

PlumRus News

MARCH 2023



Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
3 rd Communion Service	5 th Morning Service	5 th Evening Service
10 th One Hour for Jesus	12 th Morning Service	12 th Evening Service
17 th One Hour for Jesus	19 th Morning Service	19 th Evening Service
24 th One Hour for Jesus	26 th Morning Service	26 th Evening Service
31 st One Hour for Jesus		



Most of us rub shoulders with people all day long. Some we've never seen before; others are a little more familiar...we may even know their names. Names are important. Our name is important to us, and others feel the same way about their names. Personal names are among the most significant words we use when speaking to one another. Often, knowing and using someone's name in conversation means your relationship with them is a little more than just cursory. It may be close enough to listen to each other's stories, to share our hopes and dreams, and be open about our successes and failures. Names have always been important to God. Often, the way God uses someone's name reveals something about the way he regards them.

Take this incident in Moses' life for example. After fleeing from Egypt, Moses spent his days shepherding sheep in the Midian desert. At times the sparse vegetation and burning sand was almost unbearable. One day he stumbled on an amazing sight! Transfixed, he watched as fire blazed from an ordinary desert bush. Intrigued as to why it didn't collapse in a cloud of smoke and ash, he cautiously moved closer. Suddenly, the clear and gentle tones of a voice he'd never heard before rang out from within the burning bush..."Moses! Moses!" He was stunned! What was going on? Slowly it dawned on him...God was in the bush and God knew his name!

This encounter started a conversation that changed Moses' life forever. Many years later, he was back in the same wilderness area. Following God's instructions, he'd led millions of Israelites out of slavery in Egypt. They were now on their way to the promised land, but things hadn't gone well. Despite all God had done, the people grumbled and groaned, and began worshipping other gods. Disillusioned and frustrated, Moses wanted nothing more to do with them. But God wanted their journey to continue, so He persuaded Moses not to abandon them. In one of these conversations, Moses was reminded about what had happened at the burning bush, when God had said to him...

"...you're special to me, I know you by name."

Deeply encouraged by these affirming words and the promise of God's presence, Moses made an astonishing request of God..." Now show me your glory." God agreed. Hiding Moses in a cleft of a nearby rock, He covered him with his hand. Once his glory had passed by, he removed his hand and Moses saw God's 'back'. Although limited this glimpse of God's glory satisfied Moses. The privilege of experiencing God's presence and seeing his glory had been made available to him

because he'd found favour with God. Being accepted by God meant Moses was drawn into a close relationship with him, one summed up by the words..." I know you by name." This wasn't a shallow relationship. It was a close and life-giving friendship.

In those days people were not permitted to 'see' a full revelation of God's glory. This would change when the fullness of God's grace was made available with the coming of Jesus Christ. He would radiate the fullness of God's glory and express his very character. Through his life, death and resurrection, Jesus dealt with our sin and made peace between God and us. Ever since, people like us who open their hearts and put their trust in him, are brought into a personal relationship with God. Because of God's grace, like Moses, we're hidden in the 'rock' that is Christ. There, the undimmed light of God's glory shines into our hearts, as we're drawn into a loving and life-giving friendship with him. And God now says of us ...

"you're special to me, I know you by name!"

Like Moses, Mary Magdalene knew the joy of a life-giving friendship with God...

It was dark when Mary left home. She walked briskly, arriving as a soft golden glow filled the garden. Dawn was breaking over Gethsemane. After catching her breath, she cautiously made her way to the tomb where Joseph and Nicodemus had laid the body of Jesus. She'd come to pay her last respects to her beloved Lord only to discover the tomb was empty! Jesus body had disappeared! Who had taken it? What had they done with it? Confused and overcome with grief, tears streamed down Mary's cheeks.

But Mary wasn't alone. Someone else was there - watching what was happening. Moving closer he asked why she was weeping and who she was looking for. At first, she didn't recognise his voice. Thinking he was the gardener, she forlornly asked if he'd taken the body and placed it somewhere else. That's when the 'gardener' called her by name..."Mary!" Dawn broke within, as hope and joy flooded her grieving heart! Standing before her with a smile on his face was the risen Jesus! Filled with wonder and adoration she cried out "Teacher!"

Everything changed when Jesus called Mary by name! The unspeakable horror of the past days ...Jesus' arrest, flogging and crucifixion, none of this had shattered the life-giving relationship she experienced with him. Everything was going to be okay! Different yes, but nevertheless okay!

We may not audibly hear the Lord calling us by name like Moses and Mary did, but deep in our hearts we know he does. Somehow, the Holy Spirit assures us we're special to God...we hear the whisper of his voice as he calls us by name. This is the way God feels about all who belong to him. Centuries ago, he confirmed this through the prophet Isaiah, saying to his people...



"Don't be afraid, for I have redeemed you.
I have called you by your name. You are mine.

