PlumRus NEWS NUUS

October / November Issue
Oktober / November Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program
October

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
	2nd One Hour for Jesus	4th Morning Service	4de Aanddiens
7de Oggenddiens	9th One Hour for Jesus	11th Morning Service	
14de Oggenddiens	16th One Hour for Jesus	18th Morning Service	18de Aanddiens
21ste Oggenddiens	23rd One Hour for Jesus	25th Morning Service	
28ste Oggenddiens	30th One Hour for Jesus		

Spiritual Care Program
November

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		1st Morning Service	1ste Aanddiens
4de Oggenddiens	6th One Hour for Jesus	8th Morning Service	
11de Oggenddiens	13th One Hour for Jesus	15th Morning Service	15de Aanddiens
18de Oggenddiens	20th One Hour for Jesus	22nd Morning Service	
25ste Oggenddiens	27th One Hour for Jesus	29th Morning Service	29ste Aanddiens

'SHOW ME YOUR GLORY…'



Years ago, while reading in the Old Testament Book of Exodus, I was startled by an interaction between God and Moses. Moses had climbed Mt Sinai to collect two stone tablets on which God had inscribed His law. On the plains below the people grew impatient and got Aaron to make them a 'god' who would lead them. The golden calf he made became the focus of revelry – the people ate and drank and began to party. God was furious and wanted to destroy them, but Moses interceded and God spared them. However, He refused to continue with them on their journey to the Promised Land. Again, Moses interceded, reminding God that it was His presence that made Israel special among all the peoples of the earth. Again, God agreed to do as Moses asked – His presence would go with them. Grateful to God, Moses then uttered these startling words...*" Now, show me your glory' (Ex 33:18).*

How bold of Moses! But he desperately wanted to see the glory of God as proof of His presence among them. Once again God agreed, telling Moses to hide himself in the cleft of a nearby rock, where He would cover him with His hand as His glory passed by. What an experience – as God caused His Goodness to pass in front of Moses, while proclaiming His name the LORD! (Exodus 33:19-23).

This story stirred a longing in my heart to 'see' more and more of the glory God.

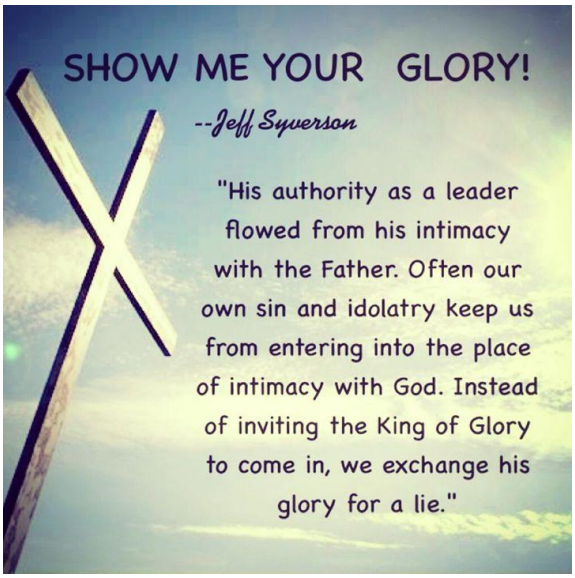
What is the glory of God? It's infinitely more than physical beauty. It's a beauty that radiates from God's character – from all that He is. Material beauty fades – flowers wither and die, colours become dull and lifeless, priceless treasures get corroded by rust. But the glory of God, the splendour of His divine character and presence, will never fade. In Old Testament times the revelation of God's glory was often

accompanied by supernatural fire, thick clouds and trembling earth. That's what happened when God gave His law to Moses on Mt Sinai ...*" loud claps of thunder, flashes of lightening, a thick cloud covering the mountain..."* (Exodus 19:18).

What about New Testament times, how did God reveal His glory then? And how does He reveal it today? While, previous revelations of God's glory had been veiled by physical things like fire, smoke and clouds, the arrival of Jesus changed things dramatically! In his gospel, John writes this about Jesus 'arrival among us...*" The Word became flesh and blood and made his dwelling among us. We have seen his glory, the glory of the One and Only who came from the Father, full of grace and truth" (John 1:14).* Physically there was nothing attractive about Jesus, but inwardly His entire being was filled with the bright glory of God which overflowed in His words and actions.

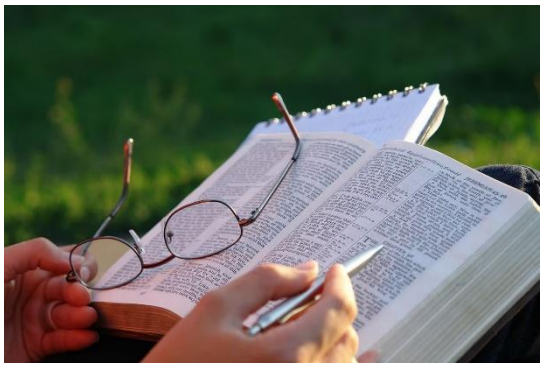
If Jesus Himself is the radiance of God's glory and the exact likeness of God's own being (Heb. 1:3), how do you and I get to 'see' the glory of God in Jesus today? This happens when we begin to experience God's goodness, love, grace, holiness, and power as the Holy Spirit makes the person of Jesus Christ real to us, shining the light of His glory into our hearts. In Exodus Moses expressed a longing to see God's glory in a physical way as evidence of His presence with them. Our longing to see God's glory is different, it's for an inner spiritual awareness of God's already-revealed glory in Jesus Christ. When John spoke of beholding the glory of Jesus saying He was 'full of grace and truth", he confirmed Jesus was in fact the embodiment of God's glory revealed to Moses on Mt Sinai. The glory of God that passed before Moses was fully revealed in Jesus Christ.

God in His kindness agreed to accompany Moses and the Israelites on the rest of their journey to the Promised Land. His glory of His presence would continue with them. Many years later, in an amazing act of mercy God made the glory of His presence available to all people, through His beloved Son the Lord Jesus Christ. For us today, the glory of God in Jesus is clearly revealed in the inspired stories of Matthew, Mark, Luke, and John. Paul the Apostle calls these accounts of Jesus' life 'The gospel of the glory of Christ' (1 Cor 4:4). As you and I spend time in the gospels, that the Holy Spirit is able to make the beauty of God's glory in the person of Jesus shine brightly in our hearts.



Moses' encounter with God's glory began with a deep longing to 'see' God's splendour. This is where it begins for you and me as well. God reveals the beauty of His character to us when we humbly and sincerely long to know Him better. The greatest longing of King David's life was to '*gaze upon the beauty of God' (Ps 27:4).* Moses pitched the Tent of Meeting outside the Israelite camp. There, away from the noise and distractions of daily life He was privileged to speak with God 'face to face' as a man speaks to a friend. It was in these encounters with God, that Moses came face-to-face with His glory. The same things happen to us when we set aside time away from the hustle and bustle of daily life to spend time with God in His written Word.

While spending time with God something remarkable happened to Moses. His face began to shine with the glory of God! When we behold the glory of God in His Word, the Holy Spirit transforms us into the likeness of Jesus. Our lives become brighter and more beautiful as Jesus enters our hearts and we become more like Him.



