



n e w s

**Life Given Difference
Lewegewende Verskil**

hello May



May Birth Flower: The Lily

- Lilies are perennial plants, meaning they can survive (and grow!) in nature without much human intervention.
- They flower during the spring and summer and go dormant during the winter.
- The lily is incredible for pollinators, attracting insects with its large colorful flowers and tasteful nectar.
- Lilies have large petals that can be white, yellow, orange, red, purple or pink in color.
- Lilies are social plants, growing best in groups of three to five
- Lilies have one of the longest in-vase lifespan of any cut bloom, and a professional way to make them keep even *longer* is to clear out the pollen from their centers. This will also prevent staining on the petals.
- Lilies are non-toxic to humans, but are poisonous to cats! Keep these pretty blooms away from your furry friends. Even the smallest amount of exposure can cause renal failure.
- While the white lily represents purity, the tiger lily represents pride or confidence.
- Although these flowers are toxic to our furry friends, lilies have been used medicinally and in cuisine for centuries.
- Dried or fresh bulbs, which have soothing and astringent properties, can be useful in treating inflammation and even ulcers.

Spiritual Care Program for May 2020

Fridays @ 09:30

01/5 Louis Giglio
08/5 Raymond Lombard
15/5 John Hagee
22/5 Trevor Hudson
29/5 Louis Giglio

Sundays @ 09:00

03/5 Stephan Joubert
10/5 Charles Stanley
17/5 Trevor Hudson
24/5 At Boshoff
31/5 Trevor Hudson

Sundays @ 18:00

03/5 Johan Geyser
10/5 Stephan Joubert
17/5 Dirkie vd Spuy
24/5 Willem Badenhorst
31/5 Johan Smit

Happy Birthday to Our Residents

2nd	Bernett Laufs	N205A	66	English
3rd	Jacobus Pauw	N204A	96	Afrikaans
5th	Irmgard Ervens	F109	86	English
*6th	Joyce Van Der Wolk	R32	90	English
6th	Jennifer Le Clue	F023B	78	English
10th	Margo Jayes	R26A	69	English
10th	Doris Houison	R47B	89	English
10th	Anna Jones	R51	91	Afrikaans
10th	Matthys van der Linde	F022A	81	Afrikaans
12th	Johanna Champion	F011	69	Afrikaans
12th	Dennis Roberts	N009	82	English
13th	Vivien Spires	F010	70	English
19th	Thomas Witter	N209A	93	English
23rd	Marthinus Meyer	R6	85	Afrikaans
25th	Michael Coeter	R38C	77	English

Happy Birthday

Happy Birthday to Our Staff

3rd	Ashley	Bruyns	CSC
8th	Carlyn	Solomons	Health Care
10th	Hadley	Havinga	Maintenance
10th	Marilyn	Smal	Health Care
21st	Stephanie	Ndibou	Health Care
24th	Melissa	April	Health Care
31st	Anthea	La Croes	Health Care

God Bless You

Moedersdag 10 Mei 2020

'n Ma is 'n engel
Wanneer die lig in die tunnel verdwyn

'n Slaansak
As als skeef loop

'n Vegter
As jy nie meer op jou eie voete kan staan nie

'n Steunpilaar
As lewens inmekaar stort

'n Sonstraal
in die donkerte van die nag

'n Koffie
As die oe nie kan oop...

'n Beste vriendin
gemaak van 'n patroon af...

Ek het 'n engel, sonstraal, steunpilaar, slaansak, vegter, koffie-vriendin
Ma,

En haar verruil ek vir niks in die lewe nie...



On going through some old PlumRus News booklets, I found this "Plumstead Rusoord Poem" written by Ruth Van der Merwe in 2017

R Help us to **rest** in your loving arms Lord

U Showing us where we will be **useful**

S Help us to lead **someone** to the **savior**

O Please use **our** lives in service of these

O Teach us to take **our** time to learn more about thee

R **Rewarding** we'll find this knowledge to be

D Give us the desire to pass on your word and lead and guide us as we live for you.

Ruth is desperately sick at the moment and is awaiting a serious heart operation to be done.

Please pray for her.

- **Naomi Warner**

Whats happening with PlumRus Blister Packing

We have started our own blister packing from 4 April 2020. The take over from Rustenberg was challenging at the beginning, but we have welcomed our challenges with open arms.

By doing the packing ourselves we create a more controlled environment whereby:

- We do not have to wait on deliveries if there is a change in medication with regards to medication that residents are currently on as we have the stock on hand.
- Blisters can be checked on a daily basis and relieves the bulk checking of sisters that was normally done on a Thursday and Friday.
- Monitoring of medication needed is so much more efficient
- No more worries about late deliveries of blister packs

Chantal, Tarryn and Miche have worked diligently the last 2 weeks and are really enjoying the new challenge and learning experience.

Isolation / Isolasi

Die woorde inperking " lockdown" sowel as die koop van net noodsaaklik benodighede is skrikwekkend as die geestelike fondasie van die persoon nie sterk is. Vrees, siek mense en moontlik die dood is woorde waarvan ons nie werklik hou nie.

Nog meer "social distance" of veilige afstande breek die bestaansreg van die mens af, geen kerkdienste, geen skole en geen inkopies druis in teen ons as in sosiale wese. Ons hou van drukkie, groet, of net 'n hand op 'n skouer en ons hou daarvan om 'n kind of ouer persoon op en af te help. Ons is reeds skape en nie bokke nie. Ons hou van braai, van kuier van gesels en van saam wees. Ons hou daarvan om aan iets te behoort, vriendekring, sport klub, selgroep, kerk en ons hou van uitstappies al is dit net vir 'n MacDonald roomys.

So wat is die impak van isolasi – dit is erg, baie erg en nie goed vir ons wese en funksionering nie.