When you pass through the waters, I will be with you,
and through the rivers, they will not overflow you.
When you walk through the fire, you will not be burned,

and flame will not scorch you.
For I am your God...your Saviour.
You are precious and honoured in my sight...I love you.
Isaiah 43:1-4

What loving assurance, what amazing promises! This is a glimpse of the nature of the God who longs for friendship with people like us. A loving, life-giving friendship which Jesus makes possible. He dealt with the barrier of our sin that separates us from God. Because of this those who want Jesus and come to him with open hearts putting their trust in him, are drawn into an intimate and eternal friendship with God.

If you're already someone God calls by name, rejoice in the wonder of his grace toward you! Honour his friendship by living in loving obedience to his will. If you've not yet turned to Jesus in open-hearted trust, perhaps it's time do so...God longs to be able to say of you...

"...I have redeemed you. I have called you by name. You are mine!"

(Submitted: Ps. Dave Henderson)



Enjoy those sweets ...

"I counted my years and found that I have less time to live from here on than I have lived up to now.

I feel like that child who won a packet of sweets: he ate the first with pleasure, but when he realized that there were few left, he began to enjoy them intensely.

I no longer have time for endless meetings where statutes, rules, procedures and internal regulations are discussed, knowing that nothing will be achieved. I no longer have time to support the absurd people who, despite their chronological age, haven't grown up.

My time is too short: I want the essence; my soul is in a hurry. I don't have many sweets in the package anymore.

I want to live next to human people, very human, who know how to laugh at their mistakes and who are not inflated by their triumphs and who take on their responsibilities. Thus, human dignity is defended, and we move towards truth and honesty.

It is the essential that makes life worth living.

I want to surround myself with people who know how to touch hearts, people who have been taught by the hard blows of life to grow with gentle touches of the soul.

Yes, I'm in a hurry, I'm in a hurry to live with the intensity that only maturity can give. I don't intend to waste any of the leftover sweets. I am sure they will be delicious, much more than what I have eaten so far. My goal is to reach the end satisfied and at peace with my loved ones and my conscience. We have two lives and the second begins when you realize you only have one. "~Mario de Andrade



Van 'n ouer aan sy kind

Ek het aan jou die lewe geskenk, maar kan nie namens jou lewe nie.
Ek kan jou dinge leer, maar kan jou nie dwing om te leer nie.
Ek kan jou die regte rigting aandui, maar ek kan nie by wees om jou te lei nie.
Ek kan jou vryheid gee, maar ek kan nie verantwoordelikheid neem hoe jy dit hanteer nie.
Ek kan jou kerk toe neem, maar ek kan jou nie dwing om te glo nie.
Ek kan jou leer om te onderskei tussen reg en verkeerd, maar ek kan nie namens jou besluite neem nie.
Ek kan vir jou mooi klere koop, maar jou binneste kan ek nie mooi maak nie.
Ek kan jou raad aanbied, maar kan dit nie namens jou aanvaar nie.
Ek kan jou liefde leer, maar kan dit nie op jou afdwing nie.
Ek kan jou leer om mededeelsaam te wees, maar onselfsugtig kan ek jou nie maak nie.
Ek kan jou leer om eerbied te hê, maar ek kan jou nie dwing om dit aan ander te bewys nie.
Ek kan jou raad gee met die keuse van vriende, maar kan nie namens jou kies nie.
Ek kan jou raad gee in verband met seks, maar ek kan jou reinheid nie namens jou behou nie.
Ek kan jou die feite van die lewe leer, maar jou goeie naam kan ek nie namens jou behou nie.
Ek kan jou van drank vertel, maar kan nie namens jou nee sê nie.
Ek kan jou teen verdowingsmiddels waarsku, maar kan jou nie keer om dit te gebruik nie.
Ek kan jou inspireer tot verhewe doelwitte, maar kan hulle nie namens jou behaal nie.
Ek kan jou vertel van vriendelikheid, maar ek kan jou nie dwing om aangenaam te wees nie.
Ek kan jou waarsku omtrent sonde, maar jou sedes kan ek nie vir jou voorsê nie.
Ek kan jou liefhê as my kind, maar in God se familie kan ek jou nie plaas nie.
Ek kan vir jou bid, maar ek kan jou nie dwing om met God te wandel nie.
Ek kan jou omtrent Jesus leer, maar kan Jesus nie jou Here maak nie.
Ek kan jou sê hoe om te lewe, maar die Ewige Lewe kan ek jou nie gee nie.
-Skrywer onbekend-

Grandparents

Just because we're Grandparents
and children think we're old
we're just not ready for that club
we haven't yet enrolled
There's still a flicker of devilment 🐱
A twinkle in our eyes
growing old is optional
as we're teenagers still inside
We like a bit of excitement
a catchy little tune
we're pretty nifty on our feet 🍷
we're written off too soon!
We might look sweet and innocent
but looks can be deceiving
we just start to come alive
whilst everyone else is leaving!
We're fed up of being sensible
as that is really boring
we never learn we overdo it
then regret it in the morning 🐱
Come round for a coffee? ☕
but - only if you're able
We'll eat cake have lots of laughs 🍰
we'll picnic under the table 🍷
It's the little things.....🍷



Elke persoon het 'n voetspoor iewers in iemand se lewe getrap. Raak daardie persoon aan, want die kleinste gedagte maak tog soveel saak. Gister wou jy, vandag kan jy en môre is dalk te laat. Spreek elke dag 'n woord van liefde.

