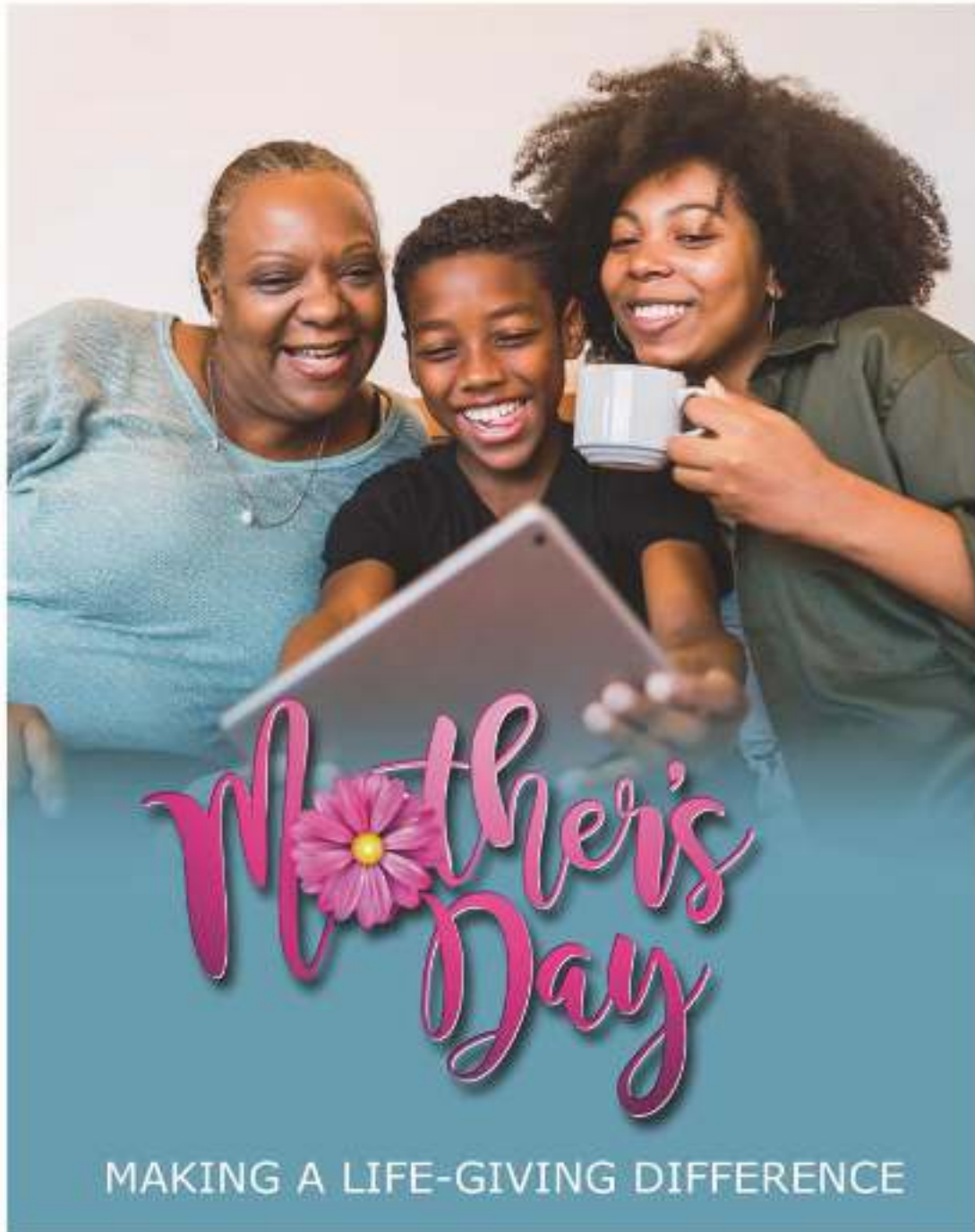


PlumRus News

MAY 2023



Spiritual Care Program

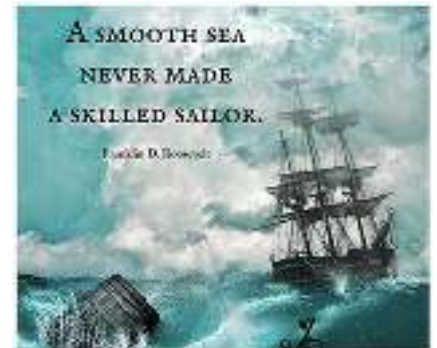
Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
5 th One Hour for Jesus	7 th Morning Service	7 th Evening Service
12 th One Hour for Jesus	14 th Morning Service	14 th Evening Service
19 th One Hour for Jesus	21 st Morning Service	21 st Evening Service
26 th One Hour for Jesus	28 th Morning Service	28 th Evening Service

Join us for our special Pentecost services from Monday 22nd May to Thursday 25th May at 19:00 in Bobbie Liebenberg.



A STRONG AND TRUSTWORTHY ANCHOR FOR OUR SOULS...

The launch of a newly built ship is always an exciting event! On the quayside there's often a rowdy brass band, cheering crowds and of course the bottle of champagne smashed against the bow! Once the party is over and before the ship ventures into the open ocean, it undergoes a series of rigorous tests. It's flotation and stability are thoroughly checked, as well as its engines, steering and navigation systems. The ship's anchors are also put through their paces. No ship can safely take to the open seas without effective anchors. The anchor and chain are designed to dig into the seabed and hold the ship in a safe place - out of the surf and off the rocks. While essential tests are done soon after launching, the anchors can only truly be tested in wild and stormy weather when winds howl, and waves crash against the hull.



Just as a ship's anchors are only fully tested in a storm, so our faith in Christ is only fully tested in 'stormy' times. The prophet Isaiah described times like these as walking through...'deep waters and great trouble', through...'rivers of difficulty and fires of oppression" (Is 43:2). These metaphors describing what Jesus called the 'troubles of this world' (John 16:33). From time to time, we all encounter these 'troubles' – troubles with relationships and family, money and health, loss and grief, and many others. Sometimes these troubles build slowly like the incoming tide. Other times they crash into our lives like a hurricane, and we find ourselves caught in a swirling vortex of boiling clouds and violent winds. Will our anchor hold, or will we be driven ashore and dashed on the jagged rocks of life?

In stormy times, will your anchor hold? Yes, it will...if you've taken hold of the **hope** set before you in Christ!

If you've put your trust in Christ you've taken hold of the promised **hope** you have in Him. The meaning of 'hope' in the Bible is different from the word we use in everyday language. Here we use it to express a longing we're not sure will be fulfilled - 'I hope it's going to rain tomorrow'. It may or may not rain, we don't know for sure. But in the Word of God, its meaning is different...it's a longing based on a promise.

