

# PlumRus **NEWS NUUS**

Festive Issue • Fees Uitgawe



## Spiritual Care Program – December 2024

<b>Wednesdays at 09:30</b>	<b>Fridays at 09:30</b>	<b>Sunday Morning at 09:30</b>	<b>Sunday Eve at 17:45</b>
		1 <sup>st</sup> Morning Service	1ste Aanddiens
4de Oggenddiens	6 <sup>th</sup> One Hour for Jesus	8 <sup>th</sup> Morning Service	
11de Oggenddiens	13 <sup>th</sup> One Hour for Jesus	15 <sup>th</sup> Morning Service	15de Aanddiens
18de Oggenddiens	20 <sup>th</sup> One Hour for Jesus	22 <sup>nd</sup> Morning Service	<b>22<sup>nd</sup> Christmas Presentation</b>
<b>25<sup>th</sup> Christmas Day</b>	<b>No Service</b>	29 <sup>th</sup> Morning Service	29ste Aanddiens



"For unto you is born this day in the city of David a Savior, which is Christ the Lord."

~Luke 2:11



## Spiritual Care Program – January 2025

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

### WHAT'S IN A NAME?

(Ps.Dave Henderson)

*...an angel of the Lord appeared to Joseph in a dream and said,  
"Joseph son of David, do not be afraid to take Mary home as your wife,  
for the child within her has been conceived by the Holy Spirit.  
She will give birth to a son, and you are to give him the name Jesus,  
because he will save his people from their sins."*

Matthew 1:20-21

The child at the heart of the first Christmas over 2000 years ago has many glorious names: Mighty God, King of Kings, Prince of Peace, Son of God, the great 'I Am', among many others. However, the angel told Joseph to give the child a specific name at His birth – **Jesus**. Have you ever wondered why God wanted the world to know His only begotten Son by this particular name? The name itself was not unusual at the time. It's the Greek version of the Old Testament Hebrew name Joshua, or 'Yeshua', which means "The Lord Saves."

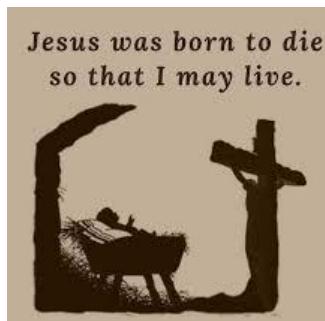
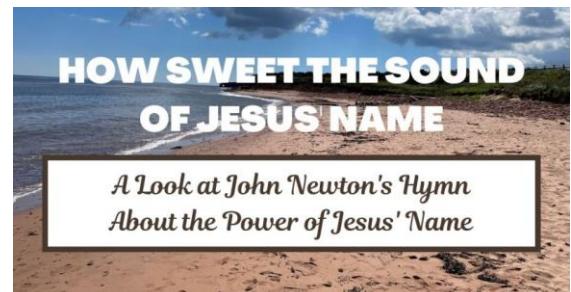


Of all the wonderful names He might have chosen to announce the arrival of His 'one and only Son' on earth as a 'flesh and blood' human being, God the Father chose the name Jesus! This name was meant to be a constant reminder that through Jesus, He would bring to fulfilment His eternal plan to rescue all of creation, including people like us, from the bondage of sin. That's why the angel made things quite clear to Joseph... 'he was to give Him the name Jesus, because He would save His people from their sins.' True to His name, Jesus would be our promised Saviour!

Although 'Jesus' is the Son of God's most precious name, many have no interest in it at all. They're busy and couldn't be bothered thinking about Him and what his name actually means to them. Some are happy to acknowledge the name Jesus, but only in terms of Him being a good teacher or advisor, someone whose example may be worth following in certain situations. Some aren't even interested in acknowledging Him in this way, instead they thoughtlessly use His name as a curse word. Some go even further, actively defaming His name whenever they can, claiming He was deluded about Himself and was nothing more than a liar and a lunatic. It's easy for those of us who are Christians – the kind of people who attend church on Sundays, read our Bibles, and even pray occasionally – to mutter under our breath about these kinds of people. But we too need to be careful. We're also in danger of disrespecting the precious name of Jesus. We can do and say all the 'right' things, but with hearts that are far from God... hearts that easily overlook our own sinfulness, but readily notice the sins of others.

John Newton was someone like this. He grew up under his mother's strong Christian influence but, as a young man soon abandoned Christianity. After getting involved in the transatlantic slave trade, he captained ships transporting many thousands of men, women and children in appalling conditions from Africa to the Americas. Poor health eventually forced him to leave slave trading and find a new occupation. Surprisingly, he gravitated towards religion and later became a church of England clergyman. He took his duties seriously and preached tirelessly to his large but poor congregation. At first, he felt no remorse over his earlier involvement in the slave trade. But the Lord used his friend William Wilberforce, an anti-slavery English politician, to change this. As Newton's heart softened and his faith in Jesus matured, a deep conviction of sin settled into his soul. Sorrow and regret overwhelmed him. How could he have been so cruel and indifferent to the pitiful slaves he transported? Genuinely remorseful over his role as a slave trader, he began to do whatever he could to expose the horrific conditions and inhumane treatment slaves were subjected to. He and Wilberforce founded the 'Anti-Slavery Society' which played a large part in the eventual abolition of slavery throughout the British Empire in 1807.

During this time of heart-felt repentance, Newton became a prolific song writer. "Amazing Grace" was and still is one of his most popular hymns. Another is "How Sweet the Name of Jesus Sounds." In this song Newton describes how the sweet name of Jesus was music to his soul, healing his wounded spirit and calming his troubled heart. As the beauty and holiness of Jesus drew near to him, something deep and powerful had happened...he saw the revolting nature of his sin with greater clarity. But in the midst of this darkness divine tenderness enfolded him, and the assurance of God's forgiveness flooded his heart! Where sin had abounded, God's grace abounded even more! Beyond any doubt, Newton knew his sin-miserable life had been nailed to the cross with Jesus. There, His sin-conquering death secured Newton's forgiveness set him free from sin's power and consequences. He was now dead to sin and alive to God! That's why the name **Jesus** became more and more precious to him. In fact, for Newton, it became the sweetest name of all. Towards the end of his life, he said..." My memory has almost gone, but I remember two things – *That I am a great sinner, and that Jesus is a great Saviour.*"



This Christmas season provides a helpful moment to pause and ask ourselves..." What does the name Jesus really mean to me?" When we, like John Newton come face-to-face with the ugliness of our sin, and the wonder of God's forgiveness through Jesus – only then will His name become more precious to us than any other name. This Christmas, Jesus will either be everything to us, or nothing at all. Only when we know Him as Saviour, does his name become for us, the sweetest name of all. Before you move along with your day, or get ready for bed, why not take a few minutes to reflect on the name of Jesus. How precious is His name to you? Can you rejoice in the assurance that your sins have been forgiven – that the weight of your guilt and shame has been lifted? If not, turn to Him in simple faith trusting Him to be your Saviour. If you're sincerely sorry about your sin, He will forgive you and give you a new start.