Is there anything better we could ever desire? I don't think so. In this life, God's purpose is to slowly make us more like Jesus. This work of grace will finally be completed when we pass from this world into the full brightness of God's presence. Then we'll become like Him, for we shall finally see Him as He is – in all His glory and splendour (1 John 3:2).

What a future awaits those who belong to Jesus and spend time with Him in His Word, delighting in the incomparable beauty of His glory!

Yours in the grace and peace of the Lord
Ps Dave Henderson

Tested and Tried

By and large it is probably true to say that most of us really don't like tests of any kind. Think of taking your driving test or – horror of horrors - having to write a Maths test! (a major source of anxiety for Math's students). Even the anticipation of such tests makes us unhappy and anxious – probably because we fear that we won't do as well as we would like.

But now I need to tell you that God, our loving heavenly Father, sometimes specifically allows tests to occur in our lives – but, as Graham Cooke so wisely says, 'God allows in His wisdom what He could so easily prevent by His power'. Such tests are always with a good purpose. This is a subject I have given a lot of thought to over many years – ever since my first-born son died at the age of two days in 1977. These tests may come upon us totally unexpectedly. I certainly didn't expect my baby to die.

So, this raises a very important and difficult question: Why does God allow us to be tested? It is impossible to answer this in just a short article, But I need to point out that for difficult challenges like these, there are no easy answers. I am not trying to over-simplify a huge problem about which many books have been written – I have seven on my shelves... I am just trying to make one point out of many that could be made.

Both James and Peter tell us that when we go through trials in our lives, God is testing our faith for genuineness. This comes from the Greek word "dokimazoo" which is used in these verses – I wrote about this word last month. One of the ways we will show that we have passed the test is that we will display endurance/perseverance/the ability to stick it out and not give up and pull away. This is the meaning of the Greek word hupomonee which literally means "to remain underneath".

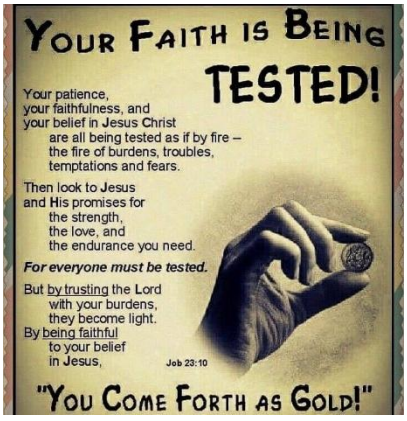
When I wrote an article on perseverance, I said this: "We are called to persevere. Not to give up. To remain under. We have to endure many different things as we go through life. But one of the hardest things we have to endure is suffering - trials and tribulations and difficulties. And yet God's word tells that if we persevere through our sufferings and don't try to pull away from underneath them, there will be fruit and there will be blessing." And (I would now like to add), there will be proof of genuineness.

- Romans 5:3-4 "suffering produces *perseverance*, and *perseverance* produces character", (genuineness)
- James 1:3: "you know that the testing (of the genuineness of) your faith produces *perseverance*"
- Further on James also says (1:12) "Blessed is the man who *perseveres* under trial, for when he has stood the test (proved himself to be genuine), he will receive the crown of life which God has promised to those who love Him."

The Bible also tells us that the testing and refining of our faith can and will have other good results.

- In Psalm 66 verses 10 and 12 we read: "You, O God, tested us; you refined us like silver … we went through fire and through water, but you brought us to a place of abundance". It was worth going through the test because the end result was good.

- 1 Peter1:7 says: "so that the tested genuineness of your faith- more precious than gold that perishes though it is tested (for genuineness) by fire- may be found to result in praise and glory and honour when Christ is revealed." In other words, God will get the praise and glory when we pass the test well.



We live in a country that produces gold. We know that gold must be refined at very high temperatures. This removes all the impurities, so that only pure gold remains. In the same way, our faith gets purified when we go through the refining process that trials and difficulties bring into our lives. And the nett result should be that our faith is stronger and purer than it was before.

Job said (23:10): "He knows the way that I take. When he has tested me, I shall come forth as gold" – the end result of the long testing process will be good. He also said: "Though He slay me, yet will I trust Him" (13:15). Another really good result (faith and trust in spite of hardship) that came out of all his trouble and suffering.

So, if we pass the test well, we will prove that our faith is genuine. There will be good results such as perseverance and trust and praise given to God when others see the way we have gone through the test and emerged stronger on the other side. And that is one reason (there are many others), why God allows difficulties in our lives.

May we all pass the tests God sends us in a good way, proving to ourselves and to others that our faith is genuine.

Submitted by: Michelle Naude

Ons wil graag ons manne bedank wat die leiding geneem het en die oproep tot aksie teen geslagsgebaseerde geweld(GBV) ondersteun het.

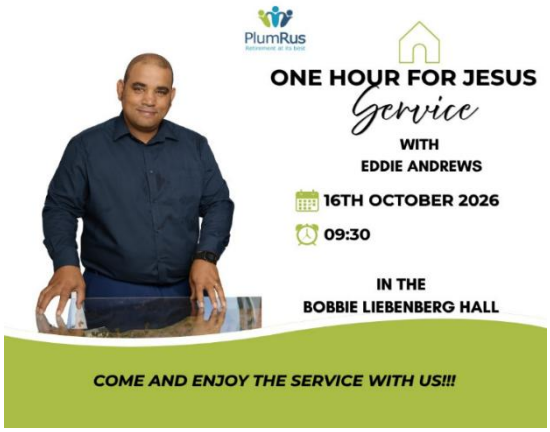


Die voordrag van ’n gedig, die aansteek van kerse en die gebed wat deur Ps. Ryan Laubsher gelei is, was ’n betekenisvolle huldeblyk en ’n teken van hoop vir almal.

Dit het ons herinner dat ons **saam ’n verskil kan maak.**







YOU MAY KNOW EDDIE… BUT DO YOU KNOW HIS STORY?

You may know **Eddie Andrews** as a **Springbok rugby player**.
You may know him as the **Deputy Mayor of Cape Town**.

But on **Friday, 16 October**, we invite you to come and meet **Eddie — the man behind the titles, the accolades and the achievements.**

A man of faith.
A man who has faced his own journey.
A man who has chosen to trust God and walk by faith.
No titles.
No status.
No accolades.