The hope we have in Christ is based on His promise of abundant life - life that's meaningful, purposeful, joyful and eternal. Because God's promises are rock-solid, the hope we have in Christ is an unbreakable spiritual lifeline reaching right into the very presence of God where Jesus has gone before us. This is what God's Word says about the hope we have in Christ.....*we who have fled to take hold of the hope set before us may be greatly encouraged.*

*We have **this hope as an anchor for the soul**, firm and secure.
It enters the inner sanctuary behind the curtain, where our forerunner,
Jesus has entered on our behalf.
Hebrews 6 :18-20*

In dark and stormy times when the ship of our lives is tossed about by the troubles of this world, we can take heart knowing Jesus has conquered the world and its troubles. Through His death and resurrection, he met, and fought, and defeated the Prince of Darkness, the spiritual ruler of this world. Raised from the dead by the power of the Spirit, Jesus, the triumphant King of Glory, ascended into the heavenly realms where he sat down at the right hand of the Majesty on high. There as our forerunner He graciously includes us in His victory, and so becomes our certain hope of glory...the fulfilment of God's promise to make us and all creation new again!

Until we see him face to face, this hope of glory becomes an anchor for our souls. Its chain reaches into the heavenlies, right into the Holy of Holies where the Christ now dwells. There our hope is anchored in Him. It's fastened to the one whose shed blood and broken body secured the forgiveness of our sins while satisfying God's justice and making peace between us and God. When our hope is anchored in Christ, we need not worry about the anchor will breaking or the chain slipping, setting the ship of our lives adrift in the fierce storms of life. Because the God who saved us will not let us go. When the eye of the storm has passed over us and calmness returns, we realise our anchor has held! Not because we've rowed hard or steered well, but because our anchor is held in the nail-scarred hands of the one who died and rose for us. By his grace he holds us tight, and he'll continue to do so till the end.



Among early believers, the anchor was a meaningful Christian sign. Used on people's signet rings and gravestones...a symbol of their secure hope in Christ. You too can have a 'hope-anchored soul', the priceless blessing of putting your trust in Christ - who He is and what He's done.

With the hymn writer you too can gratefully sing...

*When darkness seems to hide His face,
I rest on His unchanging grace.
In every high and stormy gale,
My anchor holds within the veil.
My Anchor Holds – WC Martin*

(Submitted by: Dave Henderson)

The Divine Presence

I met God in the morning,
When the day was at its best.
And His presence came like sunshine.
Like a glory in my breast.
All day the presence lingered,
All day He stayed with me.
And we sailed with perfect calmness.
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed.
But the wind that seemed to try them,
Brought to us calm and rest.
So, I think I know the lesson,
Learned through many a troubled way,
You must meet Him in the morning,
If you want Him through the day.

Today belongs to you. It is a fresh and lovely gift from God. The obvious thing is to start the day with joyful thanksgiving. Go through this day seeking not those things which cause distress, but rather those things which will heal, and create joy and peace. Seek for these things and you will find them in the most unexpected places. In the hand grasp of a tried and trusted friend; in the confident smile of a little child; in the love and understanding of a dear one. You will be surprised how the common things of life become uncommon when viewed through thankful eyes.

(By: AJ Walker – submitted by Hilda Wier)





The Suffering of the Disciples

1. Matthew. Suffered martyrdom in Ethiopia, killed by a sword wound.
2. Mark. Died in Alexandria, Egypt, after being dragged by Horses through the streets until he was dead.
3. Luke. Was hanged in Greece as a result of his tremendous Preaching to the lost.
4. John. Faced martyrdom when he was boiled in huge Basin of boiling oil during a wave of persecution In Rome. However, he was miraculously delivered from death. John was then sentenced to the mines on the prison Island of Patmos. He wrote his prophetic Book of Revelation on Patmos. The

apostle John was later freed and returned to serve As Bishop of Edessa in modern Turkey. He died as an old man, the only apostle to die peacefully.

5. Peter. He was crucified upside down on an x shaped cross. According to church tradition it was because he told his tormentors that he felt unworthy to die in the same way that Jesus Christ had died.

6. James. The leader of the church in Jerusalem, was thrown over a hundred feet down from the southeast pinnacle of the Temple when he refused to deny his faith in Christ. When they discovered that he survived the fall, his enemies beat James to death with a fuller's club.

This was the same pinnacle where Satan had taken Jesus during the Temptation.

7. James the Son of Zebedee was a fisherman by trade when Jesus Called him to a lifetime of ministry.

As a strong leader of the church, James was beheaded at Jerusalem. The Roman officer who guarded James watched amazed as James defended his faith at his trial. Later, the officer Walked beside James to the place of execution. Overcome by conviction, he declared his new faith to the judge and knelt beside James to accept beheading as a Christian.

8. Bartholomew. Also known as Nathaniel. He Was a missionary to Asia. He witnessed for our Lord in present day Turkey. Bartholomew was martyred for his preaching in Armenia where he was flayed to death by a whip.

9. Andrew. He Was crucified on an x-shaped cross in Patras, Greece. After being whipped severely by seven soldiers they tied his body to the cross with cords to prolong his agony.

His followers reported that, when he was led toward the cross, Andrew saluted it in these words, "I have long desired and expected this happy hour. The cross has been consecrated by the body of Christ hanging on it". He continued to preach to his tormentors for two days until he expired.

10. Thomas. He Was stabbed with a spear in India during one of his missionary trips to establish the church in the Subcontinent.

11. Jude. He Was killed with arrows when he refused to deny his faith in Christ.

12. Matthias. The apostle chosen to replace the traitor Judas Iscariot. He was stoned and then beheaded.

13. Paul. He Was tortured and then beheaded by the evil Emperor Nero at Rome in A.D. 67. Paul endured a lengthy imprisonment, which allowed him to write his many epistles to the churches he had formed throughout the Roman Empire.

These letters, which taught many of the foundational Doctrines of Christianity, form a large portion of the New Testament.

Perhaps this is a reminder to us that our sufferings here are indeed minor to compare to the intense persecution and cold cruelty faced by the apostles and disciples during their times for the sake of their Faith.

And ye shall be hated of all men for my name's sake: But he that endureth to the end shall be saved.
Matthew 10 vs 22



A good woman is hard to find, and worth far more than diamonds.

