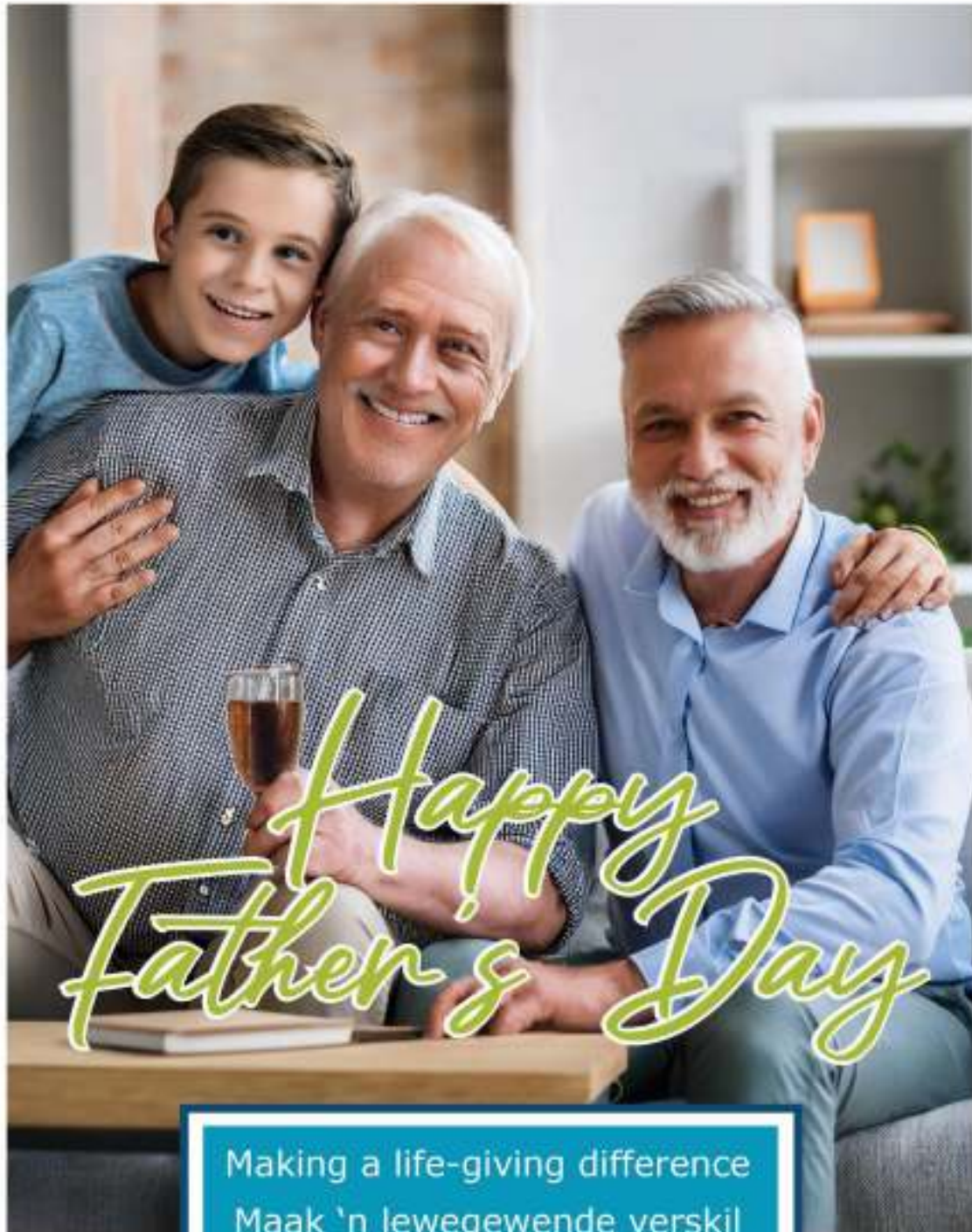


PlumRus NEWS NUUS

June Issue • Junie Uitgawe



*Happy
Father's Day*

Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		1 st Morning Service	1ste Aanddiens
	6 th One Hour for Jesus	8 th Morning Service	
11de Oggenddiens	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	29 th Morning Service	29ste Aanddiens



The Great Commission Matthew 28 vs 18-20 (The Message)

¹⁸⁻²⁰ Jesus, undeterred, went right ahead and gave his charge: “God authorized and commanded me to commission you: Go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I’ll be with you as you do this, day after day after day, right up to the end of the age.”

**Sluit Maandag, Dinsdag en Woensdag (2de tot
4de Junie) om 18:30 by ons aan vir ons
Pinksterdienste in die saal.**

FACING OLD AGE AS A CHRISTIAN

Charles Spurgeon, who lived in the mid to late 1800s, pastored a congregation of about 10,000 people at the Metropolitan Tabernacle in London for 38 years. He was a highly influential figure not only in his own congregation, but also in the wider Christian community, and affectionately known by many as "The Prince of Preachers". A gifted speaker, his Christ-centred sermons filled with energy, strong imagery and humour, enthralled the audience, keeping them spellbound – sometimes for over two hours!



A while ago I came across one of Spurgeon's short devotional messages. Deeply moved by it, I felt it would be an encouragement to many at Plumrus. I've modernised the language a little and added comments of my own which hopefully, will highlight the richness of Spurgeon's own thoughts. He anchored the devotion in a verse from an Old Testament prophet named Zechariah. Read it slowly and

thoughtfully, allowing the Spirit to stir your imagination.

