

PlumRus NEWS NUUS

March & April Issue
Maart & April Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

March

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



April

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

**Join us for our Resurrection Sunday Service with Ps. Paddy Venner on Sunday
5th April at 09:30**



ENDINGS CAN BE BETTER THAN BEGINNINGS

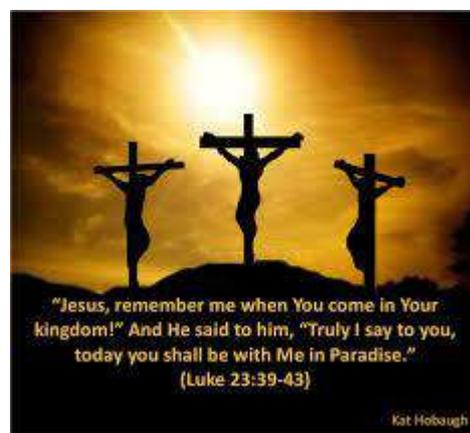
Beginnings are important. How you start something can make a big difference to the way things end up. Stumbling at the start of a 100-metre race can cost you a place at the finish line. Ignoring concerns about someone's character at the start of a relationship can lead to plenty of heartache later on. No question about it – the way we start things is important. But when it comes to life as a follower of Christ, God's word tells us there's something much more important than the way it starts. It's the way it finishes...

*Endings are better than beginnings,
sticking to it is better than standing out. (Eccl 7:8 Msg)*

I've got to the stage in life when the beginning of my 'faith' journey is far in the past, and the end has come into clearer focus. There's less road ahead of me than there is behind me. Over the years I've 'watched' as many Christian friends and others I've known through their writings and podcasts have come to the end of their life's journey. Some have ended well, some haven't. I want to finish well. I long to remain faithful to Jesus, to love Him dearly and serve Him wholeheartedly to the end of my life, and then to enter into the fullness of His bright presence. This got me thinking about people in the Word of God whose lives ended better than they began.

One of the most striking examples of this is a thief who was crucified alongside Jesus. He was one of two criminals sentenced to death with Jesus. We know nothing about their early lives and why they were sentenced to death. With Jesus, they were part of the procession that wound its way out of Jerusalem along the Via Dolorosa towards Calvary. Along the way they heard Jesus tell a wailing group of women not to cry for Him, but for themselves. Like many, they had little understanding of who He was and what He was about to accomplish – and judgement was on the way! The thieves listened in amazement as He prayed for the forgiveness of those hammering nails through His hands and feet. And as He spoke tenderly to John, one of His disciples about the future of Mary His mother. They also witnessed the whirlwind of abuse that surrounded Jesus as religious leaders and others sneered and spat at Him. Initially caught up in this evil anger, they both hurled insults at Jesus, mocking His claim to be the Messiah - challenging Him to save Himself and them.

Here's the amazing thing....in the midst of all this something marvellous began to happen in the heart of one of the thieves. Against the backdrop of his own guilt, the innocence of Jesus began to shine brightly. "Have you no fear of God?" he blurted out, interrupting the mockery of the other thief. "We're getting what our deeds deserve. But this man has done nothing wrong." Surprisingly, even the possibility that Jesus was Messiah - the heavenly king, gripped this thief's heart. "Jesus," he asked respectfully, "remember me when you come into your kingdom." This was a plea for mercy, and Jesus responded immediately - with grace..."I tell you the truth, today you will be with me in paradise."



Could there ever be a better ending to anyone's life? Especially someone like this thief, whose life was marked by violence and crime. Instead of eternal torment and spiritual darkness, he would spend eternity with Jesus! He'd be among the multitudes gathered around the Throne of God, singing with all his heart...

"To him who sits on the throne and to the Lamb be praise and honour and glory and power, for ever and ever!" Rev 5:13

Many would question the sincerity of Jesus' last-minute promise of salvation to this 'repentant' thief. Wasn't Jesus' own life about to end in failure, shame and suffering? How could He make such an extravagant promise to such an evil and distasteful man? The answer to questions like these lies in the wonder of God's love for all mankind....