Proverbs 31 vs 10



Aan ons Inwoners

4th	Emily Eadie	R8	90
5th	Joan Beattie	R22	76
6th	Joyce Van der Wolk	R32	93
9th	George Ubsdell	R57A	89
10th	Anna Jones	R51	94
10th	Matthys Van der Linde	F121	84
12th	Johanna Champion	F011	72
12th	Dennis Roberts	N009	85
13th	Vivien Spires	F010	73
16th	Linda Johnson	R23B	75
17th	Maud Hopley	R70	94
19th	Mary-Ann de Wet	F125	83
19th	Thomas Witter	N209	96
23rd	Marthinus Meyer	R6	88
24th	Anne Langston	R41	82
25th	Michael Coetzer	R38C	80



Verjaarsdae seëninge aan al ons kliënte en lede

4th-Mrs. J Stone

5th-Mrs. GW Fredericks

5th-Mrs. A Lock

6th-Mrs. M Alexander

6th-Mr. J Jacobs

10th-Mrs. Martinus

14th-Mr. N Klassen

18th-Mrs. B George

21th-Mrs. Beukes

28th-Mrs. Beckmann

29th-Mrs. S James



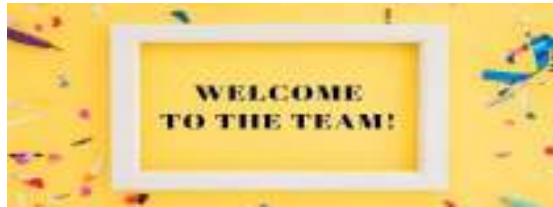


2 nd	<i>Gailine Williams</i>	<i>CSC</i>
2 nd	<i>Candice Davids</i>	<i>CSC</i>
3 rd	<i>Ashley Bruyns</i>	<i>CSC</i>
5 th	<i>Samantha Bruiners</i>	<i>CSC</i>
5 th	<i>Sharon Baartman</i>	<i>CCL</i>
7 th	<i>Samantha Hankey</i>	<i>CSC</i>
7 th	<i>Dhafier Williams</i>	<i>Riskman</i>
10 th	<i>Marilyn Smal</i>	<i>Health Care</i>
15 th	<i>Caylynn Jacobs</i>	<i>Admin</i>
23 rd	<i>Jo-Ann Haydricks</i>	<i>Health Care</i>
24 th	<i>Jermaine Solomons</i>	<i>Health Care</i>
27 th	<i>Marco Goss</i>	<i>CSC</i>
28 th	<i>Henrico Smith</i>	<i>BMG</i>
29 th	<i>Ashlynnne Smith</i>	<i>CSC</i>
30 th	<i>Werner Meyer</i>	<i>BMG</i>
31 st	<i>Anthea Le Croes</i>	<i>Health Care</i>



Her husband trusts her without reserve, and never has reason to regret it.

Proverbs 31 vs 11



My name is Sister Liezel Abrahams, I am married with a beautiful two-year-old son named Seth. I was born in Cape Town, at Mowbray Maternity Hospital.

My nursing journey included a period of Community Service at Grassy Park Community Day Centre. Here I worked mostly in the Treatment & Emergency Rooms, where I was exposed to all levels of care, including working with babies and mental health patients. I concluded my practical training in February 2023. My experience was good as I gained knowledge and skills on how to handle patients with different personalities. I find being a nurse very rewarding.



"Welcome to the team, Sister Liezel! You're a great addition to the team, and we know you'll accomplish amazing things here — we wouldn't have hired you if we didn't believe that. We look forward to supporting you along the way."

Sr. Liezel will be working for PlumRus Care Services reporting directly to Rhodene. She will be assisting all our Residents living independently as well as all our clients in the broader community.



Hello everyone! My name is Leeshay Philander, I am 19 years of age. I am 1 of 3 siblings. I finished my matric 2 years ago, and my journey starts here. The new friendly face you see when entering the Coffee Shop, yes, that's me! I have been newly appointed as a waiter in Protea Coffee Shop, I am excited to be working here and hopeful to learn and experience new things going forward. Thank you for welcoming me into the family.

Goeie dag almal,

My naam is Lemicia Jacobs, ek is 36 jaar oud, getroud vir 12 jaar en 'n ma van 3 oulike dogtertjies.

Ek is gebore in Constantia en op die ouderdom van 13, het my ouers Stellenbosch toe getrek. My eerste werk as kassier, was by 'n plaas stalletjie in Stellenbosch waar ek ook handgemaakte items maak en verkoop het. Na verskeie kelnerin werk, het ek teruggekeer Constantia toe, waar ek by Wynberg Meisies Hoërskool kos maak en in hul snoepie verkoop het.



My grootste passie is om kos te maak en wat is dan nou lekkerder om ons inwoners met ons lekker kos, koeke en terte te bedien. My werk kollegas is baie goeie onderwysers en het my sommer in die eerste paar dae geleer hoe om Lemon Meringue en Kaaskoek uit my kop uit te maak.

Ek is gretig om te leer en 'n sukses van my loopbaan by Plumrus te maak.

Leeshay and Lemicia are part of the young and vibrant Coffee Shop team and they report directly to Craig.



Goeie dag almal,

My naam is Dhafier Williams en ek is 25 jaar oud, getroud vir 3jaar en 'n pa van 2 oulike seuns.

Ek is gebore in Mitchell's Plain en na my skool loopbaan op die ouderdom van 18, het ek my eerste werk begin by RTT in die Parow Industriële gebied.

My grootste passie is motors, sport en ek hou daarvan om kos te maak. My nuwe kollegas by Riskman is baie goeie onderwysers en ek leer baie by hulle. Ek is gretig om te leer en 'n sukses van my loopbaan te maak as Risiko bestuur beampte by Plumrus.

Dhafier has come on board as our new Riskman officer currently on the Zebra Day team, and reports directly to Mervyn.

Never spiteful, she treats him generously all her life long.

Proverbs 31 vs 12



Michelle Wienand - PlumRus North N111

Michelle was born and raised in Cape Town, she attended Springfield Convent School.

She was enjoyed her career as a Pre-School Teacher. Michelle loved to knit and played hockey and netball in her youth.

Michelle also plays musical instruments such as piano and guitar.

Before joining us at PlumRus she lived with her sister Barbara in Wynberg.

Gavin Cochrane – Health Care – Zone 5 – Room 69

Gavin was born and raised in Cape Town. He attended Vista Nova School.

Gavin previously lived a stone's throw away over at Constantiaberg Close with his mom Beatrice Muller. He has a sister, Rona, living in Meadowridge.

He has chosen to join the Plumrus family after being a CSC member for a while. He loves a good breakfast at the Protea Coffee shop, enjoys our mini-markets and most of all our Bible study.

Gavin takes a keen interest in news, enjoys long walks and connects with many different people through all different sports. Most important, he loves to keep his mind and body fit.





Dorothy (Dot) Aggenbach – Health Care – Zone 5 – Room 67

Dorothy was born and raised around Wynberg and Plumstead. She vacationed in Gordon's Bay, Knysna and Durban.

She worked as a typist and receptionist. Dot enjoys reading, craft handwork and "Judge Judy".

Constance Higgins - High Care - Room 3

Constance is from the Plumstead area. She was married to Alan Higgins and they have a son Gary together.

She enjoyed her family holidays in the Wilderness and Durban. Constance worked as a Data Processing Supervisor for BP.

In her youth, Constance did roller skating as a sport and now enjoys crossword puzzles, scrabble and knitting.