***That's why Jesus came down that first Christmas day, to live and to die among us.***

## A Christmas of Kindness



It was Christmas Eve in a small village, and young Clara was buzzing with excitement. She had been counting down the days to open the big box of toys her parents had promised. That night, while sitting by the fireplace, Clara heard a soft knock at the door.

Outside stood a boy, thin and shivering in the cold. His clothes were tattered, and his cheeks red from the freezing air. "Excuse me," he whispered, "do you have any food to spare? My family hasn't eaten today."

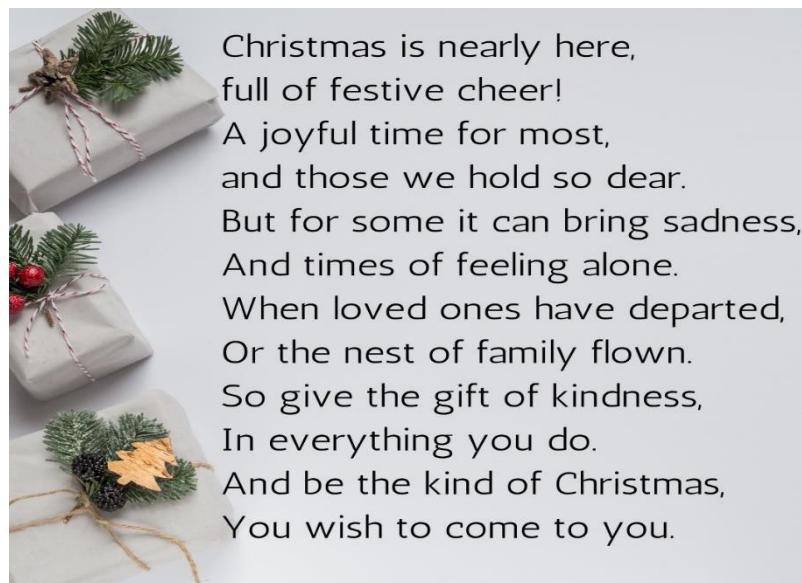
Clara's heart sank. She thought of the warm feast her mother had prepared, and how she had been eagerly waiting for Christmas morning to unwrap her gifts. But looking at the boy, she realized there was something more important than toys and treats.

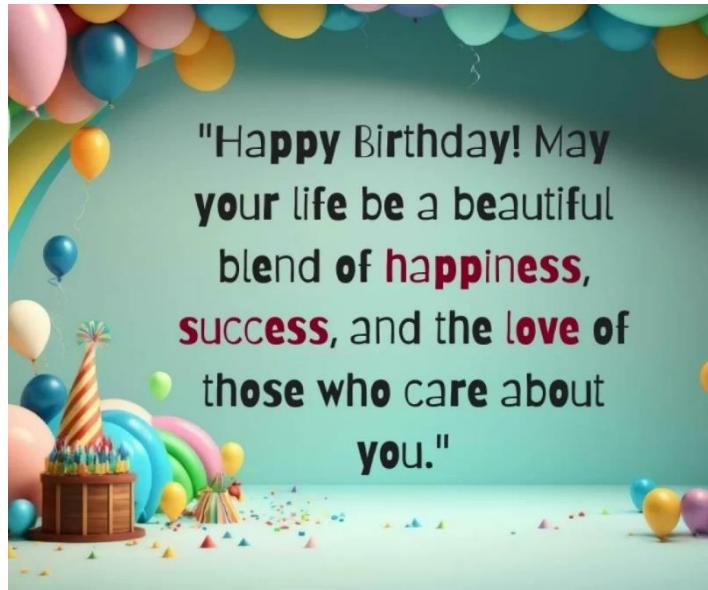
Without a second thought, Clara invited the boy inside and called for her parents. Together, they shared their Christmas dinner with him and his family. Clara gave up her favourite blanket to keep the boy warm, and even wrapped up one of her toys for him to take home.

That night, Clara didn't have as many presents under the tree, but her heart felt fuller than ever before. She learned that Christmas wasn't just about receiving but about giving, especially to those in need.

Moral Lesson: The true spirit of Christmas lies in kindness and generosity, not in material gifts.

**(Submitted by: Yacoub)**





<i>Happy Birthday to our Residents - December</i>			
<i>Date</i>	<i>Resident</i>	<i>Flat/Room</i>	<i>Age</i>
<i>3rd</i>	<i>Glenda Wildschut</i>	<i>R15</i>	<i>71</i>
<i>4th</i>	<i>Adrienne Clegg</i>	<i>R7A</i>	<i>78</i>
<i>6th</i>	<i>Ken Coetzee</i>	<i>F103</i>	<i>88</i>
<i>6th</i>	<i>Beaulah Korpel</i>	<i>MW204</i>	<i>88</i>
<i>7th</i>	<i>Gaynor Dickson</i>	<i>N202</i>	<i>81</i>
<i>7th</i>	<i>Diana Owens</i>	<i>R20A</i>	<i>83</i>
<i>8th</i>	<i>Shirley Blom</i>	<i>R3</i>	<i>82</i>
<i>9th</i>	<i>Dick Parker</i>	<i>R63</i>	<i>98</i>
<i>10th</i>	<i>Joan Swingler</i>	<i>R55</i>	<i>71</i>
<i>10th</i>	<i>Joan Johnstone</i>	<i>R51</i>	<i>88</i>
<i>12th</i>	<i>Hillary Kleinhans</i>	<i>N002</i>	<i>85</i>
<i>13th</i>	<i>Heather Clarke</i>	<i>MW107</i>	<i>78</i>
<i>16th</i>	<i>Jurgen Bosse</i>	<i>F009</i>	<i>68</i>
<i>16th</i>	<i>Johannes Lourens</i>	<i>F127</i>	<i>89</i>
<i>16th</i>	<i>Michelle Wienand</i>	<i>N111</i>	<i>67</i>
<i>17th</i>	<i>Beverley Dallas-Orr</i>	<i>H001</i>	<i>79</i>
<i>22nd</i>	<i>Malcolm McKnight</i>	<i>MW106</i>	<i>89</i>
<i>22nd</i>	<i>Anthony Ridout</i>	<i>R72</i>	<i>89</i>
<i>23rd</i>	<i>Angeline Arendse</i>	<i>R26A</i>	<i>89</i>
<i>27th</i>	<i>Marie Le Roux</i>	<i>F126</i>	<i>82</i>
<i>27th</i>	<i>Pauline Wucherpfennig</i>	<i>N101</i>	<i>88</i>
<i>31st</i>	<i>Lesley Davison</i>	<i>N207</i>	<i>70</i>



**It's important to have a TWINKLE in your WRINKLE**

**Glory to God in the highest, and on Earth, peace and goodwill towards men.**

## Kersfees Boodskap van Cindy, Miche en Nikita

Mag hierdie feestyd vir jou en jou geliefdes vol vreugde, vrede en liefde wees. Mag die liggies van Kersfees jou pad verlig, en mag die nuwe jaar vol seëninge, gesondheid en voorspoed wees. Geniet elke oomblik saam met jou dierbares, en mag die gees van Kersfees jou hart vul met hoop en blydschap.

