

PlumRus news

JANUARY 2022

WELCOME



HAPPY NEW YEAR

Spiritual Care Program for January 2022

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
	2 nd Morning Service	2 nd Evening Service
7 th One Hour for Jesus	9 th Morning Service	9 th Evening Service
14 th One Hour for Jesus	16 th Morning Service	16 th Evening Service
21 st One Hour for Jesus	23 rd Morning Service	23 rd Evening Service
28 th One Hour for Jesus	30 th Morning Service	30 th Evening Service

An Epiphany Prayer

**Lord Jesus, may your light shine our way,
as once it guided the steps of the magi:
that we too may be led into your presence
and worship you, the Child of Mary,
the Word of the Father, the King of nations,
the Saviour of mankind;
to whom be glory for ever.**

(Frank Colquhoun)



ROLL OUT THE RED CARPET

The idea of 'rolling out the red carpet' has been around for a long time. About 2500 years ago, Greeks began to revere their kings by rolling out some sort of red carpet, whenever a king walked around in public. This was meant to honour him as someone worthy of respect and adoration. In a way this is what the Old Testament prophets Isaiah and Daniel had in mind when they spoke of the coming Prince of Peace who would one day rule from King David's historic throne. His coming would be like the sunrise breaking over an earth wrapped in deep darkness. He would love what was right and hate what was wrong, establishing a kingdom of fair dealing and right living that would never end.

The almost unrecognised arrival of this King occurred in the obscure town of Bethlehem, a few kilometres south of Jerusalem. Following a star, scholars from the east found Mary and her new born son there. They bowed in worship before him, revering him as King of the Jews. He was no ordinary King though, conceived through the power of the Holy Spirit, he was God made flesh and blood.

In the fullness of time he would take his rightful place as the King of Kings, and every knee in heaven and on earth would bow in worship, acknowledging Jesus as Lord. But his journey to that place of majesty and honour, power and authority, was a winding way of suffering, pain and death.

As Jesus grew to manhood, his cousin John the Baptist, like the prophets of old, began to roll out the red carpet for Jesus. He'd been called by God to 'make the road straight' for the coming king. He was to draw people's attention this king, urging them to make space for him in their hearts. One day while John was baptising in the Jordan River, Jesus walked up to him. Seeing Jesus, John shouted out, "Here he is, God's Passover Lamb! He forgives the sins of the world!" Steeped in the Word of God, John knew there was no forgiveness of sins without the shedding of blood. And he recognised Jesus as the sacrificial lamb Isaiah had spoken of who would be beaten bloody and then die for the sins of mankind.

This is exactly what happened in the last hours of Jesus' life. While praying in Gethsemane, he was arrested like a common criminal, put through a sham trial and falsely accused of blasphemy. Needing the Roman Governor's approval to put him to death, his accusers took him to Pilate. There, Jesus affirmed his identity: "I am a king, but not the world's kind of king...my kingdom is from another place," he said. Pilate's half-hearted attempts to release Jesus were futile. Jesus was scourged, then led out to the place of the Skull, where his hands and feet were nailed to a wooden cross. Hours later in the eerie midday darkness, as Jesus laid down his life, crying "It is finished!", the earth shook and rocks split in pieces.

To many, Jesus' death on the cross seemed like a failure, but it was in fact his ultimate victory! Through his death, Jesus secured our cleansing from sins and established our freedom from guilt, taking away for all time Satan's power to accuse us of sin. All this was confirmed by Jesus' resurrection. By raising him from the dead, God the Father declared his sacrifice to be perfect and completely sufficient to pay for mankind's sins.

The story didn't end there. The death and resurrection of Jesus was followed by the triumph of his ascension into heaven. Written by King David, Psalm 24 describes the setting of what ultimately refers Jesus' return to heaven. On either side it's 'gates' are lined with multitudes of angels. Suddenly there's a shout...



Open up, O ancient gates, and let the King of Glory in.

Who is this King of Glory?

The Lord, strong and mighty, invincible in battle.

Yes, open wide the gates and let the King of Glory in.

Who is this King of Glory?

The Commander of all of heaven's armies!

Psalm 24:7-10

PSALM 24:7-10

Open up, ancient gates! Open up, ancient doors, and let the King of glory enter. Who is the King of glory? The LORD, strong and mighty, the LORD, invincible in battle. Open up, ancient gates! Open up, ancient doors, and let the King of glory enter. Who is the King of glory? The LORD Almighty--he is the King of glory.



Jesus is the King of Glory! After ascending, he took his honoured place right alongside God the Father. From there he runs the universe - everything from galaxies to governments, no name and no power is exempt from his rule. At the appointed time King Jesus will return to this earth. Evil will finally be defeated and the earth restored as the triumph of Jesus' death and resurrection is consummated.

The great work Christ has done for us will be of no benefit, unless there is a great work done in us. This life changing work starts when the King of Glory is enthroned in our hearts. The reality of God's unfailing love, demonstrated through Jesus' death and resurrection, lays a red carpet right to the door of our hearts. These deep and almost unfathomable events draw our attention to Jesus. Something within cries "Open up! Let the King of Glory in!"

Will you open up and let him in?

(Submitted by: Ps. Dave Henderson)

THE NAME

Pray then like this: "Our Father in heaven, hallowed be your name." – Matthew 6:9

In Old Testament Days, Jews sometimes referred to God as "the Name." So greatly did they revere His personal name *Jehovah* that they would not even dare to utter it? Just, "the Name", that's because God's name carries the weight of His entire character and attributes. Just as our names stand for who we are, God's name stands for whom He is.

And supreme among our goals in life is that we would "hallow" that name. Glorify it. Esteem it. Draw others' attention to it. Stand amazed at it and at all it represents. God is jealous for His name – He considers it a serious offence for us to cheapen it or allow anything to dim His glory. That's why one of His first commandments to His people was: "You shall not take the name of the Lord your God in vain" (Ex.20:7). The opposite of hallowing His name is to profane it, to treat it as something common; to use His name with a lack of respect or to live in such a way as to reflect negatively on His character.