(Ingedien deur: Leonie Pauw)

Gelukkige Verjaarsdag!



Aan ons Inwoners

2 nd	<i>Hilda Robertson</i>	<i>R47A</i>	<i>95</i>
3 rd	<i>Veronica Ramawoothar</i>	<i>R75</i>	<i>86</i>
5 th	<i>Peter Dowling</i>	<i>R58</i>	<i>90</i>
8 th	<i>Christiaan Hubinger</i>	<i>MV103</i>	<i>89</i>
14 th	<i>Jannie De Wit</i>	<i>N005</i>	<i>84</i>
14 th	<i>Rob Walsh</i>	<i>N105</i>	<i>76</i>
15 th	<i>Paulina Rix</i>	<i>F101</i>	<i>89</i>
17 th	<i>Naomi Jacobs</i>	<i>F109</i>	<i>91</i>
19 th	<i>Wendy Ollis</i>	<i>R25B</i>	<i>78</i>
21 st	<i>Esme Hindes</i>	<i>H005</i>	<i>93</i>
23 rd	<i>Lola Cuddon</i>	<i>F007</i>	<i>85</i>
24 th	<i>Jeanette Ravenscroft</i>	<i>R60</i>	<i>86</i>
25 th	<i>Catherine Leotta</i>	<i>R65</i>	<i>77</i>
29 th	<i>Beryl Ely</i>	<i>N211</i>	<i>82</i>
29 th	<i>Lorraine Jephtha</i>	<i>R13</i>	<i>76</i>
30 th	<i>Nellie Marsburg</i>	<i>R29</i>	<i>97</i>



Die Here sal jou altyd deur lei – Jesaja 58 vs 11

3 rd Mr MP Paulsen	16 th Mrs S Wippernaar
4 th Mr J Kriel	16 th Kathy Rix
4 th Elizabeth Bell	23 rd Henrique De Abreu
4 th Yvonne v d Berg	26 th Mrs FM Joubert
5 th Mrs C Plaatjies	28 th Isabella Africa
7 th Mr Croeser	29 th Margaret Eagar
14 th Mr J Petersen	30 th Mary Jacobs
14 th Vivian Purcell	31 st Shirley Monta

Happy Birthday to All our Members

To our Staff

2nd	Misca Lewin	CSC
11th	Sergio Truter	Riskman
14 th	Craig Freeman	Coffee Shop
20 th	Debbie Botha	Health Care
20 th	Denita Blackenberg	CSC
21 st	Anthea Lewis	CSC
26 th	Chante Aploon	Health Care
26 th	Randall Dietrich	CCL
26 th	Mikayla Petersen	Health Care
26 th	Daphne Murphy	Health Care
29 th	Judith Merkloe	Health Care





Mr. Brian Donald – High Care – H002

Brian Donald was born in Johannesburg and grew up in Cape Town. He attended Park Town Junior and Rondebosch Boys High.

He is an ex-pharmacist who loves reading mystery novels and watches non-fiction movies. Brian is also a huge fan of rugby, cricket, golf, tennis and hockey.

Brian has three daughters (Lyn & Colleen) who lives in Cape Town and Gail who lives in Thailand.

Mr. Daniel Pheiffer – Health Care – Zone 4 – Room 46

Room 46B&C: Zone 4

Daniel Pheiffer was born in Prince Albert and grew up in Simon's Town and Ocean View. He is a member of the United Reformed Church in Ocean View.

He has two daughters (Rosemary & Cheryl) and one son (Claude). Daniel has a close relationship with his children and their spouses.

Daniel is an ex-brick layer, and his previous hobbies were gardening and golf.



Mrs. Cynthia Ackermann Health Care – Zone 4 – Room 47

Cynthia Ackermann was born and raised in Cape Town, she attended Observatory High School.

She and her husband Maurice were married for 66 years before his passing in December 2022.

Cynthia has two sons Stephen and Craig Ackermann, both residing in Cape Town. Cynthia loves watching TV and reading.

A PRAYER FOR THOSE GROWING OLD

Lord, You know I am growing older. Keep me from becoming talkative and possessed with the idea that I must express myself on every subject.