Seëninge vir 'n wonderlike Kersfees en 'n gelukkige, gesonde Nuwe Jaar!



Datum	Inwoner	Kamer/Woonstel	Ouderdom
2de	Rita Benn	A1	90
2de	Andre Brander	R41	66
3de	Val Mathew	R02	92
3de	Magdalena Niewoudt	N001	81
9de	Karin Klein-Werner	N106	84
15de	Clive Gwan	R10A	75
18de	Johan De la Fontyn	F110	84
21ste	Cecelia Potgieter	F114	84
22ste	Jan de Wet	F125	83
24ste	Elizabeth Murphy	R19A	79
29ste	Charles Miller	R30	83
29ste	Jeanette Venner	N208	84
31ste	Rosalita Aupiaia	R27	78
31ste	David Witter	N210A	68





*Happy Birthday to our Staff - December*

2nd	<i>Carla Pretorius</i>	<i>Health Care</i>
2nd	<i>Nolan Dietrich</i>	<i>Building &amp; Gardens</i>
4th	<i>Phila Gomsouw</i>	<i>PlumRus Care Services</i>
9th	<i>Donica Jacobs</i>	<i>Health Care</i>
24th	<i>Edwina Engel</i>	<i>Riskman</i>
25th	<i>Marilyn Fabrik</i>	<i>PlumRus Care Services</i>
31st	<i>Muka Vermeulen</i>	<i>Riskman</i>

**The life you want  
begins by  
embracing the life  
you have**



*'n Geseënde Kersfees aan al ons kollegas*

Dis nou die tyd om dankie te sê vir mense so spesiaal soos JULLE, wat die hele jaar 'n verskil gemaak het met mooi boodskappies, liefde, glimlagte, omgee en sommer net alles wat mooi is. Mag julle elkeen 'n Christusfees vol vrede, liefde en vreugde ervaar, saam met al die spesiale mense in julle lewe.

*Van die kombuis span*

# December



Turquoise



Zircon



Lapis Lazuli

*Tanzanite, Zircon and Turquoise are the birthstones for the month of December. The deep blue color of all three of these stones is shine of peace, spirituality & protection.*



## Happy Birthday to our Staff - January

3rd	<i>Nono Stuurman</i>	<i>CCP</i>
6th	<i>Simone Paarl</i>	<i>Health Care</i>
8th	<i>Raadiyah Solomons</i>	<i>PlumRus Care Services</i>
11th	<i>Max Wollenhoeven</i>	<i>CCP</i>
13th	<i>Charmaine September</i>	<i>PlumRus Care Services</i>
15th	<i>Melissa Paulse</i>	<i>Health Care</i>
16th	<i>Brenda Julies</i>	<i>Health Care</i>
16th	<i>Lenore Jacobs</i>	<i>Health Care</i>
17th	<i>Paulette Hayes</i>	<i>Health Care</i>
17th	<i>Chane Felix</i>	<i>CCP</i>
19th	<i>Pauline Temmers</i>	<i>Health Care</i>
19th	<i>Zeldine Abrahams</i>	<i>Health Care</i>
20th	<i>Sylvia Rezandt</i>	<i>Health Care</i>
23rd	<i>Louisa Barnard</i>	<i>PlumRus Care Services</i>
25th	<i>Yvonne Samuels</i>	<i>Health Care</i>
27th	<i>Kim Frantz</i>	<i>Health Care</i>
27th	<i>Charlene Heiberg</i>	<i>CCP</i>



I want to express my personal appreciation for all Staff Members of PlumRus. Loyal & Dedicated employees like you are the foundation of any successful company. Your hard work and efforts year after year are sincerely appreciated. Thank you for your contribution to our success.

I wish you a very peaceful Christmas in the company of your friends and family and that the New Year brings you all you've wished for.

HAPPY HOLIDAYS - Miche!

For they travelled by night, and they slept by day, for their guide was a beautiful, wonderful star.



*Happy birthday to our Members & Clients*



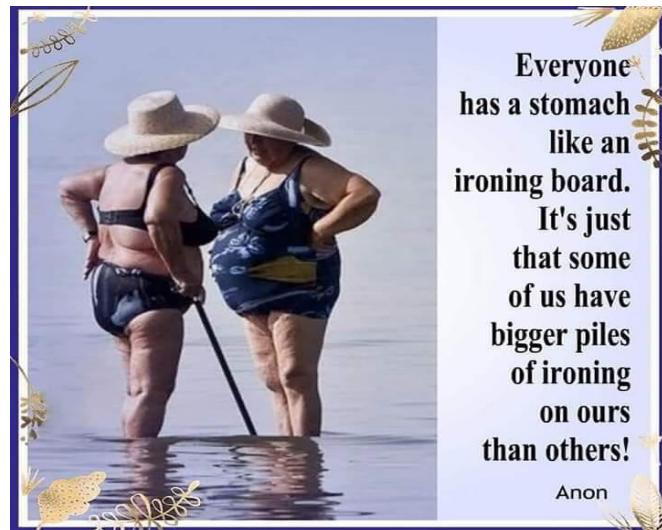
*December*

<i>Date</i>	<i>Name</i>
<i>1<sup>st</sup></i>	<i>Mrs H Keever</i>
<i>10<sup>th</sup></i>	<i>Mrs R Kenny</i>
<i>25<sup>th</sup></i>	<i>M George</i>
<i>25<sup>th</sup></i>	<i>Mrs R Jansen</i>
<i>26<sup>th</sup></i>	<i>Mrs V Calvert</i>
<i>28<sup>th</sup></i>	<i>Mrs E Rudolph</i>
<i>28<sup>th</sup></i>	<i>Mrs Y Solomons</i>
<i>31<sup>st</sup></i>	<i>Mrs M Simons</i>



*January*

<i>Date</i>	<i>Name</i>
<i>5<sup>th</sup></i>	<i>Magdalene Kay</i>
<i>5<sup>th</sup></i>	<i>Sharon Wolmarans</i>
<i>9<sup>th</sup></i>	<i>S Carelse</i>
<i>10<sup>th</sup></i>	<i>Valerie Frans</i>
<i>10<sup>th</sup></i>	<i>George Adams</i>
<i>12<sup>th</sup></i>	<i>W Boonzaier</i>
<i>19<sup>th</sup></i>	<i>Vera Hoosain</i>
<i>22<sup>nd</sup></i>	<i>V Calvert</i>
<i>28<sup>th</sup></i>	<i>Gerard Durell</i>
<i>30<sup>th</sup></i>	<i>Cornelia Petersen</i>





## Safety Tips This Festive Season



The holiday season presents a special chance for you to spend some designated, quality time with family and friends. Additionally, it is a really good time to make sure that your holiday is safe along with being festive regardless of whether you are enjoying the festive season in the comfort of your own home or with loved ones. Considering these safety guidelines can help in making everyone's holiday a happy and memorable one.

