monthly Program / Maand Program

Outing to Vredenheim Animal & Big Cat Park Monday's @ 08:30
Thursday 12th & 26th Of Feb Gym trim in the hall @ 09:30
9th - 12th of Feb Week van Gebed
11th of Feb Valentine's craft session in Sugarbush lounge @ 15:00
13th of Feb Valentine's Live Entertainment in the hall @ 18:00
16th of Feb Garden club meeting in the hall @ 15:45
18th of Feb Resident Presentation in the hall @ 15:00
18th of Feb Ash Wednesday
27th of Feb Bring & Braai in the hall @ 18:00

Monday	Tuesday	Wednesday
2	3	4
08:30 Library / Biblioteek 08:30 Outing to Vredenheim Animal & Big Cat Park 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:30 Teatime: lounges 10:30 Plumstead Library in Pin Cushion lounge 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
9	10	11
08:30 Library / Biblioteek 08:30 Outing to Vredenheim Animal & Big Cat Park 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 18:00 Week van Gebed	09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 18:00 Week van Gebed	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Valentine's Craft session in Sugarbush lounge 18:00 Week van Gebed
16	17	18
08:30 Library / Biblioteek 08:30 Outing to Vredenheim Animal & Big Cat Park 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:45 Garden club meeting in the hall	09:00 Shopping Blue Route 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Residents Presentation in the hall Ash Wednesday
23	24	25
08:30 Library / Biblioteek 08:30 Outing to Vredenheim Animal & Big Cat Park 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges

			Sunday
			1
			09:30 Church 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
Thursday	Friday	Saturday	Sunday
5	6	7	8
09:30 Morning Market in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 14:00 Shopping Blue Route 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
12	13	14	15
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall 18:00 Week van Gebed	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 18:00 Valentine's Live Entertainment in the hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
19	20	21	22
09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
26	27	28	
09:00 Shopping Blue Route 09:00 BP Clinic in Clinic Room 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 18:00 Bring & Braai in the hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	



Hier is voordele van om 'n bejaarde persoon te wees – maak gebruik daarvan.
(Geniet dit – gekry vanaf facebook – ingehandig deur Cindy)

- ★ Eiendomsbelasting – As pensioentrekker kwalifiseer jy vir 'n afslag van tussen 40% en 100% op jou eiendomsbelasting.
- ★ SABC TV-lisensie-afslag – As jy ouer as 70 is, kan jy aansoek doen vir 'n afslag op jou TV-lisensie. Mense onder 70 wat in aanmerking kom vir 'n staats-pensioen of gestremdheidstoelae, kan ook aansoek doen.
- ★ Hertz – As jy 55 jaar of ouer is, kan jy 'n huurkar uit Hertz se 'A-groep' vir so min as R200 per dag kry. Tariewe sluit diefstal- en skadevrystellings, lughaweheffing, BTW, toerisme-heffing en 200 kilometer gratis per dag in.

★ Sanparks – Geniet die prag van enige van die baie parke onder die Sanparks-sambreel teen 'n afslagtariet as jy 60 jaar of ouer is. Dit is slegs van toepassing op sekere maande van die jaar en sluit Vrydae, Saterdag en langnaweke uit. Die afslag geld vir kampering of verblyf en kan tot 40% van die normale tarief wees.

★ Ster Kinekor – Persone bo 60 kry 'n 50%-afslag op alle rolprente by Ster Kinekor op weekdae en naweke, tot en met die 17:30 vertonings.

★ Nu Metro – Weereens, persone bo 60 kan tot 50% afslag kry op rolprente, mits jy jou ID saambring. Dit is nie van toepassing op Woensdae nie, want almal kry dan 'n spesiale tarief.

★ Game – Persone bo 60 kwalifiseer vir 'n Senior Burgers-afslagkaart wat slegs op Woensdae in alle Game-winkels landswyd gebruik kan word. Die eerste R1 500 wat bestee word, kwalifiseer vir 'n 10% afslag – uitgesluit kruideniersware, drank, versekering, selfone, lugtyd en kontrakte.