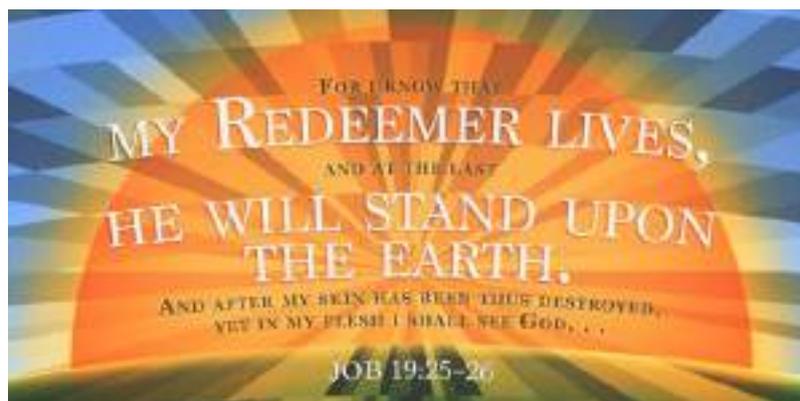
Long ago, even before He made the world, God chose us to be his very own through what His beloved Son Jesus would do for us. He decided to make us holy in his eyes, without a single fault – we'd stand before Him clothed in the goodness of Jesus! Calvary would be the meeting place where God's holy justice and mercy would be perfectly reconciled. There the broken body and shed blood of Jesus would satisfy God's wrath against sin. And His mercy – His loving kindness and forgiveness – would be made available to all who trust in Jesus as their Saviour.

In a few hours Jesus would be dead. As the Lamb of God, He'd take upon Himself the sins of the world. Then laying down His life, he'd become our substitute. He'd bear the penalty of our sin. He'd restore our broken relationship with God. He'd adopt us into His family. This was the context in which Jesus made that grace-filled promise to the repentant thief. Because of God's loving kindness, the wasted years of his life would not define his destiny. In paradise, the shame of his nakedness and sin would be covered by the goodness of Jesus. The end of his life in this world, would be infinitely better than it's beginning.... only because of Jesus!

The story of this man's life is a powerful reminder that the beginnings of our lives, marred as they are by sin, can be redeemed by repentance and faith in Jesus. Because of Jesus' victory over sin and death, our endings can be better than our beginnings. And it's never too late, and no sin is too severe to be forgiven.

For the thief on a cross alongside Jesus, it all began with a plea for mercy... "Jesus, remember me..." Have you considered respectfully calling out to Jesus in this way? If you do, the ending of your life in this world will be infinitely better than it's beginning. Instead of darkness and despair, you'll be welcomed into the bright glory of Jesus' presence. When He's involved, endings are always better than beginnings!

Grace and peace to you
Ps Dave Henderson



Jesus is exalted to the right hand of God

There is a story about a little boy telling his father a joke: "Why does God always shake hands with his left hand? Because Jesus is sitting on His right hand!" While you may or may not find this joke amusing, once you have heard it, you are more likely to remember where Jesus is seated now.

The fact that Jesus is seated at God's right hand is a very important truth. The Apostles' Creed says: "*He ascended into heaven and is seated at the right hand of the Father.*" In a few weeks' time we will mark Ascension Day. That is a very important event in the life of Jesus because it shows that He was going back to heaven which had always been His home before He came down to earth.

The well-known Christmas carol says, "*He came down to earth from heaven, who is God and Lord of all.*" Jesus tells us six times in John chapter 6 that He is "*the living bread that came down from heaven.*" And in John 3:13 Jesus says that the Son of Man "*came down from heaven*". The word "*came down*" is a compound Greek word "*katabainoo*". The "*kata*" prefix means *down*. And the opposite is "*anabainoo*" which means *to go up*.