6 Tips to Help Move Your Elderly Parent to Assisted Living

1. **Look out for the signs** (falls, forgetfulness, not eating, not taking medication)
2. **Consider the main caregiver** (the main care giver's wellbeing is very important)
3. **Start the conversation** (parents prefer to be part of the journey when deciding to move them)
4. **Making & managing the move** (downsizing can be stressful, be patient and considerate)
5. **Manage your visits** (establish a routine that will make your visits a memorable event)
6. **Be supportive but expect some setbacks** (focus on the positives and remain reassuring)

The Team at PlumRus is always on hand to assist the Resident and family with the transition being made to a Retirement Lifestyle, that will ensure dignity, compassionate care, and peace of mind for all. Ask for assistance and we will happily oblige.



#breakthestigma

#BreakTheStigma: Wat kan jy doen?

Baie mense wat sukkel met die simptome van depressie, angs of 'n ander geestesongesteldheid, voel nie dat hulle oop met hul vriende of familie kan wees nie. "Wat ons ook al kan doen om hierdie ervarings te normaliseer, sal nuttig wees om stigma te verbreek," sê Dr. Haycraft. Die ander noodsaaklike stuk, wat hy deel, is breër opvoeding oor geestesgesondheidsdiagnose. Dikwels herken of ken mense nie die tekens en simptome van algemene geestesiektes soos kliniese depressie nie.

"Daar is 'n derde stuk aan hierdie legkaart," voeg Dr. Haycraft by. "Baie mense het 'n inherente weerstand teen die idee om medikasie te neem. Dit sluit aan by die idee dat medikasie kan beteken dat iemand siek of gebroke is." Baie pasiënte ervaar egter aansienlike voordele van die regte medikasie. Navorsing het getoon dat mense die meeste resultate sien wanneer hulle vir ten minste 6-12 maande of langer op 'n voorskrif bly. Trouens, Dr Haycraft deel dat die mees klinies bewese behandeling vir depressie 'n kombinasie van medikasie en psigoterapie is. 'n Hupstoot in selfbeeld

Dikwels ervaar mense wat terapie en geestesgesondheidshulp soek 'n transformasie in hul selfbeeld. "Soos mense begin om deur 'n proses van genesing te werk, begin hulle hulself anders sien en voel hulle nie meer dat hulle gebroke is nie," sê Dr. Haycraft.

"Die kern van die saak is dat as jy sukkel, moenie huiwer om hulp te vra nie," sluit hy af. "Ware geestesgesondheidsbehandeling is nie om vir 10 minute te sit en 'n voorskrif uit te skryf nie; dit is 'n omvattende, holistiese benadering. My hoop is dat mense die moed en aanmoediging kan vind om uit te reik, hul vrae te vra en hulp te kry."

www.adventisthealth.org/blog/2020/may/break-the-stigma-seeking-help-for-mental-health/





We welcome the newly installed GSM device that was installed in the Mountain View Lift which forms part of our Health & Safety regulations. This device is linked directly to our Riskman department and for your convenience can be used in case of any emergency with the support of the Bellme.



Before



After



New shade netting was installed in the East car park outside the Annex.

Lift for PlumRus East/Hyser vir PlumRus Oos

There is a great need to install a lift for our Residents in PlumRus East. The East building is our oldest Residential area and will undergo a massive upgrade with the installation of a lift. The estimated cost of this project is between R700 000 and R1Million.

What we really need is a philanthropic donation of an estate or two to better put us within reach of this goal.

If you require an 18A certificate for tax purposes, please contact Cindy on cindy@plumrus.co.za with all the relevant details and she will happily oblige.

Payments can either be made at our Reception or directly via EFT into the following bank account:

Account: Plumstead Rusoord Board Account
ABSA - 450640409
Code - 632005
Reference - Donation Lift

Balance at 31 March 2023 – R29 650

Easter Sunday lunch table setting in Bobbie Liebenberg lounge.



Beautiful new wall decor in Sugar Bush lounge.



Residents having a little fun in the sun with beautiful bouquet of fresh flowers to trigger their happy brain chemicals.

Residents looking forward to having lunch in Stokoei.





TOMORROW I SHALL HAVE TO TELL THEM...

A compilation of Flash Fiction by members of the Plumrus Writers 'Group. Flash fiction is "a genre of fiction, defined as a very short story." The stories are not factual but may bear some resemblance to the authors' life experience.

FROM MY BUSINESS EXPERIENCE:

It has been a difficult year.
Trade has been slow.
Eskom outages have been devastating.
It faces me with the unenviable task of staff reduction.
"To-morrow I will have to tell them...."

(Submitted by Adin Harmer, written on the back of daunting account spreadsheets)

A NIGHTMARE

Today was a bad hair day! Why? Because I got to hear from my doc that what I had feared because of frightful fatigue, prophetic pain and tingling all-over anxiety was actually true - confirmed by blood tests. The Big C stalks again...I can feel it in my bone marrow, which means more encounters with the Red Devil and hair loss bad hair days.

My family don't know yet - "I shall have to tell them tomorrow." NO, NOT YET...because this was all a bad dream, not true to life, but it could be.

(Submitted by Verena Salzwedel)

I DIDN'T DO IT ON PURPOSE

So why do so many accuse me of wilful negligence?
20 years spent looking after those in need and calming down those with greed!
Years of hiding behind my closed mind, yet outwardly caught up with "the movers and shakers." Famous last words of so many-"No place to hide" has become my stumbling block-Yes, "behind closed doors"- that's where I've been! So, "Tomorrow I will have to tell them."

(Submitted by Ruth Davies)

HOUSE SITTING

House sitting is a big responsibility. I know this, and I declare the following incidents were in no way due to me, but here I am, having to account for what went wrong. Life is so unfair...

The McPhersons were going away for the Easter weekend and entrusted me with the keys to their home and care of their dogs for four days.

On arrival I was knocked off my feet by one big dog and one small ankle biter. Tall dog sniffed me suspiciously and dogged my steps from room to room, his tail sweeping objects from the low tables with abandon. Ankle biter nipped my heels unless I faced him and no amount of stern reprimand had any effect. So, there I was for the first night walking backwards up the stairs with one hand on the banister and one hand with my mug of coffee. Late that night there was loud music coming from the neighbours and lots of coming and going with cars revving and squealing of tyres. Having not had a peaceful night, I opened the door next morning and nearly fell over dogs x 2 who continued their close monitoring of my movements, and I was glad to shut them out in the garden with their food bowls so that I could have breakfast in peace. This was not to be for long, as the neighbour next door was having a loud and expletive rich fight on the phone pacing up and down his kitchen yard, followed by slamming of doors and driving his car furiously out of the gate, crunching over and breaking the water meter cover on the McPherson's pavement.