MAAR

Ons is nooit alleen nie al is ons alleen. Ons is nooit verlore nie al moet ons weg kruip in ons kamer of woonstel. Ons is deel van God se skepping en ons is sy kinders en God is **in** ons, **met** ons, **binne** ons en as jy die Bybel oopmaak is daar baie engele in die hemel wat saam met jou lees, sing en bid.

Alle eer aan ons Hemel Vader, Jesus Christus ons verlosser en die Heilige Gees ons vertrooster.

Dankie / Thank you

Die mooiste woorde wat enige persoon wil hoor is: baie dankie, asseblief, waardeer, wel gedaan. Thank you, please, well-done, kind regards, vriendelike groete and bless you. Hoe sê jy dankie vir PERSONEEL wat na 32 dae van "lock down" steeds werk toe kom onder moeilike omstandighede, hul huise, kinders & familie alleen laat en dan met 'n smile ons Inwoners versorg. Ons dink aan die hele span: Nursing Carers, Domestic Carers, Coffee Shop staff, Facility Carers, Laundry Carers, Gardeners, Maintenance, Risk Man Officers, Reception, Security, Financial & Admin staff, Nursing staff, Transport staff, Medicine administration staff, Nappy administration staff, Secretarial staff, Catering staff, Home Base Carers, Community Service Centre staff, Supervisors en die wat ons uitgelaat het saam met die Departementshoofde

Thank you !!!!! - Baie dankie ons waardeer julle!!!!

MAAK JOU VENSTER SKOON

'n Jonggetroude paartjie het in 'n nuwe woonbuurt ingetrek. Die eerste oggend terwyl hulle ontbyt eet, sien die jong vroutjie die buurvrou terwyl sy haar wasgoed buite ophang. "Daardie wasgoed is nie baie skoon nie," sê sy aan haar man. "Die buurvrou weet nie hoe om wasgoed behoorlik te was nie.

Miskien moet sy oorskakel na 'n ander waspoeier toe." Haar man het opgekyk na die buurvrou se wasgoed, maar nie 'n woord gesê nie. Elke keer wanneer die buurvrou haar wasgoed op die draad hang, het die jong vroutjie dieselfde opmerkings oor die wasgoed gemaak. Ongeveer 'n maand later was die jong vroutjie die een oggend uiters verbaas om silwerskoon wasgoed op die buurvrou se wasgoeddraad te sien.

"Kyk! Sy het geleer hoe om haar wasgoed behoorlik te was. Ek wonder wie het haar bietjie touwys kom maak?" Haar man antwoord toe, "Ek het vanoggend bietjie vroeër opgestaan en ons venster skoongemaak!" Dit is soms 'n goeie idee om eers te kyk of jou venster skoon is,

Uit die pen van Rhodene

Brand New Movies in the PlumRus DVD Store

- Milltown Pride
- Naked Gun
- Bruce Springsteen Anthology
- Johnny English , and Reborn
- Fool's Gold
- RUST
- Hubble Telescope 15yrs
- Ladies in Lavender
- New Hope
- As Time Goes By
- Huisgenoot Skouspel 2013



Make sure you come and visit Mrs. Vivien Spires, Mrs. Gertie Boshoff and Mrs. Joselyn Findlay and be the first Resident to watch the new and exciting movies.

Every Monday and Friday morning

@ 08h30 in Aristata.

To Vaccinate or NOT - Sister Muriel Mapling

We are surrounded by COVID 19 news all the time, there is no cure for it yet and the WHO (world health organization) said that by September, there may be a vaccine available for COVID 19.

The question on many lips is now if the flu vaccination can reduce the chances of being infected with the COVID 19 virus, according to the WHO the flu vaccination is neither a cure, nor a treatment for COVID 19, but it can boost the immune system to lower the risk to be a victim of the COVID 19 virus.

Influenza normally occurs during winter months every year and is responsible for thousands of deaths throughout the world. Firstly it is important to recognize the difference between flu and common colds. If you have a common cold, the symptoms will be a runny nose or a blocked nose, sneezing, sore throat wet or dry cough and possible headaches. It is short lived with over the counter medications and enough rest while also drinking lots of fluids.

Influenza is a more severe cold with a raised temperature of 37 or 38 degrees, productive cough, severe body aches and tiredness, these two illnesses is usually confused with one another. If flu is not treated properly it becomes contagious and can lead to respiratory emergencies which can be fatal.

Who can have the flu vaccination?

- People older than 65 years who suffers from chronic diseases
- People with a low immune system
- Residents of nursing homes and other care facilities
- Adults and children with chronic diseases
- Pregnant woman in their second trimester.
- Health workers
- Children with suppressed immune systems
- Patients on chemotherapy



Wie bly in Flat N005?

Is hier dalk spoke of nuwe inwoners wat nie aan ons voor gestel is nie?

Die mense lyk bekend, hulle werk deur die dag maar loop hier rond in die nag.

Wie sou kon raai dat PlumRus so geseënd sal wees om twee Susters op perseel te he, dag in en dag uit en dan is daar skielik

n dame en n man op nag in Risiko bestuur.

Vreemde goed gebeur tydens Covid-19 se "lockdown" en nogal agter toe deure ook.

Vir Sr Muriel voel dit of sy al vanaf more n permanente inwoner kan word, terwyl Damon voel of sy al reeds een is.

Sr Muriel geniet die stilte maar Damon mis haar dogter se gille.

Vir Sr Muriel is die kos baie lekker en sit sy terug en ontspan, maar Damon mis dit om self die kos te maak.

Sr Muriel wil altyd eerste stort dan is daar niks warm water vir Damon nie, maar by die huis stort Damon altyd eerste en gebruik sy al die water op.

Nou vra ons die inwoners se opinies, wat dink julle van twee Susters op die perseel, of is Sr Essie se vinnige voete genoeg?

