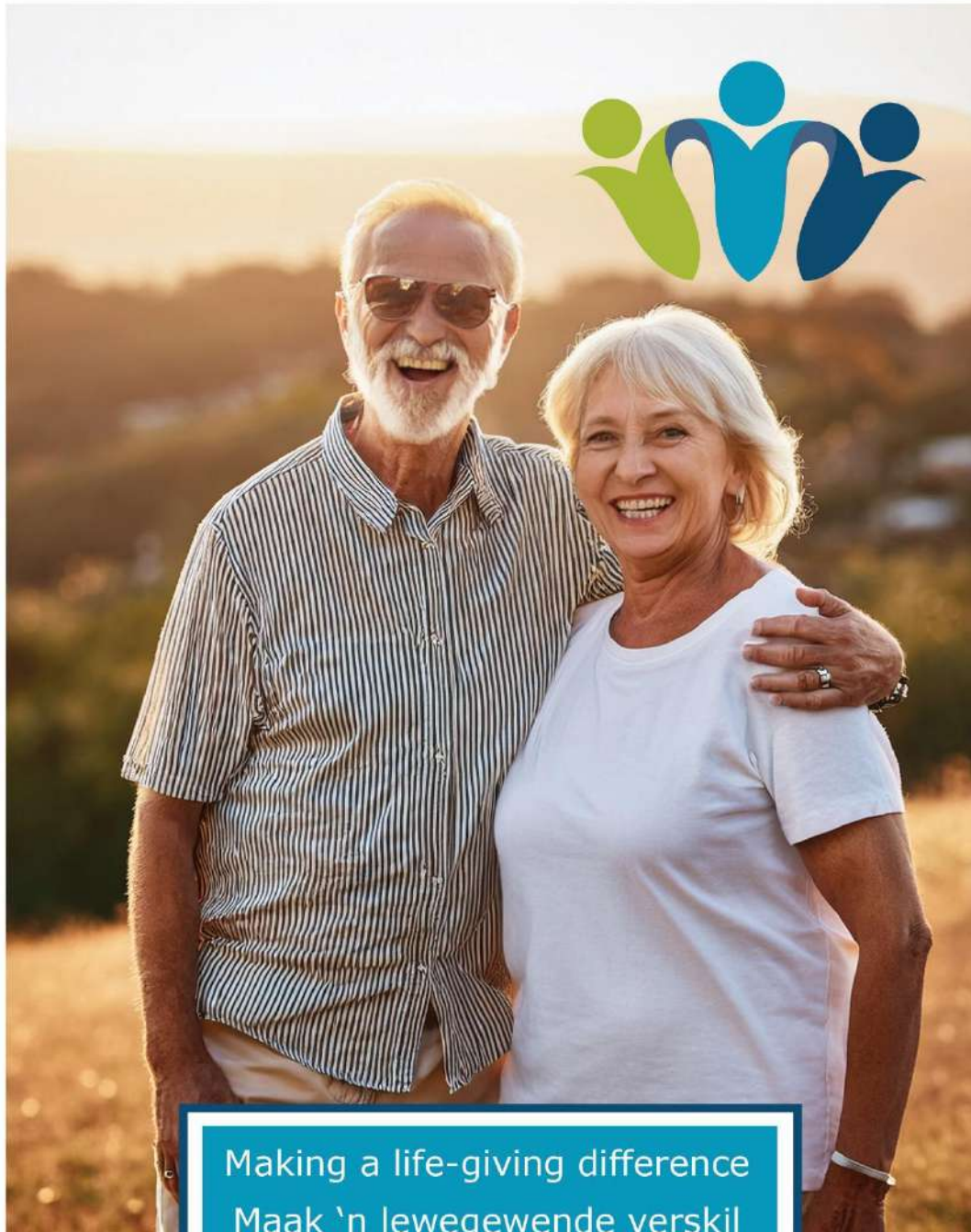


PlumRus NEWS NUUS

October Issue • Oktober Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
1ste Geen Diens	3 rd One Hour for Jesus	5 th Morning Service	
8ste Oggenddiens	10 th One Hour for Jesus	12 th Morning Service	12de Aanddiens
15de Oggenddiens	17 th One Hour for Jesus	19 th Morning Service	
22ste Oggenddiens	24 th One Hour for Jesus	26 th Morning Service	26ste Aanddiens
29ste Oggenddiens	31 st One Hour for Jesus		

THE GREATEST TEACHER WHO EVER LIVED

Joe Barry was a big man, both in stature and presence, curly brown hair and dark-rimmed glasses, framed his warm, and handsome face. As a junior high school English teacher, he had a challenging job. Most of us—especially the boys—weren't exactly passionate about grammar or spelling. I was one of them. But Joe never let our disinterest rattle him. Day in and day out, he patiently instilled the basics of English into our distracted teenage minds. Looking back now, we all owe him far more than we realized at the time.