"At evening time,qa it shall be light."

Zechariah 14:7

*We often look forward with forebodings to the time of old age, forgetful that **at evening it shall be light**. For many saints, old age is the choicest season in their lives. A pleasant wind fans the mariner's cheek as they near the shore of immortality. Fewer waves ruffle their sea. Quietness reigns, deep, still and solemn from the altar of age.*

The flashes of the fire of youth are gone, but the more real flame of earnest feeling remains. The pilgrims have reached the land Beulah, that happy country whose days are as the Days of Heaven upon earth. Angels visit it, celestial gales blow over it, flowers of paradise grow in it, and the air is filled with angelic music.

Some dwell here for years, and others come to it but a few hours before their departure. But it is an Eden on earth. We may well long for the time when we shall recline in its shady groves and be satisfied with hope until the time of fruition comes. The setting sun seems larger than when aloft in the sky, and a splendour of glory tinges the clouds which surround it's going down. Pain breaks not the calm of the sweet twilight of age, for strength made perfect in weakness bears up the patience under it all. The ripe fruits of choice experience are gathered as the rare feast of life's evening as the soul prepares itself for rest. The Lord's people shall also enjoy light in the hour of death. Unbelief laments, the shadows fall, the night is coming, and earthly existence is ending. The night is far spent – for believers the true day is at hand. Light is come; the light of immortality, the light of a father's countenance.



Gather up your feet in the bed. See the waiting bands of spirits, angels waft you away. Farewell, beloved one, you are gone. You wave your hand, and now it is light. The pearly gates are open. The golden streets shine in the jasper light. We cover our eyes, but you behold the unseen. Adieu beloved, you have light at evening, such as we have not yet seen.

What an encouraging, truth-filled glimpse into a believer's transition from this world into the next!

The 'light at evening' Zechariah spoke of is the approaching brightness of Christ's glory-filled presence. He is the Life-Light who blazes out of the darkness, as we pass from this life into the next. Immersed in Jesus unclouded brightness, we'll see Him as He is and instantly be made like him! Our transformed nature, made whole in every way, will perfectly reflect His bright glory. Graciously he'll enfold us in His love and draw us into the timeless, loving intimacy He enjoys with His Father.



Filled with wonder and gratitude and clothed with His righteousness, we'll join the countless multitudes gathered around His throne. In full song we'll declare that He alone is worthy to receive power and wealth, wisdom and strength, honour and glory, because He is the Lamb who was slain, and by His blood our sins have been washed away!

When the sun begins to set on your life's journey, remember God's promise of 'light' at evening time. Instead of deepening darkness, death will give way to life – life in all its fullness! The eternal delights of heaven, the things God has prepared for those who love Him. Things no eye has seen, no ear has heard, no mind has ever conceived...shall be made known to us, as we see His beautiful face!

Grace and peace to you in our Lord Jesus Christ.

Ps. Dave



A truly rich man is one whose children run into his arms when his hands are empty.

The Tale of the Two Trees

In a small village, there lived two trees named Oakley and Willow. They stood side by side, enjoying the warm sunshine and refreshing rainfall.



Oakley was a strong and proud tree, with broad branches and a sturdy trunk. He loved to boast about his strength and beauty, often looking down on Willow, who was slender and flexible.

Willow, on the other hand, was humble and kind. She enjoyed swaying gently in the breeze and providing shade for the villagers.

One day, a fierce storm rolled in, bringing heavy rain and strong winds. Oakley, confident in his strength, stood tall and rigid, refusing to bend. But the winds were too powerful, and Oakley was uprooted, crashing to the ground.

Willow, however, flexed and swayed with the wind, her branches dancing in the storm. When the winds died down, Willow stood tall, unbroken and strong.

The villagers gathered around Oakley, marvelling at his downfall. "Why did the strong tree fall?" they asked.

An old wise man replied, "Oakley's rigidity and pride made him brittle and weak. Willow's humility and flexibility allowed her to bend and survive."

The moral of the story:

Pride and rigidity can lead to downfall, while humility and flexibility can help us weather life's storms.

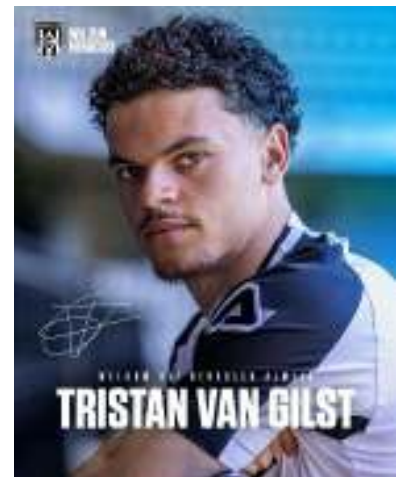
(Submitted by Yacoub)



The Blessing of Family!

Lorraine Whittle enjoyed 6 weeks abroad visiting her daughter Natalie, son-in-law Ray and grandchildren Tristan & Fabienne in The Netherlands.

Her trip included a visit to Poland-Auschwitz & Birkenau. She is especially proud of her grandson, Tristan, who has been signed to Hercules, a top Dutch football club.



Being Thankful

I give thanks to God every day for each one of His blessings to me. I thank Him for who He is and what He does. I thank God, above all else, that when I was 19, 60 years ago, He saved me, (a Jewish girl), and that I now have a personal relationship with Him. I thank Him that His Son, the Lord Jesus Christ, loved me and gave Himself for me.