★ V&A Waterfront, Kaapstad – "Especially For You"-veldtog bied gratis parkering vir Suid-Afrikaanse pensioenarisse van Maandag tot Vrydag tussen 09:00 en 12:00.

★ City Sightseeing – Pensioenarisspesiaal – 'n Wonderlike geleentheid om Kaapstad se skoonheid teen 'n afslag te sien. Parkeer by Portwood-parkeerarea en stap na die City Sightseeing-kantoor by die Two Oceans Aquarium om kaartjies teen halfprys te koop. Jy moet by die V&A Waterfront se inligtingsentrum registreer en jou ID saambring.

★ Metrorail – Pensioenarisse kan Dinsdae gratis per trein reis binne die Metropoolgebied (tussen 09:00 – 14:00 op weekdae). Bring jou ID saam.

★ Pick 'n Pay – Bestuur van winkels kan hul eie afslagbeleide hê. Sommige gee koeponboekies vir vleis, suiwel, vis en ander items, of hou 'n pensioenarisse-dag met 5% afslag of maandlikse Pensioenarisse-tee. Bo 60 – bring jou ID.

★ Clicks – Bo 60 en 'n ClubCard-lid? Word deel van die Seniors-program en verdien Dubbel Punte elke tweede Woensdag van die maand op sekere produkte.

★ Intercape – Bied 15% afslag vir alle persone bo 60. Sitplek op onderste dek is gewaarborg.

★ Dean Moodley Optometrist – Gratis oogtoetse vir ALMAL, insluitend pensioenarisse. Afslag op rame en lense. Geleë in JHB-stadsentrum.

- ★ AA (Automobile Association) – Persone bo 60 kry groot afslag op die jaarlikse AA-lidmaatskap (Alliance-opsie). Sluit 3 oproepe per jaar in.
- ★ Dischem – Pensioenarisse kry twee Dubbele Punte Dae per maand en 'n jaarlikse Pensioenarisse-tee met 'n produkte-geskenkpak.
- ★ Torga Optical – Gratis oogtoetse en afslag op rame en lense landswyd vir mense bo 60.
- ★ Tsogo Sun Hotels – Hotelle soos Southern Sun, Palazzo, Suncoast Towers, Beverly Hills bied 50% afslag op daaglikse beste beskikbare tarief aan mense ouer as 63. Skakel 0861 447 744 om te bespreek.
- ★ Weighless – Dames bo 60 en mans bo 65 kry afslag. Vitality-lede kry dalk ekstra afslag.
- ★ Shosholoza Meyl – 25% afslag op alle ritte vir pensioenarisse.
- ★ Greyhound – 5% afslag vir persone bo 60 op alle reise, enige dag van die week.
- ★ Orion Hotels – 40% afslag op B&B-tariewe vir persone bo 60.
- ★ Car Magazine – Spaar 30% op 'n jaarlikse intekening (12 uitgawes).
- ★ Getaway Magazine – Spaar 30% op jaarlikse intekening (12 uitgawes).
- ★ Leisure Wheels – Spaar 30% op 12 uitgawes.
- ★ Spur – Geselekteerde takke bied 'n Seniors Menu vir klante bo 65.
- ★ Shoprite en Checkers – Gratis koppie sop vir alle bejaarde klante op Woensdagoggende.
- ★ Tiger Wheel & Tyre – Afslag op bande en sekere produkte/dienste elke Dinsdag vir klante ouer as 60.

Our Calling for 2026

In 2026, we recommit ourselves to the calling of caring. Guided by faith, love, and service, **Caring** reminds us that our work is not just a job — it is a ministry of the heart. As Scripture teaches us, *"Whatever you do, do it with all your heart."* (Colossians 3:23)

Care

Care lies at the heart of all we do. It is the expression of God's love through our hands, our words, and our actions as we serve those placed in our care.

Compassion

Compassion calls us to walk alongside others with empathy, respect, and dignity. By showing compassion, we reflect Christ's love and see each person not just for their needs, but for who they are.