### Decorations:

In your home, or that of your loved ones:

- Use basic decorations that will not create clutter. Always be sure that there is ample space to walk.
- Keep extension cords away from walking paths to protect against stumbling over them.
- Instead of candles, use bright centerpieces of flowers or fruit, or select battery-powered candles.

### Floors:

With all the holiday decorations, falling hazards can become a problem for older adults during the holiday season, so make sure to:

- Keep floors clutter-free.
- Keep outside sidewalks/walkways clear.
- Place non-slip pads underneath rugs.

### If you are going on a road trip:

- Remember to buckle up.
- Don't drink and drive.
- Do not travel when you are emotional or stressed out.
- If you feel tired or restless, pull over at a safe stop and rest for a little while.

### Safety tips while shopping:

- Avoid carrying large amounts of cash and keep it out of the roaming eye.
- Don't leave valuable belongings in the trolley.
- Don't have your wallet or purse visible. Keep your wallet in your front pocket and not the back pocket.



***And remember in the event of any emergency at home to dial: 1000, 1001 or simply press your Bellme for immediate assistance.***

## Healthcare Highlights: A Year of Care, Support, and Family

As we look back on 2024, we're proud of the many successes our Healthcare team has achieved. While we've faced some challenges, including the loss of a few residents and some staff changes, we have continued to care for our residents with love, dedication, and teamwork.

Over the past months, we've had the pleasure of welcoming **12 new residents** into our family. Each new resident brings something special to our community, and we've worked hard to make them feel at home. Our team has worked closely together—nurses, carers, and domestic staff—making sure everyone receives the best possible care. In a way, we truly are a **big family** here, and while we have our share of challenges, we always support each other and work together to make sure everyone is happy and well cared for.



Our **activities program** has been a big hit! We've added **afternoon sessions** and brought in new activities to keep everyone engaged and active. Whether it's arts, light exercise, or just having fun together, these sessions help keep both the mind and body strong.



One of the areas we're most proud of is the **reduction in falls**. Over the past months, we've seen a **40% drop** in the number of falls, thanks to improved safety measures and the use of **BellMe devices**. To help even more, we've also introduced new **lifting equipment** to make it safer and easier for our team to help residents move around.

Another key part of the care we provide is **incontinence care**. More than **75% of our residents** need assistance with this area of basic care, and we've made sure to manage it well. We keep track of all the **nappy supplies** we need so everyone is always comfortable and well taken care of.

We also believe in keeping our **staff well-trained and supported**. This year, we've worked with **2Military Hospital**, giving **Nursing Assistant students** the chance to learn under the guidance of our experienced team. This helps bring in new ideas and ensures that we have well-trained staff to provide the best care. We've also worked hard to improve our communication with families, so they are always informed about their loved ones' care.

## Looking Ahead

While we celebrate these accomplishments, we are not resting on our laurels. The aging of our residents and the growing demand for high-level care means that we must continue to adapt, improve, and innovate. We continue to focus on staff retention, particularly among our nursing team, and are committed to ongoing training and process improvements to maintain the high standards of care we have set for ourselves.

The Healthcare Department has always been a place where **compassion meets excellence**, and 2024 is no exception. As we continue to work together as a family, we remain committed to ensuring the highest standard of care for all our residents—today, tomorrow, and for many years to come.

As we look forward to the new year, let's embrace the opportunities ahead with **renewed energy** and **dedication**. Together, we'll continue to grow, overcome challenges, and make 2025 our best year yet, filled with more successes, more teamwork, and more moments of joy for both our residents and staff.

**Thank you to our incredible team for their hard work, dedication, and unwavering commitment to our residents. We couldn't do it without you! Here's to another year of growth, care, and family spirit. – Paul Stoltz**



A huge thanks to all our customers for their continued support throughout 2024, the team wishes you a wonderful festive season and a prosperous 2025.

Craig, Janine, Aqeelah and Liam



### God's Embroidery

My life is but a weaving, between my God and me,

I do not choose the colours, He worketh steadily.

Ofttimes He weaveth sorrow and I in foolish pride,

Forget He sees the upper, and I the underside.

Not till the loom is silent, and shuttles cease to fly,

Will God unroll the canvas and explain the reason why.

The dark threads are as needful in the skillful Weaver's hand,

As the threads of gold and silver in the pattern He has planned.

(Submitted by: Linda De Wit)



**Mrs. Colleen Clark**      **The Lodge - A6**

Colleen was born and raised in Mooi River, Greytown Natal and South Coast Natal. She has two children, a daughter (Lorien) and a son (Gavin).

Some of Colleen's hobbies include reading, knitting, gardening, fishing, walking, bird watching and bible study. She also played netball and tennis as a sport.



**Mrs. Hillary Kleinhans**      **PlumRus North**      **N002**

Hillary was born and raised in Oudtshoorn. She has four daughters, (Amy, Crystal, Ruby & Hilfred).

Hillary was a teacher at Zonnebloem Training College. She enjoys sports such as golf and dancing.



**Ms. Beverley Dallas-Orr**      **Frail Care Plus - H001**

Beverley was born and raised in Botswana & Zimbabwe. She has two children, a daughter (Cheryl) and a son (Iain).

Beverley enjoys cowboy movies, and feel-good stories. She has run 3 Comrades Marathons.

## STAYING STRONG

Do you feel as though you have a different body now from when you were young? In fact, it is different. As we age our bodies naturally change, but injuries and illnesses, movement and medicines may also contribute to the changes our bodies experience. Not only do we need to be aware of this, but our loved ones and carers do as well. Let's consider the consequences of the bodily change we all experience:

### 1. Diseases often present differently

A young person would most likely present with fever and pain on urination in a urinary tract infection, whereas the first sign in an elderly patient may be confusion, or a fall. Likewise, pneumonia can cause confusion, lethargy, fatigue and frequent falls in seniors, rather than the usual cough and shortness of breath that younger patients experience. Older people's immune system weakens so you become more vulnerable to infections. Your base body temperature decreases as you get older, so that fevers are less common in infections.

### 2. Aging alters drug safety

Decreased muscle mass and protein levels in older adults can lead to changes in drug-protein binding, which can alter the amount of active drug. Kidneys and livers also become less productive in older age, slowing their process of clearing out medications, that allows drugs to build up in the body and cause more side effects. Also, some medications e.g. sleeping tablets, pain killers and anti-depressants cross the blood-brain barrier, causing memory loss and confusion.

