

# PlumRus **NEWS** **NUUS**

Festive & New Year Issue  
Fees & Nuwe Jaar Uitgawe

*Wishing you a  
Blessed Christmas and  
a wonderful New Year*

2026

Making a life-giving difference  
Maak 'n lewegewende verskil

## Spiritual Care Program

### December

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		7 <sup>th</sup> Morning Service	7de Aanddiens
3de Oggenddiens	5 <sup>th</sup> One Hour for Jesus	14 <sup>th</sup> Morning Service	
10de Oggenddiens	12 <sup>th</sup> One Hour for Jesus	21 <sup>st</sup> Morning Service	21ste Aanddiens
17de Oggenddiens	19 <sup>th</sup> One Hour for Jesus	28 <sup>th</sup> Morning Service	



### January

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

**“Forget about what’s happened;  
don’t keep going over old history.**

**Be alert, be present. I’m about to do something brand-new.  
It’s bursting out! Don’t you see it?**

**Isaiah 43 (The Message)**

## THE LIFE - LIGHT...HAS COME INTO THE WORLD

Do you remember being scared of the dark? Or terrified of a scary monster hiding under your bed? Fortunately, most of us grow out of this sort of fear of darkness. But even as adults we're fearful of the danger that may lurk in darkness. Within reason this sort of fear is healthy as it moves us to be careful and so avoid unnecessary harm. There is however another sort of darkness – spiritual darkness that's far more dangerous than a lonely alleyway or a haunted house at midnight. We find ourselves plunged into spiritual darkness when we live lives that are separated from God. That's when we make up our own minds about what's true or not and are careless about doing His will. This is a really dangerous place to be. We're exposed and vulnerable to dark forces of evil and get caught up in a life-or-death struggle against the devil and his angels. He is our great enemy who prowls around like a roaring lion, looking for someone to devour. It was into this sad reality of lives separated from God that Isaiah brought a prophetic word of hope, pointing to a brighter future:

*The people who walk in darkness shall see a great Light—  
a Light that will shine on all those who live in the land of the shadow of death.  
Isaiah 9:2*

God had promised to end mankind's oppression and darkness through a new king, who's coming would be like a sunburst of light! The majesty of this king and what he'd accomplish clearly pointed to Jesus the Messiah! Years later in fulfilment of this prophecy Jesus was born in Bethlehem, a village not far from Jerusalem. In his gospel John describes Jesus as the Life-Light who blazed out of the darkness. His coming brought light into sin-darkened hearts. Because God is light (1 John 1:5), He is the source of all that's good. He's pure and perfect, with absolutely no sin or darkness in Him. As the Life-Light who came into the world, Jesus perfectly reveals God's light and goodness. It's in His light that sin's darkness in our hearts is overcome.

The coming into the world of the Life-Light – Jesus Christ – is what Christmas is really about. It's not the décor, or the gifts, or the lavish meals – it's about the Life-Light who came into the world. On the night He arrived, a group of shepherds huddled together in a field near Bethlehem. Without warning the stillness and inky darkness was shattered as the heavens opened and light, brighter than they ever seen, flooded out. Not natural light, but the light of God's glory shone around them! Trembling in fear they listened as an angel comforted them with news of a great and joyful event meant for everyone in the world – a Saviour had just been born! A huge angelic choir filled the night sky and erupted in song, celebrating what God was doing through the arrival of the Life-Light, bringing peace between Himself and those on whom His favour would rest.



No wonder heaven was excited! The fulfilment of Isaiah's prophecy had begun. The defeat of darkness was at hand. The Light of life had begun to shine on those living under the shadow of death. That baby born in Bethlehem grew up in both body and spirit – loved by God and man. He'd laid aside the privileges of His deity and embraced the purposes for which He'd come into the world. He lived a selfless obedient life, then died a selfless obedient death on a cross. There, God poured our sins into His sinless Son, and in exchange poured into us the goodness of Jesus.

What amazing grace, what limitless mercy!



Jesus' victory over the darkness of sin and death, was affirmed as the bright glory of God blazed around Jesus' empty tomb. The power of sin was broken and death was defeated. The 'sun of righteousness' had risen with healing in His wings (Malachi 4:2). Irrefutable proof that the spiritual darkness separating us from God had been overcome by the Life-Light who gives light and life to all who believe in Him.

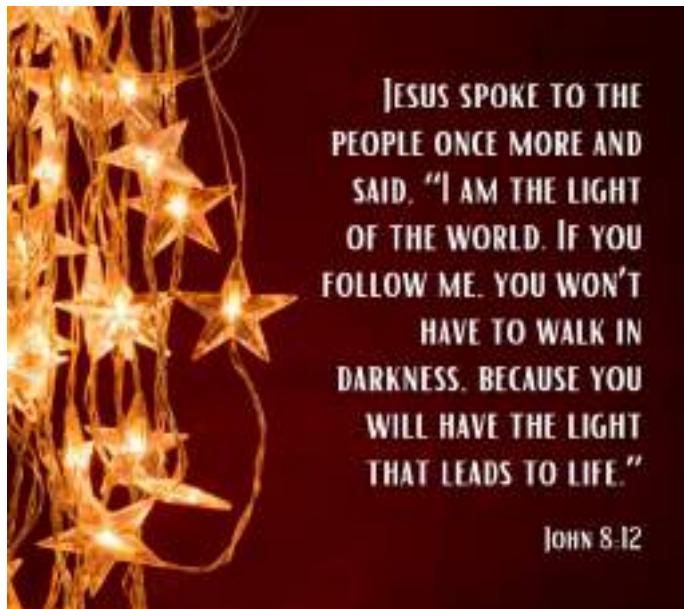
Once, while preaching near Jerusalem Jesus made this claim...

*"I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.  
John 8:12*

The Christmas season provides opportunity for those of us who've come to faith in Jesus and follow Him, to celebrate the limitless grace and mercy God has showered on us in Jesus. He's transformed our dead sin-darkened lives and made us alive in the Life-Light! He lights up our path and keeps us from stumbling. The light of His presence empowers us to resist temptation, find hope in times of trouble, overcome spiritual darkness and all that opposes God's goodness in our lives.

If you haven't yet surrendered your life to Jesus by trusting in Him as your Lord and Saviour, this Christmas season is a God - given opportunity to consider doing so. As you think deeply about your life and open your heart a little, letting the transforming holiness, love and kindness of the Life-Light shine in, wonderful changes will begin to take place. He'll remove your stony heart and replace it with a heart that's God-willed, not self-willed. A brand-new heart and a brand-new spirit...you'll never walk in darkness again!

**May the joy and peace of heaven fill your hearts this Christmastime!**  
**Ps Dave Henderson**



## Tested for Genuineness

Nowadays we hear the term “fake news” quite often and I believe one can even get fake food!



I recently read a headline which promised me eight ways that I could fake clean my house. Occasionally we even hear that there are counterfeit banknotes in circulation. So, it is important to know whether something is genuine or not. But how can we find out? We have to know what the “real thing” is like and then we can detect imitations.

In these days of quick internet access to information on virtually any topic under the sun, we need spiritual discernment to distinguish truth from error when we are presented with a whole gamut of opinions from just one Google search or when we come across some new teaching or interpretation of Scripture – to use but two examples.