Release me from the craving to straighten out everyone's affairs.

Keep me from the recital of endless detail. Give me wings to get to the point.

Seal my lips when I am inclined to tell of my aches and pains. They are increasing with the years and my love to speak of them grows sweeter as time goes by.

Teach me the glorious lesson that occasionally I may be wrong. Make me thoughtful but not nosy; helpful but not bossy.

With my vast store of wisdom and experience it does seem a pity not to use it all. But you know Lord, that I want a few friends at the end.

Amen.



Hoesê?

Jollielorrie (bandwagon)

Slingersous, waggelwater (alcohol)

Vleiskuif (bald)

Intelektrek (brain drain)

Vroeteldoos (cubby hole)

Fliekpiering (DVD)

Planneman, plannemaker (entrepreneur)

Loslithoender (free range chicken)

Pilpikker, siektesoeker (hypochondriac)

Melk-en-koekedoekie (bikini)

Saterdrag (informal clothing)

Kitsklets (instant messaging)

Tergtoutjie (g-string)

(Ingedien deur: Pat van Wyk)



NAPPY WAREHOUSE – Price Increase Effective 1 April 2023

We have been advised by Validus Medical that they are incurring a price increase across the board on the Clemens Adult Care Incontinent Products due to the following:

1. Increased pulp prices driven by the energy crisis in Europe over the past year - Up 100Yo over the last 2 years with prices continuing to hold at these high levels
2. Increase in SAP of 40% over the last 16 months
3. Diesel increases over 47% in the last 12 months following increases of 56% in the prior 12 months
4. Instability of the exchange rate.

With this in mind, our products will be increasing between 5% and 7% depending on which products are imported and which products are manufactured here in South Africa. Please remember that the nappies that we are supplying are the highest absorbency as we feel that using a less absorbent product causes more expense.



The groups have been created – have you been included?

Make sure you do not miss out on any activities and important messages...join the whatsapp group, and you will be the first to know everything happening at PlumRus! Groups will be created by living area (eg. East 1st Floor, East 2nd Floor, Health Care Zone 1, etc.) Speak to your Resident Committee Member and they will make sure that you get connected.



The fledgling Writers' Group met on the very last day of February. Our guest was Dr Walter Willies, from Scotland, who read some of his "Cafe poetry" to us and was very encouraging.

We then had an interesting time sharing what we had written on the topic "The Door." Each person read their writing aloud to us, which added to our enjoyment.

We heard about "The Arrivals Door at the Airport," which highlights the fact that a writer is a keen observer. We read a short story, "Over a Cup of Tea," which was prompted by a book of short stories from the Plumrus library. This reminded us that a writer is usually a keen reader. Another piece, The Door to Eternity, was written in response to a watercolour painting.

As we were still in the month of Love, we chose to submit the following poem for Plumrus News readers' enjoyment, written by Ruth Davies:

THE DOOR

The Door opened wide
Then I looked inside
Not sure what I would see

There's a door to my heart
Which is set apart
For very few to see

If you take my hand
I will lead you through
To what is known
By very few

When we return
Our hearts will burn
By what the few
Have strained to learn

Music breaks my heart
Whenever we're apart
I told you from the start
B flat is far too sharp
So never let me go
Then I will always know
That where you go, I go
Your heart and mine in tow

the best
THINGS IN LIFE
→ ARE
THE PEOPLE
we love
THE PLACES
WE'VE BEEN
& the
MEMORIES
WE'VE MADE ALONG
the way



Pauline Rix enjoyed having her daughter Karen and son-in-law David visit from Newcastle in the UK.



Paulette Brand enjoyed catching up with family and friends in Johannesburg, Sydney Australia and Bay of Plenty in New Zealand.



Rosemary Walters enjoyed a visit from her grandson, Jonathan.



Dianne enjoyed the company of her son, Michael, who was visiting from Perth Australia.

THE RE-VISIT - Most folk go on holiday to visit new places. I recently re-visited all my old haunts and old friends in East London (now renamed Buffalo City. What happened to the buffalo?) I had lived there for 47 years and moved to Cape Town in a hurry for medical treatment, so needed to make this trip for some closure. I had many coffee dates with old friends and colleagues and lingered in many poignant places.

Although we had to dodge many potholes, God's Creation was as beautiful as ever. Here are a few glimpses along the way.



(Submitted by: Verena Salzwedel)



Linda De Wit celebrated her 80th birthday with her children, grandchildren, and great grandchildren. She also had her sister travel all the way from Australia to join in the celebrations.





Doris Coetsee 17th July 1928- 25th February 2023

Doris Coetsee was a mother to six children, a granny to 14 grandchildren, and a great granny to two great-grandchildren.

In her middle years, she studied to be a lay preacher. In this capacity, she started visiting people in prisons.