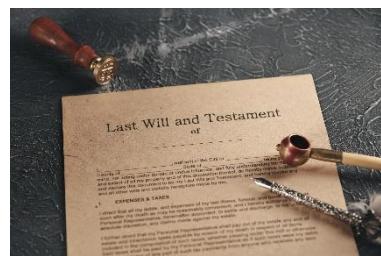
### 3. Exercise is crucial

Moving your body can guard against a range of conditions, from heart disease—the leading cause of death in seniors—and stroke to depression, loneliness and dementia. Any amount helps, but if you are able, at least 150 minutes per week of moderate-intensity aerobic exercise is suggested for older adults. This would equate to a brisk walk of 30 minutes per day for 5 days a week. If you can't walk, take up Tai Chi or Yoga which is easier on the joints, and builds balance, thus helping prevent falls and fall-related injury. Yoga also helps minimize anxiety, back curvature and pain. If chronic illness makes that too difficult, seniors should still try to be as active as possible within their limitations. Remember to check with a doctor before starting any exercise program.

### 4. Health goals vary in elderly patients

When health starts diminishing each person needs to weigh all their health factors and map out their wishes for this new phase, whether that means continuing with aggressive treatment or focusing on quality of life. It's a shared decision-making process between doctors, patients and their families. It's not one-size-fits-all.

You also need to think about the challenges that may arise in the future and answer the difficult questions about intubation and ventilating machines, artificial nutrition, the type of resuscitation you want if your heart or breathing stops and powers of attorney—whom you want to make those calls when you aren't capable. Ideally, this would be a loved one, such as a child or spouse, who



# DESEMBER / DECEMBER 2024

## MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
<b>2</b>	<b>3</b>	<b>4</b>
08:30 Library / Biblioteek <b>09:00 Outing Fish Hoek beach</b> 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Constantia Emporium</b> 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	<b>08:30 Library / Biblioteek</b> <b>09:30 Afrikaans diens in the hall</b> <b>10:00 Teatime: lounges</b> <b>10:30 Series in lounges</b> <b>11:45 Prayer Meeting in all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b>
<b>9</b>	<b>10</b>	<b>11</b>
08:30 Library / Biblioteek <b>09:00 Outing</b> <b>Fish Hoek beach</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Meadowridge</b> 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Writers Club in N203	08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting in lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b>
<b>16</b>	<b>17</b>	<b>18</b>
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges  <b>Public holiday</b>	<b>09:00 Shopping</b> <b>Constantia Emporium</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting in lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b>
<b>23</b>	<b>24</b>	<b>25</b>
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Constantia Village</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	<b>Christmas day</b> <b>10:15 Church service in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>The babysitters club season 1</b> <b>Episode 7</b>
<b>30</b>	<b>31</b>	
08:30 Library / Biblioteek 10:00 Teatime: lounges 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Blue Route</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	

Thursday	Friday	Saturday	Sunday
		<p><b>5th December Morning Market in the hall @ 09:30</b></p> <p><b>16<sup>th</sup>, 25<sup>th</sup> &amp; 26th December Public Holiday</b></p> <p><b>19th December Live Entertainment @ 18:00</b></p> <p><b>27th December Bring &amp; Braai + Watermelon festival in the hall @ 18:00</b></p>	<p><b>1</b></p> <p><b>09:30 Church</b></p> <p>10:00 Teatime in Lounges 11:00 Activities in lounges</p> <p>15:00 Teatime: lounges</p> <p><b>15:00 Movie in Lounges</b></p> <p><b>18:00 Woord &amp; Lied</b></p> <p><b>Dr. Chris Saayman</b></p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>09:00 Morning Market</b> 10:00 Teatime: lounges 11:00 Activities in lounges</p> <p><b>14:00 Shopping</b> <b>Blue Route</b></p> <p><b>14:30 Forget Me Nots</b> sing along in the hall</p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 Holy Communion</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Activity in lounges</b></p>	<p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Series in Lounges</b> <b>The babysitter club season 1</b> <b>Episode 2</b></p>	<p><b>09:30 Church</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges</p> <p>15:00 Teatime: lounges</p> <p><b>15:00 Movie in Lounges</b></p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>09:00 Shopping</b> <b>Constantia Village</b></p> <p><b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall</p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Activity in lounges</b></p>	<p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Series in Lounges</b> <b>The babysitter club season 1</b> <b>Episode 4</b></p>	<p><b>09:30 Church</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges</p> <p>15:00 Teatime: lounges</p> <p><b>15:00 Movie in Lounges</b></p> <p><b>18:00 Woord &amp; Lied</b></p> <p><b>Dr. Chris Saayman</b></p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>09:00 Shopping</b> <b>Meadowridge</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall</p> <p><b>18:00 Live Entertainment</b> <b>Ezra Lingerveldt</b></p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Activity in lounges</b></p>	<p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Series in Lounges</b> <b>The babysitters club season</b> <b>Episode 6</b></p>	<p><b>09:30 Church</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges</p> <p>15:00 Teatime: lounges</p> <p><b>15:00 Movie in Lounges</b></p> <p><b>18:00 Christmas</b> <b>Presentation</b></p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>Public Holiday</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>18:00 Bring &amp; Braai</b> <b>Watermelon Festival</b></p>	<p>10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p> <p><b>15:00 Series in Lounges</b> <b>The babysitters club season1</b> <b>Episode 8</b></p>	<p><b>09:30 Church</b></p> <p>10:00 Teatime: lounges 11:00 Activities in lounges</p> <p>15:00 Teatime: lounges</p> <p><b>15:00 Movie in Lounges</b></p>

# JANUARIE / JANUARY 2025

## MAAND PROGRAM / MONTHLY PROGRAM

	<p><b>1<sup>st</sup> Jan – New Years Day.</b></p> <p><b>14<sup>th</sup> Jan – Writers Club in N203 @15:00.</b></p> <p><b>Thursdays @ 18:00 Did you know? with Ps. Raymond Lombard in the hall on the big screen.</b></p> <p><b>30<sup>th</sup> Jan – Lotto draw @ 18:00.</b></p> <p><b>31<sup>st</sup> Jan – Bring &amp; Braai.</b></p>	<p><b>1</b></p> <p><b>New Years Day</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges</p> <p><b>10:30 Series in Lounges</b> <b>The babysitters club season 1</b> <b>Episode 8</b></p> <p><b>11:45 Prayer Meeting</b> <b>in all lounges</b> 15:00 Teatime: lounges</p>
<p><b>6</b></p> <p>08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p>	<p><b>09:00 Shopping</b> <b>Constantia Emporium</b> 10:30 Teatime: lounges 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges</p> <p><b>10:30 Series in Lounges</b> <b>The babysitters club season 1</b> <b>Episode 10</b></p> <p><b>11:45 Prayer Meeting</b> <b>in all lounges</b></p> <p><b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges</p>
<p><b>13</b></p> <p>08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p>	<p><b>09:00 Shopping</b> <b>Meadowridge</b> 10:00 Teatime: lounges 15:00 Teatime: lounges</p> <p><b>15:00 Writers club in N203</b></p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges</p> <p><b>10:30 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 2</b></p> <p><b>11:45 Prayer Meeting in lounges</b></p> <p><b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges</p>
<p><b>20</b></p> <p><b>09:00 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p>	<p><b>09:00 Shopping</b> <b>Constantia Emporium</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek</p> <p><b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges</p> <p><b>10:30 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 4</b></p> <p><b>11:45 Prayer Meeting in lounges</b></p> <p><b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges</p>
<p><b>27</b></p> <p><b>09:00 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges</p>	<p><b>09:00 Shopping</b> <b>Blue Route</b> <b>09:30 Gym Trim in the hall</b> 10:00 Teatime: lounges 15:00 Teatime: lounges</p>	<p><b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges</p> <p><b>10:30 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 6</b></p> <p><b>11:45 Prayer Meeting</b> <b>in all lounges</b></p> <p><b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges</p>