I wasn't wild about English class, but I liked Joe Barry. He's one of the few teachers I remember with genuine fondness. For reasons I'll never fully understand, he took an interest in me. He made me feel like I could be more and do more than I ever thought possible. Maybe you've had a teacher like this too. Someone who didn't just teach facts and figures, but who helped you grow as a person. A teacher who inspired you to face life's challenges with courage and curiosity.

**"Teaching kids
to count is fine,
but teaching
them what
counts is best."**

BOB TALBERT

As helpful and encouraging as teachers like this are, none of them surpass Jesus Christ – the greatest teacher of all! Those around Jesus affectionately called him 'Rabbi', an Aramaic word meaning 'teacher'. But Jesus wasn't like the other religious teachers of his day who piled heavy burdens on people, demanding strict obedience not just to God's laws, but to a long list of man-made rules. Something Peter the Apostle called the 'yoke of the Law' (Acts 15:10). It was an exhausting, joyless way to live. These leaders often ignored their own rules but still expected perfection from everyone else. Disheartened by the hypocrisy of these leaders and frustrated by their own repeated failures many turned away from serving God.



Troubled by the heavy burdens being laid on people's shoulders, Jesus made this gracious invitation...

"Come to me, all you who are weary and burdened, and I will give you rest.

*Take my yoke upon you and learn from me,
for I am gentle and humble in heart, and you will find rest for your souls."*

Matthew 11:28-29

At first glance, it might seem odd—why would Jesus offer to replace one **yoke** with another? Aren't all yokes heavy and uncomfortable? Not this one - Jesus offers us something entirely different. Instead of life being about keeping outward rules, Jesus invites us into a loving personal relationship with Himself. He invites us to walk with Him and to learn from Him, and in the richness of this friendship we find true rest - not just physical rest, but rest for our souls. Through Him, we're freed from trying to earn God's approval by exhausting self-effort. In Jesus, we're offered something far better - **grace. Jesus doesn't burden us with endless rules, instead He teaches us the *unforced rhythms of His grace*...the undeserved kindness and enabling power of God.**



And as we walk with Him - learning how He lives, loves, and serves—we begin to change. The Holy Spirit pours God's love into our hearts (Romans 5:5), enabling us to live in joyful obedience. Jesus doesn't just give us commands; He empowers us to live them out. His great desire is that we become more like Him and as our teacher He makes this transformation possible. Jesus was never impatient with slow learners or harsh with those who stumbled. Take for example His conversation with the woman at the well (John 4:1-42). She was an

outsider—a woman with a messy past and a lonely heart. Yet Jesus didn't shame her. He gently drew her into a conversation, offering her **living water**—a metaphor for the deep spiritual satisfaction only He can give. No lectures. No condemnation. Just kindness, truth, and hope.

This is the kind of teacher Jesus is—gentle, humble, and full of grace. So, what does Jesus teach? More than just theology—He teaches us how to live:

To love the Lord God with all our heart, soul, mind and strength and to love our neighbours as well as we love ourselves. To be merciful and compassionate, forgiving those who've sinned against us just as we've been forgiven by God. To serve others humbly and sacrificially, understanding that true greatness comes from being a servant. To understand the dangerous power the love of money can have over our hearts. To not worry about material things like food and clothing, but to trust God who cares for the birds of the air and generously clothes the fields with colourful wildflowers. That trouble and hardship will be part of our lives, but because of His victory over sin and death and hell, we find courage, strength and hope in Him.



Whether you're burnt out by religion or overwhelmed by the hardships of life, you can find relief in the presence of the greatest teacher who ever lived. His life-giving words can set you free from frustration and futility, from crushing burdens and crippling anxiety, and from the miserable inner struggle to know what's right or wrong. Unlike kind-hearted earthly teachers who want what's best for you, Jesus, **actually knows**, what's best and keeps right on helping you grow in His grace until his task within you is completed (Phil 1:6). He is able to make what He teaches really happen (Jeremiah 1:12).

He is without doubt, the greatest teacher who ever lived! Learn from him and you will find rest for your soul.