After a long and adventurous day with my friends from work, I arrived home to find the street in darkness. It seemed there was a localized power failure. Using my illuminator on my keyring, I unlocked and entered the house, the dogs barking from the garden on my arrival. I let them in and I searched and searched for a torch but only found candles. Before long, I had banks of candles in strategic places, but they were old and dusty and let off a lot of smoke. Suddenly the fire sprinkler system was set off and generous amounts of water were distributed all over the house. The candles went out, Ankle biter was fastened onto my heel, and I crashed over Tall dog onto a rapidly squishy Persian carpet. I had no idea how to turn off the sprinklers, so I ran out into the road and desperately tried to find the mains tap under the debris of the water meter cover. It was rusted stiff, and I had to use a piece of brick to bludgeon it shut. Meanwhile the dogs had disappeared up the road with glad barks. There was nothing for it but attend to the immediate crisis. Watermarks all over the polished furniture, carpets ruined, beds all wet, I just sat down and cried. To have phoned the McPhersons in the middle of the night was not going to help matters, so I pulled off the wet bedclothes and remade the bed, listening for the dogs so that I could let them back inside, thus ensued another night of interrupted sleep.

As dawn broke, I inspected the damage. Perhaps if I spin dried all the wet duvets, I could have them dried and back on the beds before the owners returned. So, with

MEI / MAY 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
1	2	3
08:30 DVD Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges PUBLIC HOLIDAY WORKER'S DAY	09:30 Shopping Meadowridge 09:30 Gym Trim in 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 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
8	9	10
08:30 DVD Library 09:00 Outing: SANCCOB Tour 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 Writer's Group in N203	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
15	16	17
08:30 DVD Library 09:00 Outing: SANCCOB Tour 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	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 12 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall
22	23	24
08:30 DVD Library 09:00 Outing: SANCCOB Tour 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:45 Pinkster Diens in the Hall	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 18:45 Pinkster Diens in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 14 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 18:45 Pinkster Diens in the Hall
29	30	31
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 18:30 Lotto Draw in the Hall	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 1 Episode 1 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
4	5	6	7
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	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 9	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Kiss Kiss 18:00 Woord & Lied Dr. Chris Saayman
11	12	13	14
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 11	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Mother's Day 18:00 Woord & Lied Dr. Chris Saayman
18	19	20	21
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 13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges One More Time 18:00 Woord & Lied Dr. Chris Saayman
25	26	27	28
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 18:45 Pinkster Diens 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	10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 15	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Queens on the Run 18:00 Woord & Lied Dr. Chris Saayman
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 4th May 2023 Morning Market in the Hall @ 09:30 8th May 2023 Garden Club Meeting in the Hall @ 16:00 9th May 2023 Writer's Group in N203 @ 15:00 17th May 2023 Residents Talk in the Hall @ 15:00 22nd - 25th May 2023 Pinkster Diens in the Hall @ 18:45 26th May 2023 Bring & Braai @ 18:00 30th May 2023 Lotto Draw in the Hall @ 18:30			

the carpets lugged outside and drying over garden chairs and the spin dryer lurching alarmingly with uneven load, I left the gate open, and the dog's food bowls replenished, in case the culprits returned. I had plans to see friends and could not see the advantage of waiting around all day, so I drove away.

Hooray, the electricity had been restored to the street when I returned but I had forgotten the carpets outside and it was raining. Still no sign of the dogs, I was really worried. I had already phoned the SPCA, TEARS and been from door to door up the street asking them to keep a lookout. What to do with the carpets? Perhaps it was better to leave them outside. I turned on the tap to fill the kettle and there was no water. I had to make do with the geyser water and remember to turn the mains back on the next morning. Something had happened to the spin dryer; it was making strange rasping sounds and I could not get the door open. I turned it off – would deal with it tomorrow.

In the middle of the night there was a terrific crash and a roaring sound. I rushed to the window and saw a car drive away at top speed and fire spreading up the walls. The house had been petrol bombed! I phoned the fire brigade and tried to throw buckets of slow running geyser water onto the trellis from the window above. In panic I ran next door and woke the neighbours. They came to the door with guns and shouted at me to go away. In the confusion, the fire engine arrived and filled the house with powerful jets of water and tracked in mud and charcoal.

The next day there were two headlines:

GANGSTERS FIREBOMB WRONG HOUSE and
**STRAYS CAUSE MULTIPLE PILE UP ON M5 – 2
DOGS IMPOUNDED**

Tomorrow I shall have to tell them...

(Submitted by: Vivien Spires)



SCIFI: SCIENTIFIC DISCOVERY

Dr Looks, a South African from the Klaarstroom District of the Karoo, has made an astounding scientific discovery which will revolutionise the ongoing signs of the aging problem in Seniors.

This revolved around Fracking, the buzzword used in the search for gas whereby extraordinary deep boreholes are drilled into the earth under extreme water pressure to release trapped gas for use in energy. This phenomenon occurs especially in the arid Karoo where there were seabeds of flora and fauna decomposing over the aeons and being held deep in the rock, becoming gaseous. Dr Look's family farm, Ebenezer, was chosen for experimental fracking under the auspices of the Dept of Farmers' Oversight, but the ministers were not present at the time, having been held up (they did not mention the reason).

Dr Willaby and Mrs Hope Looks plus many indebted and deeply furrowed of brow Karoo Agriculturalists gathered under the scorching sun on this auspicious day. As the drill hit the Motherload, with an almighty explosion heard in distant Rietbron, the gas erupted, shooting out the Miracle Wrinkle Mud that Dr Looks had predicted. Not la Mer, but la Moed, as he named it, as, with Hope the farmers had a new income from the Fountain of Youth.

No gas from fracking for the Ministers, but Tomorrow I shall have to tell them.

(Submitted by June Stein via the Plumrus Writers' Group)

The next Writers Group meeting takes place on Tuesday 9th May at 15:00 in N203. Why not pop-in and hear what this group gets up to at their meetings?

Last Trip

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be my last ride of my shift, I thought about just driving away, but instead I put the car in park and walked up to the door and knocked. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small suitcase. The house looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks, or utensils on the counters. In the corner was a cardboard box filled with photos and glassware. 'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm, and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother to be treated.' 'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through the city centre.' 'It's not the shortest way to the destination I have booked by the cab office.' 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. The doctor says I don't have very long.' I quietly reached over and shut off the meter. 'What route would you like me to take?' I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newlyweds, She had me pull up in front of a furniture



warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring out, saying nothing. We drove for hours.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired, let's go now'. We drove in silence to the address I had been given. It was a single-story building with a driveway that passed under a portico. Two members of staff came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the boot and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She hugged me tightly back.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light back to my taxi. Behind me, a door shut. It was the sound of the closing of a life.