Tim Challies, (one of the earliest and still most widely read Christian bloggers), has written an excellent book called “The Discipline of Spiritual Discernment”. He defines spiritual discernment as “the skill of understanding and applying God’s Word with the purpose of separating truth from error and right from wrong” ...

In this book he introduced me to the word *dokimazoo* which is now one of my favourite Greek words. It means to test something for genuineness. It is used 22 times in the New Testament and is variously translated as “test, “test for genuineness”, “prove by testing” “approve”. It implies that something has been tested rigorously and has passed the test successfully. (Think of how carefully new medications, for example, must be tested before they are considered safe for human use.)

The whole idea of spiritual discernment comes from an important verse in 1 Thessalonians 5:21 where the apostle Paul says “Test (*dokimazoo*) everything. Hold fast to that which is good.” This means that we need to test all the things we hear and read and are taught to see if they are genuine or not. And having done that, we should hold on tight to what we discover to be good - the Greek word “*kalos*” used here means something lovely and intrinsically good.

Currency experts who work for a country’s central bank are trained to detect counterfeit bank notes. They do this by spending many hours becoming familiar with exactly what the genuine bank note looks like. Then they can spot fakes very quickly. So, since genuineness can only be determined by knowing what the “real thing” should look like, we need to know that real thing very well indeed.

And of course, the “real thing” against which we measure absolutely everything – everything that is relevant to the Christian life - is the Word of God, the unchangeable and objective standard of right and wrong, truth and error. The words “test everything” provide a filter through which everything must pass.

So, for example, in 1 John 4: -3 the apostle John says “Do not believe every spirit but test the spirits to see whether they are from God. Every spirit which testifies that Jesus Christ has come in the flesh is from God. Every spirit which does not testify that Jesus Christ has come in the flesh is not from God.”

But it is not only doctrine that needs to be tested for genuineness. Challies says: "There should be no belief, no teaching, no action in the life of the Christian or in the church that has not been thoroughly tested or scrutinized. Everything that relates to Christian life and spirituality is to be tested. Nothing is excluded."

But we are also told to examine ourselves for genuineness. In 1 Corinthians 11:28 Paul says "A man ought to examine himself before he eats of the bread and drinks of the cup. And in 2 Corinthians 13:5 he says "Examine yourselves. Test yourselves to see whether you are in the faith". The Psalmist even calls on God to test him at the end of Psalm 139 (verse 23) "Search me, O God, and know my heart, test me and know my anxious thoughts"

So, dokimazoo is a powerful Greek word which can make a big difference in how we deal with many different things we come across. May God give us grace to develop the wisdom, insight and spiritual discernment to test all things for genuineness.

**(Submitted by: Michelle Naude)**

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### **The Christmas Lantern**

In a snowy village nestled among pine-covered hills, young Clara lived in a modest cottage with her mother. Christmas was approaching, but their pantry was bare, and the cold crept through their thin walls. Clara's prized possession was an old lantern, its glass cracked but still glowing warmly when lit. Every evening, she placed it in the window, hoping its light would guide her father, a sailor, home after years at sea.

The village buzzed with Christmas preparations. Neighbours hoarded candles, food, and gifts, wary of sharing in such lean times. One night, a fierce blizzard swept through, blanketing the village in darkness. Clara overheard that Old Mr. Wren, who lived alone at the edge of town, was trapped without heat or light. Without a second thought, she took her lantern, filled with its last bit of oil, and trudged through the snow to his door.

"Clara, you'll have no light for yourself," Mr. Wren protested as she lit the lantern and set it on his table. Its glow warmed the room, and his tired eyes softened. "This is all I have," Clara said simply, "but it's enough to share."



The next morning, the storm cleared, and word of Clara's kindness spread. Villagers, moved by her selflessness, arrived at her cottage with bread, blankets, and candles. That evening, as Clara lit her now-refilled lantern, a figure appeared at the gate—her father, guided home by the faint light in the window.

***Moral: Generosity in times of scarcity kindles hope and brings unexpected blessings.***

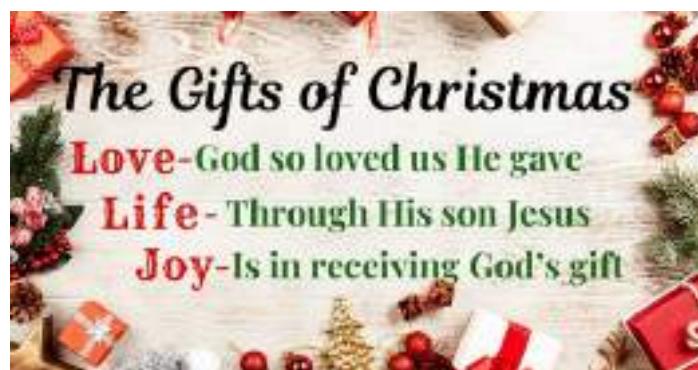
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**(Submitted by: Yacoub)**



## Happy Birthday to our Residents - December

Date	Resident	Flat/Room	Age
6th	Beulah Korpel	MW204	89
7th	Gaynor Dickson	N202	82
8th	Shirley Blom	R3	83
9th	Dick Parker	R63	99
10th	Joan Swingler	R55	72
10th	Joan Johnstone	R51	89
12th	Hilary Kleinhans	N002	86
13th	Heather Clarke	MW107	79
13th	Gloria Daniels	F104	81
13th	Graham Naude	N211	77
16th	Jurgen Bosse	F009	69
16th	Jan Lourens	R6	90
16th	Michelle Wienand	N111	68
16th	Magdalene Visser	R70	81
17th	Beverley Dallas-Orr	H001	80
22nd	Malcolm McKnight	MW106	90
22nd	Anthony Ridout	R72	90
23rd	Angeline Arendse	R26A	90
27th	Marie le Roux	R44	83
27th	Pauline Wucherpfennig	N101	89
31st	Lesley Davison	N207	71



## Happy Birthday to our Staff

Date	Name	Department
2nd	Carla Pretorius	Health Care
2nd	Nolan Dietrich	BMG
4th	Phila Somsweu	PCS
9th	Donica Jacobs	Health Care
24th	Edwina Engel	Riskman
25th	Marilyn Fabrik	PCS
31st	Mustaqeem Vermeulen	Marketing



## Gelukkige Verjaarsdag aan ons lede en kiente

Date	Name
2nd	Mr. Kenneth Neil
10th	Mrs. Mary Rustin
13th	Mrs. Jennifer Jones
16th	Mr. John Manuel
17th	Mrs. Noeline v/d Berg
18th	Mrs. Catherine van Blerk
19th	Mr. Collin Esua
25th	M George
26th	Mrs Susan Cloete
27th	Desire Reque
28th	Joy Haupt
31st	Jennifer Stacey



Ouer word is nie so lastig —  
net my bene raak dramaties.  
My geheue gaan soms stap,  
maar my humorsin bly tiptop rap!

## Gebed vir die Nuwe Jaar

Here,  
in hierdie nuwe jaar wat oop voor ons lê, vra ons vir U lig om ons te lei,  
wysheid om reg te kies  
en moed om elke dag met dankbaarheid te leef.

Seën ons huise met vrede,  
ons harte met sagtheid  
en ons hande met werk wat sin bring.  
Bewaar ons families, ons vriende en almal vir wie ons lief is.