Because sometimes the most powerful stories are not about what we have achieved…**but about what God has done along the way.**



Happy Birthday to our Residents celebrating birthdays in October

Date	Name	Room/Flat	Age
1st	Everdina Morelli	N004	91
1st	Cora Welz	MV203	90
2nd	Marcella Steinbauer	MV207	88
3rd	Gordon Wardman	R30	88
5th	Ruth Hendricks	R70	87
6th	Adrienne Verney	H003	79
8th	Erna Deacon	R4	80
12th	Margaret Guy	MV206	87
14th	Carol Lamb	F012	81
16th	Michelle Naude	N211	81
18th	Pat van Wyk	MV108	98
20th	Veronica Hopwood	N205	87
22nd	Gloria Snyman	R43	92
23rd	Ignacia Holland	R19B	91
24th	John Herbst	F20	82
26th	Edith Ernstzen	R14	87
28th	Marina Browning	F124	79
29th	Ellen George	R28	85
30th	Grant McKnight	MV106	62



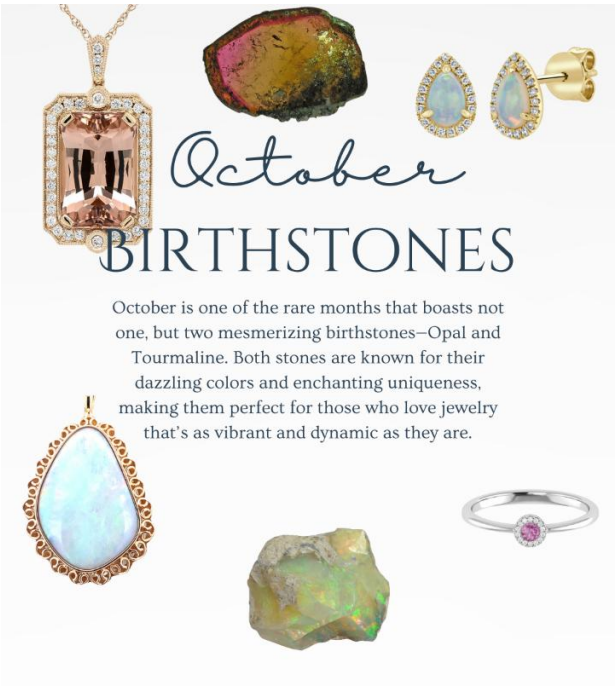


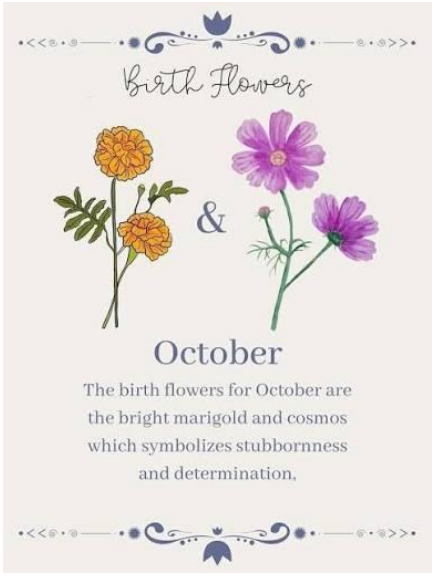
"This is the day that the Lord has made; let us rejoice and be glad in it."
(Psalm 118 verse 24)

Happy Birthday to our Staff - October

Date	Name	Department
1st	Lucille Stoltenkamp	Risk/Reception
1st	Hajierah Jacobs	Health Care
10th	Tracy Lee Temmers	Health Care
11th	Nastasja Fisher	PCS
11th	Mark Slingers	Health Care
16th	Miche Philander	Finance
18th	Amy Marumo	PCS
26th	Tanya Jacobs	PCS
30th	Bridgette May	Health Care
31st	Petula Burns	Health Care







Birthday Blessings to our Members/Clients

Date	Name
1st	Mrs. M Scheepers
3rd	Mrs. K Spendell
4th	Mrs. M Thompson
4th	Mrs. V Kayster
5th	Mrs. S Kaplan
7th	Mrs. M de Waal
8th	Mrs. L Thomas
11th	Mrs. E Mc Master
12th	Mrs. L Daniels
15th	Mrs. M Williams
15th	Mrs. S Maseko
16th	Mr. O Smith
17th	Mrs. D Jansen
17th	Mr. S Swarts
18th	Mrs. N Haywyn
18th	Mrs. C Carolus
21st	Mr. M Couves
21st	Mrs. S Rossiter
25th	Mrs. F Adonis



Geluk aan ons Inwoners wat in November verjaar!

Datum	Naam	Kamer/Woonstel	Ouderdom
2de	Alice Van Dieman	R73	88
6de	Louise Edgcumbe	F102	87
7de	Dorothy Aggenbach	R67	91
7de	Gerald Gloyne	R52	82
8ste	Rebecca Meyer	R37C	95
9de	Valerie Briggs	F107	90
12de	Walter West	F111	82
15de	Rex Basson	R9	97
16de	Caroline Smith	N209	83
24ste	Ruth Kleintjies	R13	83
25ste	Robert Pote	R29	73
28ste	Dianne Greyvenstein	F127	70



"Ook tot in julle ouderdom is Ek dieselfde, ja, tot in julle grysheid sal Ek julle dra; Ek het dit gedoen, en Ek sal julle dra, en Ek sal julle opneem en red."
Jesaja 46:4

Ons Lede wat in November verjaar!

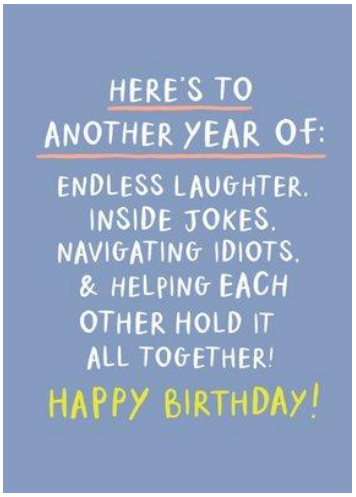
Datum	Naam
1ste	Mev. H Van Zyl
2de	Mev. G Adams
2de	Mnr. H Kaplan
7de	Mev. M Markus
12de	Mev. F Fisher
13de	Mev. J Solomons
14de	Mev. E Samuels
22ste	Mev. G Kleintjies
27ste	Mej. B Soldaat
28ste	Mej. T Jacobs



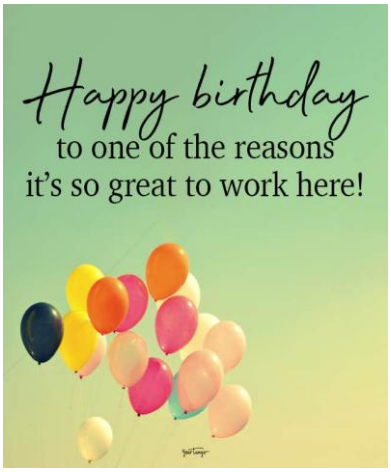


Our Staff celebrating birthdays in November!

Date	Name	Department
1st	Herschellitte VD Berg	Health Care
2nd	Amy Basjan	CCL
3rd	Portia Sam	Market & Comm
8th	Jazreel Manuel	CCL
13th	Michaela Appie	Health Care
14th	Gail Jackson	PCS
17th	Natalie October	Health Care
18th	Eric Barnard	BMG
18th	Leeshay Philander	PCS
18th	Davina Bobbert	PCS
23rd	Janine Daniels	CCL
24th	Belinda van Niekerk	Market & Comm
24th	Veroniva Fortune	PCS
24th	Whitley Cornelissen	PCS
26th	Edwina Carelse	Health Care
27th	Clayton Felix	Riskman
27th	Denise Hendrickse	Health Care
27th	Catherin Rector	CCL
27th	Tarryn Lee Arendse	Health Care
28th	Natasha Vlotman	Health Care
28th	Claudia Rector	Coffee Shop
29th	Luzaan Samuels	CCL
30th	Denzil Jehoma	CCL







We love celebrating milestones with our colleagues

A very proud Ma, Rossilyn, watching her grandson, Jervito, off to his Matric Dance! ✨

There is something incredibly special about watching your grandchildren grow up and reach these milestone moments — and Ma Rosslyn's smile says it all. ❤️ From all of us in the **PlumRus family**, we wish Jervito every success as he heads into his Matric exams. Believe in yourself, stay focused and give it your best!