I am grateful for God's goodness and His love, His mercy and His grace, that He is my Father and that I am His child. I thank God for His Word and that He speaks to me through His Word by the power of the Holy Spirit. I am grateful to God for my health and strength, my two children and five grandchildren, the way He provides all my needs. The list is endless. I could go on and on indefinitely.

I give thanks to God that we moved to Plumrus three months ago. I thank God for the friendliness of everyone here. Everyone smiles at us and greets us - both residents and staff - whether they know us or not. I love the way staff members call me "Ma" or "Ouma" which is such a friendly way to greet us. It is wonderful to be part of the Plumrus family.

And I am grateful to God that I now know the names of many people who live here and have made friends with them. I give thanks to God that the food here is good, and that those who serve us in the dining room do so quickly and efficiently. I thank God that Plumrus has a Christian ethos because it is run by BADISA which is a Christian compassion organization. I am grateful that there are church services here three times a week.

The Hebrew word for "thanks" occurs over 100 times in the Old Testament and the Greek word for "give thanks" occurs 38 times in the New Testament. It is clearly a very important thing for each of us to do. In fact, it is a command which we must obey.

The Greek word for "give thanks" is euchariste-oo. It literally means "keep on giving thanks constantly". It contains within itself the Greek words for joy (chara) and for grace (charis). It has been explained as "the evidence of our joyful acceptance of whatever God gives".

Jesus gave thanks for the bread and the cup at the Last Supper. This is the origin of the word "eucharist" (literally: the giving of thanks). At the beginning of each one of his letters that the apostle Paul wrote, he gives thanks for the members of the church he is writing to. In Colossians 3:17 Paul wrote: "Whatever you do, in word or deed, do everything in the name of the Lord Jesus, **giving thanks constantly** to God the Father through Him." In fact, Paul constantly insists that prayer and thankfulness belong together.

Ann Voskamp introduced me to this Greek word. She wrote a book called "One Thousand Gifts". It is all about the word "euchariste-oo". She compiled a list (over a period of time) of 1000 things she had discovered that she could be thankful to God for.

I have a friend who has compiled a list of over 4000 things she is thankful to God for. And she is still adding to that list. Why don't you start compiling your own list? You will soon discover just how many different things you can find to give thanks to God for.

So let us make a deliberate effort to think about the many things we can give thanks to God for. And let us keep on giving thanks to God **every day** for the many good things He gives us and does for us.

(Submitted by: Michelle Naude)



ONE THOUGHT LEADS TO ANOTHER...

A suggestion to all the ardent readers of Plumrus News: sometimes something you read may be food for thought, open up a new avenue of insight, prompt you to further research, reading, or discussion, or even inspire you to write a response.

The following poem was triggered by reading an article in a previous Plumrus News:

MY CUP RUNNETH OVER (Psalm 23 v 5)

Out of the saucer I drink
For my cup runneth over

And when I pause to reflect
How greatly I have been blest
Both in Joy and in testing
I stop and confess
That
Out of the saucer I drink
For my cup runneth over



(Sumbitted by: Adin Harmer)

You only need to live to impress two people...

Not your followers. Not your boss. Not the stranger on Instagram who claps back at your stories. Just two people.

Your 8-year-old self.

And your 80-year-old self.

I've been sitting with that a lot lately. It sounds so simple but maybe that's the point.

When we were 8, we didn't care about status updates or bank balances. We weren't trying to be the most successful or the most polished. We were dreaming...proper, wild, unfiltered dreams. We wanted to explore the world... become a rockstar, or a pilot, or a firefighter, or a dolphin trainer. We wanted to help people...and we believed we could.

If we're lucky enough to get to 80, everything shifts. We're not chasing anymore. We're reflecting. We are remembering who we loved, how we laughed, and whether we really made time for the things that mattered. We're not impressed by the hustle; we're impressed by presence.

I watched the most magical TikTok the other day... I think this is where this is all coming from.

A woman said on her hardest days, she imagines a much, much older version of herself lying in a hospital bed, having lived a full life, being offered the chance to relive just one day before she passes.

And every time... she chooses today.

This exact, messy, ordinary, beautiful day.

She closes her eyes, imagines "coming back" as a younger version of herself, whispers thank you and opens her eyes more alive than she was before.

I can't stop thinking about that. The idea that this version of us, the one sitting in traffic, doing the washing, scrolling on the socials, or just being (today)... is the version that future us would give anything to be again. Oooohffff. Right in the gut.

So, if you're wondering who to show up for today, try those two.

The 8-year-old who dreamed big.

And the 80-year-old who just wants one more walk, one more hug, one more sunrise.

Here's your reminder to live with both in mind.

Make the kid proud. And more than anything... make that grandpa/grandma grateful.



MY FATHER
DIDN'T TELL ME
HOW TO LIVE;
HE LIVED,
AND LET ME
WATCH HIM DO IT.

"The walls of hospitals have heard more honest prayers than churches...

They have witnessed far more sincere kisses than those in airports...

It is in hospitals that you see a homophobe being saved by a gay doctor.

A privileged doctor saving the life of a beggar...

In intensive care, you see a Jew taking care of a racist...

A police officer and a prisoner in the same room receiving the same care...

A wealthy patient waiting for a liver transplant, ready to receive the organ from a poor donor...

It is in these moments; when the hospital touches the wounds of people, that different worlds intersect according to a divine design. And in this communion of destinies, we realize that alone, we are nothing. The absolute truth of people, most of the time, only reveals itself in moments of pain or in the real threat of an irreversible loss.