I drove home and sat in my armchair thinking about the old lady. What if she had got an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

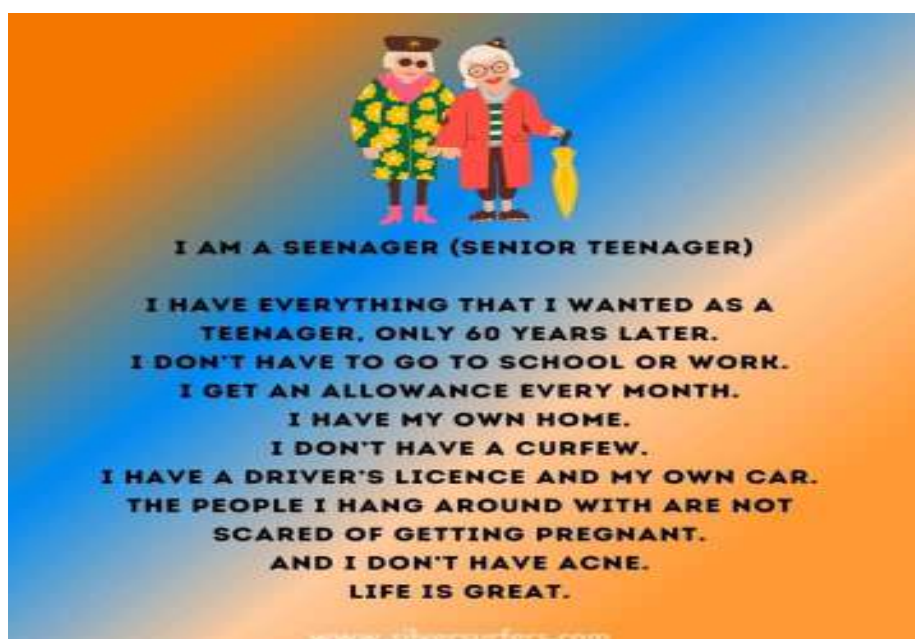
On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

As Maya Angelou said, people may not remember exactly what you did or what you said, but they will always remember exactly how you made them feel.

This fictional story seems to have been modified from a true one. Author Kent Nerburn wrote about a very similar experience from when he was a Minneapolis cab driver in the 1980s.



DEATH DEFEATED

Reflections on Easter

At our monthly Resident's Talk, we were treated to an unexpected feast of music and Scripture presented in a moving audio-visual show on Wednesday 19th April. One of our residents, the late David Salzwedel, photographed and compiled this presentation some years back. Many of us may feel that we are near to the end of our lives, in the "waiting room," so to speak. This is a message of Hope, that, in Christ, Death has been Defeated, and we can have Eternal Life.

THE DAWN OF LIFE



The presentation started off by the famous Cat Stevens rendition of Morning Has Broken. Creation as told in Genesis. Glorious slides of nature, the majestic Matterhorn Mountain, glories of flowers and pretty children, all innocent, unspoiled and lovely.

THE DESPAIR OF DEATH

Images of pagan religious adherents, smeared with ash and grease, beggars and decay with a background of deep sonorous choir pieces reminding us the wages of sin is death. Dust returns to the ground.

Passages from Ecclesiastes 1:12 "Everything is meaningless" Images of an overgrown forgotten graveyard.

Sombre deep men's choral voices "Is there no One willing to set us free?"

GOD DEVISES A PLAN

Pictures, sculptures, paintings of a crucified Christ. We are reminded of the cost Jesus paid for our souls.

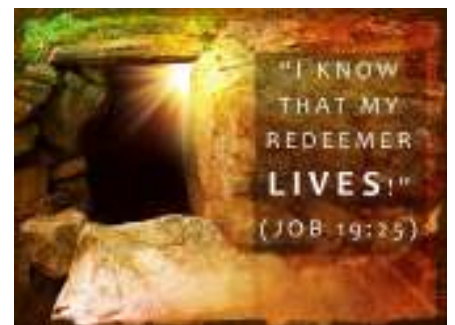
CHRIST DEFEATS DEATH

A slide of blinding light – "Why do you seek the Living among the Dead?" HE HAS RISEN!

OUR DESTINY IN CHRIST

There will be no more tears and no more pain. "Do not be afraid" "I know that my Redeemer lives."

Those in Christ will go Home 'to the land of the living'.



If you missed the show, or want to see it again, you can watch it using the link:

www.bit.ly/death-defeated-video

(Submitted by Vivienne Spires)



IN LOVING MEMORY OF ...

Brian Donald



Sunrise: 26/02/1932

Sunset: 04/04/2023

I only knew Mr. Donald for two months; he was a very straight forward person and very loving and honest with a cheerful smile. He loved watching his cricket games in the afternoon and his favorite food was tomato soup.

I salute Mr. Donald's daughter for the love and care she had towards her father and the carers.

From – Bonita Appels in High Care.

Mr. Donald was a very loving and soft-hearted person. He loved his sports a lot always watching it on his TV. If we asked if we could take him out of bed his words were "a man of my age should be resting and stay in bed".

You will be missed dearly: High Care staff.



Bea Lombard



Sunrise: 14/04/1929

Sunset: 08/04/2023

Mrs. Lombard's favourite colour was red, she would always have something on with red in then her day was made. She loved to talk about the years where she lived in Newlands. She loved to talk about rugby because her husband was very involved with it. She also loved to talk about her traveling days and all the places she visited. Very respectful woman always a please and a thank you. - Health Care Staff

Mrs. Lombard was a very sweet and gentle woman. She always had a smile on her face, and she was always concerned about the carers and their well-being. She would always try to crack a joke to brighten up your day. We, in zone 3 will miss your smile B. From – Sheron De Beer. Zone 3



(Photo: Bea with her Godson, Bjarne)

Robin Hall



Sunrise: 24/11/1934

Sunset: 23/04/2023

Robin spent most of his youth on his granny's farm just outside Pretoria. He travelled and worked around Southern Africa for a few years before travelling around Europe with his three best friends for a year. He married and had two children, Tracy and Norman, and worked in the motor industry for most of his life, before retiring to the Vaal Dam to sail to his heart's content. Robin knew how to enjoy life. He moved to Cape Town to join his children at the end of 2018 and had a wonderful four years together before passing on 23 April 2023. He will be sorely missed by both Tracy and Norman.

Mr. Hall was a very strict person, if he didn't want to do something you just knew, he wasn't going to do it. He loved to sit in the sun and sleep. He argued a lot with staff but could also be very affectionate. He would always say thank you when the staff did something for him.

MHDSRIP – Health Care Staff

Die uitvinder van die trapmeul ('treadmill') is oorlede in die ouderdom van 54.

Die uitvinder van Gimnastiek het 57 jaar gehaal.

'n Wêreld liggaamsboukampioen (body building) is op 41 jaar oorlede.

Die beste voetbalspeler van alle tye, Diego Maradona is op 60 jaar oorlede.

James Fuller Fix, die persoon wat Amerika se fiksheidsrevolusie begin het, deur die sport draf en hardloop gewild te maak, is in die ouderdom van 52 oorlede aan 'n hartaanval terwyl hy gedraf het.

Dit klink nie goed nie.

Daarin teen is daar die volgende feite:

Kolonel Sanders, die KFC uitvinder het 94 jaar oud geword.