Dink net aan die lekker partytjie wat hier gehou gaan word as Mnr. George, Sr Essie, Oom Johan, Sr Muriel en Damon op perseel bly.

Gee julle opinies sommer in die verby gaan vir die personeel en dit sal die regte ore tref en wie weet een van die dae is dit n gelyke spel met inwoners en personeel op die perseel.

Mnr. Holtzhausen, is daar dalk plek vir nog n gebou?

Poem: And people stayed home Kathleen O'Meara

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper.

someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed.

and in the absence of people who
lived in ignorant ways, dangerous,
meaningless and heartless,

even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people,

and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.



If you cannot do great things, do
small things in a great way."

Napoleon Hill

Something to smile about ☺

Thick as Wood

1. A young man wants a saw to cut down some trees in the field near his house. He goes to a hardware store and asks about various chainsaws. "Look we have a lot of models," the salesman tells him. "But why don't you save yourself a lot of time and aggravation and get the top of the range saw. This model will cut at least 20 trees in a day." So the man takes the chainsaw home and begins working on the trees. After sawing for several hours and cutting down only two trees, he decides to quit. He thinks there might be something wrong with the chainsaw. "But tomorrow I'll begin first thing in the morning and cuts all day," he decides. The next morning he gets up at 4am and saws and saws until nightfall, but still he cuts only five trees. The man is now convinced the saw is defective. The next day the man brings the saw back to the salesman and explains the problem. The salesman, baffled by the man's claim, remove the chainsaw from the case. "Hmm, it looks fine," he says. Then the salesman starts the chainsaw, to which the young man responds, "What's that noise?"

Let me through

2. To celebrate its opening day, a new store promises the biggest sale the town folks have ever seen. It's early in the morning and a long queue has already formed outside the shop--some people have camped overnight to make sure they're first to get inside. The shop is meant to open at 8.30am and the crowd starts to surge forwards. A small man pushes his way to the front, only to be pushed back, amid loud and colorful curses. It's now 8.35am and the crowd is becoming restless because the store is still firmly shut. The pushing and cursing intensifies as the small man tries again to get to the front of the queue. This time he's punched square in the jaw before being shoved to the back again. At 8.45am, on the man's third attempt, he's slapped by an elderly woman and knocked around a bit by some rowdy teens, then thrown to the end of the queue once more. As he gets up again, he says to the person at the back of the line. "That's it! If they hit me one more time, I won't open the store!"

Once again i would like to thank management and staff for seeing the potential in me for the two years that I am working for PlumRus, it is an honor to serve our residents with great respect and making them our first priority, caring and making a difference in the lives as they did in mine when I started working in John Kilian as a waiter. I would ask the residents how they were doing and they would say in Afrikaans GOED deur die genade van die HERE. Wow that was so amazing for me, residents still knowing that there is GOD in everything that we do.

To every staff member I would also like to thank you guys for your support in my new position thank you very much, never tell yourself you can't do it there is nothing like you cant, tell yourself that you can you will and you will achieve the best in life, life can't get you Down, continue to remind yourself that you not second best but will become the best in what you do.

Thank you

Kurt Brenton

PRAYER TIME IN PLUMRUS

As of Wednesday 18th March at 12pm, in the following venues for a time of prayer. Please keep your social distance

- Bobbie Liebenberg, Aristata Lounge & Hall
- Sugar Bush Lounge
- Pin Cushion Lounge
- Stokoei
- PlumRus North



We believe that prayer is how we can communicate our requests, fears and uncertainties around the spreading of the Corona Virus to God. God reassures us in Matthew 18vs 20; "Where two or three are gathered in my Name, there am I among them."

We have seen, how before, our God has come through for us when we prayed, and we trust that He will do the same with this disaster we are facing.

We encourage you to continue to meditate on Psalm 91.

Introducing Mrs Lauren Jaftha

Wow what can I say it all happened so fast it was all so short but sweet and still my fairy tale wedding despite the odds....

Our wedding was scheduled to take place on the 28th March 2020; it was our intent to celebrate it with our close friends and family. We worked on our guest list and ended up having a R150 guest.

We gradually sorted everything piece by piece and made all the necessary arrangements, yes we were super excited but yet super nervous at the same time everything went smoothly until.....

THE MONSTER TOOK PLACE (COVID-19).

We shortly got a call that from the place we booked to have a wedding at that we should reduce our guest list to only a 100 people it was a difficult thing to do but bearable, couple of days thereafter we received another call that our guest list now has to be reduced to only 50 guest and that was a tragedy. We then sucked it and started removing a 100 people from the guest list it was sad and heart breaking but the wedding had to go on.

A week before the wedding we received terrifying news that the whole country will be on LOCKDOWN we were hoping that the lockdown would start after our wedding but that was not the case.

We were then left to make the decision to either reschedule our wedding or to have it before Lockdown with only 30 guests. We did not have much time to think because we were left with 3 days before lockdown. My husband and I

then decided to continue with the wedding because we had everything we needed, we had a place to call home and we were not going to spend the lockdown apart.



We then went hunting for a venue all over again got our immediate family together and a few of our friends and celebrated our wedding Wednesday 25th March 2020 @ the Radisson hotel in Newlands @ 6pm it all went so fast it was so short but sweet, we have a story to tell our children and grandchildren one day

Baie Geluk, mag God julle huwelik seën

MOMS AND GRANNIES FILL THE WORLD WITH LOVE!