Gee vir ons hoop wat nie wankel nie,  
vrede wat die dag se storms oorleef  
en vreugde wat nie afhanklik is van  
omstandighede nie.

Mag U genade ons dra  
en U liefde ons vorm  
sodat die jaar wat kom  
'n pad van groei, seën en nuwe beginne sal wees. **(Amen)**

## Gesêende Verjaarsdag aan ons Inwoners – Januarie 2026

Datum	Inwoner	Woonstel/Kamer	Ouderdom
2de	Rita Benn	A1	91
2de	Andre Brander	R41	67
3de	Val Mathew	R02	93
3de	Magdalena Niewoudt	N001	82
9de	Karin Klein-Werner	N106	85
15de	Clive Gwan	R10A	76
15de	Margaret Slade	R15	78
18de	Johan De la Fontyn	F110	85
21ste	Cecelia Potgieter	F114	85
22nd	Jan de Wet	F125	84
22nd	Jean Fox	R33	82
24th	Elizabeth Murphy	R19A	80
24th	Isla De Villiers	R18A	94
28th	Virginia Mes	F116	86
31st	David Witter	N210A	69



*Happy Birthday to all our Staff*

<b>Date</b>	<b>Name</b>	<b>Department</b>
3rd	Nono Stuurman	CC&L
5th	Nicolene Maart	PCS
6th	Simone Paarl	Health Care
6th	Josephine Peli	PCS
8th	Raadiyah Solomons	PCS
11th	Maxwell Wollenhoven	CC&L
11th	Margret Julius	PCS
13th	Charmaine September	PCS
15th	Mellisa Paulse	Health Care
16th	Brenda Julius	Health Care
16th	Lenore Jacobs	PCS
17th	Paulette Hayes	Health Care
17th	Chane Felix	CC&L
18th	Samantha Simons	Health Care
19th	Pauline Temmers	PCS
19th	Zeldene Abrahams	Health Care
20th	Sylvia Rezandt	Health Care
21st	Marchalene Simons	CC&L
23rd	Louisa Barnard	Health Care
26th	Kaylynn Goedeman	Health Care
27th	Kim Frantz	Health Care
27th	Charlene Heiberg	CC&L
29th	Chanelle Jansen	CC&L



*Happy Birthday to our Members*

<b>Date</b>	<b>Name</b>
5th	Sharon Wolmarans
5th	E Van Der Horst
5th	Magdalene Kay
7th	Sonja Bowers
10th	Valerie Frans
12th	Vanessa Liddle
16th	M Coakley
19th	Vera Hoosain
20th	Thomas Smith
25th	L Wyngard
28th	Gerard Durell
30th	Cornelia Petersen



## Did You Know?



Kom kuier saam op die 2de Januarie vanaf 18:00 wanneer ons lekker gaan braai en waterlemonfees hou. Maak U bespekerings by ontvangs voor Dinsdag 30ste Desember.

Our monthly Residents' Bring & Braai is fast becoming one of our most popular activities. It is a space where residents can gather with their families, friends and neighbours over a great meal just like you did back in the day, at your home. Just remember your living community is a bit bigger than before so in order for everyone to enjoy the experience we need to adhere to some general guidelines.

- ❖ Make sure to book your meat order by the cut-off date/time if you would like your meat to be prepared for you by our staff on the night. Our braai is normally on the last Friday of the month, so orders need to be placed by 12:00 on Thursday.
- ❖ Families are welcome to bring their own meat and prepare it on the coals provided, after residents' meat has been braaied.
- ❖ Dishing starts with takeaways to Residents in the zones who are not able to join us in the hall.
- ❖ You are welcome to bring along all your own salads/snacks and drinks, crockery and cutlery is provided.
- ❖ Please note that tables are ONLY reserved if you are a party of 6 or more people, make sure to reserve your table when placing your meat order. Alternatively, all other seating is unreserved.
- ❖ The braai is a great opportunity to welcome new residents into our community. Invite someone to join your table and spread the love.





WOW...what a team!

Thank you to Ntsikekelo, Chris, and Barbara from the Wynberg SASSA office for doing a home-visit with our Residents. The team was super-efficient from arriving punctually (actually early), having all the necessary documents and equipment on hand and in good order, to the manner in which they dealt with every resident seeking assistance,

with the utmost respect and compassion, was absolutely amazing to witness. Our residents left their consultation with their dignity intact and the reassurance that they are still proudly SA citizens.



Thank you to our Garden Club members, and all our Residents with green fingers, who do a sterling job tending to our amazing garden. It is a space that is enjoyed and admired by many Residents and visitors to our facility.



PlumRus, as a facility in good standing with the Department of Social Development, hosted Minister Jaco Londt and a study delegation from around South Africa.

We shared some of our strategic insights around successfully operating a Retirement facility, within

the current global economic and social challenges. Sharing our experiences of prioritizing long-term sustainability within an ever-changing sector.

***When you learn, teach, when you get, give.***





Please RSVP to join us for Christmas Lunch by following the below step-by-step process. Bookings will be made on a first-come first-serve basis as we will only be reserving space for 32 people cost R295pp.

- ❖ Contact Charlene/Craig on Ext 1037 to confirm that there is still space.
- ❖ After confirming available space, make the payment into the following account, please DO NOT make a payment without confirming available space.  
Absa  
Plumstead Rusoord Board Account  
Current Account  
Account Number: 450 640 409  
Reference: Christmas Lunch-Surname  
Send proof of payment to [charlene@plumrus.co.za](mailto:charlene@plumrus.co.za) or [craig@plumrus.co.za](mailto:craig@plumrus.co.za)
- ❖ Your booking will be confirmed by Charlene/Craig on receipt of proof of payment.



At PlumRus even our delivery modes of transport are ever changing. Our paparazzi photographer, Marie Knuppel, never misses an opportunity to capture our ever-changing environment.

## **The only constant in life is change!**

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### **ALWEER OM DIE TAFEL**

Hopelik het julle lekker om die middaggetetafel gesels!

Last month's topic was designed to prompt you to explore how your family "made a living." This month you are encouraged to explore your own identity.

Waar kom jou naam vandaan? Do you know what your name means and does it in any way reflect who you are?

Around our table: HILLARY means "cheerful", which describes her very accurately!

MARIE verkies die naam bo haar geboortenaam. It means "Star of the Sea" or "Wished for Child", die "Verlangde Kind"

LURDES is named after the French pilgrimage town of Lourdes. The name itself has come to mean "Devotion"

VERENA was named after her Swiss grandmother. The name derives from Latin, Greek, Celtic, Spanish and German - nogal ietwat van 'n mengelmoes! It means "Truth". Her mother often required her to live up to her name, demanding an answer to "Is that the Truth?" Another preferable meaning is "wise" or "bringing victory" of, doodeenvoudig "ge-eerd." Ek hou meer van daardie interpretasie!

PATRICIA means "of noble family" or "important". Whether or not she is or wants to be part of the Royal family, we don't know, but what we do know is that she is very important to us and to Plumrus and we are very sad that she is moving away.

CHUMMY verkies ook haar bynaam. Sy is 'n "goeie vriendin."

So, here's the challenge. Find out what your name means and why your parents chose that name and discuss it with those around your table.