We know you will continue to make Ma Rossilyn proud! 🎓 ❤️



MUNISIPALE VERKIESINGS – SPESIALE KIESERS

Die registrasieproses vir spesiale kiesers is by PlumRus afgehandel, en ons wil graag inwoners bedank wat van hierdie geleentheid gebruik gemaak het. Hierdie inwoners sal op die 2de of 3de November hier by PlumRus hulle **X** kan maak**.** Ons sal die presiese datum nader aan die tyd kommunikeer.

'n Belangrike herinnering aan nuwe inwoners: Indien u onlangs (na 2de Augustus) by PlumRus ingetrek het en nog nie as 'n spesiale kieser geregistreer het nie, kan u steeds tot en met 12 Oktober 2026 aansoek doen.

U sal egter vir hierdie verkiesing u **X** by u vorige/geregistreerde stemburo moet maak. Maak asseblief seker dat u hierdie sperdatum haal indien u graag van u stemreg as 'n spesiale kieser gebruik wil maak.

Vir enige navrae, kontak Belinda by uitbreiding 1032.

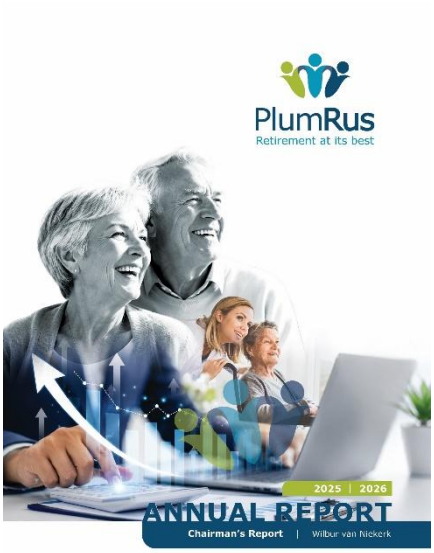
Stay Safe from being SCAMMED!!!!



Scammers are increasingly targeting older residents through emails, text messages, and social media messages that look genuine but are designed to steal your money or personal information. Be cautious of any message from someone you don't know, especially if it claims you've won/inherited a prize/money, owe money, have a problem with your bank account, or need to act urgently. Do not click on links or open attachments in these messages, as they can install harmful software or lead to fake websites that look real. Never share your ID number, banking details, passwords, or one-time PINs with anyone who contacts you unexpectedly, no matter how official they sound. Real banks and government offices will **NEVER** pressure you to act immediately or ask for your PIN.

If you receive a message that seems suspicious, don't reply. Delete it, or ask a trusted family member, friend, or neighbour to take a look first. If you're unsure whether a message is genuine, contact the company or organization directly using a phone number you already know or find on their official website, **not the one in the message**. If you think you may have already responded to a scam, contact your bank immediately and report it to the police. Remember: when in doubt, don't click, and don't be afraid to ask for help. It is always better to be careful than sorry.

PlumRus Annual Report 2025-2026: A Year of Change and Strengthening



It has been a year of growth and renewal at PlumRus as we move towards our Vision 2030 goal of sustainability. We welcomed new staff and residents, and we remembered with respect those who passed away.

Our chairman reflects that PlumRus never sleeps. It is a 24/7 business with one purpose: caring for the elderly people entrusted to us, guided by Christian Compassion. Health Care remained at the centre of our work, alongside growth in Home-Based Care, Respite, Day Care and Compassion Services. Our Stimulation programme kept the home full of life, while our maintenance, catering, cleaning, laundry and support teams kept everything safe, well-presented and running smoothly. The Protea Coffee Shop continued to be a community anchor.

Exciting projects lie ahead, including the Coffee Shop expansion, a new lift, further development of our Respite Facilities and a new Pétanque Court. We are also reviewing our services as the average age of new residents rises, so that we keep meeting their needs.

Our heartfelt thanks go to our General Manager, Heads of Department, staff, volunteers and community partners, to the families who trust us, and to our residents, who are the reason we do this work.

Read the full Annual Report on our website: [www.plumrus.co.za]

Come and Knit a Little, Chat a Lot!



Ladies, we all know you can multi-task, so why not knit, sip and swap stories all in one afternoon? Our newly formed Knitting Club would love you to join!

What to bring: yourself, a smile, and your favourite stories, needles and wool – and yarns of positivity.

When: Tuesday (6th & 20th Oct and again 3rd & 17th Nov) at 15:00
Where: Foyer of the Coffee Shop

Dropped stitches are forgiven, tall tales are encouraged, and the tea is always on tap.

Come and join us. We'd love to see you there!



We're so happy to welcome five new residents to the PlumRus family! To each of you, we hope you're already feeling at home, whether it's from a friendly hello in the hallway or a seat at the dining room table. Moving is a big step, and we're glad you chose us. We can't wait to hear your stories, celebrate with you, and make PlumRus feel like home in no time.

To the families, we want to say a few words to you too. We know that going from independent living to community living is a big adjustment, for your loved one and for you. Feeling a mix of emotions is completely normal, and you're not alone in this. Caring for your loved one is a team effort, and ***together*** with you, our staff, and their medical practitioners, we all share the responsibility for their health, safety, and happiness. Your visits, insights, and honest conversations mean the world to us, so please never hesitate to reach out. Together, we'll help every resident settle in and thrive.

Mrs. Glenda Lourens Health Care Zone 5 Room 48



Glenda was born and raised in Glencairn; she attended Star of the Sea Convent School and worked as a bookkeeper.

She has three sons Rodney, Gavin and Shane. Glenda enjoys sewing and watching racquet sports.



Mrs. Marguerite Craig East – Flat104

Marguerite was born and raised in Simons Town. She lived in Wynberg and Heathfield before moving to PlumRus during September. She attended Saint Francis Zavier Primary School and Immaculate Girl's High School. She did reception and clerical work. Marguerite was married to Christopher for 65 years. Christopher sadly passed away recently. They have five children, Juliette, Glynnis, Lynn, Ian and Gavin.

She enjoys knitting, crocheting, embroidery, reading, watching movies and watching YouTube.

Mrs. Christina Beelders Lodge A1



Christina was born and raised in the Plumstead and Wynberg area. She did clerical work for the South African Typographical Union. Christina has two children, Timothy and Debbie both residing in Heathfield.

Christina enjoys reading, knitting and meaningful conversation with others.



Mrs. Yolanda Simpson Health Care Zone 3 Room 31

Yolanda was born and raised in Cape Town and attended Wynberg Girls School. She has two children, Mandi Cairns and Hayden Simpson.

Yolanda enjoys reading, doing puzzles, playing board games and cooking.