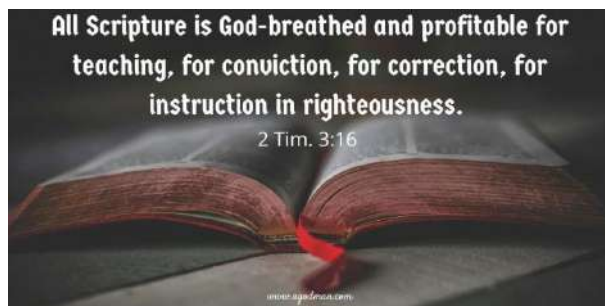
In the love of Christ

Ps Dave Henderson

The revealed things belong to us and to our children

Have you ever discovered something really special or amazing or inspiring and thought: "This is great. I really need to share it with someone." Quite often I have felt that way about all the discoveries I am constantly making in the Greek New Testament. The only people I used to share them with on a regular basis was a group of about 10 people who meet with me on Zoom for a weekly in-depth Bible study.

The Bible is an amazing book. I have been studying it for my own growth for almost 60 years, and I have taught it to others for the last 50 years in both Bible College classrooms and small groups. And yet every day I come across new truths and insights and challenges that I had not seen before, or old ones that I need to be reminded of.



The Word of God is totally unique. It is God-breathed. It contains everything we need to know for life and godliness (2 Peter 1:3). There are immense riches to be mined. The source is literally limitless. It covers every gamut of human life and experience. And this is why I can be, so sure that I will always have something to write about.

But we would know nothing at all about God unless He had revealed Himself to us. And that is exactly what He has done. He has given us this very special, inspired Book which contains everything He intends us to know and everything we need to know. Revelation of God, by God, and from God is absolutely essential for us, if we are going to know anything at all about God. We desperately need revelation, and God gives it to us in His Word. The verb "reveal" and the noun "revelation" occur 44 times in total in the New Testament. It is clearly an important word.

The Greek word "kaluptoo" means to cover and the Greek word for reveal is "apokaluptoo" from which we get the word "apocalypse" – a title sometimes given to the Book of Revelation (apokalupsis). So, apokaluptoo means to uncover, to remove a covering in order to reveal something that would otherwise remain hidden. When God reveals Himself, He removes the covering. He shows us things about Himself that we could never know if He did not make them known to us. In Ephesians 3:5 Paul speaks about the mystery of Christ which was not made known to men in other generations as it "has now been revealed by the Spirit of God to God's holy apostles". And in 1 Corinthians 2:9-10 he speaks of things which had not been seen or heard in the past "but now, God has revealed them to us by His Spirit". These are only two of the many verses that speak about God revealing Himself to us. Deuteronomy 29:29 says "The secret things belong to the LORD our God. The revealed things belong to us and to our children".

Let us be content to trust God for the things that He, in His wisdom, has chosen not to reveal and has kept hidden and secret. And let us be deeply grateful for the vast treasure-trove of revealed things that we do have in the Bible and let us make good use of this very precious resource.

(Submitted by: Michelle Naude)

The Tale of the Two Gardeners

There were once two gardeners, Takashi and Kenji, who lived in the same village. Both men were known for their exceptional gardening skills, and they took great pride in their work. One day, the village elder approached them with a special request.

The elder asked Takashi and Kenji to tend to the village's most sacred garden, which was famous for its beautiful and rare flowers. The catch was that the garden was located on the side of a steep hill, and the soil was poor. Many gardeners before them had tried and failed to make the garden thrive.

Takashi, confident in his abilities, approached the task with aggression. He worked tirelessly, digging and fertilizing the soil, pruning and watering the plants. However, he became frustrated with the garden's slow progress and began to force the plants to grow. He used strong fertilizers and excessive watering, trying to make the garden bloom quickly.

Meanwhile, Kenji took a different approach. He spent his first few days observing the garden, learning about the soil, the plants, and the way the sunlight fell on the garden. He gently tended to the plants, using natural fertilizers and careful watering. Kenji worked in harmony with nature, allowing the garden to grow at its own pace.

As time passed, it became clear that Kenji's approach was the more successful one. His gentle care and patience allowed the plants to thrive, and the garden became a haven of beauty and tranquillity. Takashi's garden, on the other hand, began to wither and die, overwhelmed by his aggressive methods.



The villagers were amazed by the difference between the two gardens. They realized that Kenji's patience, observation, and gentle care had allowed the garden to flourish, while Takashi's forceful approach had led to failure. **(Submitted by: Yacoub)**

The Hand (by Keri Delport)

*The hand holds the pen,
The pen writes the words,
The words tell the mind,
The mind holds the inspiration,
The inspiration creates the dream,
The dream supports the future.*





Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
<i>1st</i>	<i>Everdina Morelli</i>	<i>N004</i>	<i>90</i>
<i>1st</i>	<i>Cora Welz</i>	<i>MV203</i>	<i>89</i>
<i>2nd</i>	<i>Marcella Steinbauer</i>	<i>MV207</i>	<i>87</i>
<i>2nd</i>	<i>Sarah Lange</i>	<i>R25A</i>	<i>90</i>
<i>8th</i>	<i>Maurine Gleeson</i>	<i>R20B</i>	<i>96</i>
<i>9th</i>	<i>Merle Swart</i>	<i>R50</i>	<i>76</i>
<i>12th</i>	<i>Margaret Guy</i>	<i>MV206</i>	<i>86</i>
<i>16th</i>	<i>Michelle Naude</i>	<i>N211</i>	<i>80</i>
<i>18th</i>	<i>Pat van Wyk</i>	<i>MV108</i>	<i>97</i>
<i>19th</i>	<i>Jenny Cooper</i>	<i>A5</i>	<i>87</i>
<i>20th</i>	<i>Veronica Hopwood</i>	<i>N205</i>	<i>86</i>
<i>21st</i>	<i>Annie Jansen van Vuuren</i>	<i>R13</i>	<i>86</i>
<i>22nd</i>	<i>Gloria Snyman</i>	<i>R43</i>	<i>91</i>
<i>23rd</i>	<i>Ignacia Holland</i>	<i>R19B</i>	<i>90</i>
<i>24th</i>	<i>John Herbst</i>	<i>F20</i>	<i>81</i>
<i>28th</i>	<i>Marina Browning</i>	<i>F124</i>	<i>77</i>
<i>29th</i>	<i>Ellen George</i>	<i>R28</i>	<i>84</i>
<i>30th</i>	<i>Grant McKnight</i>	<i>MV106</i>	<i>61</i>



Happy Birthday Prayer!

May your heart be lifted high
On this your special day.
You are so precious.
May your life be filled with goodness
And may you feel closer than ever
To your Father in Heaven,
As he watches over you
With such love.





Sarah Lange celebrated her 90th birthday with her friends and neighbours at PlumRus. They were joined by her loving husband and son Luther. The family will be continuing the celebrations when the other son arrives back from the USA.

Sarah looked like she owned her party, thanks to her special carers.



Henny Morelli started her 90th birthday celebrations off, on the day, rather "slowly" with her neighbours in PlumRus North, over tea. This is no doubt just the beginning of the continued celebrations that will take place throughout the month, culminating in the BIG family celebrations towards the end of the month when her son arrives. We know that you never need an

excuse to have a good time...but I think 90 is one helluva reason. Enjoy it all.



Gelukkige Verjaarsdag aan ons lede en kliente

1 st	Mrs M Scheepers
3 rd	Mrs K Spendell
4 th	Mrs M Thompson
5 th	Mrs S Kaplan
7 th	Mrs M de Waal
9 th	Mr C Baatjes
11 th	Mrs E McMaster
12 th	Mrs L Daniels
15 th	Mrs M Williams
15 th	Mrs S Maseko
16 th	Mr O Smith
17 th	Mrs D Jansen
21 st	Mr M Couves
21 st	Mrs S Rossiter
25 th	Mrs F Adonis



Happy Birthday to our Staff

1 st	Lucille Stollenkamp	Riskman
1 st	Hajierah Jacobs	Health Care
10 th	Tracey Lee Temmers	Health Care
11 th	Mark Slingers	Health Care
11 th	Evans Rademeyer	CCF
11 th	Nastasja Fisher	PCS
16 th	Miche Philander	Finance
18 th	Amy Marumo	Health Care
19 th	Zayaan Smith	PCS
20 th	Johnick Sekoe	PCS
26 th	Tanya Jacobs	PCS
30 th	Bridgette May	Health Care

Would you mind wearing your Bikini? I need Hubby to mow our Lawn!





RECYCLING REMINDER

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

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

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

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

Thank you for your co-operation!

(Submitted by: Verena Salwedel)



We appeal to ALL residents whether living in Frail Care or Independently, to please inform Reception on Ext.1000/1001 when you are leaving the premises, and again on your return. It is important for your security and the broader community, in the case of an emergency, that we know how many people are on-site at any given time, this will assist us in complying with our Health & Safety standards.