Another topic appropriate for this time of year would be around the following questions: How does your family celebrate Christmas? Where will you be on Christmas Day? Tell us about the best Christmas you ever had. Can you remember any of the Christmas gifts you received as a child? What does Christmas mean to you? Now there is no excuse for a silent Christmas!

**(Submitted by: Verena Salzwedel)**

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## AI FOR THE OVER 60'S

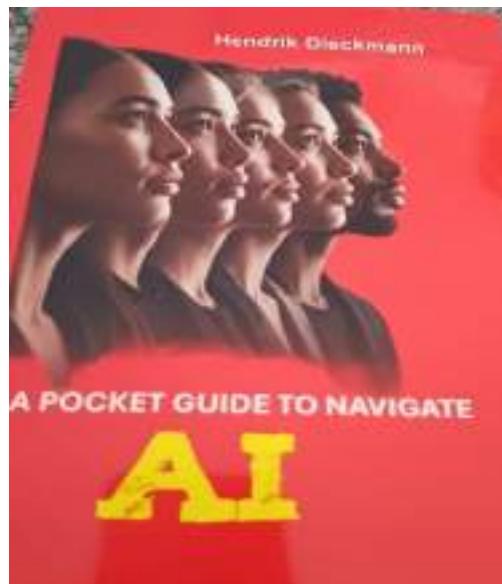
This was the title of a very interesting talk presented to residents by Mr Hendrik Dieckmann. Many residents were prompted to attend by the convincing advertising poster photo of a robot's visit to Plumrus. It was, of course, unreal and had been constructed by AI.

At first, the presentation was quite scary as we heard about how AI is being used in warfare and criminals engaging in deep fakes. However, artificial intelligence is here to stay and presently affects all our lives in many ways, most of them positive, stimulating and timesaving.

We were encouraged to be curious and try out ChatGPT. Most of us already use Google extensively, but Google will give you many answers to a question, most of them linked to advertising. ChatGPT will give you a single answer to consider, more directly linked to your question. However, ChatGPT is not a real person, does not have feelings and will not make decisions for you. With practice, we will become more skilled at phrasing and then re-phrasing questions.

Lest we dismiss the whole idea by claiming to be too old, we were reminded that our speaker is 81 years old, only really got involved with ChatGPT this year and has written two books about it since and addressed hundreds of interested people. Now that's an impressive example to follow! Both books have been purchased for the Plumrus library for you to consult, get together with a group of friends and have a go at accessing artificial intelligence!

**(Submitted by: Verena Salzwedel)**



## DURBANVILLE ROSE GARDEN

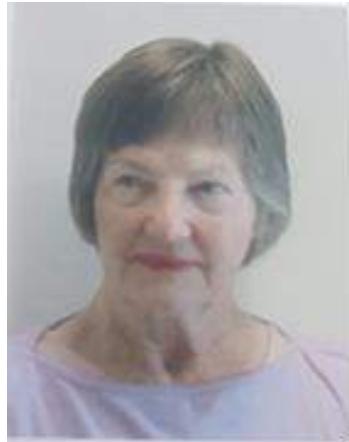
Johann Schabort arrived with his family from Germany as an employee of the Dutch East India Company in 1716 until 1723 when he left to farm on Meerlust in Drakenstein and was requested to be a "chirurgijn", medical practitioner, as stated on the plaque at the pretty Schabort cemetery. What a tranquil family legacy in the donated portion of Dagbreek from their Eversdal Estate.

The Durbanville Rose Garden was established in 1979 by the Western Cape Rose Society and Durbanville Municipality as one of only 3 Trial Rose Gardens in the Southern Hemisphere with 4,500 rose bushes & 500 varieties. Lucky Plumrus residents were given several superlative trips, [by all accounts], to meander along the paved walkways through this free entry garden to drink in the gorgeous colours, scents and sights of the amazing variety of rose bushes. Names were a history lesson -Archbishop Desmond Tutu, Nelson Mandela, Ayeye, Margaret Merril and romantic Bride's Dream or fiery Lava Flow and Burning Sky. One of us mentioned twice - My Granny and Granny's Delight! Bonus was, as some wag said, Cape Town City was there to weed not " somebody else"!

Portia, Kurt and Sammy hosted us there to such a peaceful "sit back-and-relax-with-good-company-tea party" on the Clubhouse verandah, most noted with tables, chairs, shade, birdsong, Plumrus own lekker nibbles and no wind. Thank you all for our special spoil in a beautiful suburb.

**(Review by: June Stein)**





Dawn Brown      Health Care      Zone 4      Room 45

Dawn joined PlumRus on the 12<sup>th</sup> November 2025, she moved here from Mothwa Haven.

Dawn has four children, Myles (Denmark), Clint (London), Kirk (Dallas) and Colleen (London).

Dawn worked as a medical secretary, loves nature, flowers, reading and painting.

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James Wray - Health Care      Zone 1      Room 5

Lynne Wray - MW103

James was born in Scotland and Lynne was born in Wales. They grew up in Leeds, Yorkshire, London, Sheffield, Nottinghamshire and England

James & Lynne have been married for 63 years, they have one son, Peter, who resides in Tokai with his wife Alison and children.



James was a keen marathon runner, he has a black belt in karate and enjoys watching rugby, golf and action movies. Lynne is part of a book club and enjoys Korean TV dramas, painting, sewing, gardening & crafts.

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Desmond Timm      £126; East

Desmond joined Plumrus on the 14<sup>th</sup> November 2025 from his flat in Southfield. He has two children, Dexter (Plumstead) and Alicia who lives in Colorado.

Desmond is a retired accountant, he used his financial skills to assist NGOs such as child welfare with financial governance. He enjoys gardening and is a very sociable, friendly gentleman with a great sense of humour.

**DECEMBER / DESEMBER 2025**  
**MONTHLY / MAAND PROGRAM**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>1</b>  08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>2</b>  <b>09:00 Shopping Meadowridge</b> <b>09:30 Oakley House Learners in the hall</b> 10:30 Teatime: lounges 15:00 Teatime: lounges	<b>3</b>  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 all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges
<b>8</b>  08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:45 Garden club meeting in the hall	<b>9</b>  <b>09:00 Shopping Constantia Village</b> 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	<b>10</b>  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 all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges
<b>15</b>  08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>16</b>  10:00 Teatime: lounges 15:00 Teatime: lounges  <b>Public Holiday</b>	<b>17</b>  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> 15:00 Teatime: lounges
<b>22</b>  10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>23</b>  <b>10:00 Teatime: lounges</b> <b>15:00 Teatime: lounges</b>	<b>24</b>  <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> 15:00 Teatime: lounges
<b>29</b>  10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>30</b>  10:00 Teatime: lounges 15:00 Teatime: lounges	<b>31</b>  10:00 Teatime: lounges <b>10:30 Series in Lounges</b> 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>09:30 Morning Market</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Shopping</b> <b>Blue Route</b>	08:30 Library / Biblioteek <b>09:30 Holy Communion service in the hall</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>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> Dr. Chris Saayman
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
09:00 Shopping <b>Constantia Emporium</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Bingo in the hall</b> <b>15:00 Combined Christmas activity in Stokoei &amp; Sugarbush lounges</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus service in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Music melodies in Sugarbush</b>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</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</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>09:00 Shopping</b> <b>Meadowridge</b> 10:00 Teatime: lounges 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Music melodies in Sugarbush</b>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</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> Dr. Chris Saayman
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Christmas day</b> 10:00 Teatime: lounges <b>10:30 Church service in the hall</b> 11:00 Activities in lounges 15:00 Teatime: lounges	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>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>