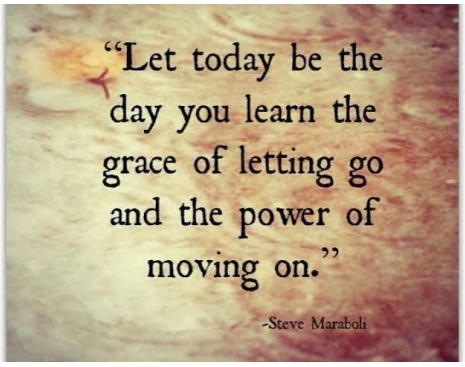
Mrs. Carol Burtensahw Health Care Zone 5 Room 73



Carol was born and raised in Johannesburg and Plettenberg Bay. She trained at a French cooking school as a chef. She is a qualified cordon bleu chef, then decided to become a stay-at-home mom. Stephanie now resides in London and Paul resides in Spain.

Carol enjoys knitting, watching movies, reading the YOU magazine and doing puzzles.







Breast Cancer Awareness: Supporting One Another

October is Breast Cancer Awareness Month, and it's a good moment to remind ourselves; that early detection saves lives. If you haven't had a screening or checkup recently, please chat with your doctor or our care team about what's right for you. Know your body, notice any changes, and never feel shy about speaking up.

Breast Cancer: Early Detection Signs

- A new lump or thickening in the breast or underarm area
- Change in the size or shape of a breast
- Dimpling, puckering, or redness of the skin (sometimes like an orange peel)
- Nipple changes, such as turning inward, pain, or scaling
- Unusual nipple discharge (other than breast milk)
- Persistent breast or nipple pain
- Swelling in all or part of a breast, even without a lump

Just as important, none of us should face a health journey alone. Whether it's a friend who's been touched by breast cancer, a neighbour who needs a listening ear, or a family member who just needs a hug, a little kindness goes a long way. Sit with someone over tea, share a laugh, or simply say, "I'm here for you." At PlumRus, we lift each other up, and *together* we're stronger.

A Ribbon of Hope

A little ribbon, soft and bright,
A symbol of courage, hope and light.
For every woman who has stood,
With strength when life was not so good.

For those who fought, for those who care,
For every hand that’s been held there.
A ribbon says, “You’re not alone,”
There’s strength in every seed we’ve sown.

So, wear your pink, remember too—
Your health is precious, and so are you.
And may this ribbon always remind
Us to be gentle, brave and kind.



OCTOBER / OKTOBER 2026

MONTHLY / MAAND PROGRAM

1st,15th & 29th Thursday Gym trim sessions in the hall @ 09:30
6th & 20th Knitting Club in Foyer of Coffee Shop @ 15:00
12th Garden Club Meeting in the hall @ 15:30
14th Residents Talk - DISA (Disability Info South Africa) by Alan Downey @ 15:00
25th Tygerberg Male Choir in the hall @ 18:00
28th Vaudeville Champions in the hall @ 15:00
29th BP Clinic in Clinic Room from 09:00
29th Lotto Draw in the hall @ 18:00

Monday	Tuesday	Wednesday
5	**6**	**7**
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**No shopping** **10:00 Gym trim in the hall** 10:30 Teatime: lounges 15:00 Teatime: lounges **15:00 Knitting Club** **in Foyer of Coffee Shop**	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **No Bingo**
12	**13**	**14**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges **15:30 Garden club meeting in the hall**	**09:00 Shopping** **Constantia Emporium** **09:30 Gym trim** 10:00 Teatime: lounges 15:00 Teatime: lounges	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **15:00 Residents Talk - DISA** **by Alan Downey**
19	**20**	**21**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**09:00 Shopping Constantia Village** **09:30 Gym trim** 10:00 Teatime: lounges 15:00 Teatime: lounges **15:00 Knitting Club** **in Foyer of Coffee Shop**	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges
26	**27**	**28**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**09:00 Shopping** **Constantia Village** **09:30 Gym trim** 10:00 Teatime: lounges 15:00 Teatime: lounges	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **15:00 Vaudeville Champions in the hall**

Thursday	Friday	Saturday	Sunday
1	**2**	**3**	**4**
No Shopping **09:30 Gym trim** 10:00 Teatime: lounges 11:00 Activities in lounges	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **Communion service** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling** **in Plumrus North** **15:00 Table Tennis** **in PlumRus North** 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** **with Barney Beck** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Movie in lounges** **18:00 Woord & Lied** **Dr. Chris Saayman**
8	**9**	**10**	**11**
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **14:00 Shopping Blue Route**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **with Ps. Paddy Venner** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling** **in Plumrus North** **15:00 Table Tennis** **in PlumRus North** 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**
15	**16**	**17**	**18**
09:00 Shopping Meadowridge **09:30 Gym trim** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Bingo**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **Testimony with Eddie Andrews** 10:00 Teatime: lounges 11:00 Activities in lounges **15:00 Table Tennis** **in PlumRus North** 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** **18:00 Woord & Lied** **Dr. Chris Saayman**
22	**23**	**24**	**25**
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Bingo**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **service with Ps.Paddy Venner** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling** **in PlumRus North** **15:00 Table Tennis** **in PlumRus North** 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** **with Rev.Dawn Slabbert** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Movie in lounges** **18:00 Tygerberg Male Choir**
29	**30**	**31**	
09:00 Shopping **Constantia Emporium** **09:00 BP Clinic in Clinic Room** **09:30 Gym trim** 10:00 Teatime: lounges 11:00 Activities in lounges **18:00 Lotto Draw in the hall**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **Praise & Testimony service** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling** **in PlumRus North** **15:00 Table Tennis** **18:00 Bring & Braai**	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Series in lounges**	

NOVEMBER / NOVEMBER 2026

MONTHLY / MAAND PROGRAM

Monday	Tuesday	Wednesday
2	**3**	**4**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**09:00 Shopping Meadowridge** **09:30 Gym trim in the hall** 10:30 Teatime: lounges 15:00 Teatime: lounges **15:00 Knitting Club Meeting**	**08:30 Library / Biblioteek** **09:30 Afrikaans diens in the hall** 10:00 Teatime: lounges **10:30 Series in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **15:00 Bingo**
9	**10**	**11**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges **15:30 Garden club meeting in the hall**	**09:00 Shopping** **Constantia Emporium** **10:00 Gym trim in the hall** 10:30 Teatime: lounges 15:00 Teatime: lounges	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges
16	**17**	**18**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**09:00 Shopping Blue Route** **09:30 Gym trim** 10:00 Teatime: lounges 15:00 Teatime: lounges **15:00 Knitting Club in Foyer of Coffee Shop** **18:00 YouTube Evening Country**	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **15:00 Bingo**
23	**24**	**25**
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges	**09:00 Shopping** **Constantia Village** **09:30 Gym trim** 10:00 Teatime: lounges 15:00 Teatime: lounges	**08:30 Library / Biblioteek** **09:30 Afrikaans diens** 10:00 Teatime: lounges **10:30 Series in lounges** **11:45 Prayer Meeting in lounges** **12:30 Fruit & Veg Lorry** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **15:00 Live entertainment by Crown Studio performance**
30		
08:00 Outing **08:30 Library / Biblioteek** 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Bridge in PlumRus North** 15:00 Teatime: lounges		