A hospital is a place where human beings remove their masks and show themselves as they truly are, in their purest essence.

This life will pass quickly, so do not waste it fighting with people.

Do not criticize your body too much.

Do not complain excessively.

Do not lose sleep over bills.

Make sure to hug your loved ones.

Do not worry too much about keeping the house spotless.

Material goods must be earned by each person—do not dedicate yourself to accumulating an inheritance.

You are waiting for too much: Christmas, Friday, next year, when you have money, when love arrives, when everything is perfect...

Listen, perfection does not exist. A human being cannot attain it because we are simply not made to be fulfilled here.

Here, we are given an opportunity to learn. So, make the most of this trial of life—and do it now.

Respect yourself, respect others. Walk your own path and let go of the path others have chosen for you.

Respect: do not comment, do not judge, do not interfere.

Love more, forgive more, embrace more, live more intensely!

And leave the rest in the hands of the Creator."

—Pope Francis; written during his hospitalization

(Submitted by: Jan Lourens)

Legacy = Sincere Faith

Our One Hour for Jesus service at the end of May was facilitated by the staff of PlumRus. It was a joyous celebration of the goodness and faithfulness of our Ascended Saviour.



"Thank you for the Word today 1 Tim 5 and praying for the yet unsaved in our families. It was a wonderful service - the young as well as the mature staff leading the service made it that much richer in liveliness, expressive worship and heartbreaking testimony yet an exhortation to remember God will always be with us in the sunshine and the rain. Where you guys still had the time to put together such a program when your working days are stretched to the unseen horizon is another of God's miracles. The residents were all sharing how wonderful it was. What a blessing!" Love Vivien Spires

"It was a very blessed hour; I really felt that the messaged touched everyone present. I enjoyed it but also felt the spirit moving 🙏." Rose-Ann



**As for me and my
house,
We will serve the
Lord**



**No longer a slave
to fear,
I am a child of
God**



**May His favor be upon you
And a thousand generations
And your family and your children
And their children, and their children**



(Fotos: Marie Knuppel)



**In memory of Natasha Rademeyer our ex-colleague and
mother of Evano.**

**“To be absent from the body is to be present with the
Lord”.**

1970 – 2025

MHDSRIP



Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Flat/Room</i>	<i>Age</i>
<i>2nd</i>	<i>Elizabeth Stein</i>	<i>F113</i>	<i>81</i>
<i>2nd</i>	<i>Patricia Hemmant</i>	<i>F105</i>	<i>94</i>
<i>5th</i>	<i>June Bester</i>	<i>R62</i>	<i>85</i>
<i>6th</i>	<i>Elizabeth Kock</i>	<i>N112</i>	<i>82</i>
<i>6th</i>	<i>Pat Coetzee</i>	<i>F103</i>	<i>86</i>
<i>7th</i>	<i>Jacqueline Ramsden</i>	<i>R15</i>	<i>92</i>
<i>8th</i>	<i>Gertruida du Toit</i>	<i>R05</i>	<i>91</i>
<i>8th</i>	<i>Joan Subhani</i>	<i>R04</i>	<i>97</i>
<i>10th</i>	<i>Ron Keytel</i>	<i>R06</i>	<i>86</i>
<i>14th</i>	<i>Brian Davies</i>	<i>N103</i>	<i>86</i>
<i>17th</i>	<i>Arthur Prodehl</i>	<i>R34</i>	<i>89</i>
<i>23rd</i>	<i>Jacqueline Horsley</i>	<i>MU205</i>	<i>93</i>
<i>27th</i>	<i>Shirley Coles</i>	<i>F108</i>	<i>79</i>



Gelukkige Verjaarsdag aan ons lede en kliente

<i>04 Amanda Rodgers</i>
<i>08 Mrs R Lee</i>
<i>09 Gerald Van Leeve</i>
<i>11 Eleanor Adams</i>
<i>12 Georgina Thomas</i>
<i>12 Beverley Steyn</i>
<i>21 Vivian Wilson</i>
<i>30 Sandra Masters</i>

Happy Birthday to our Staff

<i>1st</i>	<i>Colleen Arendse</i>	<i>CCCL</i>
<i>3rd</i>	<i>Mervyn Vermeulen</i>	<i>Riskman</i>
<i>9th</i>	<i>Jayden Lee Williams</i>	<i>CCCL</i>
<i>18th</i>	<i>Chantel Philander</i>	<i>Health Care</i>
<i>25th</i>	<i>Ceano Skippers</i>	<i>PCS</i>
<i>26th</i>	<i>Kurt Brenton</i>	<i>CCCL</i>
<i>27th</i>	<i>Shanon Lee Swart</i>	<i>Coffee Shop</i>



Leonie Pauw is die trotse oumagrootjie van Liesel, gebore 24ste April.

Foto: 4 Geslagte – Leonie, Liesel (dogter), Ilse-Lee (kleindogter) en baba Liesel

Born on the 20th March, Phoebe is the newest addition to the Arendse family, making Angeline Arendse a very proud great grandmother.