So, in Ephesians 4:10 the apostle Paul says: "*He who descended is the One Who also ascended*". This verse contains both these Greek words in juxtaposition to emphasize both His descent and His ascent. They go together. You can't have one without the other. After Jesus descended to earth for a time he had to go back to heaven, His true home where He belongs.

But even more important is the fact that Jesus is now *seated at the right hand of God*. David prophesied this in Psalm 110:1 where God says to the Messiah: "*Sit at my right hand until I make your enemies a footstool for your feet.*" This truth is mentioned several times in the New Testament, always in connection with what Jesus achieved by His death.

The writer to the Hebrews loves this fact and repeats it four times in his book. In one case he says, "*when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God.*" He uses "sat down" in a specific Greek tense that indicates that an action has happened once for all. He is emphasizing that Jesus' work on earth has now been successfully completed.

One of the last things Jesus cried out on the cross was "*It is finished!*" In John 17:3, very close to the end of His life, Jesus says to His Father: "*I have glorified you on earth. I have finished the work that You gave me to do.*"

When we finish a difficult task, we might say something like: "Whew! Now I can finally sit down. My task is over." In the same way, Jesus could sit down at His Father's right hand in heaven, because His momentous task was now complete – "finished and klaar" as Afrikaans so expressively puts it.

In two of his most important speeches in Acts, Peter says (in Acts 2:33 and 5:31) that Jesus is "*exalted to the right hand of God*", he says this immediately after he has spoken about Jesus' resurrection. He is saying to his audience/followers that Jesus has not only been raised from the dead, but that He has also been lifted up (the literal meaning of the Greek word for exalt) to God's right hand in heaven. The two are closely connected.

Philippians 2;8-9 says that "*Jesus became obedient unto death, even death on a cross. Therefore, God has highly exalted Him*" "Highly exalted" translates a wonderful Greek compound word – "*huper-hupsoosen*". The Greek word for lifting something up high is "*hupso-oo*". (hoop-so-oh), But God has not only lifted Jesus up high, but He has also lifted Him up very high, with great triumph. He has huper-exalted Jesus (*huper-hupsoosen*) because of His obedience unto death, even death on a cross.

So, let us thank and praise God that the Son of God, who is equal with God, left the glory of heaven and came down from heaven to earth "*to give His life as a ransom for many*". And let us always remember that He rose again from the dead and returned to heaven where He now sits at God's right hand, exalted in glory and honour.

(Submitted by: Michelle Naude)

Once, a young boy found a beautiful, shiny apple in the garden. He wanted it badly, so he snatched it and ran. But as he was eating it, he stumbled and fell, getting hurt and dirty.



An old gardener saw this and said, "My boy, when you take things that aren't yours, you might get hurt. But when you work for what you want, you'll appreciate it more."

The boy learned that honesty and hard work are the best policy. He helped the gardener and earned an even better apple as a reward.

Moral: Honesty and hard work pay off!

(Submitted by: Yacoub)





Happy Birthday to our Residents – March

Date	Name	Room/Flat	Age
5 th	Michael Gregory	R7B	84
6 th	Deanna Fourie	F123	82
11 th	Senbagavallie Nair	R11	86
14 th	Cecilia Van Graan	R18B	75
15 th	Pauline Rix	F101	92
17 th	Naomi Jacobs	F109	94
18 th	Pat Jones	MW103	84
19 th	Wendy Ollis	R25B	81
23 rd	Lola Cuddon	F007	88
23 rd	Avis Farr	R5	85
24 th	Jeanette Ravenscroft	R60	89
25 th	Catherine Leotta	R65	80
29 th	Beryl Ely	N211	85
29 th	Mercia Wilson	R27B	88



If you believe, you will receive whatever you ask for in prayer.