Thursday	Friday	Saturday	Sunday
3rd & 17th Knitting Club in Foyer of Coffee Shop @ 15:00 **12th & 26th Thursday Gym Trim session @ 09:30** **5th Morning Market in the hall @ 09:30** **8th Belcanto Voce Choir in the hall @ 18:00** **9th Garden Club Meeting in the hall @ 15:30** **17th YouTube Evening Country @ 18:00** **19th Craft Session in Sugarbush @ 18:00** **19th Lotto Draw in the hall @ 18:00** **27th Bring & Braai in the hall @ 18:00**			**1** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Movie in lounges** **18:00 Woord & Lied** **Dr. Chris Saayman**
5	**6**	**7**	**8**
09:30 Morning market 10:00 Teatime: lounges 11:00 Activities in lounges **14:00 Shopping to Blue Route**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **Communion service** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling in Plumrus North** **15:00 Table Tennis in PlumRus North** 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** **18:00 Belcanto Voce Choir in the hall**
12	**13**	**14**	**15**
09:00 Shopping Constantia Village **09:30 Gym trim** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Bingo**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling in Plumrus North** **15:00 Table Tennis in PlumRus North** 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** **18:00 Woord & Lied** **Dr. Chris Saayman**
19	**20**	**21**	**22**
09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Craft session in Sugarbush** **18:00 Lotto draw in the hall**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling in Plumrus North** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Series in lounges**	**09:30 Church** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Movie in lounges**
26	**27**	**28**	**29**
09:00 Shopping Constantia Emporium **09:00 BP Clinic in Clinic Room** **09:30 Gym trim** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Bingo**	**08:30 Library / Biblioteek** **09:30 One Hour for Jesus** **Praise & Testimony service** 10:00 Teatime: lounges 11:00 Activities in lounges **14:30 Eco-bricks filling in PlumRus North** **15:00 Table Tennis in PlumRus North** 15:00 Teatime: lounges **18:00 Bring & Braai**	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Series in lounges**	**09:30 Church** 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges **15:00 Movie in lounges** **18:00 Woord & Lied** **Dr. Chris Saayman**

A Prayer for Lee-Ann

Gracious God,

We lift up our dear colleague Lee-Ann to You today. You know her heart, her fears, and her hopes, and You hold her in the palm of Your hand. Wrap her in Your peace that passes all understanding. Where there is pain, bring comfort. Where there is worry, bring calm. Where she feels tired, renew her strength.

Surround Lee-Ann with love: from her family, her friends, and all of us at PlumRus. Help us to be Your hands and feet, to sit with her, to laugh with her, and to carry her when she cannot walk alone. Let her feel Your presence in every quiet moment and every kind word.

We place her in Your care and trust in Your goodness, whatever lies ahead. Amen.



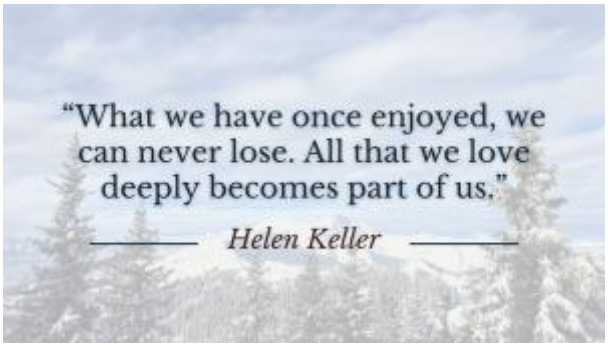
Phillip & Dianne became involved with Cupcakes for Cancer as a result of their personal experience supporting family members with cancer.

Thank you to PlumRus for their generous donation of 120 cupcakes beautifully decorated, by Craig.

To everyone who came to support the drive by purchasing the cupcakes, thank you so much.

Your generosity and support go a long way to continue supporting children with cancer.

The collective sales here at PlumRus and, on the Saturday, at Longbeach Mall raised over R23 000 to this worthy cause!



Adin Harmer Sunrise 24/09/1937 Sunset 08/09/2026



Mr. Harmer brought a wonderful presence to our Plumrus community, and his absence will be deeply felt by residents and staff alike.

Mr. Harmer was a beloved member of our retirement family known by many for his gentle spirit and friendly nature. He brought a unique blend of kindness, warmth and wisdom to Plumrus. His faith was an example to everyone who engaged with him. Church attendance was important to him, and even when the body started becoming weaker, he would attend on the days he could. He enjoyed singing and spent many years as a member of the church choir. He spent many hours writing content for church newsletter as well as the PlumRus News.

He made our facility a brighter place to live and work in with his warmth and compassion, he will be missed in our hallways and hearts. We extend our heartfelt condolences to Mrs. Harmer, family and friends.

From the Plumrus Community



Heila Haasbroek Sunrise 06/06/1942 Sunset:28/09/2026

Mrs Haasbroek was a kind-hearted and wonderful person. She was a teacher who was always happy, and appreciative. Whenever the staff assisted her, she was always so grateful and would thank them sincerely until they left the room. It was a pleasure and a privilege to have Mrs Haasbroek with us, even though it was but for a very time. She was truly a people's person who touched the hearts of those around her and left a beautiful footprint in our hearts.

During her time with us, she made a few special friends who loved and cared for her dearly. Mrs Haasbroek will be remembered for her kindness, gratitude, warm heart, and the joy she brought to those around her.

Rest in peace, Mrs Haasbroek. You will be deeply missed and fondly remembered.

(From PCS Team)

"The Season of Change"

The seasons change whether we are ready or not. Spring reminds us that new beginnings can happen at any age. We may not be able to change every circumstance, but we can choose how we meet each new season.

Every Season

There is a season for planting,
A season for letting things grow,
A season for gathering memories,
And seasons for letting them go.

Some days bring sunshine,
Some days bring rain,
But each has a purpose
And comes not in vain.

So, welcome the season
That God gives today,
With gratitude in your heart
And a little more faith on the way.






OKTOBERMAAND - C. LOUIS LEIPOLDT
Dit is die maand Oktober! Die mooiste, mooiste maand!
Dan is die dag so helder, so groen is elke aand,
so blou en sonder wolke die hemel heerlik bo,
so blomtuin vol van kleure die asvaal ou Karoo,
so blomtuin vol van kleure die asvaal ou Karoo.
Dit is die maand Oktober! Die varkblom is in bloei;
oor al die seekoeigate is kafferskuil gegroei;
die koppies, kort gelede nog as 'n klip so kaal,
het nou vir welkomsgroetnis hul mooiste voor gehaal;
het nou vir welkomsgroetnis hul mooiste voor gehaal.
Dit is die maand Oktober! Die akkerboom is groen;
die bloekoms langs die paaie is almal nuut geboen;
en orals in die tuin rond ruik jy sering en roos,
jasmyn en katjiepiering, lemoen en appelkoos,
jasmyn en katjiepiering, lemoen en appelkoos.
Dit is die maand Oktober! Ek dink die mense vier
vir ewig in die hemel Oktobermaand soos hier!
Wat wens jy meer as blomme, as helder dag en nag?
Wat kan jy beter, mooier of heerliker verwag?
Wat kan jy beter, mooier of heerliker verwag?
Wat gee ek om die winter? Wat praat jy nou van Mei?
Wat skeel dit as ons later weer donker dae kry?
Ek is nou in Oktober, die mooiste, mooiste maand,
met elke dag so helder, so pragtig elke aand!
Met elke dag so helder, so pragtig elke aand!