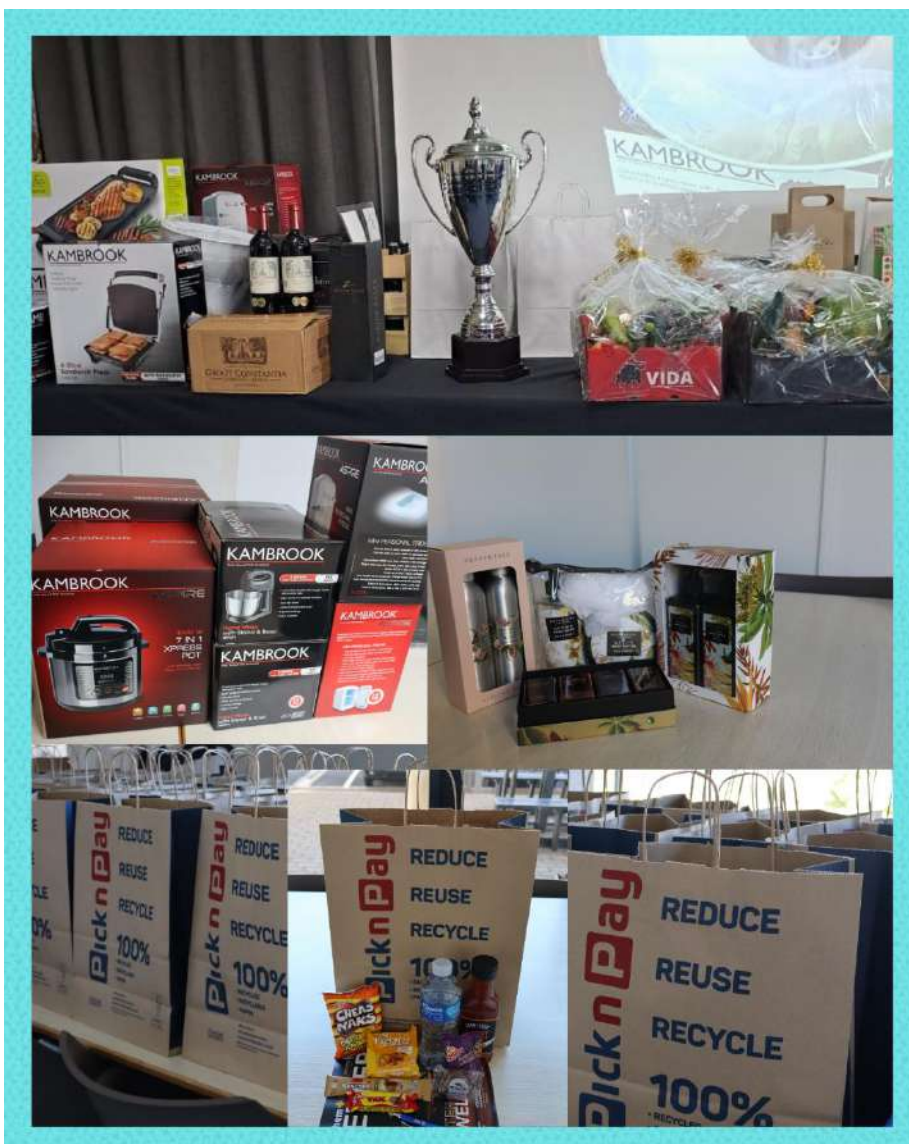
Residents are also reminded that private lifting arrangements between residents, whether to appointments, church services, shopping or for any other reason, indemnifies PlumRus from all responsibility in the case of an accident of any nature.



PlumRus Golf Day

A huge thank you to all our sponsors and players who made the event a success both on and off the course.

The best plans, efficient working team, come nowhere near to the memories that were created on the day by the players. The players in turn value the gifts and prizes on offer, adding to their overall experience, which will be remembered long after the event.



Afoodable
 ARC Lighting
 AVBOB
 Big Beard
 Buitenverwachting
 Cash Crusaders
 Clicks
 Club Mykonos
 C-Pak
 Ford
 Lamara Hendricks
 Lion Roars
 Kleine Zalze
 Martins Funerals
 News Café
 Orcansu
 Octagon
 PKF
 PnP – Constantia
 Peppertree Luxury Bath &
 Body
 Rak & Pak
 Sangengalo
 Seven Sisters
 Simply Fresh
 Southern Sun – Beacon Ilse
 Villa Fantastica
 Vortex



Mrs. Patricia De Villiers Health Care Zone 3 Room 36

Patricia was born and raised in Surrey, UK and came to South Africa when she was 19 years old.

She worked as a secretary in the nursing dept at UCT Medical School. She has three children, Simone, Julia & Anton. Patricia enjoyed gardening, reading, shopping and knitting.



Peter & Lani Prosser

PlumRus North – N208

Peter & Lani joined PlumRus on the 25th of September from their home in Claremont.

Lani was born & raised in Cape Town and Peter in Port Elizabeth. Lani worked as an assistant pre-school teacher and Peter worked for Transnet.

The couple is very social and physically active. Lani enjoys running dancing and Zumba while Peter plays tennis and enjoys walking.

Mrs. Maragret Glade Health Care Zone 2; Room 26B

Maragret was born and raised in Johannesburg and Pretoria. She was a remedial teacher in Pietermaritzburg.