In placing this petition at the beginning of His model prayer, Jesus declared that no other item on our prayer list – no health concern, no relational breakdown, no financial shortfall – nothing should rank higher than this single request. In fact, in praying for our specific needs and concerns, our chief desire should be that His answers would provide an opportunity to shine a spotlight on His magnificent name.

As God's children, how concerned are we about upholding the reputation of our Father's name? And if we who have been given His family name do not treat it with reverence, how can we expect His name to be revered in this world? What a tragedy to have it said that "the name of God is blasphemed among the Gentiles because of you" (Rom. 2:24). May His holy name be magnified this day, in and through our lives?

What would it look like for God's name to be hallowed in our world; in our churches, in your home, in your heart?

(Submitted by: Roy Binedell)



THE ONLY WAY

One day you and I will leave this world, and that may be sooner than we think.

Many sincere people think they can get to heaven because of how good they are or the good they do. They may even practice a religion. But these things are not God's way to heaven.

The way to heaven is Jesus, the One who said, "I am the way, the truth, and the life. No one comes to the Father except through Me." (Jn.14:6)

A single act of disobedience got Adam and Eve thrown out of paradise forever. Likewise, just one sin will forever keep you from entering heaven, unless you believe in the Lord Jesus Christ as your Savior.

Have you believed in Him with all your heart? If not, why not do so right now? Satan – the enemy who convinced Adam and Eve to sin – says, wait a little while. But God says to you "Believe Now!"

If I could take you by the hand to the edge of hell to see the eternal condition of the damned, and then take you to the window of heaven to see the eternal bliss of the saved, I am sure you would quickly decide where you would want to go. You would not rest until you had made sure you were going to heaven.

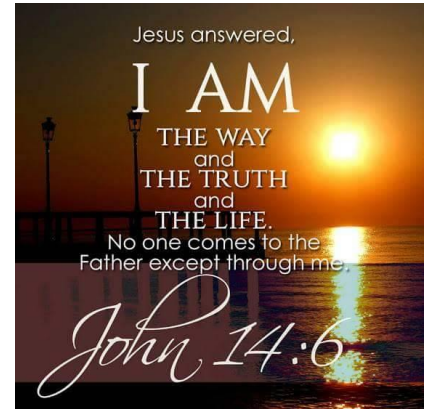
However I can't show you those places. I can only point you to the Lord Jesus Christ who has spoken about them. He suffered, shed His blood and died on the cross of Calvary – under the judgment of God – in order to rescue us from hell and prepare us for heaven. You can read about what He went through for us in Matthew 27, Mark 15, Luke 23 and John 19.

When Christ was on Earth he said: "come unto Me all you who are heavy laden, and I will give you rest."(Mt 11:28) and "the one who comes to Me, I will by no means cast out."(Jn6:37). The heart of the resurrected Savior longs for sinners like us to come to Him with all their sins and need. If as a sinner you come to Jesus and believe in Him as your Savior and Lord, you can trust, according to the word of God, that your sins will be forgiven and you will go to heaven (read Acts 10:43; Jn14:1-3).

The way to heaven is Jesus! There is no other way!

Receive Christ, now!

(Submitted by: Roy Binedell)





I am Bronwyn Dickson, 28 year old originally from Kimberley in the Northern Cape.

I am passionate about nursing and always strive to go the extra mile.

I love meeting and interacting with new people, and sharing life experiences.

I have an interest in music, literature and traveling in my spare time.

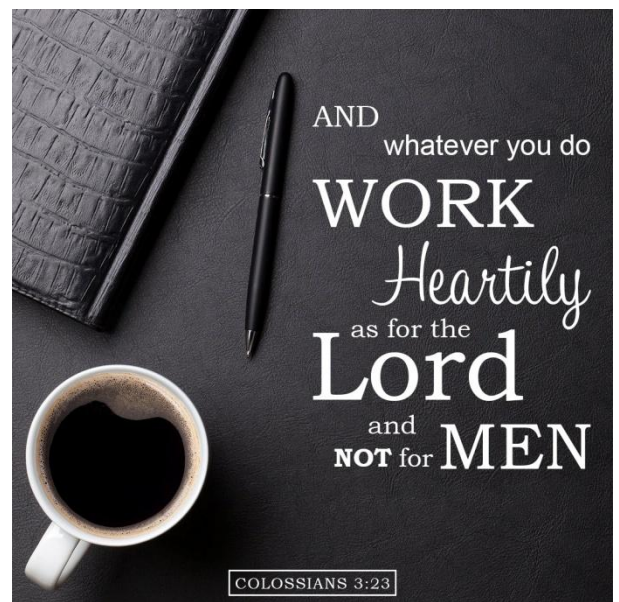
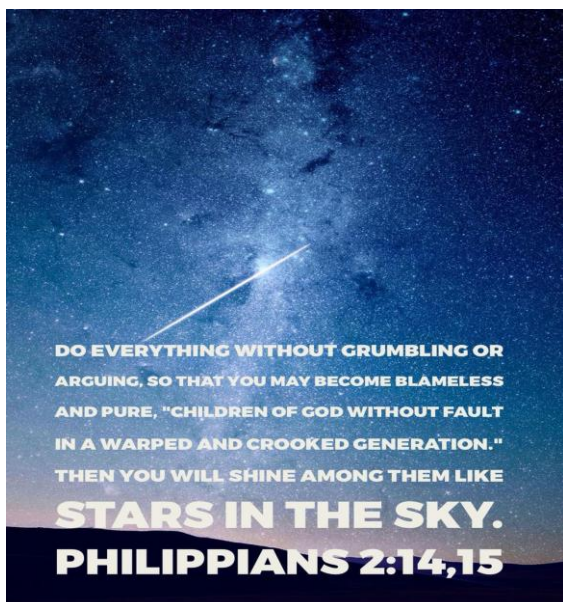


My strongest characteristics are that I'm an empathetic, easy to talk to and can relate to and with most people.