Photo: Seated – Angeline Arendse, surrounded by Terri-Lynn & Phoebe, Clint, Michael, Sandra and Caitlyn-Peyton



JUNE / JUNIE 2025

MONTHLY PROGRAM / MAAND PROGRAM

Monday	Tuesday	Wednesday
Gym trim in the hall Tuesdays's @ 09:30 Afrikaans kerk diens Wednesday's in the hall @ 09:30 Wednesday prayer meeting in HC lounges @ 11:45 5th June Morning Market in the hall @ 09:30 8th June Tygerberg Male Choir @ 17:30 9th June Garden club in the hall @ 15:45 15th June Fathers day 16th June Public Holiday 25th June Residents Talk in the hall @ 15:00 29th June Lotto draw in the hall @ 18:00 30th June Bring & Braai in the hall @ 18:00		
2	3	4
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 18:30 Pinkster diens	09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 18:30 Pinkster diens	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 18:30 Pinkster diens
9	10	11
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	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 Teatime: lounges
16	17	18
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges Public Holiday	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 Teatime: lounges 18:00 YouTube social event in the hall
23	24	25
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 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 Teatime: lounges 15:00 Residents Talk in the hall
30		
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges		

Thursday	Friday	Saturday	Sunday
			1
			09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
5	6	7	8
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 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 in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 17:30 Tygerberg Male Choir
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 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	Father's Day 09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
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 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 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	29
09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied



#EarlyBirdie

The poster features a dark background with a golf club and three golf balls on the right side. The PlumRus logo, consisting of a stylized blue and yellow figure, is positioned above the text "PlumRus Charity Golf Day 2025". The year "2025" is written in a large, gold, outlined font. The main text "SAVE THE DATE" is in white, with "THE" in a smaller font and underlined. Below this, the date "Friday 26 September 2025" and the location "Rondebosch Golf Club" are listed. A list of details is provided on the left, separated by a vertical line: "4Ball reservation and payment before 30 June 2025 – R3500", "4Ball reservation from July onwards R3900", and "Golf carts available on a first come first serve basis". At the bottom, a white box contains the text "Reserve your 4ball – belinda@plumrus.co.za".

PlumRus
Charity Golf Day 2025

SAVE THE DATE

Friday 26 September 2025

Rondebosch Golf Club

- 4Ball reservation and payment before 30 June 2025 – R3500
- 4Ball reservation from July onwards R3900
- Golf carts available on a first come first serve basis

Reserve your 4ball – belinda@plumrus.co.za

Our PlumRus Charity Golf Day has become a sort after event on the golfing calendar in Cape Town. Make sure not to miss out on the opportunity of making a life-giving difference in the lives of our Residents, while having fun, enjoying great comradie, networking and winning awesome prizes.

If golf is not your "thing", please assist in making this the greatest Golf Day yet, by donating prizes, or goodie bag fillers for our players, every little bit helps in making the day a memorable one for all. Chat with Belinda to find out how you can become involved.



Please feel free to utilize this important service being provided to all our Residents, clients and members of PlumRus. The clinic is being facilitated by Sr. Yolanda Morris, our Clinical Head Nurse. Managing your blood pressure is a proactive step in managing your general health. Our next clinic will be on Thursday the 26th June at 09:00 in the John Killian lounge.



Residents, families, staff and friends of PlumRus, we cannot emphasize enough that SAFETY in and around our facility is EVERYONE'S RESPONSIBILITY.

- We remind ALL visitors to report to reception on arrival. If you have a regular visitor's access card, please announce your visit from your family member's room/flat. In the case of an emergency or evacuation the Risk desk needs to know who is on the premises to ensure everyone's safety.
- When entering or leaving the premises by car, please wait for the gates to close before proceeding with your trip. This could potentially prevent unauthorized people access to the facility by tailgating and more importantly it protects the residents, especially those who are vulnerable to wondering, from slipping out unnoticed.
- Please ensure that all doors are completely closed behind you. DO NOT leave doors on the hooks. Your access card is not transferable and remains your responsibility and the property of PlumRus.

**Residents / Visitors
are requested to wait
until the gate has closed
behind you before
proceeding.
NO TAILGATING ALLOWED**



Jürgen and Graham enjoy a game of chess in the Aristata lounge.

Why not join in on the fun and make some new friends at the same time?

**Good coffee is a pleasure,
Good friends are a treasure.**

Our Coffee Shop Golden Girls-Jeanette, Gillian and Marcella are daily visitors to our Coffee Shop. They spend the time catching up on local and international news, in English and Afrikaans, from newspaper articles to face book and tiktok postings. All this is done while enjoying hot drinks and a small treat of sweetness. It's also their secret spot to catch up with the staff.



Jan Lourens geniet 'n lekker ontbyt saam met sy seun, Marchand, wat van Worcester kom kuier het.



Deanna Fourie and her cousin Tori enjoying a mid-morning cuppa on a cold Winter's morning.



Adin & Pam enjoying their monthly treat of a Farmer's Breakfast, apparently the best in the Southern Suburbs.



(Fotos: Marie Knuppel)



Mrs. Jacqueline Ramsden

Health Care Zone 1 Room 15

Jacqueline joined PlumRus on the 6th May 2025.

She has two children, Peter & Patricia.

Jacqueline is a friendly lady. She enjoys reading, watching wildlife, tennis & cricket. She used to breed spaniels and enjoyed attending many dog shows.

Mrs. Ramsden looks forward to making new friends at PlumRus and continuing in her faith through our spiritual program.

Mrs. Hendrina Van der Merwe

Health Care Zone 3 Room 36

Hendrina joined PlumRus on the 2nd May 2025 from Waterkloof Marina Retirement Village in Pretoria where she was a resident.

She has a son, Johan, who resides in London. Hendrina has moved to PlumRus to be close to her extended family and friends.