Matthew 21 verse 22

Happy Birthday to our Residents – April

3 rd	Alan Downey	N006	53
4 th	Neil Davies	N103C	52
5 th	Mary Looch	R45C	83
5 th	Jeanette Thomas	F014	78
12 th	Berdine Stafford	R29	89
15 th	Verena Salzwedel	N203	73
18 th	Pam Harmer	F004	87
20 th	Susanna Meyer	F006	91
23 rd	Chummy Holtzhausen	F005	92
23 rd	Pat Van der Merwe	F106	79
26 th	Panayotis Anetos	R53	75
28 th	Edith Bushell	R71	88
29 th	Stella Willard	F012	90



April

Birthstone - Diamond

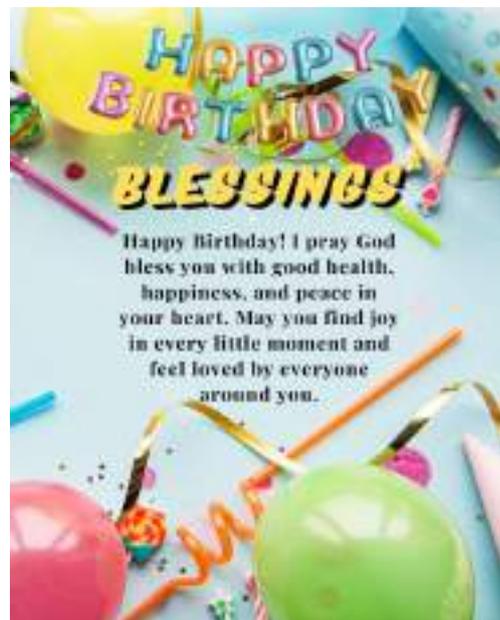
Flower - Sweet Pea or Daisy

Active and dynamic. Decisive and haste but tends to regret. Attractive and affectionate to oneself. Strong mentality. Loves attention. Diplomatic. Consoling, friendly and solves people's problems. Brave and fearless. Adventurous. Loving and caring. Suave and generous. Emotional. Aggressive. Hasty. Good memory. Moving. Motivates oneself and others. Sickness usually of the head and chest. Sexy in a way that only their lover can see.

© The Broom Pda, Page 11

Happy Birthday to our Staff - March

Date	Name	Department
1 st	Nabiela Basier	PCS
2 nd	Misca Lewin	Health Care
2 nd	Liam Smith	Coffee Shop
6 th	Ezone Sass	CCF
10 th	Cassidy Francis	PCS
10 th	Lee-Ann Louw	Health Care
13 th	Christyne Clayton	PCS
14 th	Craig Freeman	Coffee Shop
15 th	Litaynian Plaatjies	CCF
20 th	Denita Blankenberg	Health Care
20 th	Debbie Botha	Health Care
21 st	Anthea Lewis	PCS
26 th	Randall Dietrich	CCF
27 th	Shilorne Roberts	Health Care
28 th	Michelle Jood	CCF
28 th	Bernadette Snyders	PCS
29 th	Judith Merkløe	Health Care
30 th	Janine Ficks	Coffee Shop



Happy Birthday to our Staff - April

Date	Name	Department
1 st	Beulah Beukes	PCS
2 nd	Mandy Williams	CCF
2 nd	Devan Jacobs	BMG
4 th	Tamelyn Juries	Health Care
6 th	Kashiefa Overmeyer	PCS
10 th	Tylor Heuvel	PCS
13 th	Kim Ismail	Health Care
13 th	Cindy Schoeman	Management
14 th	Nikita Barry	Admin
15 th	Jacky Adams	Health Care
16 th	Shana Bobbert	PCS
18 th	Elize Hobanie	CCF
18 th	Megan Mahuma	CCF
19 th	Yolanda Morris	Health Care
20 th	Cheryl Valentine	Health Care
25 th	Crystal Ross	PCS
26 th	Shauniqa Adams	Admin
29 th	Mandisa Gqada	PCS
29 th	Irene Jantjies	CCF
30 th	Candice Oliver	Health Care