At the same time, she became a continuity announcer for Radio Pulpit and broadcast the first radio program into prisons called, "A Friend in Need" for many years.



She initiated "Breakfast behind Bars", an opportunity for business people to interact with prisoners "Children behind bars": where for the first time the needs of children in prison with their mothers were addressed on a nursery school level. She also took gospel singers into prisons to minister to prisoners.

Her motivation and passion in this work were the words of Jesus, from the bible: "Come to me, all you who are weary and burdened, and I will give you rest."

She was kind, compassionate, generous, funny, and full of love.

I can honestly say Mrs. Coetsee was a "no nonsense" lady. It was either her way or the highway. If she didn't agree with something you can be sure she would let you know, but on the other hand she could be very kind and loving. May her dear soul RIP. From: Natasha Vlotman

Benjamin Fortuin - Our dad was an incredible man. He provided for his family and his children and gave them all the guidance they needed. We are grateful for our dad and miss him every day.



To-day we remember our Dad and the great memories we shared. He was one of a kind, there was not a day that went by that we did not think of him and his smile. Our Dad was our greatest inspiration and role model - just a call away at any time and readily available with a solution when required. Life is different without him but grateful to call him Dad. He was an endearing character, always in good spirit with a great sense of humour until the good Lord called him home. RIP

MAART / MARCH 2023
MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in Decentralized Lounges @ 11:45 Fruit & Veg Lorry Wednesday's @ 12:30 2nd March 2023 Morning Market in the Hall @ 09:30 7th March 2023 Friends Meeting in the Hall @ 15:00 13th March 2023 Garden Club Meeting in the Hall @ 16:00 21st March 2023 Human Right's Day Public Holiday 22nd March 2023 Residents Talk in the Hall @ 15:00 28th March 2023 Special Residents General Meeting in the Hall @ 15:00 31st March 2023 Bring & Braai @ 18:00		1 08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 2 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
6	7	8
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 4 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
13	14	15
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 6 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
20	21	22
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Small Group Meeting in F105 PUBLIC HOLIDAY Human Rights Day	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
27	28	29
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Special Residents General Meeting in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 10 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
2	3	4	5
08:30 Library 09:30 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Communion/Nagmaal 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 3	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Dog Gone 18:00 Woord & Lied Dr. Chris Saayman
9	10	11	12
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Candy Jar 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Coin Heist 18:00 Woord & Lied Dr. Chris Saayman
23	24	25	26
08:30 Library 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	08:30 DVD Library 09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Kangaroo Jack 18:00 Woord & Lied Dr. Chris Saayman
30	31		
08:30 Library 09:00 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	08:30 DVD Library 09:30 One Hour for Jesus Praise & Testimonies 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai		

Mr. Fortuin was 'n liefdevolle mens. Daar was nooit 'n dal oomlik met hom nie; het altyd grappies gemaak met die personeel. Wanneer dit tyd word om te groet; kan ons dit doen met die wete dat die Here inbeheer is en dat Sy tydsberekening volmaak is. Van: Zone 2 personeel

Heidi Hildegard von Moltke was born in Namibia on 16th June 1947. Her husband, Robert Northover (Bob) came to South Africa in 1969 to “find the sun” but he found Heidi instead and here he stayed...

Bob and Heidi met at a local dance hall where they both lived in the Cape Town CBD. She would have been impossible to ignore in her signature look of short-shorts, long legs, beach-bronze stockings and gogo boots. The dapper, sometimes cocky, always smiling Englishman who looked a cross between John Lennon and Paul McCartney would have been right up her alley. They were married on 18 December 1971. Heidi and Bob initially settled in Rosmead Avenue, in Cape Town but moved to their home “Oakhurst” in Timour Hall Estate live happily for all but the last 8 months of her life. Heidi loved that house and would never entertain discussions of moving elsewhere, instead filling her home not only with memories but a myriad of cats, dogs, teddybears, recipe books and just so much stuff. Heidi and Bob welcomed their daughter, Sandi in 1975 and 9 years later, their son, James. Heidi loved her grandchildren (Nate, Jamie, Maya and Maks) fiercely. She crocheted suitcases full of baby items not only for her grandchildren but for anybody she knew who was expecting a new arrival.



To quote another one of her favourite tunes from her favourite movie “So long, farewell, Aufwiedersehn, Adieu!” Heidi will be very happy to finally be, at rest, with her Bob!