You may have read *THE SNOW GOOSE*, a short story by Paul Gallico, first published in 1941. It's a story about the power of friendship and love set against the backdrop of the Second World War. The main character Philip Rhayader, lives in an isolated lighthouse on the south coast of England. He's a broken man, rejected by society because of his severe physical deformities. To ease the pain of his loneliness he spends most of his time painting scenes of the wild and windswept marshlands surrounding his decaying lighthouse. Hunting is rife in the area and out of sympathy for the multitudes of wildfowl; he establishes a sanctuary around his lighthouse. One day a young girl arrives carrying a badly wounded Snow Goose. Rhayadar's friendship with the young girl blossoms and together they nurse the goose back to flight. Each spring the goose flies back to its breeding grounds in Iceland, in the following autumn it returns to the sanctuary around Rhayadar's lighthouse.

The Snow Goose's recovery and its regular return to his sanctuary is a source of great joy and healing for Rhayader. He knows that implanted somewhere in it's being, the snow goose is aware of his presence and the sanctuary he provides.

There's an important lesson in this story: to know there's someone who loves us deeply and in whose presence we feel absolutely safe, is a life-giving truth. This is the heart of our relationship with God and our sincere friendships with others. The Lord feels this way about us. He describes himself as a mother hen caring for her chicks. Speaking over the city of Jerusalem he said...*"I've longed to gather your children together, as a hen gathers her chicks under her wings..."* Luke 13:34

His caring, protective and gentle love provides a sanctuary in which we feel treasured and secure.

Like Jesus, every devoted mom and granny has a God given ability to deeply love their children and grandchildren and be a safe-place for them. Their unconditional love, acceptance and devotion provide an environment in which children thrive emotionally and physically. But more than this, it's the rich soil in which a child comes to know and understand the extravagant dimensions of God's love and also begins to realise that there is no safer place to be than in God's presence.

To all moms and grannies, thank you for the invaluable role you're playing in the lives of the children and grandchildren in your world! No one else on earth can love them the way you can. By tirelessly holding them dear and filling their hearts with your generous love, you're helping to fill the wider world with love! **THANK YOU SO MUCH!**

Mei/May 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
Shopping on Tuesday's and Thursday's only if Lock Down is Lifted 1st May 2020 – Public Holiday Workers Day 4th May 2020 – Friends Meeting @ 15h00 7th May 2020 – Morning Market @ 09h30 10th May 2020 – Mothers day 20th May- Music from Movies Night @ 18:00 29th May 2020 – Bring & Braai		
4	5	6
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
11	12	13
10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
18	19	20
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet 18:00 Music from Movies Night in the Hall
25	26	27
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
	1	2	3
	09:30 One Hour for Jesus Louis Giglio 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian Public Holiday Workers Day	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Stephan Joubert 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Church Johan Geyser
7	8	9	10
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie In John Killian	09:30 One Hour for Jesus Raymond Lombard 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Charles Stanley 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Church Stephan Joubert Mothersday
14	15	16	17
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus John Hagee 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Trevor Hudson 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Church Dirkie Van Der Spuy
21	22	23	24
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie In John Killian	09:30 One Hour for Jesus Trevor Hudson 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 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church At Boshoff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Church Willem Badenhorst
28	29	30	31
08:30 Library 09:30 Shopping if Lock Down is lifted 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 N108	09:30 One Hour for Jesus Louis Giglio 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Trevor Hudson 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Church Johan Smit

PlumRus Lock down dankie!

Ek wil graag die geleentheid gebruik om elke verpleegster en versorger van PlumRus te bedank vir hulle lojaliteit asook harde werk en toegewydheid teenoor julle werkgewer, asook julle kollegas en inwoners. Dit is 'n rem onder die hart om met personeel te werk wat hulself onderskei het in moeilike omstandighede.

Ons is in 'n senutergende tyd wens die landswye lock down situasie en is daar om bewus daarvan dat julle vele uitdagings ervaar en moes oorkom veral t.o.v. van vervoer.

Daarom is my dank opreg aan julle omdat julle deurgedruk het en nog steeds sal voortgaan met die lewegewende verskil wat julle maak in ander mense se lewens.

Dit bied ook 'n lekker uitdaging om nou 'n verskil in 'n inwoner se lewe te maak op 'n kreatiewe manier. Ons kan jou dalk nie vergoed nie, maar weet dit, dat elke goeie daad gaan nie ongesiens by ons Hemelse Vader verby nie, want wat jy aan die geringste gedoen het, het jy aan Hom gedoen so baie dankie.

- Sister Muriel Mapling

Funnies

Q: Why do we tell actors "to break a leg"

A: Because every play has a cast.

Q: Why can't a blonde dial 911?

A: She can't find the eleven.

Q: What is the best thing about Switzerland?

A: I don't know, but the flag is a big plus.

Q: Did you hear about the actor who fell through the floorboards?

A: He was just going through a stage.

Q: Did you hear about the claustrophobic astronaut?

A: He just needed a little space.

Q: How do you drown a hipster?

A: Throw him in the mainstream.

Q: What sits at the bottom of the sea and twitches?

A: A nervous wreck.





EMPLOYEE APPRECIATION

Santa Morom

It is well known that we sometimes don't appreciate people, places and things in our lives until they are no more, albeit temporarily. In the past two weeks, since I walked out of PlumRus on lockdown, my longing has grown daily and not only to put my arms around my own beloved Moeder Muis. I miss the folk at the gate. I miss the greetings, smiles and waves as my make my way to reception. I miss Aggie and Lucille's friendly welcome smiles and warm greetings. I miss the Risk Men. I miss Damon's face popping out from behind the screen. I wonder about any cards by the Cross on the coffee table. I miss bumping into the odd staff member in reception. I miss walking up the ramp to Zone 5, stopping briefly to look at the notices. I miss the warm welcome from the Zone 5 carers and facility staff. Every day I wonder how they are. I miss my cappuccino from the coffee shop. I miss the lovely chats at smoker's corner. I miss taking my beloved mother for a walk-about. I miss George & Carina's little four-legged baby. But most of all, I miss my Zone 5 Family - saying hello and chatting briefly, enjoying lunch with them in their dining area, trying to have a conversation with Tannie Mimmie who seldom hears my first attempt at talking with her, hearing Mr Anetos calling for assistance... I suppose I just miss the Zone 5 vibe. It is my hope and prayer that God will be with you till we meet again. With this message of love and hope, I send a few photos from my garden on the outside and also my hand-reared laughing dove (Donsie). Thank you to all at PlumRus who have become such an integral part of my life. I miss you all! Stay safe and be blessed!!!