Courage

Courage gives us the strength to do what is right, even when it is difficult. With faith as our guide, we make choices that honour God and place the wellbeing of our clients first.

Communication

Through honest and gentle communication, we build trust and understanding. Listening with care allows us to serve more effectively and work together in unity with colleagues, families, and clients.

Dedication

Dedication is our commitment to serve faithfully. It is seen in our willingness to go the extra mile, guided by a heart that seeks to bring comfort, hope, and excellence in care.

Competency

Competency reminds us to steward our gifts wisely. By growing in knowledge and skill, we honour God by providing care that is safe, thoughtful, and responsive to everyone's needs.

Kindness

Kindness is love in action. A gentle touch, a warm smile, or a comforting word can change a life. When we choose kindness, we become a blessing to others, allowing God's light to shine through us. As it is written, *"Be kind and compassionate to one another."* (Ephesians 4:32)

May these values guide us in all that we do, as we serve with faith, humility, and love.
(Submitted by: Rhodene Koense)



Home-Based Care is where Compassion and Healing come together.

Share the news with your friends and family — PlumRus Care Services offers personalized care solutions to meet your unique needs.

We provide **in-house, one-on-one care** for residents and clients who require a little extra support, whether that be companionship, friendship, or professional nursing care for the day.

If you prefer to remain in your own home, our **Home-Based Care** services allow you to do so comfortably and safely. Care options range from **8 hours during the day to 12 hours overnight**, with packages are tailored specifically to your requirements.



On days when you do not like to get out and socialize, our **Day Care services at PlumRus** offer a welcoming environment. Guests enjoy the same standard of care as our residents, including **three meals, activities, personal hygiene support, and engaging social interaction.**

For more information, please contact **Rhodene, Leeshay, or Belinda** at **021-761-2323** or email: **belinda@plumrus.co.za | rhodene@plumrus.co.za | leeshay@plumrus.co.za**



Mrs. Mavis Makhubalo-Hopa Health Care Zone 2 Room 25

Mavis grew up in Port Elizabeth and attended Newell High School and Port Elizabeth University.

She was a clinical psychologist and has two children Tani Rouse and Mbulelo Hopa.

Mavis is an outgoing person who enjoys a social environment.

Mr. Maurice Power Health Care Zone 4 Room 46

Maurice came to PlumRus in October 2025 as a respite client and transitioned to a permanent resident in November 2025.

Maurice is married to Patricia who still resides outside of PlumRus.

Maurice was a Police Officer, and enjoys watching detective crimes, and westerns.



Mr. Mike Gregory Health Care Zone 1 Room 7

Mike was born and raised in East London and attended De la Salle College.

He is married to Beverley Gregory. He has two sons Tim who lives in Portugal and Richard who lives in Cape Town.

Mike was a senior manager at Southern Life Association. He enjoys reading and watching country and western movies.



Mr. Gordon & Mrs. Delene Wardman Health Care

Zone 3 Room 30

Gordon & Delene Wardman joined PlumRus on the 29th January 2026. They have been married for just over 60 years and have two sons, Andrew and Glen.

Gordon worked in production for the Cape Argus and Delene was nurse, she also did research for Prof. Chris Barnard.

The couple are very sociable and enjoy watching TV.

Which are you?

Some members keep a group so strong,
While others join just to belong.
Some dig right in; serve with pride;
Some go along just for the ride.

Some volunteer to do their share,
While some lie back and just don't care.
Some do their best, some help, some make;
Some so nothing, only take.

Some greet new members with a smile,
And make their coming so worthwhile,
While some go on their merry way,
No greeting or kind word to say.

Some help the group to grow and grow,
When asked to help they don't say 'NO'.
Some drag, some pull, some don't, some do;
Consider, which of these are you?

(Author Unknown: Submitted by-Gaynor Dickson)

Making New Residents Feel at Home

Moving into a retirement community is a significant life change. For many new residents, it is a season filled with both hope and uncertainty. As people of faith, we are reminded that welcoming others is a calling close to God's heart.