Working at Plumrus has given me a new lease on life and made me realize that youth and our health are things that fade easily so we should make the most of it while we have the chance.

Bronwyn has joined our Health Care Team, as a Staff Nurse.

Welcome to the Team Bronwyn, we trust that you are going to enjoy your time at PlumRus.





God's richest blessings on your Birthday!

2nd	Rita Benn	A1	87
3rd	Yvonne Graney	R25B	92
3rd	Valerie Mathew	R2	89
3rd	Magdalena Niewoudt	N001	78
9th	Karin Klein-Werner	N106	81
10th	Benjamin Fortuin	R24	89
14th	Mary Banfield	F21	91
14th	Jeanette Percival	R11	85
14th	Ivy Todd	R40A	90
15th	Susanna Filmalter	N002	92
17th	Ivy Sass	R49	84
18th	Roy Binedell	F124	84
18th	Johan De la Fontyn	F110	81
21st	Cecelia Potgieter	F114	81
22nd	Jan de Wet	F125	80
23rd	Matilda Brophy	R26A	84
24th	Elizabeth Murphy	R19A	76
29th	Jeanette Venner	N208B	81
29th	Charles Miller	R30	80
30th	Rosalita Aupiais	R27	75
31st	David Witter	N210A	65





We wish all our members a very Happy Birthday!

1 st Rev. Van Der Ross	3 rd Mr. Prince
8 th Mrs. Royston	12 th Mr. Boonzaaier
15 th Mr. Appels	22 nd Mrs. Domingo

HAPPY BIRTHDAY TO OUR STAFF

2 nd Johan Van Zyl	Transport
3 rd Nono Stuurman	CCL
8 th Gerald Snyders	CCL
11 th Max Wollenhoven	CCL
15 th Melissa Paulse	H/Care
16 th Veranique Barnard	CCL
16 th Lenore Jacobs	H/Care
16 th Brenda Julies	H/Care
17 th Chane Felix	CCL
17 th Paulette Hayes	H/CARE
18 th Maria Brown	CCL
19 th Pauline Temmers	CSC
20 th Sylvia Resandt	H/Care
23 rd Louisa-Mari Barnard	CSC
24 th Tarryn-Lee Adams	H/Care
26 th Lizaan V/D Vent	CCL
26 th Hendrik V/D Linde	Riskman
27 th Kim Frantz	CSC



TOE IS DIT WINTER...

Ek het dit eers vinnig gelees, tot ek by die derde sin gekom het... Ek het opgehou en weer voor begin lees, maar die keer stadiger - dit laat jou regtig stop en dink...

Jy weet... tyd het 'n manier om vinnig te loop en jou onverhoeds te betrap sonder dat jy aan die verbygaande jare dink. Dit voel soos net gister wat ek jonk was, net getroud is en my nuwe lewe saam met my maat begin het. Tog, op 'n manier, voel dit soos 'n leeftyd gelede en ek wonder waar al die jare heen is. Ek weet dat ek almal geleef het, ek kry terugflitse van hoe dit toe was, en ook van al my hoop en drome.

Maar, hier is dit... die winter van my lewe, en ek is verras...hoe het ek so gou hier gekom? Waar is die jare heen, en wat het van my jeug geword? Ek onthou so goed hoe ek deur die jare na ouer mense gekyk en gedink het dat ek baie jare agter daardie ouer mense is,... en dat die winter so ver weg was... dat ek myself nie kon indink hoe dit moes wees nie.

Maar, hier is dit... my vriende word gryns, en tree af... hulle beweeg stadiger... Sommige lyk beter en ander slegter as ek...maar, ek sien die groot verandering. Nie meer die wat ek onthou wat jonk en lewenslustig was nie...maar, soos ek, begin hulle ouderdom wys en ons is nou daardie ouer mense wat ek gesien, maar nooit gedink het ek ook sal word nie.

En so betree ek 'n nuwe seisoen van my lewe... onvoorbereid op al die skete en kwale, en die verlies van krag en die vermoë om te gaan doen wat ek nog altyd wou, maar nooit het nie! Maar ten minste weet ek, hoewel my winter gekom het, ek nie seker is hoe lank dit sal duur nie...weet ek dat, wanneer dit hier op aarde verby is, is dit verby...'n nuwe avontuur sal begin!

Ja, ek het verwyte, en ek is jammer oor dinge wat ek wens ek nie gedoen het nie, dinge wat ek moes gedoen het, en baie dinge wat ek gedoen het waarvoor ek bly is. Dit is alles deel van 'n leeftyd.

So, as jy nog nie in die winter van jou lewe is nie, laat ek jou herinner dat dit vinniger hier sal wees as wat jy dink. So, wat jy ookal graag in jou lewe wil bereik, doen dit asseblief gou! Moenie dinge te lank uitstel nie! Die lewe gaan gou verby. Doen vandag wat jy kan want jy kan nooit seker wees of hierdie jou winter is of nie! Jy het geen belofte dat jy al die seisoene van jou lewe gaan sien nie, so leef vir vandag en sê vir jou geliefdes al die dinge wat jy wil hê hulle moet onthou...en hoop dat hulle jou waardeer en liefhet vir al die dinge wat jy vir hulle in jou leeftyd gedoen het!



Die lewe is 'n geskenk aan jou, en die manier waarop jy jou lewe leef, is 'n geskenk aan die met wie jy dit deel. Leef goed! Leef voluit! Geniet vandag, elke dag! Doen iets wat jy geniet! Wees lief vir ander!

Goeie gesondheid is ware rykdom, nie goud of silwer nie.

Vandag is die oudste wat jy nog was en tog ook die jongste wat jy ooit sal wees - so, geniet hierdie dag vir solank dit duur!

Om uit te gaan is goed, maar om by die huis terug te kom is beter!

Jy vergeet name...maar is okay want daar is mense wat vergeet dat hulle jou ooit geken het!

Die dinge wat jy altyd graag gedoen het, doen jy nie meer nie, maar jy dink nogal daaraan dat jy nie regtig meer omgee dat jy dit nie meer doen nie...