Gelukkige Verjaarsdag aan ons lede en kliente Maart en April

6 th	<i>Susan Le Roux</i>
8 th	<i>Katrina Van Riet</i>
11 th	<i>Maria Lewis</i>
12 th	<i>Hendrika February</i>
14 th	<i>Vivian Purcell</i>
16 th	<i>Nathalie Kruger</i>
24 th	<i>Rodney Haycock</i>
27 th	<i>Myrtle Hazel</i>
29 th	<i>Frieda Van Dieman</i>



10 th	<i>Elizabeth Abrahams</i>
11 th	<i>Lorraine Wessels</i>
19 th	<i>Veronica Kocks</i>
19 th	<i>Shireen Mouton</i>
22 nd	<i>Merle Kingson</i>
25 th	<i>Avril Couwes</i>
26 th	<i>Diana Paulsen</i>
26 th	<i>Ruth Thomas</i>



As we celebrate Easter, we rejoice in the glorious resurrection of our Lord and Savior, Jesus Christ. This holy season reminds us of God's boundless love, the promise of redemption, and the victory of life over death.

Through the empty tomb, we are given renewed hope and the assurance that no darkness is greater than His light. Easter calls us to live with faith, to walk in grace, and to share the compassion and mercy that Christ has shown to us.

May the joy of the Resurrection fill your heart, strengthen your spirit, and guide your path in the days ahead. May you and your loved ones be blessed with peace, hope, and the unshakable truth of His everlasting love.

He is risen!

Blessings to you this Easter season.

Submitted by Rhodene



Local Government Elections – Special Voter Registration



With the Local Government Elections in South Africa taking place later in 2026, an opportunity developed for Seniors to be registered as Special Voters, which allows them to cast their votes at their place of residence (at home) or at their registered polling station.

For our residents to be able to enjoy the convenience of voting here, at PlumRus, the IEC will be visiting our facility on Thursday 12th March 2026 from 10:00 onwards to confirm residents voting status. This opportunity is especially relevant for all our new residents. Residents will only need to have

their IDs and cellphones in their possession on the day.

This is an arrangement between the IEC and PlumRus and not connected to any political party. For more information contact Belinda on Ext. 1032.

Do you qualify...?

Curious to know whether you qualify for an Old Person SASSA Grant? Why not take the opportunity to consult with the team from SASSA, right here at PlumRus. The team will be available to first-time applicants on Friday 13th March between 10:30 and 13:30, in the foyer of the Coffee Shop. To ensure that you are seen on the day make an appointment by calling Nikita on Ext.1025 and ensure that you have all the necessary documents as listed below on hand at the consultation.



Documents required:

- ❖ ID (Copies)
- ❖ Marriage certificate (if married)
- ❖ Divorce papers (if applicable)
- ❖ 3-month bank statements (from both parties if married)
- ❖ Proof of all other income sources (e.g. Private pensions from Old Mutual/Sanlam)
- ❖ Proof of all assets (if applicable)





Our monthly Residents Bring & Braai, held every last Friday of the month, has become a much sort after "family" affair. We have always had the option of Residents purchasing their meat items from our kitchen which we then also prepare for them; or their family are welcome to bring their own meat and use our coals to braai the meat themselves.



We have not increased our bring and braai menu items prices for the past 3 years. Due to inflation increases we unfortunately have no choice but to increase the prices of our meat offerings as from 01 March 2026 (braai on 27th March) as follows:

Friends buy you food.

Best Friends eat your food.

Braai Broodjies – R15

Sausage – R20

Chicken – R20

Pork Chop – R25

Lamb chop – R40

Pack 1 - Lamb Chop + Chicken + Sausage + Braaibroodjie = R95.00

Pack 2 - Pork Chop + Chicken + Sausage + Braaibroodjie = R80.00

Pack 3 - Chicken + Sausage + Braaibroodjie = R55.00

Pack 4 - Sausage + Braaibroodjie = R35.00

Quiet Times



Please do not disturb your neighbor's quiet afternoon time from 13:30 to 15:00 Mondays to Fridays, by talking loudly in the passages, outside the building and/or public areas in PlumRus East, West, North and Mountain View. Please try to keep your voice down when in your room or flat during quiet times. **Quiet times in the evening are from 21:00 to 06:30 in PlumRus West – Health Care and High Care, and from 22:00 to 06:30 in all other areas/buildings of our**

facility. Please respect your neighbor and keep to our quiet times.