Heather Dowie Engelbrecht

Thank you to the amazing staff and management at Rusoord for keeping our loved ones safe! Not an easy time but you're doing a fantastic job x

CSC- What PPE Are You Wearing?

Our daily world is consumed with certain words and actions as we fight the corona virus pandemic. Much is being said and debated about Personal Protective Equipment or more commonly called PPE. The importance that all frontline workers, such as medical personnel, should be protected from infection as they work with patients suffering from COVID-19, is forefront in all safety protocol implemented internationally. Even Joe Soap, you and I, spend much time ensuring that we have the best sanitizes, gloves and face masks available to protect ourselves from this unseen enemy.

All of this has got me thinking about our Christian walk, and my favorite scripture (according to my past Bible Study and Confirmation candidates), came to mind. Paul in his letter to the Ephesians is concerned firstly with God's plan to bring all of creation together, everything in heaven and on earth, with Christ as head. WOW.....isn't it amazing how He is doing this today!



Further, in chapter 6 from verses 10 to 18, Paul speaks about us putting on the Armor of God (Christian PPE). He also tells us that the "enemy we fight", like the corona virus, is not in the flesh. The fight is against the rulers and the authorities of the dark world. Just listening to the news reports, the USA blaming China, the finger pointing at the World Health Organization (WHO), the news, be it fake or not, confusing us all. We often don't even know what we believe or who we should trust. We are warned in verse 13; "So put on God's armor now!" We should be ready, daily for the attacks of the evil one. Prepared and armed never to be caught off guard.

The Belt of Truth; Guard yourself against lies and deception. Fake news! Know the Word of God and stand firm on its truths.

The Breastplate of Righteousness; Like the breastplate protected the soldier's vital organs such as the heart and lungs, we guard ourselves against unexpected temptations that come upon us from all directions, meant to challenge our beliefs.

Shoes of The Gospel of Peace; We need to be grounded in the Gospel/Word of Peace in order to execute the Great Commission. Luke 9 vs. 1 "Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. He sent them to preach the kingdom of God and to heal the sick". Be ready to share the restoring word of God, wherever you find yourself today.

Shield of Faith; Paul warns us that above all, we must take up the shield of faith. We are to use our Faith, the trust we have in the promises of God, to shield ourselves from the fiery darts (the untruths) of the enemy, we are tempted with.

Helmet of Salvation; The helmet is important for the protection of the face and the head. Salvation is what God wants us all to have through Jesus. Very importantly too, the helmet protects the eyes. As we move on life's journey we need to keep our eyes focused on the goal of our Christian journey. Our eternal reward awaits us.

Sword of the Spirit; The Word of God that is sharper than any two edged sword should be what we use to defend ourselves from the attack of the enemy. We must be able, like Jesus did when He was tempted by the devil in the wilderness, be able to very firmly proclaim that, ".....it is written....". Remember that often your foes also know that Bible, so you have to be firm in your knowledge of the Word.

All this being said, and reflected on, the question remains; ***what PPE Are You Wearing Today?*** Lockdown has given us all so much time to reflect on our lives and our relationships with others and more importantly with God. Which part of our armor needs more attention? Does your helmet need to be straightened on your head? Have you taken your focus off God over the last while? Have you been spending enough time reading the Word to be able to defend yourself against the onslaught of the enemy? Perhaps your boots need to be polished, to take you where God needs you to be. Whatever your needs are, ensure that you are ready for call up.

IT'S TIME TO DECIDE!





CSC- INTERNATIONAL NURSES DAY

Nurses: A Voice to Lead – Nursing the World to Health

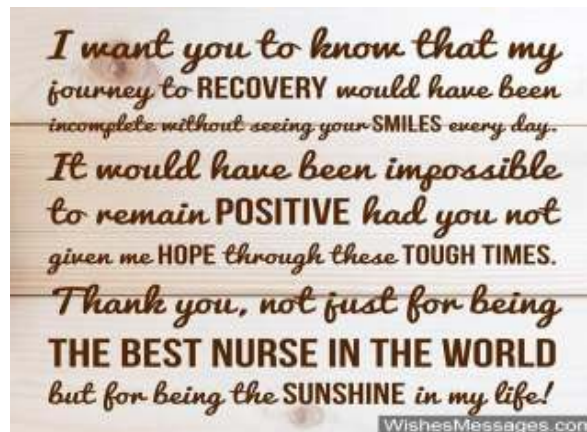
International Nurses Day is celebrated annually on the birth date of Florence Nightingale, 12th May. 2020 is meant to be a year of special celebrations in acknowledging nurses, as it would have been the 200th birthday of Florence Nightingale.



Nightingale became an important figure in nursing in the 1850s during the Crimean War. At that time she was stationed at the Barrack Hospital at Scutari (Üsküdar; now a district of Istanbul), where she headed a group of nurses that cared for injured British soldiers. When she first arrived at the hospital, she was struck by the desperate condition of the facilities, and as a result she imposed strict standards of care and ensured that the wards were kept clean and well stocked with food and medical supplies. Nightingale's experiences at Scutari led her to campaign for reform in health care and nursing, and in 1860 she opened the Nightingale School Nurses play a crucial role in health promotion, disease prevention, treatment and care. They are often the first and sometimes the only health professional that people see and the quality of their initial assessment, care and treatment is vital. They often have a far more holistic approach to making an initial diagnosis. They are also part of their local community – sharing its culture,

Vulnerabilities – and can shape and deliver effective interventions to meet the needs of patients, families and communities. Nurses are often the only health professionals accessible to many people in their lifetime. So nurses are particularly well placed and often the most innovative in reaching underserved and disadvantaged populations.