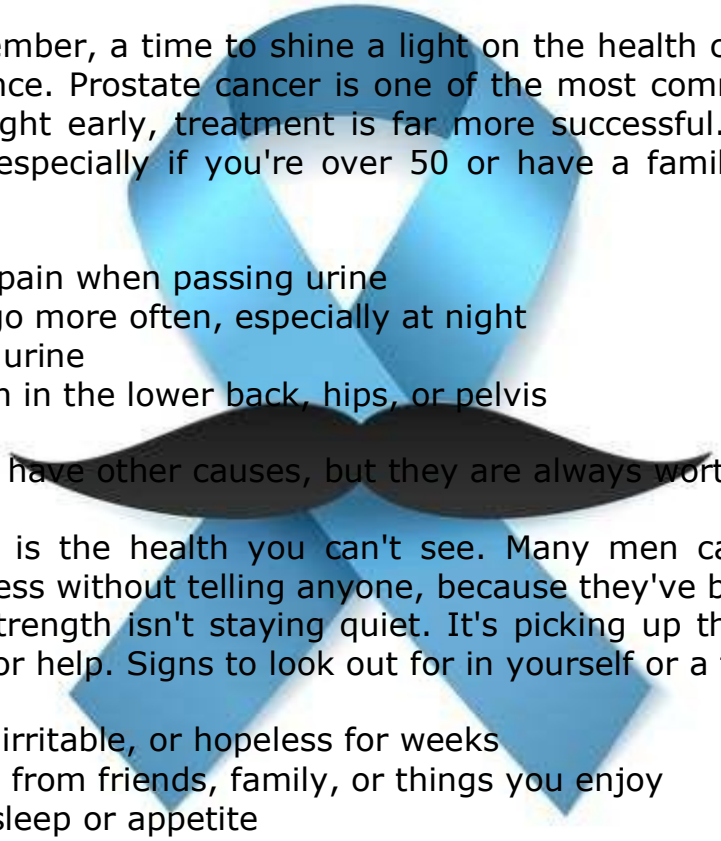








Movember: Strong Enough to Talk?



November is Movember, a time to shine a light on the health challenges many men face, often in silence. Prostate cancer is one of the most common cancers in men, and when it's caught early, treatment is far more successful. Talk to your doctor about screening, especially if you're over 50 or have a family history. Watch for changes like:

- Difficulty or pain when passing urine
- Needing to go more often, especially at night
- Blood in the urine
- Ongoing pain in the lower back, hips, or pelvis

Many of these can have other causes, but they are always worth checking.

Just as important is the health you can't see. Many men carry stress, sadness, anxiety, or loneliness without telling anyone, because they've been taught to "tough it out." But real strength isn't staying quiet. It's picking up the phone, having the chat, and asking for help. Signs to look out for in yourself or a friend include:

- Feeling low, irritable, or hopeless for weeks
- Withdrawing from friends, family, or things you enjoy
- Changes in sleep or appetite
- Using alcohol to cope

"Gentlemen, When Was the Last Time You…"

☐ Had your blood pressure checked?
☐ Had your eyes tested?
☐ Checked your hearing?
☐ Spoke to someone about something worrying you?
☐ Went for a proper check-up?
☐ Did something simply because it made you happy?

"Looking after yourself isn't weakness. It's wisdom."

REAL MEN… MAKE A DIFFERENCE!

This Movember, gentlemen, we're challenging you to do more than simply **grow a 'mo**!

Real men check in.
Real men speak up.
Real men look after themselves — and each other.

So, grow the moustache if you can, but more importantly, grow the conversation. Talk about men's health. Encourage a friend to have that check-up. Ask someone how they're really doing. You never know when a simple conversation could make a lasting difference.

🎄 NOVEMBER — "Getting Ready for the Festive Season" 🎄

"Are You Ready for Christmas?" But not just *presents, decorations and food…***Are you ready in your heart?**

PREPARE HIM ROOM

Before we fill our homes with Christmas decorations,
let us make room in our hearts.

Room for **Hope** when we feel uncertain.
Room for **Peace** when life feels overwhelming.
Room for **Joy** in the simple things.
Room for **Love** that reaches beyond ourselves.
Room for **Forgiveness** that sets us free.
Room for **Gratitude** for all God has given us.

And above all…**Let us make room for Jesus.**

Because Christmas is not about how perfectly we prepare our homes.

It is about preparing our hearts for the One who came to dwell among us.

Christmas Markets – More Than Just Shopping!



There's something special about a Christmas market. The twinkling lights, festive music, delicious treats and cheerful atmosphere seem to bring out the child in all of us!

But perhaps the best part is not what we buy, but the memories we create along the way. A morning or afternoon spent wandering through stalls with family, enjoying something delicious, finding a special little gift or simply sharing a laugh can become a treasured memory for years to come.



With November bringing the start of the festive season, why not make time to visit a Christmas market with your family or friends? Take the photos, enjoy the moments and make memories together.

Here are a few Christmas markets happening in our community during November:

- **WPPS Christmas Market – Claremont – 30 October**
- **The Gift Fair at the Baxter – Rondebosch – 4 to 8 November**
- **Cape Gift Market – Sea Point Civic Centre – 6 to 25 November**
- **Stellenberg Feesmark – Durbanville – 21 October to 7 November**

A glimpse of the month that was…



On World Alzheimer's Day, on the 21st September, we hosted a Memory Garden Picnic for our Zone 2 residents, Day Care clients and family members.

Thanks to the team for assisting with the program including the special snacks enjoyed by everyone.

Special thanks to Michael Arendse for providing the music melodies which added the necessary ambiance to the occasion.

ONS ERFENIS – WAARVOOR STAAN ONS SAAM?

Ons land is mooi —
'n land van kleur,
van tale, kultuur en tradisie,
van berge en see,
van stories wat vertel
waar ons vandaan kom.

Ons deel ons kos,
ons musiek, ons dans,
ons vlag en ons trots.

Maar vandag wil ek vra:
waarvoor staan ons saam?

As ons op vreemde grond
vir ons Springbokke
so hard kan staan en juig,

hoeveel te meer
kan ons op ons eie grond
vir mekaar opstaan?
Dít is die erfenis
wat ons behoort te vier.





We know that Spring is in the air, when the children from Pixie Schools come for their annual visit to PlumRus. They are always excited to share their songs and nursery rhymes with our Residents. This year they made sure to leave their handprints in our hearts!

Thank you to the SASSA Team, led by Gusha, for their home visit to PlumRus to resolve queries for our residents in a compassionate and dignified manner.

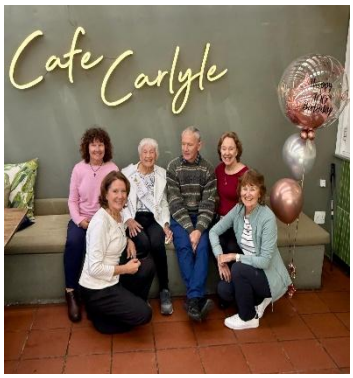
Small gestures, making a life-giving difference!





100 Not Out!

Selma Stuart, living in Mountain View, celebrated her 100th birthday in September. She was blessed to enjoy the festivities with all 5 of her children. We wish you many more healthy years around the sun!