"Welcome one another, therefore, just as Christ has welcomed you." (Romans 15:7)

Simple acts of kindness reflect God's love.

A warm smile, a friendly greeting, or a brief conversation can be a powerful reminder that no one is alone. These small gestures often speak louder than words.

Offer guidance with patience and grace.

Sharing helpful information — activity times, meals, or places of quiet reflection — can ease the transition. When we help one another, we serve as God's hands and feet.

Invite with compassion.

A kind invitation to join an activity, a walk, or a time of fellowship is a beautiful expression of inclusion. Even if the invitation is declined, the love behind it remains.

Allow space and time.

Each person settles in differently. Patience, understanding, and prayer create a safe space where hearts can open in their own time.

Build a community rooted in faith.

When we include new residents in our conversations and daily life, we strengthen the spirit of fellowship among us. In doing so, we reflect God's grace and create a place of peace and belonging.

Let us continue to be a community where love, faith, and kindness guide our actions — a place where everyone is welcomed, cared for, and at home.

"Above all, love each other deeply." (1 Peter 4:8)



Lenie Douglas

15 November 1932 – 9 Desember 2025

'n Mens besef nie altyd die waarde en liefde van 'n ouer tot die dag wat hulle sterf nie, so los Ma Lenie Douglas 'n groot gemis in ons lewe.

Sy is in De Wet, 'n klein stasiegehuggie in die Wes-Kaap gebore; skool gegaan in Wellington en in Stanger, Kwa-Zulu Natal begin werk. Daar in Natal het sy ons pa, John Douglas ontmoet. Hy is in 1999 oorlede. Ons is drie kinders: Dalene, Lorraine en Andre, die laattlammetjie. In 2013 het Ma by Dalene in Gauteng ingetrek. In Oktober 2015 het Dalene 'n onderwysspos in die Kaap aanvaar en was ons ook sommer naby Lorraine.



Om jou moeder te leer ken as 'n volwassene, is anders as toe jy 'n tiener met rebelse streke was. Ons het haar leer ken as 'n vrou met diep Christelike beginsels, 'n wakker en intelligente brein. Iemand wat baie omgee het vir haar medemens. As dinge moeilik geraak het, het sy in haar tuin gewerk en tot God gebid. Ons het ook tot die besef gekom van talle opofferinge wat sy moes maak om vir haar kinders die beste wat sy kon, te gee. As ons ook nou deur haar besittings gaan, leer ken ons 'n vrou met 'n diep insig, 'n skrywer, 'n mens wat die wêreld georganiseer en metodes aangepak het. Ons wil die bestuur en personeel van PLUMRUS bedank wat so goed na haar gekyk het sedert Maart 2023. Julle omgee en liefde vir haar sal ons altyd onthou. Ons weet sy wou eerder by Dalene bly, maar sy het ook verstaan dat PLUMRUS beter vir haar kan sorg. Baie dankie aan almal (versorgers en inwoners) wat seker gemaak het sy van die aktiwiteite bywoon en wat ook dikwels 'n geselsie aangeknoop het by die eetkamertafel of buite waar sy

graag gesit het. Soms was sy nie baie ywerig om die oefeninge te doen nie maar van die hoogtepunte was bingo en die kerkdienste. Sy was altyd baie waardierend oor die goeie sorg wat sy ontvang het (ons weet dat sy met tye ook maar moeilik geraak het).

Ons verlang na haar, mis die tye wat ons vir haar en vir julle gaan kuier het by PLUMRUS. Ons weet sy is nou rustig saam met haar GOD tot wie sy, as diep gelowige, gebid het. Dit was 'n groot eer en 'n voorreg om Lenie Douglas as ons ma te hê. Ons is dankbaar dat sy tot die ouderdom van 93 vir ons gespaar is.

Mrs. Douglas

Sunrise: 15.11.1932

Sunset: 9.12.2025

She was a very loving person, always had an open mind and always cared for others, including the staff.

She had a good heart and often made a joke, enjoying a good laugh in her sleeve. There were times she may have felt dismayed, but to uplift her spirit she always prayed, Psalm 23 and it always carried her through to the end.