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Teatime: lounges 11:00 Activities in lounges <b>09:00 Constantia Village</b> 15:00 Bingo in the hall	08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b> <b>The babysitters club season 1</b> <b>Episode 9</b>	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Teatime: lounges <b>09:00 Shopping</b> <b>Blue Route</b> 11:00 Activities in lounges 15:00 Bingo in the hall  <b>18:00 Did you know?</b> <b>with Ps Raymond Lombard</b> <b>in the hall on big screen</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 1</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>09:00 Shopping</b> <b>Constantia Village</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall  <b>18:00 Did you know?</b> <b>with Ps Raymond Lombard</b> <b>in the hall on big screen</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 3</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>  <b>18:00 Woord &amp; Lied</b> <b>Dr. Chris Saayman</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>09:00 Shopping</b> <b>Meadowridge</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall  <b>18:00 Did you know?</b> <b>with Ps Raymond Lombard</b> <b>in the hall on big screen</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b> <b>The babysitters club season 2</b> <b>Episode 5</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>
<b>30</b>	<b>31</b>		
<b>09:00 Shopping</b> <b>Constantia Village</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall  <b>18:00 Lotto Draw in the hall</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> <b>Praise &amp; Testimony service</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges		
	<b>18:00 Bring &amp; Braai</b>		

knows you and your wishes and values well. The worst time to decide is when you're in an emergency situation. It's really useful to have those done beforehand, so doctors know what you want.

## 5. Social Connectedness

Christmas and New Year are fast approaching. The holidays can be the best of times or the worst of times. Joy filled reunions with families and friends can bring happiness and comfort, but they can be stressful for older adults who are hindered by physical limitations. Hearing loss, memory impairment, the inability to drive safely and other functional changes that can come with age impact the desire or ability to attend holiday gatherings and so can exacerbate feelings of loneliness and anxiety. You may not want to go out as much because you are unable to communicate well. Large gatherings can be stressful if you are straining to hear or have difficulty following conversations. You may prefer to stay at home rather than feel out of place or anxious.



This can also be a particularly difficult time of the year for anyone who has experienced loss. Loneliness and isolation, which are part of what we call 'social determinants of health,' are known to be risks for poor health especially for aging adults. The health risks are equivalent to smoking up to 15 cigarettes a day. Conversely, being more socially connected can considerably decrease the risk of mortality.

### Ways to Support Older People During the Holiday Season:

- **Initiate:** Check in more often with older family members and friends and gently ask how they are doing and offer support. A phone call can go a long way in nurturing connectedness.
- **Invite:** Consider inviting them to smaller, more intimate, gatherings if functional limitations are an issue. Welcome them without pressuring them to fit into your plans.
- **Listen:** Actively listen when they want to talk, even if it is a difficult conversation.
- **Accommodate:** Discuss an activity or simple pleasure they would enjoy rather than insisting they participate in planned events.
- **Grieve:** Loss is felt deeply during the holidays. Pay attention and let them know you are there to listen. Meet them where they are and do not force activities, they may be anxious about.

**This Christmas may God fill you with the peace and joy that comes from His presence.**

**(Submitted by: Linda Henderson)**

**Jy weet jy is 'n grootmens, wanneer niks wat jy vir kersfees wil hê, in 'n winkel gekoop kan word nie.**



## CHRISTMAS IS COMING

The first sign of the coming of Christmas, as I was grimly shopping, was the excited squeak of a young assistant ripping open a box of Christmas ornaments in mid-October. Her supervisor admonished with a stern " NO!!, not until mid-November" - but Youth had won by the same week with beguiling tinsel & baubles dangling above slippers, dresses and Bokke paraphernalia.



Rum-pa-pa-pum the next week Boney M echoed down the corridors from a favoured radio channel with drumbeats from The Little Drummer Boy pounding out.

Potted Juniper & Conifer trees were remembered and spruced up after their vacation year and Christmas tree decorations whose hiding places had rusted away in memories were hunted over time to reveal many long-lost items.

Some wag said that our weather builds up in October and November in preparation for the tourists coming for Christmas so that they also can feel the gales, sullen sky days, rain, hail, maybe snow in South Africa - until the sun shines the day they leave! But we know when Christmas is coming when folks start to cross off calendar days, counting until X Day when family jet in from far lands or trundle down to the sea from Pofadder, Bloemfontein or Mbombela to the big city lights which are turned on already in anticipation thereof.

When the house is rearranged to compensate for more heads in beds then Christmas is coming as dust bunnies are sucked up and even pets become nervy at so much cleaning and garden planting and painting.

From October the school holiday dates beckon the coming of Christmas, time when the surfs up to be used, parties planned and festive fare cajoles us with luscious eats to prepare, new clothes entice and we grimly shop for presents.

Beware the flurry of cars sporting warning red L stickers pondering along as matric students earnestly learn to drive, just the final exams to pass.

Christmas is coming when the number of cruise liners disgorging 1000s of rather pale legged folks in shorts increases and the Season is upon us when restaurants and many retailer's prices increase due to these vital tourists. Alas!

Roads, drains, verges, trees - well everything - is dug up, knocked down, lopped off, blocked, filled or rebuilt from October and we know Christmas is coming again as we divert roads, get lost and annoyed. The Bikers Ride for charity toys is announced, Lions Christmas Cakes are for sale early while Stellenberg and many Christmas Markets nudge patrons pre-25 December.



When the sparkling lights are switched on in shops, towns, cities, even "dorps" and villages with one twinkly string, then Christmas is heralded. What is your Christmas signal?

**(Submitted by: June Stein)**



In our home, we all knew Christmas was coming when the baking started. My Mom made a delicious Christmas cake and puddings, which she made sure had tickies and sixpences scattered in them. She also made Christmas mince pies, plenty of really nice fudge and pink and white coconut ice.

For Christmas day lunch we had cooldrinks, roast chicken with tasty stuffing and gravy, roast potatoes and mixed vegetables. Then came the heated pudding with hot custard, the eating of which was punctuated with cries of "found one!" as the money came to light.