Maar OUD is goed is sommige dinge: OU liedjies, OU fliks, OU wyn, en beste van alles...OU VRIENDE!!!



Did You Know?

PlumRus Coffee Shop



In January we will have specials from Mondays to Thursdays for our Residents, & Saturdays and Sundays for our staff. Come and see what the surprise is, the PlumRus News does not even know.

Kindly note that we still have convenience items on sale and without a doubt, our toasted sandwiches, burgers, fresh baked cakes and tarts are not only the cheapest but the tastiest as well. We also have delicious milkshakes for the hot summer days.

Our Coffee Shop is open from Monday to Sunday 09:00 till 16:00. You are more than welcome to call ext 1035 for take-aways, deliveries are free of charge.

Access Control



For entrance: Our Residents with vehicles can utilize any gate (they are our VIP's) but: Residents need to stop in the left line and in front of the gates and on top of the safety loop and then press your remote. Your remote will not open the gate on your way to the gate. You need to stop in front of the gate on the safety loop. Please leave the right line open for residents and visitors who would like to exit.

For entrance: Our Visitors entrance is ONLY through the new main gate accessible via Burnham Road, proceed into Birmingham Road passing Constantia Berg Villas on your left and turn right into PlumRus through the main gate.

At this gate there are two ways for family and visitors to gain access:

- One: Stop your car in the left line, get out of your car and press the intercom button on the gooseneck stand. Risk Man Office/Reception will verify your visit and allow you access or
 - Two: utilize your remote issued to you at a once off fee of R200
-

Why are toiletries so important to our elderly?



Good personal hygiene refers to clean living habits that keep us healthy as we care for our bodies, like brushing your teeth and washing your hands. We gain both personal and social benefits as we practice good personal hygiene.

Maintaining good hygienic practices reduces the spread of illness and risk of medical conditions caused by not taking care of yourself. It also increases self-confidence and

positively impacts your lifestyle and self-esteem.

Maak jou Somme vir 2022

Dit is 'n jaar nader aan die wegraping, nader aan die koms van Jesus en heelwat van ons gaan die hede vir die toekoms verruil of geliefdes afstaan aan die dood. Ons is immers nie besig om skatte op die aarde bymekaar te maak nie maar wel skatte in die Hemel. Ons is opgewonde oor die nuwe rigting en werksaamhede van ons geestelike versorging vir 2022.



2022 "twenty twenty two", dit klink so mooi. Ons 2022 slogan, kern fokus, strategie, werkwyse en bestaan as 'n Te Huis vir Ouer persone sal alleenlik gerig wees op Versorging - only on Care. Ons Inwoners en Lede verdien net die beste versorging binne ons operasionele en finansiële vermoëns maar nog meer belangrik is die wyses waarop ons dit doen; ons vriendelikheid, ons empatie vir die

ouderdom, ons pro-aktiewe kommunikasie, ons gesindheid, ons smile en die loop van die ekstra myl om regtig 'n lewens veranderde verskil te kan maak in hierdie besondere tyd van 'n Inwoner of lid by PlumRus.

So, hou ons dop in 2022 - it's only about *Care*, dit is alleenlik *Versorging*.

Our year plan 2022 – find it on all the notice boards, if you can find the mistake we will reward you with a free breakfast for two.

Our Spiritual Care for 2022 – find it on all the notice boards, but please ask for copy and take it to your best friend not attending any spiritual activity.



All Residents First Level Maintenance (WiFi, Telephone, BellMe & DSTV) issues need to be logged at Reception. Miche on Ext. 1036 & Caylynn on Ext.1039 will assist, after the fault is logged, between 09:30 and 12:00 Mondays to Fridays. Any resident logging faults outside of the above mentioned times will be seen to the next day or according to urgency.



Speak with Nikita on Ext.1025 if you would like to know more about our Wi-Fi and DSTV packages.


Welcome Home
— WHERE YOU BELONG —



Mrs. Elizabeth Murphy

Zone 2 Room 19A

Elizabeth Murphy has four children.

She dedicated her life and time to her children and husband.

Elizabeth loved her holidays spent in Caledon.

She loves reading, especially her bible, and knitting.



The War Reporter

Monthly Edition: 1 January 1901-Free State Forces Invade Cape Colony



Two Free State Commandos, led by Commandant Pieter Kritzinger and General Barry Hertzog, are involved in this invasion. Even before they crossed the Orange River, on Thursday 13 December, Kritzinger and his men captured a British column known as Brabant's Horse at Koesberg near Zastron. In the process 20



khakis were killed or wounded and approximately 100 were taken prisoner of war.

Three days later Kritzinger, with Scheepers as his second in command, crossed the Orange River near Norvalspont with 200 men. As for General Hertzog and his well supplied force of about 1200 burghers, they also crossed the Orange River on 16 December, at Sanddrift near Petrusville. The next day they occupied Philipstown and commandeered a number of horses. From there they proceeded in a south-westerly direction and crossed the main railway line from Cape Town to Kimberly on 18 December at Houtkraal north of De Aar.

Four days later they occupied Britstown. The town guard, consisting of 15 soldiers and seven policemen, had earlier fled when Hertzog's advance guard, led by Commandant Niewoudt, approached the town, thus the burghers entered the town unhindered.

Hertzog himself arrived in Britstown on 23 December but left again the next day with commando for Houwater, northwest of the town, On Christmas Day the British re-occupied Britstown. A day later they attacked Hertzog's forces at Houwater, but the burghers repulsed the attack, Hertzog subsequently retreated in the direction of Prieska. At this time the British acted in contravention of all the conventions of civilized warfare by capturing Hertzog's ambulance under the command of Doctor Ramsbottom and sending the medical personnel as prisoners of war to Bloemfontein. Hertzog and his Free State forces proceeded from there to Vosburg, which they occupied on 27 December after the town guard had summarily surrendered.