Maragret has two children, Christopher (Cape Town) and Catherine (Dublin).

She enjoys reading, watching TV, drawing and playing the piano and telling stories.



OCTOBER / OKTOBER

MONTHLY PROGRAM / MAANDELIKSE PROGRAM 2025

Monday	Tuesday	Wednesday
		1
		08:30 Library / Biblioteek 09:30 Wynberg Boys Outreach program in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry
6	7	8
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry
13	14	15
08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:30 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents presentation in the hall
20	21	22
08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Live Entertainment by Philip Moolman in the hall	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
27	28	29
08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
2	3	4	5
09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 11:00 Activities in lounges	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai in the hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
9	10	11	12
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 AGM in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman
16	17	18	19
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
23	24	25	26
09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
30	31		
09:00 Shopping Constantia Emporium 09:00 Bp clinic in Clinic Room 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai		

HANG IN THERE THROUGH TOUGH TIMES

Hanging in there; is persisting. When we persist, we show determination, tenacity, and perseverance. No matter what we are facing or how we feel about a situation, we refuse to give in or give up.

Persistence helps us overcome limitations, challenges, or obstacles by

- sustaining our motivation and confidence.
- moving us beyond resistance to our situation.
- helping us become firm to move forward no matter what.
- maintaining action that helps us produce results.
- renewing our commitment to keep moving forward.
- giving us the courage and confidence to continue on.
- focusing our attention on what is important.



When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn. It isn't ever easy, and most people do give up when the going gets tough.

They say that "Opportunity only knocks once." Does it knock at all? It walks down your street wearing a disguise, and you have to realize it for what it is and then run outside to grab it. Changes don't just happen – we make them happen – and if you want more positive energy in your life, you will have to create it. And that won't happen if you give up or quit.

We know that the pain of life can set you back for quite a while. Living in your pain is not really living. You need to find a way to take back your life.

To help us hang in there when times are tough, we need to get our mind in the right place and believe in ourselves. Use the following and change your self-talk, even when you feel you cannot tolerate the circumstances any longer:

- Everything will work out.
- Things will get better.
- You are important.
- You are worthy of great things.
- You are loveable/likeable.
- This too shall pass.
- You can be who you really are.
- You can do this.

We can only benefit from this when we truly *believe* it!

What is your why in life? What gives you purpose? Where/how can you still contribute?

Tell yourself, "I can still ..." rather than, "I cannot anymore ..."

Sometimes the opportunity one seeks comes along but then goes sideways for some reason or another, and you find yourself barely holding on. Again, you have to gather your inner forces to find a way to keep going.

It's not that one should hold on to a sinking ship. Rather, have the strength to swim to shore, and it's that strength that allows you to realize that the ship is sinking. So, trust your gut and dive in to save your life. What you may find is a whole new world to explore and discover, or you may find that the world you have come to love is still sound and steady, even after a life-altering event.

Don't let the world get the better of you.

You are in charge of your life. Now go be your own boss.



Prepared by Johan Laten, *Reboot Your Resilience*

www.rebootyourresilience.co.za

Stilte binne

In die skadu van gedagtes,
waar die wêreld soms te hard praat,
lê 'n sagte roepstem
wat fluister: jy is nie alleen nie.

Geestesgesondheid is nie 'n reguit pad nie,
maar 'n kronkelende reis –
soms met swaar klippe in jou skoene,
soms met lig wat oor jou voete val.

Om te voel is nie 'n fout nie,
om te twyfel is nie 'n sonde nie.
Elke traan wat jy dra,
is water wat nuwe groei bring.

Soek rus in asemhaling,
vrede in klein oorwinnings,
krag in hande wat jou vashou,
en hoop in môre se sonsopkoms.

Want binne jou leef daar
meer lig as wat die donker kan verteer,
en elke dag wat jy kies om aan te hou,
is reeds 'n stille oorwinning.



October is Breast Cancer & Mental Health awareness month.

October is globally recognized as Breast Cancer Awareness Month and also a time to highlight the importance of Mental Health. For older adults, awareness of these two areas remains crucial. Breast cancer does not only affect younger women – older women are still at risk, and regular screenings and self-checks are important. Early detection saves lives, regardless of age.

Mental health awareness is equally vital. Too often, mental illness in older people is dismissed as 'normal aging'.

Myths and stigma still exist – such as believing that depression is a natural part of getting older, or that seeking help is a sign of weakness. In truth, older people can thrive emotionally when given the right support, community, and care. Awareness helps break down these barriers and ensures dignity, hope, and wellness at every stage of life.

Myths & Stigmas about Mental Health

1. Myth: Depression is just part of getting older.

Fact: Depression is not normal at any age and can be treated.