Behind the Mask: Our Red-Carpet Moment

When the workday ends, the glamour begins! Our colleagues, Rhodene, Lenore, Denzil and Sammy, recently traded their everyday look for something a little more spectacular at the Masked Ball, and the results were nothing short of show-stopping. From sharp royal blue suits and ruby red shirts to satin gowns and sparkling shawls, it was a night of style, smiles and celebration. It turns out the only thing the masks hid was just how well our team scrubs up!



Bridging Generations at PlumRus 💙

What a wonderful morning of **connection, conversation and sharing** as learners from **Wynberg Boys' High School** spent time with our PlumRus residents. From music and games to meaningful conversations and shared stories, it was a beautiful reminder that age may separate generations, but a smile, a song and a little time together can bring us wonderfully close.

Young minds. Wise hearts. Shared memories.
Thank you, Wynberg Boys, for spending time with us!

"Brothers in an endless chain"







🎩 Hats Off to a GREAT Year!

What better way to celebrate a successful year at PlumRus than with good music, delicious treats, plenty of laughter — and a few fabulous hats!

Our AGM was not only an opportunity to reflect on a year of progress and achievement, but also a time to celebrate the people behind the journey. We proudly recognised a valued staff member for her long service and expressed our heartfelt appreciation to a long-serving ex-Board member for his dedication and contribution to PlumRus.

It was a celebration of a GREAT year and the people who helped make it happen!

🎩 **Hats off to our residents, staff, Board and everyone who continues to make PlumRus a special place to call home.** 💙

THANK YOU! BAIE DANKIE!

"On behalf of everyone living and working in PlumRus: We say thank you!

To Wilbur van Niekerk, chairman. We are now clever, thank you. The Board – so much excellent work is done behind the scenes. Chris Schutte captains this ship admirably. He copes so well. Ons hoop ons gryskoppe maak jou nie ook grys nie!

Belinda is the "King Pin" of PlumRus administration, responsible for communication and marketing as well as the monthly news booklet and all resident activities. We also say "thank you" to Marie and Portia & Muka for their photos. Portia also makes sure we get all our messages and notices on whatsapp and the big screen.

Let's embark on a little tour through PlumRus:

Admin: Cindy is our "finance fundi" assisted by Miche.

Rhodene is responsible for the supervisors and carers in PlumRus Care Services, which includes our Respite facility. Without Rhodene there will be chaos! There are many supervisors: Lenore (always with a smile) who, together with Shevonne and a

dedicated team of Day and Night carers are always on hand to assist all the residents living in the flats.

Nikita is responsible for the admission.

Getting a bit peckish, we go to the kitchen where the kitchen team under the leadership of Charlene prepares our meals and caters for special events. Waiters: Thank you for your efficient work – always with a smile!

We pass the Risk reception where there's constantly someone on duty – always helpful and friendly.

Baie dankie vir die dag- en nagpersoneel vir al julle harde werk en vriendelike diens, nie net teenoor ons nie, maar ook teenoor besoekers. Ons is trots op julle onder leiding van Mervyn: Lucille, Edwina, Britney en Clayton bedags en Gary en Dhafier snags.

Hairdressers: we are privileged to have you on our premises.

Now we go up the ramp to health care where the sisters and nurses look after all our medical needs.

A special mention must go to all our carers in Frail Care. Thank you for treating our friends there with such love and compassion.

And now, the management of Health Care under the watchful eye of Rezandt.

Mark, Hamilton, staff nurse Brenda, Sisters Yolanda and Yvonne – they all attend to our medical needs. You will never realize how much we appreciate the lovely way you treat us with respect and professionalism.

Nearby is the pharmacy and surgery where Divine, together with her team, meticulously organizes the blister packs.

Ons dink ook aan almal wat in die biblioteek en Bargain Shop help.

Mens hoef net rond te stap om te sien hoe skoon en netjies ons geboue is te danke aan ons skoonmakers (Pumi, Anestasia, Cathy en al hulle ander kollegas), onder leiding van Rossilyn en haar toesighouers, Praxia en Gladys; ons gange en leefareas word skoongehou.

Maintenance: When something is broken, we ask Werner and his helpers to solve the problem. Thanks also to Muka who helps with our TV and cellphones.

Transport: Kurt drives the van to various shopping centres, Kirstenbosch or other venues.

And how fortunate we are to dress in our clothes, washed and ironed, by an excellent team in the laundry, amongst others there is Wilma and NoNo.

People so often comment on the beautiful gardens surrounding PlumRus. Thanks to Elizabeth and her team for giving us so much joy, not forgetting Nolan and Eric who so ably assists with caring for our gardens.

After our journey through Plumrus, we can now enjoy our last stop at the best coffee shop in town, our own Protea Coffee, shop managed by Craig and his team, consisting of Kurt, Liam, and Claudia.

Hope you enjoyed the walk! "

BAIE DANKIE ALMAL! THANK YOU EVERYONE! YOU MAKE OUR STAY AT PLUMRUS SPECIAL.

(This thank-you tribute was compiled by Leonie Pauw. Kindly note that names mentioned are as per her submission, no names were deliberately omitted.)

Brain-Twisting Riddles

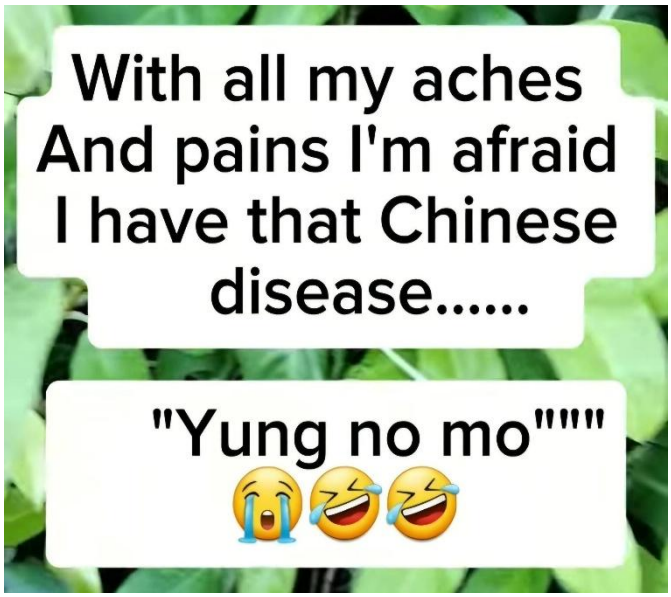
Riddle	Answer
What can be warm but never burn?	
What can be broken and still work?	
What can be deep but shallow?	
What can be silent but powerful?	
What can be high but never fly?	
What can be bright but hidden?	
What can be strong but fragile?	
What can be endless but counted?	
What can be long but pass quickly?	
What can be full but still empty?	
What is it that breaks when you say it?	
What has many teeth but cannot bite?	
What is it that has a spine but no bones?	
What has branches but no leaves?	
What is it that has hands but no arms?	
I am seen but never touched. What am I?	
What is it that's black when clean and white when dirty?	

Possible Answers

time, silence, comb, talent, trust, heart, hug, chalkboard, shadow, a book, a clock, numbers, temperature, river, record, decision, a bank







In Government hospitale sal die Nurse jou wakker maak net om ju slaap pille te drink
🤣🤣🤣🤣🤣