JANUARIE / JANUARY 2022 MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
31	Gym Trim in the Hall Tuesday's @ 09h30 Heartland Series Wednesday's in Decentralized Lounges @ 10h30 Fruit & Veg Lorry Wednesday's @ 12h30 Heartland Series Saturday's in Decentralized Lounges @ 15h00 Movie EVERY Sunday in Health Care Lounges @ 15h00 19th January 2022 YouTube Social Evening in the Hall @ 18h00 28th January 2022 Shopping 3Arts for Walkers & Wheelchairs @ 14h00	
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges		
3	4	5
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 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 5 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
10	11	12
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 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 7 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
17	18	19
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping PnP PnP Plumstead 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 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 9 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening in the Hall
24	25	26
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 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 11 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 4	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Playing with Fire 18:00 Woord & Lied
6	7	8	9
08:30 Library 09:00 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian	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 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 6	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Beethoven 18:00 Woord & Lied
13	14	15	16
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	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 8	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Holiday Rush 18:00 Woord & Lied
20	21	22	23
08:30 Library 09:30 Shopping Checkers Main Road 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian	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 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 10	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Pants on Fire 18:00 Woord & Lied
27	28	29	30
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	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping: 3 Arts for Walkers & Wheelchairs 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Camp Getaway 18:00 Woord & Lied

2000-2015
Nuwe Millenium - Nuwe Moeilikhed

7 April 2000

Die Proteas se krieketkaptein, **Hansie Cronje** word lewenslank geskors weens wedstrydknoeiery met beroepswedders.

24 Junie 2000

Die **Demokratiese Alliasie (DA)** kom tot stand. Dit assimileer onder meer die Nuwe Nasionale Party.

2 September 2001

Dr. Chris Barnard (78), hartpionier, sterf na 'n asma-aanval.

4 Desember 2001

Marike de Klerk (64), eksvrou van oudpres. F.W. de Klerk, word vermoor.

25 April 2002

Mark Shuttleworth word die eerste Suid-Afrikaanse ruimtevaarder toe hy aan boord van 'n Russiese Sojoes na die Internasionale Ruimtestasie gelanseer word.

1 Junie 2002

Hansie Cronje sterf in 'n vliegongeluk in slegte weer onderweg na George-lughawe.



2003

Navorsing dui daarop dat 25% van Suid-Afrika se volwasse bevolking MIV-positief is: 1 uit elke 9 mense.

21 Maart 2003

Die Waarheids-en-Versoenings kommissie reik sy verslag van 3500 bladsye uit.

2 Oktober 2003

Die skrywer **J.M. Coetzee** wen die Nobelprys vir Letterkunde.

13 Maart 2004

Dullah Omar, struggle-veteraan en voormalige Minister van Justisie, sterf.

7 September 2004

Beyers Naude (89) , kerkleier en aktivis, sterf.

29 Februarie 2004

Charlize Theron wen die Oscar vir beste aktrise vir haar vertolking van Aileen Wuornos in die prent Monster.

9 April 2005

Die Nuwe Nasionale Party, wat uit die Nasionale Party ontstaan het, word ontbind.

14 Junie 2005

Jacob Zuma word van sy amp as adjunkpresident onthef.



10 November 2005

Die Salt-teleskoop, die tweede grootste in die Suidelike Halfrond, word by Sutherland ingewy.

12 Maart 2006

Die Proteas slaan 438 lopies op die Wanderers en klop Australië in "die beste eengadwedstryd nog".



2006

Henry Jeffreys volg Arrie Rossouw op as redakteur van Die Burger.

31 Oktober 2006

PW Botha (90), voormalige eerste minister en staatspresident, sterf tuis op Wildernis.

6 Mei 2007

Helen Zille, burgemeester van Kaapstad, word leier van die DA.

20 Oktober 2007

Die Springbokke klop Engeland 15-6, op die **Stade de France in Saint-Denis**, buite Parys, in die wereldbeker-eindstryd.



Desember 2007

Robert Mugabe van die ZANU PF-party is 20 jaar aan bewind in Zimbabwe.

12 Januarie 2008

Suid-Afrika se polisiehoof, **Jackie Selebi**, word van korrupsie aangekla en geskors.

20 September 2008

Die ANC herroep Thabo Mbeki as staatspresident by sy beraad in Polokwane.

10 November 2008

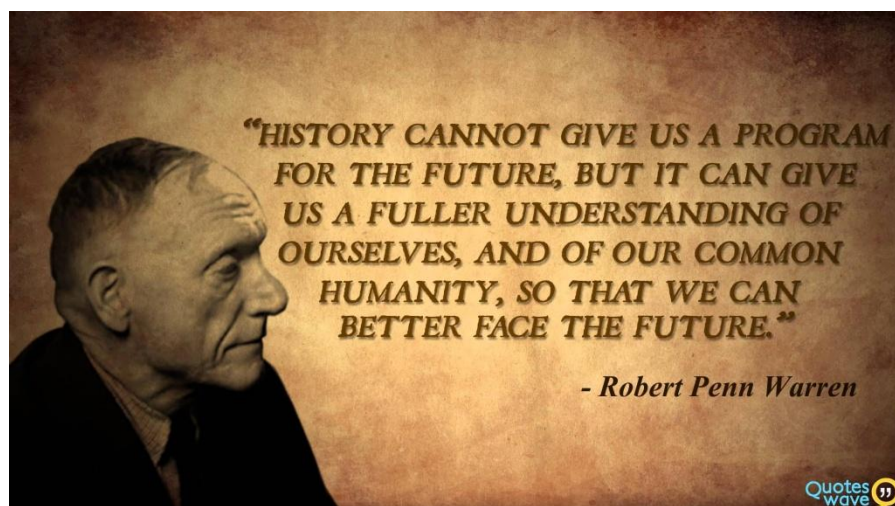
Miriam Makeba (76), sangeres en "Mama Afrika", sterf.