Nurses are educated to understand the complex nature of maintaining health and wellness, and the impact of psychosocial and socio-economic factors such as poverty, unemployment and ethnicity.



Now, more than ever before, we recognize the work being done by nurses around the World? The question has to be; did we need a pandemic to acknowledge what has been done by this amazing group of professionals for centuries?

Just listening and watching news reports from around the world over the last while, it is so apparent that the nurses are the backbone of our Health Services. With COVID-19 comes the reality of isolation; for the patient and those caring for them. The nurses need to use their medical skills to provide the health care patients need, but simultaneously they need to be the family the patient is not able to have contact with while being treated back to health. One has to spare a thought for nurses who have to be isolated from their own families during this time, making sure that they protect their own family from infection.

As frontline workers our nurses need protection and appreciation. I am sure we have all heard the outcry, from nurses especially, for PPE's. Personal Protective Equipment is in short supply internationally, exposing our health workers to the highly transmitted corona virus. A thank you is all they ask for but so seldom receive.

Thank you Nurses!

Your attitude determines how you live your life !

Even if –at any given time–your choices of action are limited, your choices regarding your attitude are not. Always choose a positive attitude; a positive attitude makes you happier.

Have a Morning Routine. How you start your morning sets the tone for the rest of the day. Make sure that you have an attitude-boosting morning routine that puts you in a good mood so that you can start the day off right.

Carry An Attitude of Happiness With You. Instead of waiting for external things to make you happy, be happy and then watch how that influences the things that go on around you. That is, instead of telling yourself that first something good has to happen, and then you'll be happy, be happy first. Happiness is an attitude, not a situation.

Smile. Smiling will give you an instantaneous attitude boost. Try smiling for a minute while you think of a happy memory or the last thing that made you smile. Smiling releases endorphins and serotonin, also known as the feel good hormones. It's a lot easier to adopt a positive attitude when the chemicals being released by your body are conducive to well-being.

Upload Positivity to Your Brain. Read books with a positive message, listen to music with uplifting lyrics, and watch movies in which the protagonist's optimism helps him/her to overcome obstacles and win, despite the odds. Change your attitude for the better by uploading as much positivity into your brain as you possibly can.

Take Responsibility. At any moment your attitude can be that of a victim or of a creator. The first step you need to take to shift from victim-mode to creator-mode is to take responsibility. Here's the attitude of a creator:

- I create my life.
- I am responsible for me.
- I'm in charge of my destiny.

Have a Zen Attitude. Think of life not as something that's happening to you, but as something that's happening for you. Look at any challenging situation, person, or event as a teacher that's been brought into your life to teach you something.

The next time you find yourself thinking, “Why is this happening to me?” choose to have a Zen attitude, instead. Ask yourself, “What am I supposed to learn or gain from this”? or “How will this help me grow and become a better, more enlightened being?”

Be Proactive. A reactive person allows others and external events to determine how they will feel. A proactive person decides how they will feel regardless of what may be going on around them. Be proactive by choosing your attitude and maintaining it throughout the day, regardless of what the day may bring.

Change Your Thoughts. Positive thoughts lead to a positive attitude, while negative thoughts lead to a negative attitude. Changing your attitude is as easy as hitting the “pause” button on what you’re thinking and choosing to think different thoughts.

Have a Purpose. Having a purpose in life gives you a fixed point in the horizon to focus on, so that you can remain steady amid life’s vicissitudes and challenges. Bringing meaning and purpose into your life—knowing why you are here—will do wonders for your attitude.

Focus On the Good. In order to have a positive attitude, focus on the good. Focus on the good in yourself, the good in your life, and the good in others.

Stop Expecting Life to Be Easy. The truth is, life gets tough at times. For all of us It can even be painful. But you’re brave and resourceful, and you can take it. Know that sometimes things won’t be easy, and adopt the attitude that you have what it takes to deal with anything that life throws at you.

Keep Up Your Enthusiasm. Enthusiastic people have a great attitude toward life. Have a list of ways to lift your enthusiasm ready for those times when you feel your zest for life draining away. Being enthusiastic will help you maintain the attitude that life is good and that you’re lucky to be alive.

Give Up On Having An Attitude of Entitlement. Think of the parable “Who Moved My Cheese?” by Spencer Johnson. Two little mice and two miniature people are put in a maze. Here’s what happens:

- When the mice discover that the cheese isn’t where it’s supposed to be, they immediately get to work on finding another piece of cheese.
- The two miniature people, instead, get angry that the cheese has been moved. They waste time expressing outrage and blaming each other.

Stop demanding that things be handed to you. Your attitude at all times should be the following:

- It's up to me to get what I want.
- Good things come to those who work hard.
- I adapt to change easily and quickly.
- I keep going even when things get tough.

Limit Your Complaints. Whining about anything and everything is not conducive to a positive attitude. When you complain you're saying negative things about a person, place, or event, without offering a solution to fix the situation. Instead of complaining, do the following:

- Remove yourself from the situation.
- Shift your perspective about the situation.
- Offer a possible solution.
- Accept that there's nothing you can do to change the situation and that complaining about it just fosters negativity

Constantly complaining leads to a bad attitude. So stop complaining. Instead, start looking for solutions or accept what cannot be changed.

If you want to change your attitude from "I can't do this" or "I'm going to fail", to "I've got this" or "I'm going to do great", change your self-talk.