She enjoys reading and being socialable.



*Say what you want about the South,
But nobody retires and moves up North!*

**I'm no longer invited everywhere...
So I started inviting myself into my own life.**

Once upon a time,
I was always at the table.
Meals, parties, loud voices over wine—
They called, they wanted me.

My laughter had a place.
My hands were needed.
My story was heard.

But then... slowly...
the invitations began to fade.

Not all at once—
it's quieter than that, the drifting.

People remember you—
afterward.

They reach out—
too late.

"We love you," they say...
but from a distance.

So, I stopped waiting for someone to make room for me.
I began to create my own.

I set the table—**for one.**
With a cloth napkin, no less.
I bring myself flowers—
not for display,
but to say *thank you*
to the woman who's still standing.

I stroll the market slowly.
Choosing vegetables
as if they were **jewels.**

I invite myself into the day,
into the breeze,
into the golden light that spills through my window.

No, I'm not invited everywhere anymore.
But I've found **home in my own stillness.**

My armchair fits just right.
My tea is waiting for me.

I invite myself into my own life.

And I'm happy here.



Truly, deeply happy.

Ná Aftrede: Wanneer die Speletjie Verby is

Ek het onlangs 'n stuk gelees wat my diep getref het — en ek wil dit graag met julle deel. Dit laat mens besin oor wat oorbly wanneer ons titels, rolle en statusse vervaag. Ekself het my loopbaan in die motorbedryf met trots en passie uitgeleef. Daar was hoogtepunte, prestasies en baie ure van harde werk. Maar nou, ná aftrede, vra ek myself af: Wat beteken dit alles vandag? Wie is ek nou?

'n Storie het my besonder aangespreek:

'n Senior uitvoerende bestuurder het afgetree en uit sy luukse amptelike woning na 'n gewone woonstel verhuis. In sy nuwe omgewing het hy homself steeds as belangrik gesien en hom van ander gedistansieer. Totop 'n dag toe 'n ander ouer man met hom begin gesels het. Hierdie nuwe vriend het geduldig geluister terwyl die afgetrede bestuurder herhaaldelik vertel het van sy belangrike posisie en hoë status.

Eendag sê die ander man sagkens:

“Na aftrede is ons almal soos gebruikte gloeilampe. Dit maak nie saak watter watt jy was, hoe helder jy geskyn het, of watter tipe lamp jy was nie — LED, halogeen, fluoresserend — as jy klaar is, is jy klaar. Nou is ons almal net gloeilampe wat nie meer brand nie.”

Hy het verder gesê:

“Daardie man oorkant was 'n Majoor-generaal in die weermag. Daar sit 'n professor. Ek self was vir twee termyne 'n parlamentslid. Maar niemand praat daaroor nie, want ons weet: wie ons was, is nie meer wie ons is nie. Wat nou saak maak, is wie jy is in die nou.”

Daardie eenvoudige gesprek bevat 'n waarheid:

- 👉 Ons waarde lê nie in die titels wat ons dra of die poste wat ons beklee het nie.
- 👉 Ons moet leer om innerlike vrede te vind, om eenvoudig net mens te wees.
- 👉 Ons moet ophou bestaan en begin leef — met vreugde, met nederigheid, en met omgee vir ander.

'n Bybelvers wat my daaraan herinner, is Prediker 3:1–2:

“Vir alles is daar 'n bepaalde tyd, 'n tyd vir elke saak onder die hemel: 'n tyd om gebore te word en 'n tyd om te sterwe; 'n tyd om te plant en 'n tyd om uit te trek wat geplant is...”

En ook Miga 6:8:

“Hy het jou bekend gemaak, o mens, wat goed is: en wat vra die Here van jou anders as om reg te doen, liefde en trou te bewys, en nederig saam met jou God te wandel?”

Laaste Gedagtes vir My Medereisigers in Die Lewe:

☀️ Wanneer jy die son sien opkom, onthou dat beide die opkomende en ondergaande son mooi is – maar net een word geprys.

👁️ Wanneer jy na die maan kyk, sien jy God se skoonheid.

👂 Wanneer jy in die spieël kyk, sien jy Sy beste skepping: jy.

Ons is almal pelgrims op reis — God is ons Reisagent. Hy het reeds ons roetes en bestemmings bepaal. Vertrou Hom en leef voluit.

Moenie vergeet nie:

- 👉 Besoek 'n hospitaal – en jy sal besef niks is mooier as gesondheid nie.
- 👉 Gaan na 'n tronk – en jy sal leer hoe kosbaar vryheid is.



👉 Besoek 'n begraafplaas – en jy sal verstaan hoe tydelik die lewe is.
Laat ons leef met die vrees van God en respek vir mekaar.
Laat ons gee, selfs al is dit klein.
Laat ons onthou: Na die speletjie keer die koning en die pion terug na dieselfde kis.
Mag ons die lewe waardeer, saam lag, en vir mekaar sorg — met nederigheid en dankbaarheid.
Amen.