May your Soul Rest in peace we will miss you.

From: Sheron



Mr. James Wray

Sunrise: 8.4.1948

Sunset: 15.12.2025

Mr. Wray wasn't with us for a long time and passed before we could get to know him better.

We learnt that he was a devoted husband to Lynne, married for 62 years, a lifetime. He was a father to two sons and had 3 grandchildren.

He worked hard building up his own business from nothing, teaching his sons that hard work builds character.

Interesting to know; he was a long-distance athlete, once played golf for the South African team against England which they won. He had a black belt in karate and learnt to speak Afrikaans in only 3 months' time. We only got to meet him at the last step of his life's journey, but we could see he was a strong man even on the bad days and we hope he now enjoys his eternal rest.

From: EN Debbie



Mrs. Meryl Swart

Sunrise: 9.10.1949

Sunset: 15.12.2025

Mrs. Swart, we miss your smile and mischievous personality. You were one of the strongest women we knew. Even though you experienced pain you seldom complained.

She enjoyed watching sport, especially cricket. Nothing ever stopped her from enjoying her cigarette, even if it meant that she wore a shower cap on her head in the rain.

May the perpetual light shine upon you. May your soul rest in peace and rise in glory. Until we meet again. We always love you.

From: Carers of Zone 5 Zebra Team



Mrs. Beverley Robertson Sunrise: 3.7.1947
15.12.2025

Sunset:

Mrs. Robertson was a private lady.

She had a one-on-one carer but the times we interact with her she always had a smile on her face.

Mrs. Robertson loved her puzzles and mentioned that she was good at building a very large one.

Even though she was not always feeling well, she never complained of any pain.

May your soul rest in peace.



Natasha Vlotman

Mrs. Joan Beattie Sunrise: 08.05.1947

Sunset: 14.01.2026

It was a privilege to care for Mrs. Beattie and be a part of her journey.

Her presence and grace left a lasting impression on all who knew her, she will be remembered for the impact she had on those around her. We take comfort in knowing that she is now at peace resting in God's loving embrace. May her soul find eternal rest and may her loved ones be surrounded by His comfort.

With caring thoughts and sincere condolences.

Natalie October



Mr. Stanley Rossouw Sunrise: 18.06.1937

Sunset: 07.01.2026

Mr. Rossouw was a very shy and quite person when he joined us at Plumrus. He enjoyed reading and listening to opera in his room. He would always greet the carers with a smile.

He quickly became friends with many residents, and he enjoyed chatting to them while having tea in Sugarbush at night. Mr. Rossouw was also a very kind and soft-spoken person he often thanked the carers for taking care of him. My fondest memory of Mr. Rossouw was the first night I met him, I walked him to his room and explained to him I would assist him getting ready for bed. He told me that the work we do is amazing.

Mr. Rossouw will be fondly remembered and sadly missed by us all.

May his soul rest in eternal peace.



Donna Kayter



Mrs. Maurine Gleeson

Sunrise: 08.10.1929

Sunset: 16/01/2026

Mrs. Gleeson was a gentle, cheerful and creative person who drew beautiful pictures. She was a lady of few words. She used to tell us that she was a nurse in Durban, and the hospital was on the beach.

Mrs. Gleeson simply became still and never complained. She always told us I'm doing well.

We will always remember that special smile.

Rest in Peace Zone 2 Carers



To the wonderful
Staff at
Rustoord care home
Thank's to
all of you for
taking such
good care of
our mother,

Maurine Gleeson
for 11 years
until her death
on 16th Jan. 2026
From the
Gleeson,
Farquhar and
Gara families

Mrs. Hilda Robertson

Sunrise: 02.03.1928

Sunset: 29.01.2026

Waar begin ek, daar is so baie herrineringe, want ek ken Mev. Robertson al vanaf 2010. Mev. Robertson en haar man het eers in die woonstelle gebly. Hulle het ingetrek by Rustoord 30 jaar gelede. Saam het hulle in die biblioteek en snoepie winkel gewerk, waar hulle baie met die ander inwoners in kontak gekom het. Mev. Robertson was baie lief vir haar hakkie skoene en haar "outfits was to die for", elke haar was altyd op sy plek.