Die sigaretmaker Charles Winston is op 102 jarige ouderdom oorlede.

Die uitvinder van opium is op 116 oorlede (IN 'N AARDBEWING).

Die Hennessey Liquor uitvinder het 98 gehaal.

Hoe het slim mense tot die gevolgtrekking gekom dat oefening jou lewe verleng? Die haas spring heeltyd op en af en dit leef vir omtrent 2 jaar. Die skilpad oefen glad nie en leef 400 jaar. *So, in 2023 – ontspan, bly kalm, eet, drink en geniet die lewe.*



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



Op 8 April toe Ilse-
 Leë met Brahm in
 die huwelik tree
 was daar een
 trotse ouma,
 Leonie Pauw, op
 hand om die
 geleentheid nog
 meer spesiaal te
 maak. Leonie
 saam met Pat was
 die twee
 blommemeisies.



Hulle het ook self die konfetti uit krismisrose gemaak.



I guess when you
 are 100 years old
 you can celebrate
 your birthday every
 day.

Margaret Raven
 received, by snail
 mail, a personalized
 birthday greeting
 from King Charles
 and Camilla, the
 Queen Consort.



I am sure Margaret will be watching the Coronation of the King with much excitement on the 6th May.



Gwyneth Collins had a special visit from her granddaughter Tarryn, and her great grandson Bodi.



Our monthly Resident's Bring & Braai continues to be a special occasion for family and friends to socialize over a good South African Braai.

Join us at our next braai on Friday 26th May at 18:00.

Gloria and Joan say there is no prescribed time to enjoy a lovely milkshake from our Protea Coffee Shop, just put on another jersey and you won't feel the freeze through your body.



WAT OM TE PLANT IN DIE OOP STUK GROND VAN DIE HITTE LIEFDEVOLLE GEWASSE IN MEI?

Byvoorbeeld, komkommers, wat lief troos. Goeie resultate word verkry deur die aanplant van in opgewek beddens. In Mei, saailinge sade ontkiem in net 6-12 dae. Wees versigtig van die teelaarde vir hulle en voldoende vog, omdat die komkommers aanbid water. Berei 'n traliewerk om ruimte te bespaar in die tuin en om hul soeke na opbrengs te fasiliteer, kunstig wegkruip agter 'n groot sappige blare. Moenie vergeet om die banke te berei vir bewaring somer.



Sappige murgpampoentjies te lief vir die Mei dae. Hierdie plante moet genoeg ruimte om te groei, so moenie bang wees om dun hulle wees. Met 'n paar sterk bosse sal lewer meer as 'n dosyn of so dun en swak. Produktiwiteit by die muurbal is baie hoog. As jy nie van plan om die hele somer eet om, moenie weg met die aantal sade geplant gedra.

Peper neem min spasie en gee 'n goeie oes. As jy 'n lente en langdurige koue, is dit die beste om die saailinge te berei.

Om te probeer om al die variëteite van tamaties groei, sal dit dekades neem. So moenie jouself te verloën die plesier van die jaarlikse eksperiment. Om reeds bewys voeg nuwe vorme, en miskien sal hulle geword het van die nuwe troeteldiere. Soos peper, na gelang van die terrein en klimaat, dit kan die verbouing van saailinge vereis.

'N NUTTIGE TOEVOEGING



Soos jy kan sien, het ons reeds 'n volle verskeidenheid van groente vir slaai ingesamel. Maar iets ontbreek. Wat om te plant in Mei van speserye? Probeer hitte liefdevolle kruie: basiliekruid, oreganum, tiemie, salie, sigorei, pietersielie en dille dose yat nie vergeet dat die hele somer was sy jong takkies. Dit geld vir slaai en spinasie. Deur die somer van vroeg geplant blare sal bitter smaak, so te plant dit

weer, na die gereg tender blare bygevoeg word.

HELDER BLOMBEDDINGS

Sowat gesonde en smaaklike plante het ons reeds gepraat, en watter soort blomme geplant in Mei?

Om mee te begin, laat ons onthou die somer blom bolle: dahlias, Gladiolus, lelies, kanna, en ander.

Meerjarige: Delphinium, Phlox, Aubrieta (windsak), angelier, Scheef Kelk, klip breek, Campanula medium - ook geplant in die laaste maand van die lente.

Pansy, leuebekkies, geranium, fuchsia, kosmeya, digitalis en Impatiens is jaarplante, hulle kan geplant word in Mei, nader aan die middel van die maand. En in die laaste dekade, plant salie, jakobregops (hoofvakke), gousblom en lobelia.



Jy kan sake te kombineer met plesier en versier jou webwerf met helder sonneblomme. Wanneer die warm weer die saad ontkiem in 4-6 dae, en in Mei geplant is, sal hulle blom in Augustus.

Teen die einde van die maand uiteindelik verwelk die blare van affodille en tulpe. Kom dit is tyd om hulle te verdeel en herplant.

Dit is wat blomme geplant in Mei. Maar ook nie vergeet om te sorg vir die reeds blom plante en verwyder verwelkte knoppe, om die ontwikkeling van nuwes te lok. 'N Jong spruite lang blomme moet koppel aan die ondersteuning wat hulle nie tot niet die wind.

Maar as die beddings in jou tuin is 'n grasperk maatskappy, die Mei - die beste tyd om dit op te los. Vypolite onkruid Voer die gras. In plekke waar die deklaag skaars is, noukeurig los die grond en saai nuwe saad. Maak seker dat hierdie gebiede goed aangeklam. Sny die grasperk 'n bietjie hoër as gewoonlik, sodat die gras goed gegroei en verdrink uit die onkruid.

(Ingedien deur: Cindy)



Library News

We have received great donations thanks to Rene Healy and Diane Slabbert!

Ken Follett and Jodi Picoult plus a string of others. Come and see!

Book Review

The Hills and the Valley by Janet Tanner

This chunky book explores the fortunes of a Somerset coal mining family during the second world war. Beautifully written, descriptive, and realistic. The pages seem to rush past. Very enjoyable!

♥ we appreciate you ♥



Thank you to Holy Redeemer Mother Theresa Outreach Group for delivering 800 marshmallow easter eggs which we could share with our Residents, staff and members in Lavender Hill & Retreat.



Hoesê?

Sofapokkel - couch potato
Giggelgras - dagga
Kopwarms - emotional damage
Moeggeploeg - exhausted
Betereter - foodie
Moegoe - fool
Streepsuiker - hiding
Byekonfyt - honey
Boepensbroodjie - jaffle
Blaarvraat - creepy crawly
Dagdief - lazy person
Toekatante - old woman
Stilsiel - loner
Planeetperd - globe trotter
Kruipmuis - news at the bottom of TV screen
Stoepstoker - smoker outside of buildings

(Ingedien deur: Pat Van Wyk)

Bessie klim in haar motor en sien 'n gesig in die spieël. Sy vertel haar vriendin dat sy só groot geskrik het vir die gesig wat vir haar loer.
Simpel Sarie vra: en wie was dit toe?