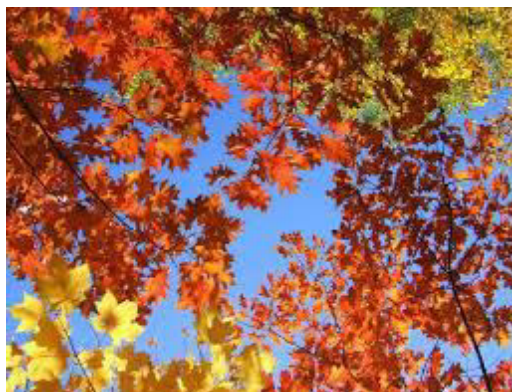
(Ingedien deur: Jan Lourens)

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

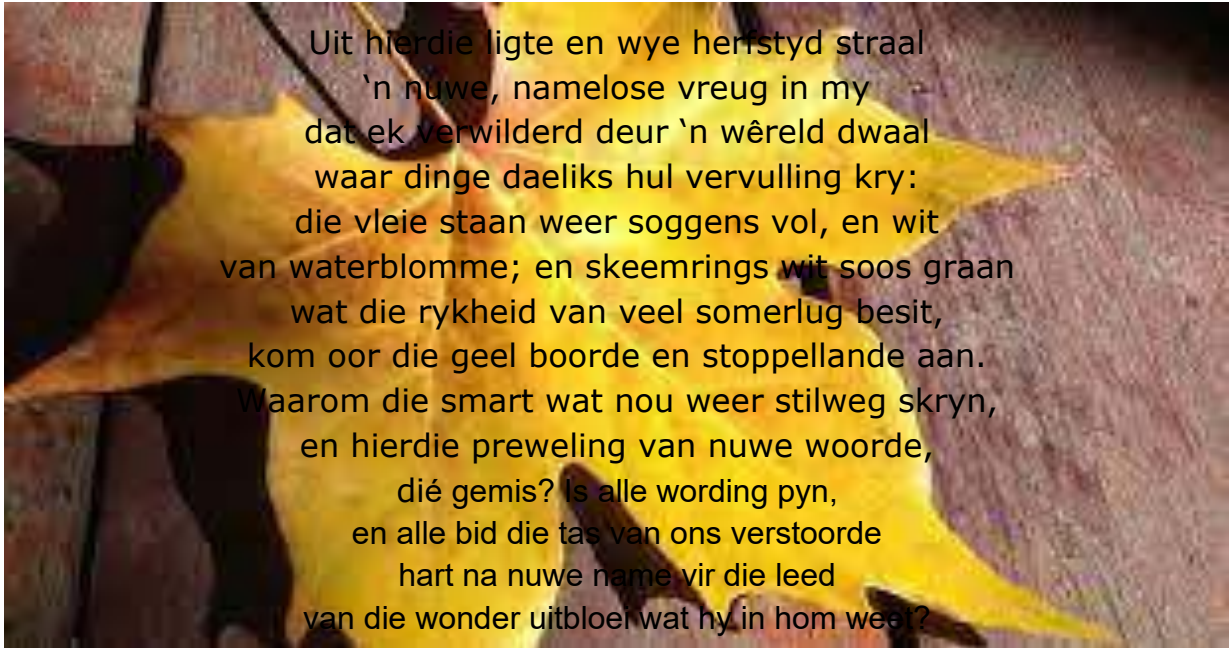
deur N.P. van Wyk Louw

Vroegeherfs

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



Uit hierdie ligte Herfs



Uit hierdie ligte en wye herfstyd straal
 'n nuwe, namelose vreug in my
 dat ek verwilderd deur 'n wêreld dwaal
 waar dinge daeliks hul vervulling kry:
 die vleie staan weer soggens vol, en wit
 van waterblomme; en skeemrings wit soos graan
 wat die rykheid van veel somerlug besit,
 kom oor die geel boorde en stoppellande aan.
 Waarom die smart wat nou weer stilweg skryn,
 en hierdie preweling van nuwe woorde,
 dié gemis? Is alle wording pyn,
 en alle bid die tas van ons verstoorde
 hart na nuwe name vir die leed
 van die wonder uitbloei wat hy in hom weet?

Winter

*Nou lê die aarde nagtelang en week
 in die donker stil genade van die reën,
 en skemer huise en takke daeliks bleek
 deur die wit mistigheid en suising heen.
 Dis alles ryk en rustig van die swaar
 geheime wasdom wat sy paaie vind
 deur warm aarde na elke skeut en blaar,
 en ver en naby alles duister bind
 in vog en vrugbaarheid en groot verlange;
 tot ons 'n helder middag skielik sien
 die gras blink, en die jong graan teen die hange,
 en weet dat alle rus die lewe dien:
 hoe kon ek dink dat somer ryker is
 as hierdie groei se stil geheimenis?*



Eerste sneeu

Die blydschap het oornag soos nuwe sneeu
 die iaspide hellings van my vroeë smart
 tot skoonheid omgeskep waar elke sneeu
 soos 'n sweep in die blink lig van die kloue hand
 en helder klink. Die ronde aarde staan
 wit opgekalk en suwer soos 'n blom -
 een glimbering waar die nasse waters gaan,
 verwagtingloos, want alles het gekom.
 O hart, sal vreugde hoër gaan, en jy
 winter? Daar kom in my 'n stil vermoede
 dat alle lewe sê sy volheid kry
 en heerlik gaan in die rustige dood se hoede,
 dat jy sal speel en breek en uitgestort
 in hierdie wit golf van die vreugde word.

NP van Wijk Looij



Ingedien deur:

Leonie Pauw

SELF-CARE FOR OLDER PEOPLE: PRIORITISING YOUR WELL-BEING

Self-care is not just about pampering, it's about making choices each day that help us feel our best physically, emotionally, and mentally. Self-care can be both practical and deeply fulfilling.