Sandi and James wish to pass our sincerest thanks to the staff at Plumrus – from Rhodene and her crew who first got to know her, Nikita, all the Sisters-In-Charge and most importantly those hands-on caregivers who not only took great care of her but truly showed her love and affection every single day. We are grateful for being a part of the Plumrus family and will miss not only the staff but all the Uncles and Aunties we used to pop in and say “Hi” to en route to our mom’s room

Mrs. Northover was a very soft-spoken lady she was a lady of few words but could light up a dark room with her smile. It was a joy to work with Mrs. Northover she always had a kind word to say and always made it her missions to let the staff know she appreciate everything they did for her. May her Soul Rest in Peace. Natasha Vlotman

Mrs. Ruth Isaacson – Sunrise 06-06-1936

Sunset 16-02-2023

Mrs. Isaacson passed away peacefully on the 16/02/2023. Mrs. Isaacson was my first resident I cared for when I started working at Plumrus; that day she came out of hospital with a hip replacement since that day we grew very fond of each other. She was a phenomenal lady she taught me how to knit a scarf that was 1 of her hobbies (knitting). She moved to Health Care but my caring never stopped for her. I would always go and check on her when I had time; what a beautiful soul. I salute Mrs. Isaacson's children for always being there for her. Well done Mrs. Isaacson for the loving and caring children you have. They can only cling to the beautiful memories of you. May your beautiful soul RIP. From Bonita Appels.



Heaven is more BEAUTIFUL than we can ever imagine.....

Revelation 21 v 11-21:

Heaven was filled with the glory of God and the foundations glowed like precious, crystal-clear jasper. The city itself was pure gold, like clear glass, with streets of gold.

Revelation 22 v1,2:

The pure water of the river of life runs through it, flowing from the throne of God. On each side of the river grew trees, bearing a fresh load of fruit every month...and the leaves were for the healing of the nations...

Mrs. Marjorie Bedford – Sunrise 24-10-1923 Sunset 25-02-2023

Everyone knew her as Marjorie, but she was Ouma Bedford to us. I always admired her well-spoken English. Ouma Bedford was quiet and kept to herself most times, had a kind heart, and loved to crack a joke when she thought of one. Always kept herself busy with helping others and walked everywhere. I remember a moment where I was waiting for the lift to arrive to the 1st floor and she looks at me and says "No nonsense, don't be lazy and take the stairs" all with a smile on her face. We had our hard times with her, but 90% of the time, she was the sweetest Ouma, never said a word but always looked at her surroundings and always loved her cup of tea with something sweet. From: Chante Aploon



Our Resident's Bring & Braai is an ideal opportunity for family and friends to come and enjoy the PlumRus Community spirit.

Daar is niks lekkerder as om 'n braai tjoppie, braaibroodjie en so 'n glassie of twee rooiwijn te geniet met familie en vriende nie.

Ons volgende Inwoners Braai is Vrydag die 31ste Maart.

We have made it so easy for you; order and pay for your meat by Thursday 30th March at 12:00, and you can just arrive on the 31st knowing that your meat has been seasoned and prepped for you.



<u>Braai Packs</u>	
Pack 1: Lamb Chop + Chicken + Sausage + Braaibroodjie	R70.00
Pack 2: Pork Chop + Chicken + Sausage + Braaibroodjie	R60.00
Pack 3: Chicken + Sausage + Braaibroodjie	R40.00
Pack 4: Sausage + Braaibroodjie	R25.00
Pack 5: Braaibroodjie	R10.00





Popular "Wild Man", Brett Glasby, the V & A Waterfront animal carer, again spun tales for residents of noteworthy naughties - being the Cape Clawless Otters who have been causing mayhem in posh places. This species has humanlike clipped nails, not claws, with rough finger pads for holding soft fish food or squashy crabs & are a near threatened species as they live in the sea; but need to drink freshwater & wash their body at least once a day. Being fiercely territorial the male needs at least 1km space for his small female harem in each of his Holts [dens]. His boundaries are set by a hilarious [to us] "Poo Dance ". These intelligent critters have adapted to live the good life

in the Waterfront marinas all day & not only at dawn & dusk. At the City Lodge Hotel they swim in the pool & nip toes, run riot amongst the residents to dry off, into the restaurant after opening doors, growl now that doors are fastened. All for humorous Human chaotic interaction!

All was reasonably quiet during Covid time except the Oceanarium "break-in" where Security men were chased by Wizzard [name due to catlike whiskers & hand rubbing habit], & they were nipped for fun while running away with shrieking, spooked terror. Post Covid lockdown he returned with 2 females to The One & Only Hotel, pool & chalets 5 or 6 times a day to swim & nip toes, especially the barefoot Triathlons who then resorted to wearing booties. Folks pay in the region of R 25,000 per night & CCTV show rooms being upturned and left filthy by otters with strong musky smells. Hopefully a ceasefire will be reached as nobody is allowed to remove wild animals from their habitat. Simonstown's famous otter, Lucinda, climbed into vehicles & cooler boxes. They now employ monitors on kayaks patrol every day & it seems that noisily flapping towels at them works to stop their fun!