**(Submitted by: Jeanette Venner)**

## **CHRISTMAS CONCEPTS**

Christmas is coming! It's worth re-thinking those features of Christmas we appreciate, so that we can look forward to them. There are also aspects we may dread, and some careful planning could alleviate stress!

The town and the roads will be BUSY with shoppers, travellers and tourists. At the time of Christ's birth, Mary and Joseph had no option but to conform to the census regulations and travel and take what accommodation they could find. We do have options: shop timeously; if you must travel, leave early. Book accommodation well in advance. If you can, stay at home and enjoy your home environment.

GIFTS should be few but valued by the receiver. The gifts brought to Christ by the wise men were notable.

GOLD was a standard of value, even in those days. They were probably wealthy and brought the best they could afford. If the recipient of our gift is a family member, we know them well and can plan to buy or make something they like or need, within our affordable budget. The thought and planning we put into the gift enhances its value.

FRANKINCENSE was used for medicinal purposes and as an ingredient in the perfume used for temple worship. Showing love to others, taking an interest in them and

spending time with them has great healing value. Christmas is also a special season for worship. What are your favourite Christmas carols? Take the time to reflect on the lyrics. You might even like to compose your own Christmas carol. Make a special effort to attend a church service.

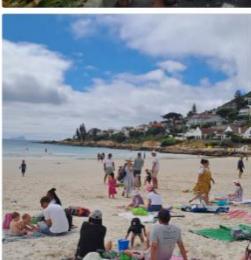
MYRRH was typically used for pain relief and for anointing at death. Perhaps this gift was prophetic of Jesus' sacrificial death. We would do well to remember that some folk are sad and lonely at Christmas and try, in some small way, to be Christ to them.

Christmas tends to be dominated by FOOD and over-indulgence. What do you think Mary and Joseph had for supper on Christmas Eve? Certainly not turkey and all the trimmings! Try to highlight ONE particular favourite e.g. Grandma's mince pies or Dad's incredible potato salad and skip the rest! Or you might try something completely different. Last year we had a simple bread and cheese fondue. This year, in Swiss German tradition, we will have Weihe at Weihnacht: savoury onion tart and apple and cinnamon tart, similar to pizza.

The shepherds were humble and receptive to the angels' cantata, "performed" especially for them. "GLORY to God in the highest, and on earth PEACE and goodwill towards men." Christmas was prophetic of Christ's sacrificial death to achieve peace with God. The cross clears the way for man to be able to reach upwards in worship towards God's Glory and reach outwards in goodwill towards others.

Wishing you a Christmas in the shape of the cross!  
**(Submitted by: Verena Salzwedel)**





In July, Theresa from NSRI, presented a talk to our Residents about the work the National Sea Rescue Institute does, including some of the on-going challenges the organization faces as an NPO.

Some of our Residents rallied together and decided to sponsor a PINK BUOY which will be used by lifesavers when rescuing swimmers in distress.

The PlumRus sponsored buoy, sighted by some of our Residents on their recent outing, can be found on the sand dunes along Fish Hoek Beach,

## INTAKA ISLAND



Red/Rooi, from Intaka Environmental Education Centre, lead the Plumrus residents on a magical mystery tour sharing his vast Eco knowledge so interestingly about Century City wetlands with the water recycling, fynbos plants, birds [Xhosa Intaka] and animals there. From the pollywood decks, the sandy and pebble paths lead past thorn trees festooned with dangling Cape and Masked Weaver nests where male birds vied loudly for one or many wives, adeptly weaving those fresh green reed strip homes. The happy songs of some 120 bird types were a lovely orchestra masking the city din.



Far away on the salt pans left after the Winter rain was a rather rare Spoonbill amongst the flock of migratory birds. A planted and labled fynbos garden with a picnic pergoda overlooked this bird watching area. There are 3 types of local fish, the Mosquito fish blooping up being of great use with its diet. Sadly, pesky alien fish also appear.

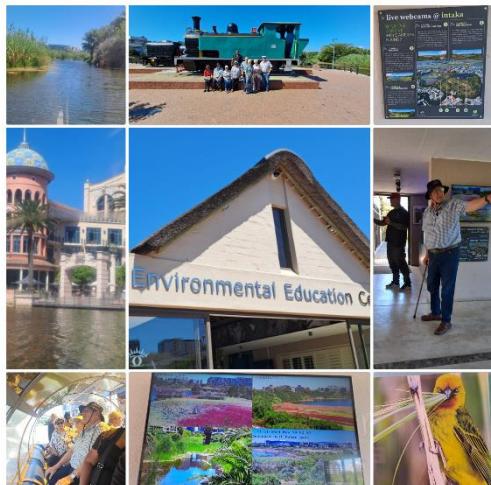


Standing like 2 giant wooden beds on stilts in the open water area are a man-made herony and a rookery for Sacred Ibis shared by Cormorants, nest building and roosting is made easier with the free supply of large branches and twigs! They ashew the lovely big trees

across the water for this opportunity and safety. A Giant Black Heron stood sentry in the water. Egyptian Geese grazed on the alien green or red alga recently spreading on the water, Red Knobbed Coots and Moorhens dabbled around and myriads of small birds chirruped in the 5-meter-high reed forests. The Water Mongoose evidently does its rounds foraging through their nests while the Otter eats mainly crabs. Spying on the waterbirds while sitting on benches inside the bird hide was great, especially seeing the 4 Coot chicks bobbing like cotton wool in the shallows.



Red described all the interesting features of the birds on the poster there, such as the Pied Kingfishers who nest in holes drilled into the manmade tall bank above the water.



A small motorboat with a perspex canopy, lady pilot and guide chugged us around the Century City canals. Here the water that has been pumped once originally into the system and is purified by flushing through the reedbeds and shallow wetland meadow now flows by gravity to recycle, taking 170 to 180 days for the journey. The netted banks also contain straw bales that slowly decompose releasing enzymes which destroy the plague Alga, the latter is also harvested to make compost for the gardens. The architecture along the canals is so varied, pastel, plush, millionaire-ish but interesting with murals under bridges, renowned artists statues, waterfalls to aerate the water, gardens and more birds!

Thank you all, this was an enjoyable trip out of the ordinary, just sorry that most is not possible for disabled or wheelers due to rough terrain and boat access.

**(Review by: June Stein)**

"Old age is golden, I've often heard it said,  
But sometimes I wonder as I crawl into bed.  
With my ears in my drawer, my teeth in a cup,  
And my eyes on a shelf until I wake up.  
Ere sleep dims my eyes, I say to myself,  
Is there anything else I should put on that shelf?  
The reason I know my youth has been  
spent,  
Is my get-up-and-go has  
got-up-and-went!  
But, I really don't mind as I think with a  
grin,  
Of all the fun places my get-up has  
been!"





Our monthly Residents-Family braai is becoming a very popular event on our social calendar.

December month we will be combining our braai with our annual watermelon festival which will take place on Friday 27<sup>th</sup> from 6pm onwards.