2. Myth: Talking about mental health makes you look weak.

Fact: It takes courage to seek support, and treatment can improve quality of life.

3. Myth: People with mental illness are dangerous or unpredictable.

Fact: Most people with mental health conditions live fulfilling lives and are not violent.



As a community that cares, PlumRus, will be introducing TRAUMA SHARE, as a vital component to Resident & Staff Wellness. Be on the lookout for the official letter together with details of the services you will be able to access for FREE. Let's hold hands and support each other...

I AM BECAUSE YOU ARE!



Sun Rise: 20/11/1941

Sun Set: 01/09/2025

Mrs. Diana Owens was a beautiful soul...she was a loving and caring person. She was a very intelligent women and a woman of great significance and strength.

And even though Mrs. Owens couldn't express verbally what she felt I could see through her eyes and heart what she was trying to say. I have learnt through her that love is the most important thing in life, her hugs and her beautiful smile we will always treasure. You showed me personally that love is the most important thing in life, you will always be in my heart and memory. It was an honour to know someone like Mrs. Owens. May your soul rest in peace.

Heidi Phillips



Sun Rise: 10/06/1939

Sun Set: 17/09/2025

Mr. Ron Keytel, your kindness, wisdom and unwavering strength touched the lives of everyone who had the privilege of knowing you. Although you are no longer with us your legacy and compassion will live on in our hearts forever.

Sun Rise: 16/11/1930

Sun Set: 15/09/2025

To our beloved Mrs. Maria De Klerk your life was a testament to love, resilience and generosity.

You taught us the value of kindness and the beauty of a gentle yet steadfast and fearless spirit. Although you are gone, your Spirit lives in every heart you touched.

Rest Peaceful.



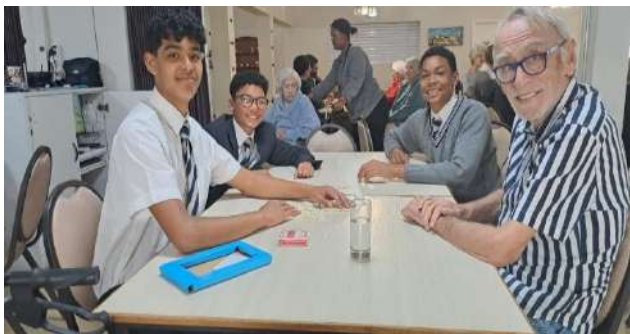


Thanks to the learners from Wynberg Boys High School who visited us yesterday, as the World celebrated the older person, encouraging healthy and inclusive aging.
When generations meet...Magic happens!



Our resident,
Adin Harmer,
who
matriculated in
1954, joined the
boys in singing
the school song

The buzz and energy of youth

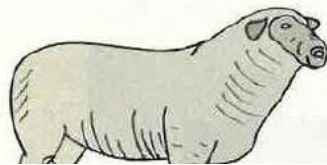


You make me SMILE despite the MILES!

GROUPS

16 These twelve names of groups of creatures have been mixed up. Can you re-arrange them?

SIEGE	of	HERMITS
TRIP	of	HARPERS
HUSK	of	LARKS
EXALTATION	of	CRANES
MELODY	of	NIGHTINGALES
OBSERVANCE	of	OWLS
WATCH	of	RABBITS
TRIBE	of	SHEEP
KENNEL	of	HARES
PARLIAMENT	of	GOATS
COLONY	of	RACHES
CRY	of	HOUNDS



Weird Idioms

1. Bob's your uncle – Done easily
2. Donkey's years – Very long time
3. Keep your hair on – Stay calm
4. The penny dropped – Understood
5. In a jiffy – Very soon
6. Happy as Larry – Very happy
7. Thick as mince – Very stupid
8. Sell ice to Eskimos – Persuasive
9. Know your onions – Knowledgeable
10. Do a runner – Run away
11. Spill the beans – Reveal secret
12. Over the moon – Very happy
13. Under the weather – Feeling ill
14. Hit the sack – Go to bed
15. Bite the bullet – Face it
16. Rock the boat – Cause trouble
17. Shake a leg – Hurry up
18. Throw in the towel – Give up
19. Cost an arm – Very expensive
20. Ball's in your court – Your move
21. Miss the boat – Missed chance
22. Raining cats & dogs – Heavy rain



Answers to Groups-Trivia

OBSERVANCE	of	HERMITS
MELODY	of	HARPERS
EXALTATION	of	LARKS
SIEGE	of	CRANES
WATCH	of	NIGHTINGALES
PARLIAMENT	of	OWLS
COLONY	of	RABBITS
TRIP	of	SHEEP
HUSK	of	HARES
TRIBE	of	GOATS
KENNEL	of	RACHES
CRY	of	HOUNDS

A husband and wife were lying in bed, enjoying the quiet when the wife broke the silence with an unexpected question.