Physical well-being begins with daily habits. Try to stay active, even with gentle exercises like walking, or stretching. These movements help with flexibility, strength, balance, and mood. Eating a balanced diet is also key. Drink plenty of water throughout the day, and remember that regular medical check-ups, medication management, and sleep routines are essential parts of staying healthy.

Mental and emotional health are just as vital. Take time for rest, reflection, and joy. Read a book, do a puzzle, or learn something new — it keeps the brain sharp. Stay socially connected: talk to friends, attend community events, or join group activities. Laughter and companionship are powerful healers.

Emotional self-care also means giving yourself permission to feel your feelings and talk about them. Grief, loneliness, or change can be hard. Speaking to a trusted friend, a priest, or a counsellor can bring comfort and clarity. Asking for help is a sign of strength, not weakness.

Spiritual care — whether through prayer, or personal quiet time — can offer peace and perspective. Taking moments to reflect on your values, memories, and legacy can bring a deep sense of purpose and contentment.

Self-care is not selfish. It's a gentle way of saying, "I matter." You've earned the right to put your well-being first. Start small, listen to your body, and do something every day that makes you feel cared for — because you deserve it.

Self-directed activities

1. **Morning stretching** improves flexibility and circulation.
2. **Gardening in a pot or small bed** is calming and nurturing.
3. **Listening to music or audiobooks** stimulates memory and emotion.
4. **Journalling** helps to reflect on daily gratitude, memories, or goals.
5. **Reading a favourite book or magazine** helps with mental stimulation and relaxation.
6. **Simple creative projects** e.g. colouring, knitting, or doing crosswords.
7. **Daily walk in a courtyard or garden** for fresh air and light exercise.
8. **Mindful breathing** reduces anxiety and improves focus.
9. **Organising photo albums or writing a life story** preserves your legacy and boosts memory.

Group activities

1. **Group singing** boosts mood and social bonding.
2. **Gentle group exercise** e.g. stretching or balance games.
3. **Craft or art workshops** – Shared creativity and relaxation.
4. **Movie afternoons with discussion** – Entertainment and shared reflection.

5. **Memory café or storytelling circle** – Share life experiences in a safe space.
6. **Volunteer projects** – Like knitting for charity or writing letters.
7. **Spiritual reflection or prayer group** – Emotional support and meaning.

A **mix of independent and social activities** helps balance personal space with meaningful connection. The key is to choose what brings joy, comfort, and a sense of purpose — and to do it regularly.



Prepared by Johan Laten, Reboot Your Resilience
www.rebootyourresilience.co.za

"DIAMONDS ARE A GIRL'S BEST FRIEND"

Thank you, Plumrus, for facilitating a very worthwhile, informative and enjoyable outing to the Diamond Museum on the Waterfront!



We were largely unaware of the **History of Diamonds** in our very own country, beginning with the discovery of the Eureka diamond in 1867, which sparked the diamond rush. The informative displays and photographs and fascinating input from our skilful tour guide all helped to educate us significantly. A fact that stuck was that a method of cutting, shaping and polishing diamonds was "accidentally" arrived at when a miner carried a bag of diamonds in his pocket and they rubbed against each other. As the

diamond is the hardest stone known to man, only a diamond can cut a diamond.

Another fact we learned was that the Cullinan diamond, the largest ever discovered, is now part of the British Crown Jewels and sparked some recent political and social discussion.

If you want to know more about diamonds, go and see for yourself!



Of course, beauty, intricate creative designs, glamour and wealth were also on display, amid tight security. We had fun discussing which item of jewellery we would each like to walk away with. The price tags range from R2500 to millions. Diamonds and the love and dedication they demonstrate may be a girl's best friend, but the men may well be a bit more hesitant!

(Review by: Verena Salzwedel)



Make sure to join our next Residents Bring & Braai on Friday 27th June.



"We moved into Plumrus three months ago and I went to my first YouTube evening recently. All the videos were by well-known singers from long ago - people like Nat King Cole, Frank Sinatra, Bing Crosby etc. I really enjoyed it very much indeed. It brought back such happy memories of my youth and the songs we used to hear on the radio. The songs were very suitable for all of us old people who live here." **Michelle Naude**



Cyril Dicks performed to a capacity audience, many old familiar songs of yesteryear. He also used the opportunity to remind everyone to live life to the fullest every day. A little birdie mentioned that he sang the best rendition of Pretty Belinda, ever!!!!!!



Hy: Hi how're you
doing? 😊
Sy: I can't finish, thanx

😊
Hy: you can't finish
what? 😞

Sy: Ek kani kla nie,
yharie 😊



The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?

I'm going to stand outside,
so if anyone asks, I'm
outstanding



When a kid says "daddy,
I want mommy" that's
the kid version of "I'd
like to speak to your
supervisor" 😂😂😂

As jy lelik is dan is jy
lelik.. Niks van.. "mooi
van binne". Het jy al
gehoor n kort persoon is
lank van binne 🙄😞

My sponsor told me to
write letters to people
I hate and then bury
them.

Did that, now I'm not
sure what to do with
the letters.



FATHER'S DAY

Word Search



BARBECUE

BEER

BRAVE

CELEBRATE

CHILDREN

DEVOTED

DINNER

FAMILY

FOOTBALL

GIFTS

GREETING CARD

HANDSOME

HONOR

JUNE

LOVING

MEMORIES

MENTOR

NECKTIE

PRESENTS

RESPECT

SPECIAL

SUNDAY

SUPPORT

TOGETHER