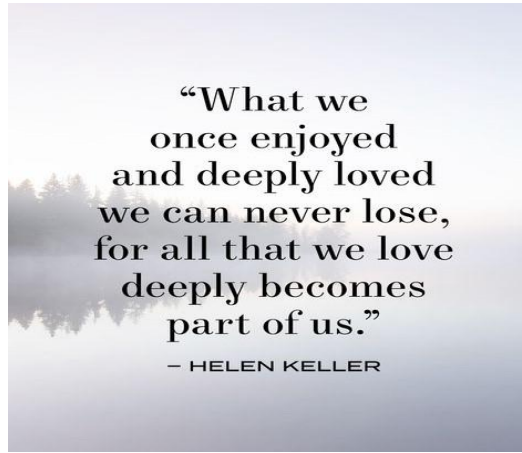
3 Maart 2009

Schabir Shaik, Jacob Zuma se voormalige "finansiële adviseur" word op mediese parool vrygelaat omdat hy "in die laaste fase van 'n terminale siekte" is.

6 Mei 2009

Jacob Zuma word verkies tot president van Suid-Afrika.





Mrs. H Kotze - 10 December 2021

Mr. W Korpel - 10 December 2021

Dr. J Pauw - 12 December 2021

On behalf of the Friends Group we extend our condolences to Leonie Pauw on the passing of her beloved husband, Dr. John Pauw. Our condolences are also extended to Pat Van Wyk on the loss of her brother-in-law, and their extended families. John and Leonie shared a special and loving relationship over many years, which included the love for their children and grandchildren.



Dr John Pauw en sy vrou Leonie het vier gelukkige jare in Plumrus spandeer. Hy is op 12 Desember 2021 oorlede.

John het in Durban grootgeword en het daarna BSc en medies op die Universiteite van Stellenbosch en Kaapstad studeer. Dis op Ikeys waar huidige Plumrus-inwoner Patsy van Wyk hom aan haar suster Leonie voorgestel het.

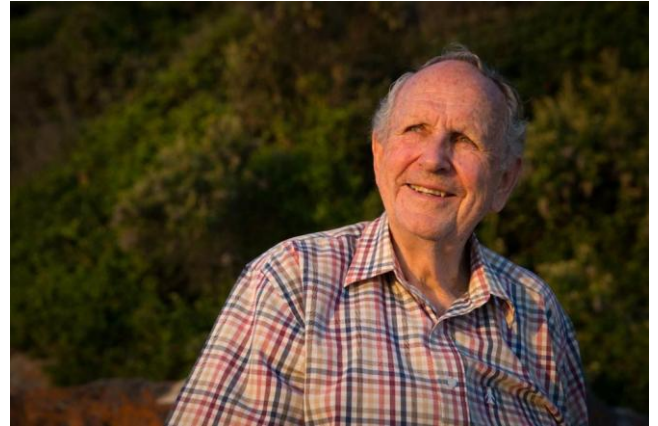
John en Leonie is 65 jaar gelede getroud en het na Durban verhuis waar hy sy pa se mediese praktyk oorgeneem. Hy was 52 jaar algemene praktisyn in Durban. Gedurende dié tyd was hy baie betrokke by die bevordering van kultuur in Durban. Hy het verskeie kore gestig, ondermeer die Durbanse Mannekoor waarvan hy die dirigent was. Die koor het verskeie pryse gewen en CDs uitgegee.

Hulle het in 2004 na Hermanus getrek waar hulle 12 jaar gewoon het.

John is iemand wat 'n indruk gemaak het op almal met wie hy te doen gehad het. Hy was 'n geliefde dokter, eggenoot, vriend en pa. Ons onthou John vir sy innemende geaardheid, sagte hart, empatie, ondeundheid en liefde vir die

medemens. Hy het belanggestel in mense en was immer nuuskierig oor die wêreld om hom.

Plumrussers sal hom onthou vir sy entoesiastiese meelewing in Plumrus gemeenskap – van musiekgroepie met die personeel reel, deelname aan Leonie se dramagroep, tot mees onlangs, waar hy as een van die “Best dressed” wenner by die jaarvergadering aangewys is. Alles was vir hom pret. Hy het altyd met soveel lof van Plumrus en sy personeel gepraat.



John en Leonie het vier kinders gehad. Danie (oorlede 2018), Ilse, Liesel en Heidi-Lee.



Tannie Kotze was 'n baie spesiale persoon, en altyd omgegee vir haar medemens. Sy het haar bybel baie goed geken en my altyde gevra wanneer ek my saak met die Here reg gaan maak? Ek gaan haar baie mis. **(Joan Paulse – Facility Carer)**

As carer kan ek se; ek het baie kom leer van skoonheid by Tannie Minnie. Sy het haar kleure reg gehad nog voor jy haar kon aantrek. Liefie was haar troetelnaam vir ons almal. Haar skoonheids routine voor slaapyd het onderander ingesluit; 'n gesig roompie voor sy gaan slaap en ook die tande moet geborsel word. Tannie was vol grappies en altyd 'n glimlag gehad vir die dag. Aantafel was sy op reg met a servet op die skoot en haar sakkie lags haar op die stoel. Sy het gehou van spookies en coke. Sy het altyd lipstick aangehad. Haar stoel in die sitkamer is leeg maar vol liefde en herringeringe. **(Noelwene Johnston – Carer)**

Our condolences go out to the family of Mrs. Kotze. She always said that she was Mimmie Kotze, and was a very jovial and friendly person, who loved the Lord, and was fond of the staff. She loved her sweets and always had a smile on her face.

(Friends Group)

Exercising - a Lifestyle



"Let's have some fun at home," says the cheery instructor in the Youtube video. Later, when viewers' enthusiasm is flagging, she again tries to spur them on saying, "It's all about adding a little bit of flavour to your routine." In spite of all her gaiety and passion, I can't work up that level of eagerness for exercise. I grit my teeth, finish the workout and stretches, and the most delight I get from it; is knowing that it is over for today.

This routine occurs four times a week, and continues only because I know the benefits far outweigh my distaste for physical exertion. I know it's important, but it took the Covid pandemic to galvanize me into action. No matter your age or physical condition, it's never too late to start exercising and get fit.