**Gym trim in the hall Tuesday 9th & 11th December @ 09:30**  
**4th December Morning Market in the hall @ 09:30**  
**Afrikaans kerk diens Wednesday's in the hall @ 09:30**  
**16th December Public Holiday**  
**25th December Christmas Day**  
**Christmas service @ 10:30 in the hall & HC lounges**  
**26th December Boxing Day**

# JANUARY / JANUARIE 2026

## MONTH / MAAND PROGRAM

Monday	Tuesday	Wednesday
<b>1st Jan New Years Day</b> <b>Gym trim in the hall Tuesday's @ 09:30</b> <b>15th &amp; 29th Jan Gym trim in the hall @ 09:30</b> <b>Afrikaans kerk diens Wednesday's in the hall @ 09:30</b> <b>Table tennis Wed &amp; Friday's in PlumRus North 2nd floor @ 15:00</b> <b>29th Bp clinic in clinic room from 09:00 - 11:00</b> <b>29th Jan Lotto draw in the hall @ 18:00</b> <b>30th Jan Bring &amp; Braai in the hall @ 18:00</b>		
<b>5</b>	<b>6</b>	<b>7</b>
10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:30 Teatime: lounges 15:00 Teatime: lounges	<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 all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges
<b>12</b>	<b>13</b>	<b>14</b>
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping Meadowridge</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> 15:00 Teatime: lounges
<b>19</b>	<b>20</b>	<b>21</b>
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping Constantia Emporium</b> <b>09:30 Gym trim in the hall</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> 15:00 Teatime: lounges
<b>26</b>	<b>27</b>	<b>28</b>
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	<b>09:00 Shopping Blue Route</b> <b>09:30 Gym Trim in the hall</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	<b>08:30 Library / Biblioteek</b> <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 all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges

<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>New Years Day</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>15:00 Teatime: lounges</b>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>18:00 Bring &amp; Braai Waterlemoen Fees</b>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</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>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>10:00 Teatime: lounges</b> <b>11:00 Activities in lounges</b>	09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</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	08:30 Library / Bibliotek <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>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>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>09:00 Shopping</b> <b>Meadowridge</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall	08:30 Library / Bibliotek <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>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>29</b>	<b>30</b>	<b>31</b>	
<b>09:00 Shopping</b> <b>Constantia Village</b> <b>09:00 Bp clinic in clinic room</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>18:00 Lotto Draw in the hall</b>	08:30 Library / Bibliotek <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>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b>	

Phillip Bloem & Dianne Greyvenstein

F127; East

Phillip & Dianne have been partners for the last 12 years. Phillip has a daughter living in Krugersdorp and Dianne has a daughter living in Capri.

Both Phillip & Dianne have had careers in property sales and rentals.

Phillip's interests are fishing and surfing and Dianne enjoys yoga, reading, knitting, and working.



Both Phillip & Dianne support & co-ordinate with Kids for Cancer.



Walter West

F111; East

Mr. West joined Plumrus on the 25<sup>th</sup> November 2025 from his independent flat in Parklands.

He has three children, Wendy (Table View), Verusha (New Zealand) and Ashwin (Johannesburg).

Walter enjoys his own space and small groups of people.

Caroline Zutphen

North N011

Caroline joined PlumRus on the 28<sup>th</sup> November 2025 from her home in Marina da Gama.

She was born in Cape Town and grew up in Retreat. Caroline worked and taught as a nursing sister in and around Cape Town and Canada. Caroline loves walking and is very spiritual and is most passionate about gardening.



Mr. Abel Stoltz

Health Care

Zone 5

Room 58

Fondly known as "Oom Ampie" joined PlumRus permanently after his stay in our Respite care while his daughter Maree was away for two weeks. He connected with our staff and a few residents and in just two weeks in Respite care, he called PlumRus his home.



You die tomorrow. Your children walk into your home—closets stuffed with clothes unworn for years, attic packed with mystery boxes, drawers full of things you meant to sort "someday." Now they must decide what mattered to you and what was just... there. This is the inheritance you're building right now.

Margareta Magnusson, a Swedish woman somewhere between 80 and 100 (she won't say exactly), has written a slim, devastating book that will make you see every object differently. "Döstadning," she calls it—death cleaning. The Swedes have a word for tidying up your life before you go so no one else has to. Once you understand it, you can't unknow it.

The question becomes: what are you going to do about all that stuff?

#### 1. Your Stuff Will Outlive Your Stories

Magnusson's premise cuts to the bone: keep only what makes you happy or what you use, because everything else becomes someone else's burden. She's witnessed adult children weeping in their late parent's basement, surrounded by unidentifiable things they can't bear to discard. The golf clubs never used. Photos of strangers. China from a marriage no one discusses. Swedish death cleaning isn't about preparing for death—it's about living with only what earns its place.

#### 2. Start Where It's Easy, Not Where It Hurts

Begin with what's easiest to release—duplicate gadgets, ancient formal wear, unread books. Build momentum before tackling love letters and children's artwork. Magnusson's rules are brutal: if your children don't want it, don't force it! If you keep something from guilt, that's insufficient. If untouched for years, you won't miss it. She offers startling anecdotes—sorting a friend's erotic collection, her own paintings—revealing our peculiar attachment to unused objects.

#### 3. Everything You Treasure Will Mean Nothing to Someone Else

The book's most haunting moment: love letters found at an estate sale, intimate words between strangers now sold for pennies because no one remembers who wrote them or why. Magnusson confronts uncomfortable truths—fantasy selves in clothes that don't fit, abandoned hobbies still claiming space, gifts kept from obligation. Her wisdom: keep a "throw away immediately" box. Label photos while you remember. Don't save for a "someday" that won't arrive.

#### 4. Legacy Isn't What You Leave Behind—It's What You Free Others From

At just over 100 pages, this book reframes possessions as future burden rather than current comfort. Magnusson's voice—wise, irreverent grandmother who knows what matters—cuts through emotional fog with Swedish directness. The greatest gift isn't more things but less guilt, less obligation, less burden to preserve a material legacy never requested. Death cleaning isn't morbid; its love disguised as housekeeping.

For anyone drowning in decades of accumulation, paralyzed by the sentiment attached to objects, or simply wondering why they're keeping three broken blenders—Magnusson offers liberation. Her death cleaning isn't morbid; it's generous. It's choosing to take responsibility for your possessions while you still can, rather than leaving them as a puzzle for others to solve.

Read this book. Then go look at your basement with new eyes. You'll understand why the Swedes are so famously content—they've learned what the rest of us resist: freedom isn't having everything. It's needing less.

BOOK: <https://amzn.to/43r3YZ7>

You can find and listen to the audiobook narration using the link above.



### A Tribute to Mrs. Sarah Lange, born 02-10-1935, died 27-10-2025

Mom was a very ordinary person and yet regarded by us and many others as an extraordinary person.