Sy was 'n baie lieflike mens om te geken het, maar sy kon ook baie streng wees. Sy kon die personeel lekker op hulle plek sit, ek ingesluit.

Haar gesegde was altyd; as jy kan jol soos ek kan jol, dan jol ons saam in die City Hall, of, I am H.A.P.P.Y.

May her dear soul rest in peace and rise in Glory.



Natasha Vlotman

Mr. Abel Stolz (Oom Ampie)

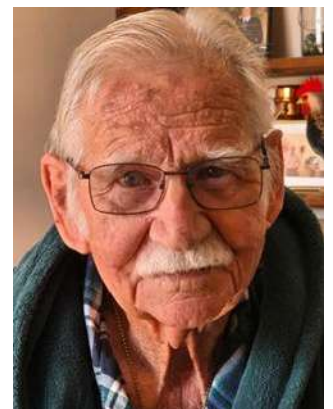
Sunrise: 22.10.1933

Sunset: 11.01.2026

There was great sadness amongst the staff when we got to hear about Oom Ampie's passing. Oom Ampie had the most interesting stories to tell about his life as a farmer. His famous words were "Ek is a boer". He was a kindhearted, generous human being. He had lots of empathy for others.

May his soul rest in eternal peace.

Misca & Tammy - Zone 5





We are mindful of the many sacrifices our staff make to ensure that they are here every day to care for all our Residents, and so it is also fitting to celebrate the people that matter in their lives- their families.



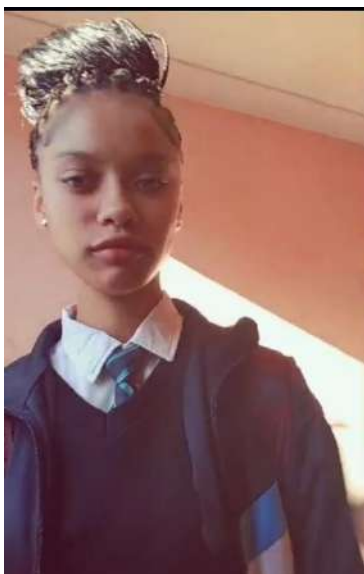
*As a mom I celebrate with my children; Home is wherever you are,
in your tiny hands, I find my whole world.*

Submitted by Mom Tylor Heuvel



Kenzio, 1st day in grade R, Kenzio was very nervous and excited at the same time, however he conquered his nerves without a tear and was happy to have met 2 new friends.

Submitted by; Mom Ceano Skippers



**Raquel Presence – Zeekoevlei High School
(Matric 2026)**

**Raquel Presence is a resilient and highly motivated learner who
has demonstrated**

**exceptional determination in overcoming challenging
circumstances. Growing up in a less fortunate environment has
not hindered her progress; instead, it has strengthened her
character and commitment to excellence. Each year, Raquel sets
clear personal goals and works consistently toward achieving
them.**

**She is an exceptionally hardworking, disciplined, and dedicated
young woman who displays maturity beyond her years. Raquel**

willingly takes responsibility at home and is a natural leader who can be trusted to manage tasks with integrity and care.

Raquel is also an accomplished athlete who proudly represents her school in the Under-17 category. She competes in the 100m sprint, 400m hurdles, and triple jump. In recognition of her talent and dedication, she was selected to represent Western Province in both the 100m and 400m hurdles last year, where she delivered an outstanding performance and secured third place.



One of Raquel's goals for this year is to be elected as a member of the school's Representative Council of Learners (RCL), reflecting her desire to serve, lead, and positively influence her school community. After matric, she aspires to pursue a career in the medical field, with technical engineering as an alternative pathway, as she continues to explore where her strengths can make the greatest impact.

Raquel is a young woman of remarkable potential whose perseverance, work ethic, and ambition set her apart. She is undoubtedly capable of achieving excellence in whichever path she chooses.