When a daughter understands

Sometimes a daughter doesn't know the road her mom travelled, she doesn't understand from her mom's point of view, till she gets older and wiser.

She doesn't see the daily sacrifices her mom made, the love that's never ending through differences displayed, every cough and midnight fever mom sat upon the bed. Every pleasure set aside for every story read.

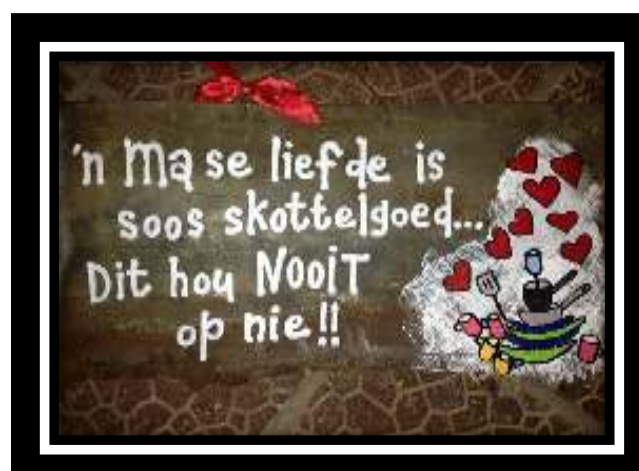
She doesn't see the selfless offerings in each present mom made or the tears her mom shed each time her daughter's heart gave way. All the praying and crying, all the loving, just because, all the hoping and dreaming are the things a mom does.

Sometimes a daughter doesn't know till she looks back with wide-eyed wonder and stands amazed at all her mom did.



Now the daughter is older, maybe wiser, she sees her mom's point of view. And she hopes and prays that one day she'll be that kind of mom too.

Happy Mother's Day mom, I love you-Miche Philander





EK LEWE / I AM ALIVE!

In April, Melani, in fuchsia pink, and Therene, in forest green, lifted our spirits with their show, "I AM ALIVE!"

'Fly me to the Moon', 'On top of the World,' 'Ek verlang na jou' Hit the road, Jack,' is van die ou bekende liedjies wat hulle so puik opgevoer het.

Vermanings/opmerkings so tussen is: "Ons is oud, maar nog nie koud nie. Speak and think positively for up to 14% improvement in life expectancy. Ons wil nie "bitterballe" wees nie!

How do we achieve this? The Message of the Hands: On the one hand are the things I need to let go. On the other hand, are the things I need to hold onto. With resilience, Faith, Hope and positivity, we can shout: "I AM ALIVE / EK LEWE!"

Thank you, Wynberg AVBOB for your sponsorship of uplifting entertainment and tongue-in-cheek, South African comedy for our Residents at PlumRus.

(Submitted by: June Stein)



She shops around for the best yarns and cottons, and enjoys knitting and sewing.

Proverbs 31 vs 13



Our final 3 training/workshop sessions were held on the 28th March 2023 and 11th & 18th April 2023, the Kwagga Team attended and all of the Catering, Cleaning and Laundry staff together with Management. The focus was still on creating that WOW experience for our residents, zooming in on basic caring and the dining experience.

The training consists of our newly developed RCT (Rhodene Carer Training) & CWT (Charlene Waiter Training) manuals. Rhodene presented the RCT and Noelwene & Charlene presented the CWT to all Staff.

All the sessions were well attended, and staff enjoyed the chance to get together outside off work. The training was received well by the staff and ongoing efforts will be made to continue improving our service delivery for our residents.



We walk the talk every day!



Our Zone 3 carers making sure their Residents are experiencing the WOW factor!



Life is too short...enjoy the laughs!

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
4. I remember being able to get up without making sound effects.
5. I had my patience tested. I'm negative.
6. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
7. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
8. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
9. I finally got eight hours of sleep. It took me three days, but whatever.
10. I run like the winded.
11. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
12. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
13. I don't mean to interrupt people. I just randomly remember things and get really excited.
14. When I ask for directions, please don't use words like "east."
15. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
16. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
17. My luck is like a bald guy who just won a comb."





SENIOR CITIZENS, PLEASE BE MORE TALKATIVE

Generally, senior citizens are more talkative. But Doctors say, it's good. See a report below -

Doctors say so. Retirees (senior citizens) should talk more because there is currently no way to prevent memory loss. The only way is to talk more. There are at least three benefits for senior citizens if they talk more .

FIRST: Speaking activates the brain and keeps the brain active, because language & thought communicate with each other, especially when speaking quickly, which naturally results in faster thinking reflection and also enhances memory. Senior citizens who do not speak, are more likely to lose memory.

SECOND: Speaking relieves a lot of stress, avoids mental illness and reduces stress. We often say nothing, but we bury it in our hearts and suffocate ourselves. It's true , so it would be nice to give seniors a chance to talk .

THIRD: Speaking activates the facial muscles & at the same time, exercises the throat & also increases the capacity of the lungs, at the same time, it reduces the risk of eyes & ears deterioration and reduces latent risks such as dizziness and deafness.

IN SHORT: retirees, (senior citizens) the only way to prevent Alzheimer's is to talk as much as possible and communicate actively with people.

DIE DOMINEE IS BESIG
OM DIE TIEN GEBOOE
MET DIE SONDAGSKOOLKLAS
TE BEHANDEL EN SPESIFIEK
DIE GEBOD...

'JY MAG NIE STEEL NIE!'

HY VRA TOE DIE KLAS:

"WAT DINK JULLE SOU DIE
KOEKBLIK IN DIE SPENS
VIR JULLE SÊ AS DIT
KON PRAAT?"

PIETIE STEEK SY HAND OP
EN SÊ:

"LAAT DIE KINDERTJIES
NA MY TOE KOM EN
VERHINDER HULLE NIE!"

When you finally pay
all your debts and start
enjoying your youth



At the bank, I told
the cashier, "I'd like
to open a joint
account please."

"OK, with whom?"

"Whoever has
lots of money."

f/PutasMileonFace



I spent 30 minutes talking to
them to learn more about their
culture until the barman told me
they were umbrellas..



In childhood

A=Apple

B=Ball

C=Cat

D=Doll

E=Elephant

In young age_

A=Android

B=Bluetooth

C=Currency

D=Dance

E=Enjoy

In old age

A=Arthritis

B=Blood pressure

C=Cholesterol

D=Diabetes

E=Emergency



ENGLISH LESSON

Tsunami ——— T is silent

Honest ——— H is silent

Psychology ——— P is silent

Knife ——— K is silent

Wife ——— Husband is silent

Class dismissed ...

The Proverbs 31 Woman

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

honor	fears the Lord	charm	blessed
idleness	household	tongue	faithful
linen	purple	scarlet	poor
spindle	profitable	family	provides
vigorously	flax	wool	not harm
good	confidence	rubies	noble character