Her success wasn't measured by the type of car that she drove; although her husband drives a Mercedes, she personally didn't own or drive a Ferrari or Rolls Royce or a Lamborghini.

She didn't own or live in a double storey or triple storey house; her house was modest and unassuming.

Nor did she wear flashy clothes, like fur coats, satin or silk garments, suede leather or crocodile skin. Her dress was ordinary yet appealing. No makeup of any sort, no lipstick, eyeshadow, nail polish or blusher. She had an ordinary, natural look. Nor was she a jetsetter. She did a fair amount of traveling together with my dad, going off to the UK or Europe, in order to attend missionary conferences or participate in evangelistic crusades.

So, what were her character traits?

- Firstly, she had a calm, quiet spirit.
- She was unpretentious, didn't put up a front. What you saw was what you got.
- She didn't boast of her achievements, skills or capabilities.
- She gave herself wholeheartedly in whatever sphere of Christian ministry she chose to get herself involved in.

Lastly, what still needs to be said is that a woman of such beauty, patience, excellence and strength teaches us, as her immediate family, her children, grandchildren and spouse, the meaning of gratitude. How privileged and blessed we are, and also how grateful we are, to have had such a remarkable person in our lives.

(Submitted by her son Luther Lange)

In loving memory of Ivy Moody

Sunrise -08/04/1937- Sunset 30/11/2025

Miss. Moody was a kind sweet-hearted person as well as a strong and independent women.



She was a devout follower of Jesus Christ; loved bible study and going to church. She was known as one of PlumRus' prayer warriors. Ms. Moody enjoyed her walks. She enjoyed going grocery shopping and having her hair done. She was very "witty" and had the most incredible sense of humour. She will be missed by so many here at PlumRus. Gone but not forgotten. Forever in our heart

(Submitted by Gailine Chung)

## **Ageism in the workplace is hopelessly short-sighted**

The above headline to a recent article published in the Daily Maverick and written by Murshid Obaray, caught my attention. Below is some extract from this article, and I am sure it is much food for thought for many.

"Age is not just a number. It is a testament to a lifetime of learning, growth, and achievement. The over-60 workforce is not a relic of the past. It is a bridge to a wiser, more balanced future.

In an era that fervently champions youth empowerment, the invaluable contributions of older employees are often overlooked. Organizations may claim they do not discriminate on the basis of age, but few take meaningful steps to counteract the deeply embedded assumptions that drive such exclusion. The result is a loss, not just of fairness, but of wisdom, resilience and strategic depth.

### **The under-appreciated value of workers over the age of 60**

In today's fast-paced corporate world, where agility and disruption are prized above all, we risk overlooking one of our most valuable assets — experienced professionals. While younger talent is actively courted, older workers are too often treated as expendable or irrelevant. This is not only unjust, but also hopelessly short-sighted.

### **Mentorship and leadership that cannot be bought**

Older employees are natural mentors. They've made the mistakes, learned the lessons and developed the emotional intelligence that younger colleagues are still cultivating. In an era where mentorship is increasingly recognized as a cornerstone of professional development, sidelining those best equipped to offer it, is a strategic misstep.

### **Reliability, loyalty and work ethic**

There's a quiet strength in the work ethic of older employees. They show up. They follow through. They understand the value of consistency and accountability in roles that demand precision, patience and long-term focus. From project management to client relations, these qualities are indispensable.

### **Adaptability and lifelong learning**

The notion that older workers resist change is not only outdated, but also insulting. Many professionals over 60 have embraced digital transformation, upskilled themselves, and continue to learn. They may not be digital natives, but they are digital converts and often bring a balanced perspective that tempers tech enthusiasm with strategic caution.

### **A broader precedent: Experience in leadership**

Globally, we entrust some of the most complex decisions to older individuals like heads of state, judges and senior policymakers. This is not accidental. It reflects a societal understanding that experience matters. That wisdom, earned over decades, is essential for sound judgment, strategic foresight and institutional stability.

If we recognize this in government, why do we ignore it in business?

## The business case for age diversity

Age diversity is not a favour to older workers. It's a strategic imperative. Research consistently shows that diverse teams, including age-diverse ones, perform better. They're more innovative, more resilient and better able to serve a varied customer base.

### Conclusion: It is time to act

If we are serious about building inclusive, future-ready organizations, we must confront ageism head-on. That means more than avoiding discriminatory language in job ads. It means actively valuing the contributions of older professionals, creating pathways for their continued growth, and recognizing that experience is not a liability, it's an asset.

Let us not squander that wisdom. Let us build workplaces where every generation has a seat at the table and where experience is not just respected, it is celebrated.

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### **Ek het 'n huisie by die see – H.A. Fagan (1889-1963)**

Ek het 'n huisie by die see. Dis nag.  
Ek hoor aaneen, aaneen die golwe slaan  
teenaan die rots waarop my huisie staan  
met al die oseaan se woeste krag.  
Ek hoor die winde huil – 'n kreun, 'n klag,  
soos van verlore siele in hul nood  
al dwalend, klagend, wat in graf en dood  
geen rus kon vind nie, maar nog soek en smag.

My vuurtjie brand, my kersie gee sy lig.  
Ek hoor dan maar hoe loei die storm daar buite,  
ek hoor hoe ruk die winde aan my ruite;  
hier binne is dit veilig, warm en dig.

Kom nag, kom weer en wind, kom oseaan –  
Dit is 'n rots waarop my huisie staan.

**(Ingedien deur: Lida Herbst)**



*Family is*  
the best part of  
*Christmas*



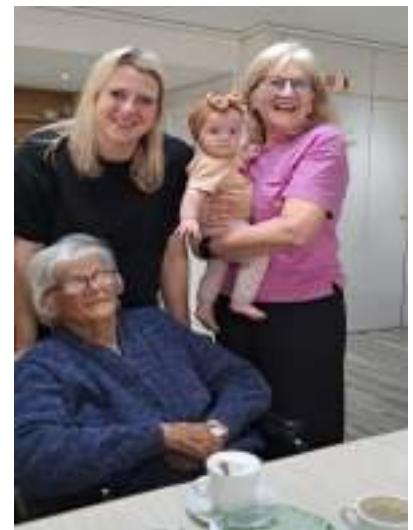
*Gillian Organ was not holding back on her smile when her son Roy paid her a surprise visit from England.*

**My family lights up my life  
at Christmas**



*Gloria Gnyman is so blessed sharing these precious moments with her family. 4 generations in one special snap!*

*Hailey enjoying her feed from her great grandmother.*



*Clive Swan was happy to have his daughter, Natalie, visit from Australia. She was just in time to join the family at our Bring and Braai.*



**(All photos supplied by: Marie Knuppel)**



I was walking down the road this morning and first got hit by a violin, then a clarinet and then a piano.

I think it was an orchestrated attack.



Ma: Wie was Napoleon?

Seun: Weet nie.

Ma: Jy moet meer aandag aan jou skoolwerk gee.

Seun: Wie is Tannie Amanda?

Ma: Weet nie.