Submitted by: Mom – Rose Ann (Chef -Zebra Team)

At our One Hour for Jesus just before Christmas the children from Phumlani Sunday School blessed our Residents with dance, words of encouragement and prayer. We celebrate 3 of their schooling milestones for 2026.



Grade 1- Hooray, Uriah! Congratulations on starting your new adventure. Wishing you a first year at school full of fun, friends, and amazing discoveries!"

Grade 8- Congratulations, Dunstin! ☀️
May God guide every step of your high school journey, filling it with wisdom, joy, and new blessings.



Congratulations, Ruth! 🎉 Moving up to Grade 12 is a huge achievement, and we're so proud of you! ☀️ Keep shining and making this year amazing—
WELL DONE! ❤️ 📚

BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

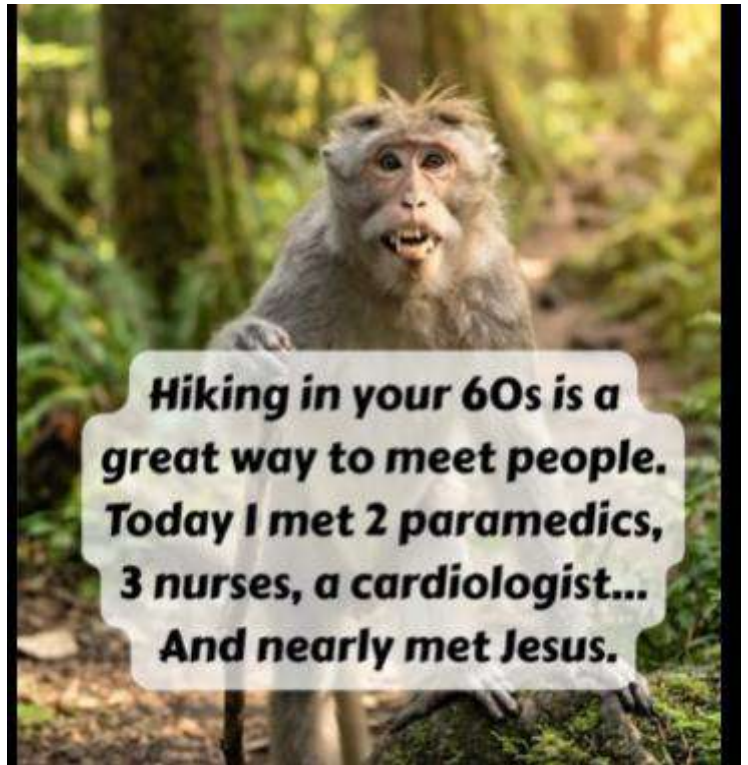
"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh...

"Let's put all the Corn Flakes back in the box."



Words to heal the soul



Hiking in your 60s is a great way to meet people. Today I met 2 paramedics, 3 nurses, a cardiologist... And nearly met Jesus.

I phoned my wife earlier and asked her if she wanted me to pick up fish and chips on my way home from work but she just grunted at me. I think she still regrets letting me name the twins



I asked my wife, "If sneezing a lot means you're sneezy, and sleeping a lot means you're sleepy... what's the word for someone who's coughing a lot?"

Wife: "Coughy?" Me: "Yes please. milk with two sugars."

When visiting people, learn to be a visitor, and not a detective... Asking why my sheets, have Addington Hospital on them, is none of your business! 🙄

LOTS OF DOCS

192

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

ALLERGIST

ANAESTHETIST

CARDIOLOGIST

DERMATOLOGIST

DIAGNOSTICIAN

GYNAECOLOGIST

HAEMATOLOGIST

IMMUNOLOGIST

NEPHROLOGIST

NEUROLOGIST

OBSTETRICIAN

ONCOLOGIST

OPHTHALMOLOGIST

ORTHOPEDIATRICIAN

OTOLARYNGOLOGIST

PAEDIATRICIAN

PATHOLOGIST

PHYSICIAN

PODIATRIST

PSYCHIATRIST

RADIOLOGIST

RHEUMATOLOGIST

SURGEON