Use The Power of Humor. People who know how to laugh at themselves and at life's absurdities have a great attitude. Your sense of humor is a power tool, and you can use it to lift your mood and enhance your emotional state at any time.



live life to the
fullest

Community Service Centre

MUSCLE PAIN CAN HOLD YOU BACK DURING CHOLESTEROL TREATMENT

Our bodies need a small amount of blood **cholesterol** because it's used to build the structure of cell membranes, make hormones like oestrogen and testosterone, and help our metabolism work efficiently. As we get older, our overall cholesterol levels tend to rise. Before menopause, women generally have lower cholesterol levels than men, but these rise after menopause to levels slightly higher than those in men of similar age. This unfortunately increases a women's risk of heart disease and stroke.

There are a few practical steps older people can take to lower their cholesterol levels. Regular exercise is always a good thing. A balanced diet in which we reduce our intake of saturated fats, carbohydrates and sugary treats will help us lose a little weight. Giving up smoking is a great help in lowering our cholesterol level.



If your cholesterol levels remain high, your doctor may prescribe one of a group of medicines called "**statins**". Part of your liver's function is to produce your body's own cholesterol, and statins work by reducing the amount your body produces. In this way statins help to bring down your overall level of cholesterol. Unfortunately in some people, the regular use of a statin interferes with the energy release process in their muscle cells.

This disruption can lead to weakness, tenderness and cramps, especially in the muscles of your legs. Up to 30% of those who take statins experience some sort of unpleasant muscle related symptoms. This can be particularly troublesome at night, often keeping you awake for long periods of time



If you're experiencing any of these symptoms, it's best to chat with your doctor about it. You may need to be put on a different statin to see whether you find relief in this way.

Low levels of **Vitamin D** can aggravate muscle related discomfort caused by statins. Vitamin D is produced in your skin when exposed to direct sunlight. But, if you spend little time outdoors, you'll be unable to manufacture enough Vitamin D of your own and may need to take a supplement.

Unlike many other vitamins, unused Vitamin D isn't excreted from our bodies, and dangerous levels can build up over time. That's why you shouldn't take more Vitamin D than necessary.

So, if you're one of those unfortunate people who experience muscle related discomfort because of the **statin** you're taking - next time you see your doctor talk to them about it.

There is a lot that can be done to help you find relief!

Special Residents DSTV Bouquet

DSTV available here in PlumRus for only
R 455.00 per month.

For more information, please contact Juanita on
the internal ext: 1025

General Entertainment 101 - M-Net (HD) 103 - 1Magic (HD) 108 - Sundance TV (HD) 115 - M-Net City (HD) 121 - Discovery Channel (HD) 123 - iTV Choice (HD) 125 - FOX (HD) 131 - Lifetime 136 - Discovery Family (HD) 144 - kykNET (HD) 161 - Mzansi Magic (HD) 166 - Zee World 901 - M-Net Plus 1 (HD)	202 - SuperSport 2 (HD) 203 - SuperSport 3 (HD) 204 - SuperSport 4 (HD) 205 - SuperSport 5 (HD) 206 - SuperSport 6 (HD) 207 - SuperSport 7 (HD) 208 - SuperSport 8 (HD) 209 - SuperSport 9 (HD) 210 - SuperSport 10 (HD) 211 - SuperSport 11 (HD) 212 - SuperSport 12 (HD) 235 - SuperSport Maximo (HD) 240 - Ginx (HD)	Music 323 - VH1 Classic 325 - TRACE Urban (HD)
Movies 104 - M-Net Movies Premiere (HD) 105 - M-Net Movies Smile (HD) 106 - M-Net Movies Action+ (HD) 111 - M-Net Movies Stars (HD) 114 - Zee BollyMovies 138 - eMovies+ (HD) 140 - eMovies Extra (HD) 152 - AfricaMagic Epic Movies	Free-To-Air Channels 191 - SABC 1 (HD) 192 - SABC 2 (HD) 193 - SABC 3 (HD) 194 - eTV (HD)	Religion 331 - One Gospel 340 - Dumisa 341 - Faith (prev TBN) 342 - DayStar 343 - TBN Africa (prev Rhema) 347 - iTV 390 - Emmanuel TV
Documentary 171 - Discovery ID (HD) 180 - Weather 24 181 - National Geographic 186 - History (HD)	Community Channels 251 - Soweto TV 260 - Bay TV 261 - 1 KZN 262 - Tswane TV 263 - Cape Town TV 265 - Gau TV 292 - Lesotho TV	News & Commerce 401 - CNN International (HD) 402 - Sky News 403 - eNews Channel Africa 404 - SABC News 406 - Al Jazeera 407 - Russia Today 409 - CGTN News 410 - CNBC Africa 411 - Bloomberg
Lifestyle 174 - BBC Lifestyle 175 - Food Network (HD) 179 - Travel Channel	Children 301 - Cartoon Network 302 - Boomerang 305 - Nickelodeon 306 - Cbeebies 309 - Disney Junior 311 - eToonz	Specialist Channels 431 - BVN (Dutch) 435 - RTPi (Portuguese) 437 - TV5 Monde Afrique (French) 447 - CCTV 4 (Chinese) 515 - TV Record (Portuguese)
Sport 200 - SuperSport Blitz (HD) 201 - SuperSport 1 (HD)		Radio Channels All DStv radio channels are included

PlumRus

Universal Communication System

Extension numbers you might need:

Position	Person	Extension
Reception/ Risk Management Office		
Reception	Lucille Stoltenkamp/ Agnes Solomons	1000
Risk Management Day	Mervin Vermeulen /Tylo Cupido	1001
Risk Management Night	Gary Dennis/ Clayton Felix	1001
Risk Management Manager	Yolanda Damon	1024
Access Management	Guard on duty at gate	1029
Health Care		
Health Care Manager	Sister Muriel Mapling	1004
Sister In Charge Day	Heimi Jaftha/Carlyn Solomons	1034
Sister in Charge Night	Aloise Castle/ Shakira Makda	1034
Second in Charge (2IB)	Sylvia Rezandt	1030
Health Care Administration		
Medication Administration	Divine Mitchell	1017
Blister packing Administration	Chantal Beyers	
Nappy Administration	Tarryn Adams	1018
Community Service Centre		
Community Service Centre Manager	Rhodene Koense	1020
Community Service Centre Marketing	Belinda van Niekerk	1020
Community Service Centre Medical	Sister Essie van Zyl	1002
Catering, Cleaning, Laundry		
Aankope en Verkope	Kurt Brenton	1021
Laundry	Louisa Kasper	1022
Kitchen	Tina Hope /Chrissie Carolus	1037
Cleaning	Denzil/Terry/Maria	
Maintenance		
Maintenance Manager	Clint Cupido	1031
Transport		
Driver	Johan van Zyl	1032
Administration		
Selection & Allocation	Juanita Stoltz	1025
Accountant	Chris Schutte	1026
Human Resources	Cindy Schoeman	1027
Health Care Administration	Miche Philander	1036
Office Administration	Lauren Jones	1039
Manager		
General Manager	George Holtzhausen	1028
Extra Services		
Hairdresser	Cheryl/ Cathy	1033
Protea Coffee Shop	Noelwene/Chantal	1035

Services that is provided in PlumRus

1. Services:

- a. Bell Me Nurse Call Buttons with each resident
- b. Nashua Telephone in each room/ flat or a cordless mobile telephone if you pay extra

2. Available for the Residents:

- a. Coffee Shop , PlumRus 021-761-2323 or Residents contact JP 1035
- b. Die Burger, Call Centre 086-030-0010
- c. Hairdresser, Cheryl 073-091-1939 or Cathy 082-762-0623
- d. Hand & Foot care, Lesley 084-505-3031
- e. Nappy Suppliers:
 - i. Nappy Ware house, Denise or Sophie 021-794-3671
 - ii. Validus Medical 011-799-7111 or capetown@validus.co.za
 - iii. Taking Care - Carol Rasmussen on carol.rasmussen@telkomsa.net
- f. Path Care, Catherine 021-797-3785 or State Lab. 021-417-9383
- g. Pharmacies:
 - i. Alpha Pharmacy 021-928-5100
 - ii. Ashers Pharmacy 021-797-5094
 - iii. Clicks 021-797-5386
 - iv. Dischem Tokia 021-710-1230
 - v. Meadowridge Pharmacy 021-713-1472
 - vi. Rustenburg 021-788-0828
 - vii. Steps to Health 021-712-5050
 - viii. Wynberg 021-762-3729
- h. PlumRus Library 021-761-2323 or Residents contact Dianne 2 or Vivien 2113
- i. Physiotherapists , Rodele 082-215-2178 or Gillmore 021-701-9376
- j. Social workers:
 - i. Leigh Haselau 072-986-4733 or leighhas@gmail.com
 - ii. Wendy Robinson 083-595-3389 or wendy.rob@mweb.co.za
- k. Spiritual Care, Rhodene 021-761-2323 or 078-918-8780
- l. State Doctor, Dr. Camedien 084-225-5226
- m. Telly Tech, Steven 082-554-3130

3. Emergency Services:

- a. Ambulance Services
 - i. ER 24 084-124
 - ii. State 10177
 - iii. Netcare 911
- b. Funeral Services:
 - i. Doves Mary-Ann 021-761-6617
 - ii. AVBOB Elize 021-762-1101
- c. Police Station, Diep Rivier 021-710-7300
- d. Riskman officers - Gary, Stafford, Clayton or Mervin on 1001 or riskman@plumrus.co.za
- e. Reception - Lucille or Agnes on 1000 or reception@plumrus.co.za

4. Upgrades or additions in flats or Rooms:

- a. R+B Carpets cleaning, Brian 078-920-1268
- b. Leon's Carpets, Leon 021-910-0256
- c. Sun Wise Blinds, Gerald 083-651-1102
- d. Designer Building Cupboards, Wayne 082-202-3287
- e. Electo Spec electrician, Deon 082-877-9780

If all else fails contact Riskman/reception on 021-761-2323 or info@plumrus.co.za

May 2020 Fliek Program / Movie Program

	Pin Cushion	Sugar Bush	Stokoei
Saturday 14:30			
02 May 2020	Green Card	That touch of Mink	Kate & Leopard
Sunday 14:30			
03 May 2020	Amazing Grace	Risen	As I stand
Monday 14:30			
04 May 2020	Jazz Singer	Message in a bottle	Hansie
Saturday 14:30			
09 May 2020	Painted Veil	Vrou soek Boer	I can only imagine
Sunday 14:30			
10 May 2020	I can only imagine	Facing the Giants	Painted Veil
Monday 14:30			
11 May 2020	Hansie	Red River	Jazz Singer
Saturday 14:30			
16 May 2020	As I stand	Green Card	Amazing Grace
Sunday 14:30			
17 May 2020	Kate & Leopard	Amazing Grace	That touch of Mink
Monday 14:30			
18 May 2020	Red River	Jazz Singer	Risen
Saturday 14:30			
23 May 2020	Facing the Giants	Painted Veil	Message in a bottle
Sunday 14:30			
24 May 2020	Vrou soek Boer	I can only imagine	Green Card
Monday 14:30			
25 May 2020	Message in a bottle	Hansie	Vrou soek Boer
Saturday 14:30			
30 May 2020	Risen	As I stand	Red River
Sunday 14:30			
31 May 2020	That touch of Mink	Kate & Leopard	Facing the Giants