Make sure to book your meat-packs early and bring the other refreshments to make the evening a memorable one!

Time together as a family is a gift!



I would like to take this opportunity to thank my staff for the dedication and hard work over the past year, without which we would not have achieved the successes we have.

In return we would also like to thank all our Residents for their kindness and patience shown to the team, even when things are not always perfect, with simple gestures of appreciation.

We wish you all a Blessed Christmas time, shared with your loved ones and our prayer is that 2025 will be a Blessed Year.

Rosslyn and the team

### *Kersgeskenke om te gee*

*Vir jou vyand - Vergifnis*

*Vir jou opponent - Verdraagsaamheid*

*Vir jou vriend - Jou hart*

*Vir ņ kind - ņ Goeie voorbeeld*

*Vir jouself - Respek*

*Vir almal -*

*Liefde*



# Family

BUILDING our Lives  
One memory at a time



Marie Knuppel het haar familie vakansie met haar seun in Dubai baie geniet. Ouma is behoorlik bederf deur haar kleinseuns.

Die vakansie was nog steeds deel van haar spesiale verjaarsdagviering.

*Memories may fade as the years go by, but they won't age a day.*



Lesley Davidson could not contain her excitement after attending not one, but two amazing flower shows with her brother and sister-in-law.

They traveled to Stanford to view the exact replica of the SA display at the Chelsea Flower Show, that scooped 3 prestigious awards!

Next stop was the annual Cape Orchid Society's Spring display/competition which took place at Lourensford in Somerset West.



Rita Benn was all smiles when her son, Robert, and his wife came to visit all the way from Perth in Australia.

Their children will be arriving shortly for their visit with their granny...all this building up to her 90<sup>th</sup> birthday in January.

Marie Boshoff geniet haar koppie koffie en soetigheid met haar dogter, Sandra en skoonseun Roy.



Paulette Brand is enjoying a year of making great family memories.

She became a Gigi, to Luca, her 1<sup>st</sup> great-grandson in May. Then she jetted off to Allistair (her son) and his family in Sydney Australia for 4 months – also visiting friends in New Zealand during this time.

She is currently enjoying the Greek ambiance of Club Mykonos with all 3 her sons (Jerome, Allistair & Ty), their wives, all her grandchildren and the one and only Luca.

“Count your many blessings-name them one by one”.

There is nothing better than watching our children flourish and achieve in life, no matter how old they are or become.

Werner has not stopped smiling since his eldest son, Mitchel, has been appointed as a prefect for 2025.

Mitchel will be in grade 7 at Bosmansdam Primary School next year.





*It was a special 60<sup>th</sup> birthday celebration for Belinda, with her son, Ricardo, flying home just for 7 days to celebrate this milestone birthday with his mom. Together with PJ, Alex and Oscar they enjoyed a relaxing few days celebrating and creating more memories.*

## Medical Challenges

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet.'

I just sit around and listen to the conversations. I've changed my will three times!



Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'



Morris, an 82 year-old man, went to the doctor to get a physical check-up. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you? 'Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful. "The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'



Recommended Hymns to Guide all Drivers and riders While Driving in the ember months. (November / December) Check the hymns below and choose for yourself.

- At 60km/h "It is Well with My Soul"
- At 80km/h "God will Take Care of Me."
- At 100km/h "Guide Me Oh Thou Great Redeemer."
- At 120km/h "Nearer My God to Thee."
- At 140km/h "This World Is Not My Home."
- At 160km/h "Lord, I Am Coming Home."
- At 180km/h "I Fly Away"
- At 200km/h "I Have Decided to Follow Jesus..."
- At 220km/h "Take my life..."

Please don't just laugh it off, learn the hymns and adjust. The Road is very Patient, but it doesn't forgive.

**(Submitted by: Michael Arendse)**



**OUER MANS  
IS BAAIE  
SOOS  
SELFONE...  
SOEK JY HOM  
IS HY WEG  
HET JY HOM  
IS HY LASTIG,  
WIL JY HOM  
GEBRUIK  
IS HY PAP!**

Moet ek jou met  
@befoktekinders  
'n kompas gooi of  
gaan jy vanself  
bietjie rigting  
bietjie rigting  
#duidelikbefok  
kry??



**Hoe 'freak'  
jy 'n  
Apteker uit?  
Jy vat 'n  
pakkie  
kondome  
en vra  
waar die  
aanpaskamer  
is!**

# CHRISTMAS CAROL MATCH

Match the song lyric on the left to its song title on the right.

1. Now the jingle hop has begun	A. Away in a Manger
2. How are thy leaves so verdant	B. Deck the Halls
3. And heaven and nature sing	C. Frosty the Snowman
4. It's the best time of the year	D. Hark! The Herald Angels Sing
5. Two eyes made out of coal	E. Here Comes Santa Claus
6. City sidewalks, busy sidewalks	F. Holly Jolly Christmas
7. What fun it is to laugh and sing	G. Carol of the Bells
8. I gave you my heart	H. Jingle Bells
9. Bells are ringing children singing	I. Joy to the World
10. The stars are brightly shining	J. Let It Snow
11. All is calm, all is bright	K. O Holy Night
12. Christmas is here, bringing good cheer	L. Rudolph
13. I've brought some corn for popping	M. Silent Night
14. They used to laugh and call him names	N. Sleigh Ride
15. In the lane, snow is glistening	O. 12 Days of Christmas
16. Glory to the newborn king	P. Silver Bells
17. Little Lord Jesus, no crying he makes	Q. Jingle Bell Rock
18. Fa la la la la la la la	R. Winder Wonderland
19. Five golden rings	S. O Christmas Tree
20. Giddy yap, giddy yap, let's go	T. Last Christmas

# Christmas word search #1



ANGEL  
BOOTS  
CANDY CANE  
CHRISTMAS  
COLD  
COOKIES  
FAMILY  
FREEZE  
GIFTS

GREEN  
HAT  
HOLIDAY  
HOT CHOCOLATE  
ICE  
MITTENS  
ORNAMENTS  
PRESENTS  
RED

REINDEER  
SANTA  
SANTA  
SCARF  
SHOVEL  
SKATE  
SLED  
SLEIGH  
SNOWFLAKE

SNOWMAN  
STAR  
STOCKING  
TINSEL  
TREE  
TWINKLE

MAY THE TRUE MEANING OF CHRISTMAS FIND ITS WAY INTO YOUR HEARTS  
AND HOMES THIS YEAR, AND MAY THE YEAR AHEAD  
BRING YOU MUCH LOVE, JOY AND PEACE.

MAG DIE WARE BETEKENIS VAN KERSFEES HIERDIE JAAR  
SY PAD IN JUELE HARTE EN HUISE VIND, EN MAG DIE  
KOMENDE JAAR JUELE BATE LIEFDE, VREUGDE EN VREDE  
BRING.

Chris

This is the  
season  
This is the  
reason