The benefits of exercise include:

- Maintaining weight. Metabolism naturally slows with age, so maintaining a healthy weight can be challenging. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories.
- Reducing the impact of illness and chronic disease. Exercise improves immune and digestive functioning, helps to control blood pressure, increases bone density, lowers risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.
- Improving your mobility, flexibility, and posture. This in turn can help with your balance and coordination, so reducing your risk of falls.
- Enhancing your quality of sleep. Regular activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.
- Boosting your mood and self-confidence. Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, and anxiety.
- Improving your brain function. Activities like Sudoku or crossword puzzles help keep your brain active, but can aid brain functions as diverse as multitasking and creativity, and help to prevent memory loss, cognitive decline, and dementia.

No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how well you age. Reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. You can gain the benefits from adding more movement and activity to your life, even in small ways.

Try to include the four building blocks of fitness:

1. **Balance:** Exercises help maintain good posture and stability, whether you're stationary or moving around, which reduces your risk of falls. Try yoga, tai chi, and posture exercises.

2. **Cardio:** Cardiovascular exercise uses large muscle groups to get your heart pumping and may even leave you feeling a little short of breath. Cardio workouts include walking, stair climbing, swimming, hiking, cycling, rowing, tennis, and dancing.

3. **Strength training:** This builds up muscle with repetitive motion using weight or external resistance. It helps prevent loss of bone mass, builds muscle, and improves balance—important for staying active and avoiding falls.

4. **Flexibility:** These are workouts which challenge the ability of your body's joints to move freely through a full range of motion. Examples include stationary stretches or stretches that involve movement to keep your muscles and joints supple and less prone to injury. Yoga is an excellent means of improving flexibility.

Getting active is one of the healthiest decisions you can make as your age, but it's important to do it safely. Speak to your doctor to find out if there are any activities you should avoid. Keep in mind how your ongoing health problems affect your workouts. For example, diabetics may need to adjust the timing of medication and meal plans when setting an exercise schedule. If you haven't been active in a while, build up your exercise program little by little.

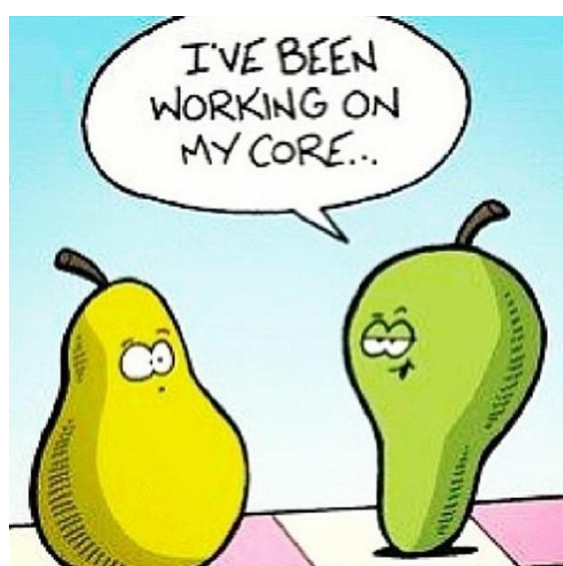
Exercise should never hurt or make you feel ill. Stop exercising immediately and call your doctor if you feel dizzy or short of breath, develop chest pain or pressure, break out in a cold sweat, or experience pain. And put your routine on hold if a joint is red, swollen, or tender to the touch—the best way to cope with injuries is to avoid them in the first place.

Prevent injury and discomfort by warming up and cooling down, and keeping water handy.

Commit to an exercise schedule for at least three or four weeks so that it becomes a habit and force yourself to stick with it. This is much easier if you find activities you enjoy.

Here's to a fitter, healthier 2022

(Submitted by: Linda Henderson)



THE GUEST HOUSE by Rumi

This being human is a guest house
Every morning a new arrival
A joy, a depression, a meanness
Some momentary awareness comes
as an unexpected visitor,
Welcome and entertain them all
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture
Still treat each guest honourably
He may be clearing you out
for some new delight
The dark thought, the shame,
the malice, meet them at the door
laughing, and let them in
Be grateful for whoever comes
because each has been sent
as guide from beyond.

The time has come
To stop allowing the clutter
To clutter my mind
Like dirty snow,
Shove it off and find
Clear time, clear water.

Time for a change,
Let silence in like a cat
Who has sat at my door
Neither wild nor strange
Hoping for food from my store
And shivering on the mat.

Let silence in.
She will rarely speak or mew,
She will sleep on my bed
And all I have ever been
Either false or true
Will live again in my head.

For it is now or not
As old age silts the stream,
To shove away the clutter,
To untie every knot,
To take the time to dream,
To come back to still water.



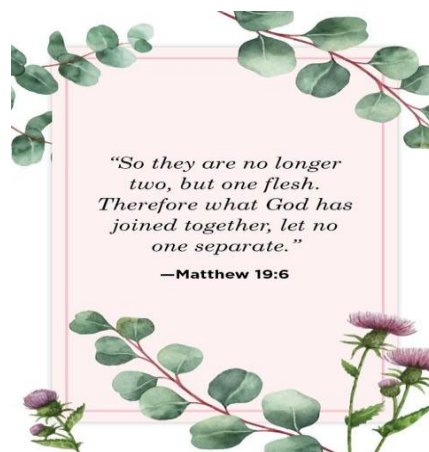
Johan & Rista De La Fontyn celebrated their 60th wedding anniversary on the 18th December 2022.



Marius & Sannie Meyer gaan 60 jaar getroud wees op die 6de Januarie 2022.



Roy & Heather Binedell will be celebrating their 62nd wedding anniversary on the 16th January 2022.





Our Morning Market continues to be a special monthly activity for our Residents. Held every first Thursday of the month between 09:00 and 11:00 the market allows us to support local home crafters.

Thank you to the members of the Residents Committee, who work behind the scenes to make this activity worthwhile for the vendors and special for all.



Just like they have been doing all year; our Garden Club closed 2021 off in style.

After a year of planning and weeding the members were able to dress up, sit back and enjoy an afternoon of eats reflecting on a job well done.