Brett shared the video's that had gone viral on social media platforms over the Festive Season. The incidents highlighted the change in behaviour of the Seals which research has shown to be the result of their intake of Domoic Acid associated with Red Tides. Seals have been dying & females aborting their pups for a few years & this coincided with Red Tide where, due to excess upwelling of food from depths along West Coast sea algae "blooms" & produces toxin, DOMOIC ACID, which causes heart & brain swelling in e.g. seals who eat the poisoned fish, crabs, crayfish. Seals then lose the flight, fright, freeze ability but become aggressive & will even attack a boat engine. Seals on the Oceanarium platforms & jetties are also dying & sadly domoic acid is passed from the mother through to her pup. Domoic Acid is very dangerous to humans swimming as well as from eating poisoned creatures. *Thank you to Brett, Plumrus staff & the Garden Club for organizing this thought-provoking talk much appreciated by all present.*

(Submitted by: June Stein)

Valentine's Day 2023



Malcolm Mc Knight & Sannie Meyer were voted the Best Dressed couple at our lunch.



The Love we give away,
Is the only Love we keep





**Love doesn't make the
World go round.**

**Love is what makes the
ride Worthwhile.**



Hoe mooi beskrywing is dit nie

Die ouderdom is 'n blikslater...
Hy bekruij jou
Soos droogte in die Boesmanland
Stadig
Maar seker
Hy maak jou krom
Hy maak jou stom
Hy maak jou vergeet
Hy knibbel stomp-tand aan eergister se onthou
Hy los jou alleen
Met net gedagtes
Vêr gedagtes
Wat jou terugvat na jou jonkweesdae
Jou eerste Daan Desimaaljare
Springbokradiodae
Pip Freedman en Four Jacks and Jilljare
Charles Jacoby en Jim Reeves jare
Draadloosjare met oom Jan Cronje en tannie
Esme Euvrard
"So maak mens!"



Middagstories soos die Du Toit's van Soetmelksvlei, Geluksdal, Dans van die
Flamink, Wolwedans in die Skemer, As die Naguil roep en Patrollie 33 Charlie
Maar jou ouderdom maak jou ook astrant
Soms neuk hy stroom-op met jou
Na daar waar jy weet jy nie eintlik moet gaan krap nie
Want dis die plek van die Groot Nostalgie
Wanneer jy sonder dat jy wou, skielik daai ou droë Heimweeboom begin klim
Ja, hoog in die takke is jy
Jy raak dik gedrink
Van die verlange se waters
Jy boor diep
Slukkies vir slukkies drink jy uit blou jare terug se vars boorgate
Jou kinderjare
Skoolgaanjare
Vingerbordjare
Bok-bok-staan-styf jare
Jonk-verlief-wees jare....

Soms praat jy met jouself
Saggies
Of so dink jy
Want jou ore hoor nie meer soos destyds nie
Al is hulle nou groter...



Ja, jou gesig krimp, maar jou neus en ore word groter
Jou tande raak stomp
Jy word lomp.

Ouderdom is soos 'n steeks donkie
Hy rem jou
Jy wil, maar jou bene steek vas
Viervoet vat hy jou vloer toe
Loopraam toe
Soos 'n kind
So stroop hy jou selfvertroue
Gister se bravade maak plek vir vandag se bang.

Ouderdom steel
Jou onafkanklikheid
Jou karsleutels
Jou lisensie...
Hy lewer jou oor
Aan ander se genade
Hy maak jou sag
Weerloos
En eensaam
Hy laat jou huil
Sommer oor niks
Sommer oor alles.

Die ouderdom is 'n wetter
Met 'n hoofletter!
Hy ruk jou uit jou huis uit
Ontvoer jou
Teen jou wil
Huis Herfsblaar toe
Waar Matrone jou baas is
Huisreëls jou bind
Styf
Vas
Met oudenstoue
Waarvoor jy 'n hele prys betaal
Letterlik
Terwyl jy Genadebrood moet eet...
En perdeself op jou spiere se seer smeer
Ouderdom druk jou smaakkliere toe
Jy verloor jou proe
Hy vat jou eetlus weg
Jou energie



Hy breek jou spoed.

Maar ouderdom leer jou ook geduld, want die kinders kom kuier op hulle tyd
Ouderdom laat jou spog

Te veel

Oor die kleinkinders

Wat jou siel lawe!

Saam met die jare se grysheid, kom daar darem ook 'n
bietjie wysheid

En diepe dankbaarheid

Vir gespaarde jare uit Sy hand uit.

Maar dan

Later

Raak jy stadig maar seker weer kind

Moet jy gewoon raak aan die alewige verkleinwoordtjies...

En om na jou kinders te luister!



Die varkblom en die lelieblom

Die varkblom en die lelieblom

Het eenmaal hard gestry.

"Ek is 'n regte lelieblom:

In Godsnaam, wat is jy?"

"Dieselfde son wat op jou val,

Die streel my met sy straal:

Dieselfde reën wat jou verkwik,

Het ook op my gedaal.