Seun: Ma moet meer aandag aan pa gee. 😊😊

4 ou tannies ry op hoofweg teen 22km/h. Die spietkop keer hulle voor.  
 'Tannie, hoekom ry jy so stadig?'  
 'Man die padteken sê dan R22.'  
 Spietkop verduidelik dat dit die padnommers is.  
 Die ander 3 tannies sit tjoepstil, windverwaaid en spierwit.  
 Spietkop vra 'Tannie, wat gaan aan met hulle?'  
 Antie: Moet nie worry nie, hul sal nou regkom...  
 Ons kom nou net van die R365 af! 😂😂😂😂

Gister vra ek my vrou n R200 vir n paar biere..  
 Sy sê toe ek moet my eers gaan was vir n slag en ek is n man wat nie baie lief is vir water nie..veral nou van dit winter is...  
 Nadat ek haar n paar keer gesmeek het vir die R200 weier sy nog steeds..  
 Sy sê sy sal dit gee as ek my eers gaan was en sy het klaar vir my water in getap..  
 Ek besluit toe maar om te gaan was sodat ek die geld kan kry en gaan badkamer toe..  
 In die badkamer vat ek die vaseline en smeer aan my gesig en speel so bietjie met my hand in die water en trek my aan..  
 Toe ek uit kom vra ek haar waar is die geld want ek het klaar gewas toe begin sy en my twee kinders uitbars van die lag..  
 Terwyl ek hulle verbaas kyk sak een van my kinders af.. 'Daddy het duidelik nie gewas nie want die R200 lê onder die seep'..  
 Vroumense 😊

# Christmas Trivia



## History & Traditions

1. Which country is widely credited with starting the tradition of the **Christmas tree** in the home?
2. In what century was **Saint Nicholas** believed to have lived?
3. Which U.S. president was the first to place a **Christmas tree in the White House**?
4. What European country first introduced the tradition of **the Yule log**?
5. In what year did **Charles Dickens** write *A Christmas Carol*?
6. The name "Noël" comes from a word meaning what?
7. What is the traditional **fruit** used in a British Christmas pudding?
8. Which German city is famous for one of the world's oldest and largest **Christmas markets**?
9. In what country did **Boxing Day** originate?
10. Which plant, common at Christmas, is actually **parasitic**?



## Movies & TV Classics

1. In *It's a Wonderful Life*, what happens every time a bell rings?
2. Who narrated the original 1966 TV special *How the Grinch Stole Christmas*?
3. In *Miracle on 34th Street* (1947), which department store hired Kris Kringle?
4. What is the name of the boy in *The Polar Express*?
5. In *Home Alone*, where are the McCallisters traveling for Christmas?
6. What holiday drink does Clark Griswold enjoy from a moose cup in *Christmas Vacation*?
7. Who plays the Ghost of Christmas Present in *The Muppet Christmas Carol*?
8. What song does the Peanuts gang sing at the end of *A Charlie Brown Christmas*?
9. What is the name of Scrooge's fiancée in *A Christmas Carol*?
10. In *Elf*, what is the first rule of The Code of Elves?



## World Christmas Traditions

1. In which country do children place their shoes outside for **Sinterklaas**?
2. Which country celebrates **Las Posadas**, reenacting Mary and Joseph's journey?
3. In which country do people traditionally eat **KFC** on Christmas Eve?
4. What is the traditional Christmas Eve food in Russia?
5. In which country does **Krampus**, the Christmas demon, appear?
6. What is the name of the giant Yule Cat in Icelandic folklore?
7. In the Philippines, what event features giant lanterns?
8. Which country has the tradition of a **Christmas witch** named La Befana?
9. In Mexico, what plant is known as "La Flor de Nochebuena"?
10. In Sweden, what animal is celebrated with a giant straw structure every year?





# How Well Do You Know Your Christmas Carols?

Match the title with the lines from the song.

<input type="checkbox"/> O Little Town of Bethlehem	1. Good tidings we bring to you and your kin
<input type="checkbox"/> What Child Is This?	2. Long lay the world in sin and error pining
<input type="checkbox"/> Love Came Down at Christmas	3. Please have snow and mistletoe and presents on the tree
<input type="checkbox"/> Go, Tell It on the Mountain	4. Remember Christ our Savior was born on Christmas Day
<input type="checkbox"/> Jolly Old Saint Nicholas	5. From angels bending near the earth to touch their harps of gold
<input type="checkbox"/> We Wish You a Merry Christmas	6. Haste, haste to bring Him laud, the babe, the Son of Mary
<input type="checkbox"/> Of the Father's Love Begotten	7. The ox and lamb kept time
<input type="checkbox"/> Carol of the Bells	8. Westward leading, still proceeding, guide us to thy perfect light
<input type="checkbox"/> God Rest Ye Merry Gentlemen	9. Sing, choirs of angels, sing in exultation
<input type="checkbox"/> Bring a Torch Jeanette Isabella	10. The world, they treat you mean, they treat me mean, too
<input type="checkbox"/> Pat-a-Pan	11. And the mountains in reply echoing their joyous strains
<input type="checkbox"/> Sweet Little Jesus Boy	12. On December five and twenty
<input type="checkbox"/> O Holy Night	13. From the eastern kingdoms come the wise men far
<input type="checkbox"/> Silver Bells	14. Yet in thy dark streets shineth the everlasting light
<input type="checkbox"/> It Came Upon a Midnight Clear	15. Children laughing, people passing, greeting smile after smile
<input type="checkbox"/> Hark! The Herald Angels Sing	16. The blind will see, the lame will walk, the dead will rise again
<input type="checkbox"/> I'll Be Home for Christmas	17. O'er the fields we go, laughing all the way
<input type="checkbox"/> Away in the Manger	18. Star and angels gave the sign
<input type="checkbox"/> Sing We Now of Christmas	19. Peace on Earth and mercy mild, God and sinners reconciled
<input type="checkbox"/> Angels, We Have Heard on High	20. Treetops glisten & children listen to hear sleighbells in the snow
<input type="checkbox"/> Silent Night	21. Lean your ear this way
<input type="checkbox"/> Mary, Did You Know?	22. The men of olden days gave the King of Kings their praise
<input type="checkbox"/> We Three Kings	23. Behold, throughout the heavens, there shone a holy light
<input type="checkbox"/> O Come All Ye Faithful	24. He is Alpha & Omega, He the source, the ending He
<input type="checkbox"/> Joy to the World	25. Let Earth receive her King! Let every heart prepare Him room
<input type="checkbox"/> Little Drummer Boy	26. The cattle are lowing, the baby awakes
<input type="checkbox"/> The Holly and the Ivy	27. Round yon Virgin Mother and Child
<input type="checkbox"/> Fum, Fum, Fum	28. Beautiful is the mother! Hush! Hush! Beautiful is her Child!
<input type="checkbox"/> Jingle Bells	29. One seems to hear words of good cheer from everywhere
<input type="checkbox"/> White Christmas	30. The playing of the merry organ, sweet singing in the choir

**Christmas: the one time of year**

**when you can't avoid the nuts in your family muesli**

## Christmas Trivia Answers

### History & Traditions

1. **Germany**
2. **4th century**
3. **Franklin Pierce**
4. **Norway**
5. **1843**
6. "Birth" (from Latin *natalis*)
7. **Raisins (or currants)**
8. **Nuremberg**
9. **United Kingdom**
10. **Mistletoe**



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### Movies & TV Classics

1. **An angel gets its wings**
2. **Boris Karloff**
3. **Macy's**
4. **He is unnamed** (called "Hero Boy")
5. **Paris**
6. **Eggnog**
7. **A giant puppet named the Ghost of Christmas Present** (performed by Jerry Nelson)
8. **"Hark! The Herald Angels Sing"**
9. **Belle**
10. **"Treat every day like Christmas."**



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### World Christmas Traditions

1. **The Netherlands** (also Belgium)
2. **Mexico**
3. **Japan**
4. **Kutya (sweet grain porridge)**
5. **Austria**
6. **The Yule Cat (Jólakötturinn)**
7. **Giant Lantern Festival in San Fernando**
8. **Italy**
9. **Poinsettia**
10. **The Yule Goat (Julbock)**



**"I'm dreaming of a white Christmas.**

**But if the white runs out, I'll drink the red".**



## 🎉 New Year's Resolutions

### 1. Prioritise Health in Enjoyable Ways

- Take a short daily walk or stretch for 10 minutes.
- Try a new low-impact activity: chair yoga, aquacise, or tai chi.
- Schedule regular check-ups without delay.