Thank you all for your dedication in making our home look so beautiful and inviting for all to enjoy.

Dear Residents Happy New Year

Together we walked out of 2021 and into 2022 by the mercy and grace of God. Let us continue to do so and be sure to find peace within the Lord. May you all have a blessed 2022.

From

Hendrik



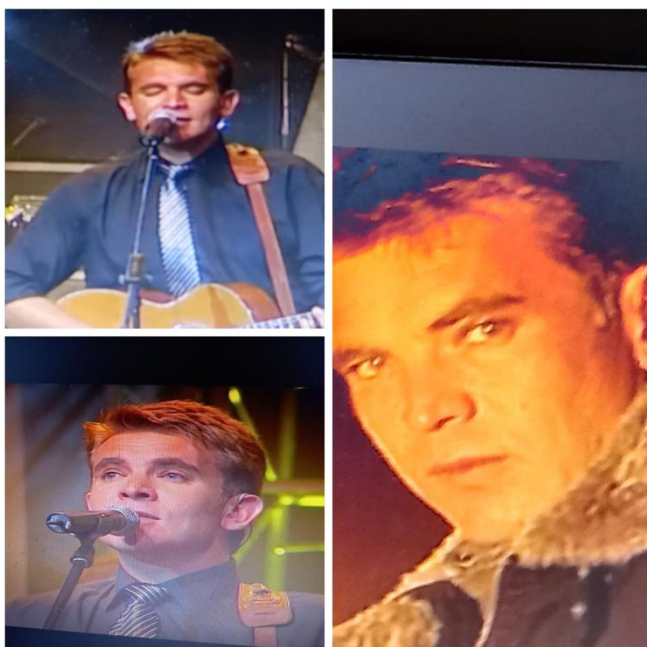
YouTube Social Evening

Our Residents enjoyed another fun-filled evening with special guest artist, Helene Fischer joining us all the way from Germany. As usual the music was top quality, the snacks were tasty and the company was excellent.

A special shout out has to go to George Holtzhausen who works tirelessly behind the scenes compiling these amazing YouTube Social events which is enjoyed by so many of our Residents.



Reconciliation Day was celebrated in true PlumRus style. Our Residents enjoyed a good lunch and later the evening they were entertained with the music of Theuns Jordaan. A South African singer and songwriter; Theuns passed away on the 17th November 2021 at the age of 50.



Residents Outings



Our weekly (every Tuesday) outings to Hout Bay during December were unfortunately often derailed by the Cape Doctor (strong winds). A few of our Residents were lucky enough to visit this iconic fishing village on the last scheduled trip in December.

Carols by Candlelight



Our Residents enjoyed their Carols by Candlelight led by Nic & Margie Collins. The singing was as if by a choir of angels, and was the perfect preparation for our Christmas Day celebration – the birth of our Lord and Saviour.

Community Centre Christmas Celebration



Our members from our Senior Centre in Lavender Hill enjoyed a special Christmas lunch of a fine selection of meats and salads prepared with much love by our dedicated Catering Team. The members are hopeful that after months of not being able to meet due to lockdown restrictions, that 2022 will see them resuming their weekly program. Thank you to Rhodene the CSC Manager, our Catering Team, Johan van Zyl who ensured that throughout lockdown our members continued to receive take away meals twice a week. Know that you are all appreciated.

WAT IS N OUMA...

'n Ouma is 'n tannie wat te oud is om self kinders te hê
daarom het sy ander mense se kinders lief.

'n Ouma is baie slim. Wanneer jy saam met haar gaan stap,
noem sy jou die naam van elke blom, boom of voëltjie.

Maar sy is darem nie té slim nie want sy ken nie al die karre en motorfietse se
name nie.

'n Ouma kan baie lank stilsit, vernaamlik in die kerk, want sy sit dan op haar lekker
sagte vet.

'n Ouma ken ook al die liede wat hul sing sommer so uit haar kop uit.

'n Ouma dra 'n bril en snaakse onderklere en kan haar tande en tandvleise uithaal.

'n Ouma kook konfynt wat mens met die hand kan eet.

'n Ouma lag altyd vir jou grappe en raas nooit nie.

Almal moet tog probeer om 'n ouma te hê, want sy het baie tyd om met kinders te
speel.

'n Ouma dink ook nie 'n kind moet pakslae kry nie.

As jy huil , moet jy baie hard huil, want dan gee 'n ouma vir jou lekkers en
partymaal betaal sy jou ook vir jou tranes.

Mens verstaan nie altyd oumas nie, want wanneer sy siek voel huil sy maar sê nee,
sy het nie pyn nie. Lyk my oumas kan jok ook.

Maar ek glo haar wanneer sy sê ek is die mooiste in die hele werêld.

O ja! Oupa's is mans-Ouma's

BIBLICAL CHRISTMAS WORD SEARCH

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

Advent

Angel

Bethlehem

Census

Christmas

Flocks

Frankincense

Gabriel

Gold

Herod

Immanuel

Jesus

Joseph

Magi

Manger

Mary

Messiah

Myrrh

Nativity

Noel

Shepherds

Star

Swaddling

Wisemen



In my family,
if you're
normal
then you're
adopted :)
LOL



ARGUING WITH A
WOMAN
IS LIKE GETTING
ARRESTED.
EVERYTHING
YOU SAY
CAN AND WILL
BE USED
AGAINST YOU.



My brain is like the
Bermuda Triangle.
Information goes
in and then it's
Never found again.

YOU LOVE FLOWERS, BUT
YOU CUT THEM.
YOU LOVE ANIMALS,
BUT YOU EAT
THEM.
YOU TELL ME
YOU LOVE ME,
SO NOW
IM SCARED!



**URGENT WARNING FOR
TOMORROW!**

ALIENS ARE COMING TO EARTH
TOMORROW. THEIR MISSION IS TO
ABDUCT ALL SEXY, GOOD LOOKING
'OLD' PEOPLE.
I'M JUST SHARING TO SAY GOODBYE.
I'VE GOT TO GO PACK!