Dieselfde kleur wat in jou wang

Die witste wit verspot,

Sit in my kelk en gee aan elk

Wat vir my pluk, genoot."

Daar het 'n os verbygekom,

Verdwaal van uit sy pad -

Die varkblom en die lelieblom

Lê in die modder plat.

(Uit drie werelddele – Ingedien deur John Herbst)

Jy weet jy word '**Wonderbaarlik Volwasse**' wanneer: *👉

Jy en jou tande nie meer saam slaap nie. 😞

Jy jou kouse probeer optrek omdat dit kreukel. . en dan besef jy het nie kouse aan nie. 😞

Jy word wakker en lyk soos die foto op jou bestuurderslisensie. 😞

Dit neem twee probeerslae om van die bank af op te staan. 😞

Om 'n "gelukkie op te tel", beteken jy kry jou kar in die parkeerarea. 😞

Jou idee van 'n aandjie uit is om op die patio te sit. 😞

"Happy hour", beteken 'n slapie. 😞

Wanneer jy op vakansie is en jou energie op is, voor jou geld. 😞

Dit neem langer om te rus as om moeg te word. 😞

Jou geheue is korter en jou klagtes is langer. 😞 😞

Jou adresboek het meestal name wat begin met 'Dr.'. 😞 😞

Jy sit in jou wiegstoel en kan dit nie aan die gang kry nie. 😞 😞

Die apteker word jou nuwe beste vriend. 😞

Dit neem dubbel so lank om die helfte so goed te lyk. 😞

Alles is seer en dit wat nie seer is nie . . . werk nie. 😞 😞

Jy slaan jou tande in 'n steak in . . . en hulle bly daar. 😞 😞

Jy doen afstand van al jou slegte gewoontes en jy voel nog steeds nie goed nie. 😞 😞

Jy het meer geduld, maar eintlik gee jy net nie meer om nie. 😞

Jy kry uiteindelik jou kop reg . . . en jou lyf begin uitmekaar val. 😞

Jy wonder hoe jy oor die muur kan wees, as jy nie eers kan onthou dat jy bo-op dit was nie. 😞 😞



Our Residents enjoyed weekly trips to Kirstenbosch during February. Life has become a daily challenge for so many of us. The cost of living, loadshedding, ill-health are some reasons we often forget to count our blessings living in one of the most beautiful Cities in the World – Cape Town. Do you enjoy exploring and visiting the beautiful surrounds of Cape Town, then why not become involved in the planning of monthly outings; speak with your Resident Committee Member?



**Every flower is a soul
Blossoming in nature!**





A flower always grows in the direction of the sun, because beauty recognizes beauty.



When you support a
small business
you are supporting a
dream

 Let's Hand We Care

Thank you to all our Residents and Friends of PlumRus who come out to support our vendors at our Monthly Morning Market. Our vendors have become our extended family and we appreciate the support that they are shown.



We cannot force
someone to hear a
message they are not
ready to receive.
However we must never
underestimate the power
of planting a seed.



**Ek het vanoggend n
foto van myself ge
post waar ek gaan
draf het. Facebook
het dit dadelik
verwyder..blykbaar
Fake News!**

Twee ou tannies sit en
gesels te lekker terwyl
hul tee drink by
Ouetehuis. Ta Bettie
vra toe vir ta Sarie...
"Ou Sarie, oefen
jy nog gereeld?"
Ta Sarie antwoord:
"Maar natuurlik ou
Bettie, ek hardloop
elke maand vit
geld vit!"



**Yesterday I saw a guy spill
all his Scrabble letters on
the road.**

**I asked him,
"What's the word
on the street?"**

After finishing our
Chinese food, my
husband and I
cracked open our
fortune cookies.

Mine read, "Be quiet
for a little while."

His read, "Talk while
you have a chance."

RED

WISKUNDE IS MAKLIK

Juffrou gee vir die klas 'n wiskunde
toetsie. Jannie vul soos volg in:
 $1+5=$ Jesus; $4+3=$ Jesus; $5+2=$ Jesus... ens.
Toe juffrou die toetse uitdeel vra sy
Jannie uit oor sy toets.



Jannie sê:
"Juffrou, ons was
Sondag in die kerk
en oom Dominee
het gesê:
Jesus is die
antwoord op al
jou probleme."

ESKOM SE GAT!



**VANAAND STORT EK
MET WARM WATER**

Season of Lent

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

Palm Sunday
Crucifix
Peter
Cross
Pontius Pilate
INRI
Apostles

Lent
Barabbas
Jerusalem
Ash Wednesday
Pentecost
Gethsemane

Jesus
Tomb
God
Wine
Mary Magdalene
Easter

Good Friday
Resurrection
Eucharist
Last Supper
Judas
Christianity