### 2. Stay Social & Connected

- Call or message a friend or family member once a week.
- Join a club, craft group, or church activity.
- Attend a monthly social tea or lunch.

### 3. Nourish the Mind

- Read one new book every month.
- Do daily puzzles, crosswords, or word games.
- Learn something new—language, hobby, instrument.

### 4. Declutter Gently

- Tackle one small drawer or shelf per week.
- Pass down sentimental items to loved ones.
- Donate unused clothing or décor.

### 5. Celebrate Yourself

- Keep a gratitude journal—three things each day.
- Try a new hairstyle, outfit, or accessory.
- Treat yourself to something small monthly: flowers, a café treat, a movie.

### 6. Capture & Share Memories

- Write short life stories for children or grandchildren.
- Create a memory photo album.
- Record a voice note or video message each month.

## **7. Make Space for Joy**

- Start a new hobby: painting, knitting, gardening, baking.
- Listen to uplifting music daily.
- Watch a favourite old movie once a week.

## **8. Give Back in Light Ways**

- Volunteer an hour or two a month.
- Encourage someone younger with wisdom or prayer.
- Perform small acts of kindness.

## **9. Strengthen Spiritual Life**

- Set aside a quiet moment each morning for prayer or meditation.
- Read a weekly devotional or scripture passage.
- Join a Bible study or church fellowship event.

## **10. Embrace Adventure—Big or Small**

- Visit one new place this year, even a local garden or café.
- Try a recipe you've never made before.
- Say "yes" to new opportunities more often.

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### **Kersfeesboodskap van HR**

Mag hierdie feesseisoen vir jou en jou geliefdes 'n tyd van rus, vreugde en hernieuwe energie wees. Dankie vir jou harde werk, toewyding en positiewe bydrae gedurende die jaar.

Ons waardeer jou spanwerk en professionele ingesteldheid. Mag die nuwe jaar vir jou groei, sukses en nuwe geleenthede bring.

**Geseënde Kersfees en 'n voorspoedige, produktiewe Nuwe Jaar!**



I want to express my personal appreciation to 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



Season's greetings and our heartfelt thanks for a remarkable year. As we reflect on this year's successes, we see even brighter opportunities in the year ahead. Wishing you and your loved ones a joyous holiday season filled with warmth and happiness. Thank you for your unwavering commitment and exceptional contribution throughout the year. Here's wishing you a fantastic holiday season and an even more successful year ahead!

**From The PlumRus Care Service Team: Rhodene & Leeshay**

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#### **A Festive Thank You from Protea Coffee Shop!**

Dear Wonderful Customers,

As the year draws to a close and the festive lights twinkle brightly, we at Protea Coffee Shop want to send the warmest thank you from our hearts to yours.

Your loyalty, your daily visits, and the lively energy you bring to our space are the best gifts we could ever ask for. Every latte, every conversation, and every shared moment has made our shop feel like a true community hub this year.

We're so grateful to be your favourite spot for a morning boost, a cozy break, or a catch-up with friends. We wish you and your loved ones a season filled with peace, joy, and, of course, plenty of great coffee!

We look forward to brewing up more great moments with you in the New Year.

Warmly,

The Team at Protea Coffee Shop



## Recharging for 2026

### Finding calm in the chaos

If you're reading this, there's a good chance you've had a tough year — maybe it felt like one challenge after another. Maybe your energy's low, your motivation's gone missing, and even simple things feel heavy. If that's you, you're not alone.

Depression, anxiety, and emotional exhaustion have become part of the modern human experience. We live in a world that doesn't slow down — and when life feels too much, our minds and bodies go into survival mode. The problem is, we often stay there far too long.

How does one step out of survival mode and recharge your emotional batteries for the new year — 2026.

Start with something simple: **stop trying to fix everything at once.** When we feel overwhelmed, our brains want to solve every problem immediately — but that only deepens the exhaustion. Instead, pause. Close your eyes for a few seconds. Take a slow breath in through your nose, hold it, and let it out slowly through your mouth. Do that three times. That small act tells your nervous system: "I am safe right now."

Next, let's talk about **tools that help your mind and body reset.**

1. **The 10-minute rule** When you feel paralysed or too tired to do anything, tell yourself: "I'll just do this for ten minutes." Whether it's going for a walk, stretching, cleaning a corner of your space, or writing in a journal — ten minutes breaks the cycle of helplessness. Often, you'll end up doing more, but even if you don't, those ten minutes count.
2. **Grounding through the senses** When anxiety spirals, come back to the present. Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This simple sensory exercise calms racing thoughts and reconnects you with the now.
3. **The power of saying "no"** Depression often grows in spaces where we overcommit and under-rest. Saying "no" is not rejection — it's protection. Guard your energy like it's a rare resource, because it is.
4. **Schedule joy** We tend to plan our work, our chores, our responsibilities — but we rarely plan our joy. Write something in your calendar every week that feeds your spirit: a coffee with a friend, a walk at sunset, dancing in your living room. Small joys repair emotional wear and tear.
5. **Body recharge rituals** Try slow breathing before bed, a warm bath, gentle stretching, or listening to calming sounds. Rest is not lazy; it's medicine.

Finally, **healing doesn't mean everything feels perfect.** It means you learn how to hold space for both pain and hope. As we move into 2026, make a promise to yourself — not to do more, but to be gentler with yourself. To rest when you're tired. To speak kindly to your mind. To believe that your story isn't over — it's simply unfolding. Take a deep breath. You're still here. And that means there's still hope.

# 'n Geseënde Kersfees



In die stille nag van Kersfeesvrede,  
waar sterre sag oor drome waak,  
word liefde weer in ons harte geweef,  
'n lig wat nooit sal breek of kraak.

Die Kindjie in die krip so nederig,  
bring hoop vir elke droë traan,  
en fluister sag van God se goedheid—  
'n nuwe kans met elke daaglikse baan.

Mag jou huis met vreugde vul,  
jou hart met warmte diep en rein.

Mag vrede jou kom omvou,  
soos sagte reën op dorre grein.

Ek wens jou 'n geseënde Kersfees toe,  
met liefde wat oorvloedig vloeï.

Mag God se lig op jou en jou geliefdes  
nou en altyd helder boei.