Wife: "If I were to pass away, would you get married again?"

Husband: "No, absolutely not!"

Wife: "Why not? Don't you like being married?"

Husband: "Of course I do."

Wife: "Then why wouldn't you remarry?"

Husband: *Sighing deeply. * "Alright, fine. I might get married again."

The wife frowned, looking hurt.

Wife: "You would? That quickly?"

Husband: *Groaning. * "I didn't say quickly."

Wife: "Would you live in this house with her?"

Husband: "Yes, it's a great house."

Wife: "Would you share our bed with her?"

Husband: "Where else would we sleep?"

Wife: "Would you let her drive my car?"

Husband: "It's practically new. Why not?"

Wife: "Would you replace my pictures with hers?"

Husband: "That would make sense eventually."

Wife: *Glaring. * "Would she use my golf clubs?"

Husband: *Pausing, then smirking. * "No, she's left-handed."



Voetpad:

n Paar komiese antwoorde, deur A.G
Visser.

Spesiaal vir pensioenarisse op die vraag:
Hoe gaan dit?

1. Baie goed... ek het vanoggend darem bo die grond wakker geskrik.
2. Wel, opgestaan en self aangetrek.
3. Nie te goed nie... ek het soveel pyn dat ek nie eens plek het vir almal nie.
4. Ag my vriend, ek kla nie oor my pyne nie, want ek kry dit verniet.
5. Dit gaan baie goed, elke pyn is op sy regte plek.
6. Ek is darem nog padwaardig, maar moet net nie my enjinkap oopmaak nie.
7. Wel wel wel, ek kners op my agtertande en glimlag met my voortande.
8. Ek voel vandag soos 'n kriek wat Doom ingekry het, ek beur al na die een kant toe.
9. Dit gaan op-en-af en heen-en-weer soos met 'n bak jellie wat onrustig is.
10. Dit gaan tussen sleg en verskriklik.
11. Ek druk deur, al maak dit seer.





At PlumRus, food, music and friendship are an important part of our Heritage. Our residents celebrated their Heritage over a few days creating very special memories.



We are more ALIKE, my friends, than we are UNALIKE.



**Strength lies in DIFFERENCES,
not
SIMILARITIES!**



Somtyds moet jy mense verskillende stories
vertel oor jou lewe 😬 Sodat as hulle sit en
skinner dan stry hulle 😂

IF YOU
LAUGH
A LOT,
WHEN YOU GET OLDER
YOUR WRINKLES WILL BE
IN THE RIGHT PLACES.

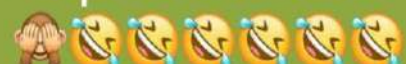
🍀 An Irishman in New York turns to the gentleman beside him...
"Well hey there, friend! Where do ya hail from?"
"I'm from Ireland."
"No kidding! I'm from Ireland myself! What part?"
"Wexford."
"Wexford?! No way! I grew up in Wexford too!"
"Well, what are the chances of that?! Say, what secondary school did you go to?"
"St. Peter's Secondary."
"St. Peter's?! I went there too! What year did you graduate?"
"1979."
"1979?? That's the same year I graduated! Unbelievable!"
As the two men are carrying on in disbelief, a guy at the end of the bar asks the
bartender,
"Hey, what on earth is going on over there?"
The bartender sighs and says,
"Ah, nothing. Just the O'Malley twins are drunk again." 🤔🍷

For his birthday, I took my grandson to an
orchard and we stood there looking at the
trees for half an hour.
Not the Apple Watch he was expecting,
apparently. 🍏🕒😂

HR: "Did you call your coworker stupid?"
Me: "No. I said, 'Are you stupid?' I was
conducting an investigation." 🤖😂

En hier is hy 😎

Oupa lê ini hospitaal.
Twee engelse nursies
moet hom was. 1ste
nursie..I start from
the top and go as far
as possible, and you
start from the bottom
and go as far as
possible.
Oupa... nou wie gaan
vir possible was?



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

ABRAHAM DARBY

ALBA

AMERICAN PILLAR

AMSTERDAM

AUSTRIAN COPPER

BERMUDA

CECILE BRUNNER

CHINA

CUTHBERT GRANT

EGLANTINE

EL TORO

HANSA

HYBRID RUGOSA

ICEBERG

MOSS

MUSK

PEER GYNT

PERSIAN DOUBLE

PROVENCE

RAVEL

SILK

TEA

THE FAIRY

TUSCAN SUN