Note that there are no quiet times on Saturdays, Sundays or Public Holidays from 13:30 to 15:00.

Meet the Team - Caricature Versions

Chris Schutte
General Manager



Cindy Schoeman
Financial Manager
2IC to GM



Mervyn Vermeulen
Risk Manager



Sylvia Rezandt
Health Care
Operational Manager



Rossilyn Brown
Cleaning & Laundry
Manager



Charlene Heiberg
Kitchen Manager



Belinda van Niekerk
Communications &
Marketing Manager



Rhodene Koense
PCS Manager



The Sweet Story of Easter Eggs and Hot Cross Buns

When autumn begins to whisper through the trees (or springtime blossoms appear in other parts of the world), shops fill with chocolate eggs and the warm scent of spiced buns. But have you ever wondered how these delicious traditions became part of Easter?

Long before chocolate factories existed, eggs were a powerful symbol of new life. In many ancient cultures, the egg represented hope, rebirth, and fresh beginnings. For Christians, Easter celebrates the resurrection of Jesus — a story of new life and victory over death. The egg, with its quiet shell and life hidden inside, became a beautiful reminder of that miracle.



In earlier centuries, people would decorate real eggs with bright colours after the long fasting season of Lent. Eggs were often given up during Lent, so Easter Sunday meant celebration — and finally enjoying them again! Over time, decorated eggs became gifts, then treats, and eventually the chocolate eggs we enjoy today.



And what about hot cross buns?

These soft, spiced buns marked with a cross have their own rich history. The cross on top is said to represent the crucifixion of Jesus, and the spices inside remind us of the spices used in biblical times. In England, hot cross buns were traditionally baked and shared on Good Friday. There was even an old rhyme:

*"Hot cross buns!
Hot cross buns!
One a penny, two a penny,
Hot cross buns!"*

In some homes, people believed a bun baked on Good Friday would never grow mouldy — a symbol of blessing and protection for the year ahead.

Today, whether we enjoy a chocolate egg with grandchildren or share a toasted hot cross bun with butter melting into its warm centre, we are part of a tradition that stretches back hundreds — even thousands — of years.

Easter reminds us that after every winter, there is spring. After every sorrow, hope rises again. And sometimes, that hope tastes wonderfully sweet. 🌸💎🌟

And then in Cape Town we have our own tradition of eating Pickled Fish on Good Friday.

Good Friday commemorates the crucifixion of Jesus Christ. Traditionally, many Christians avoid eating red meat on this day as a sign of remembrance and humility.



Fish became the natural alternative because it was not considered “meat” in the traditional sense. The custom in Cape Town has strong ties to the Cape Malay community and early Dutch settlers.

- In earlier centuries, Good Friday was often followed by a long Easter weekend with limited trading.
- Pickling fish in vinegar helped preserve it for several days without refrigeration.
- Families would prepare it on Thursday, so it was ready to eat on Friday — and even Saturday.

Over time, it became a shared tradition across communities in the Western Cape.

LOSLAAT

Loslaat: Die Genade in die Aanvaarding van Verandering

Daar was 'n tyd toe ons geglo het ons het beheer oor alles—ons dae, ons kinders, ons loopbane, selfs die rigting van die lewe self. Ons het versigtig beplan, styf vasgehou aan drome, roetines, mense. En miskien was dit toe nodig. Die lewe het ons gevra om te bou, om te sorg, te lei, te beskerm.

Maar stadig maar seker skuif die lewe.

Een vir een begin die dinge wat ons so styf vasgehou het, weg te glip—nie altyd met pyn nie, maar soms met stille waardigheid.

Die kinders word groot en trek weg—nie uit minagting nie, maar omdat hulle hul eie lewens moet bou.

Geliefde huise word verkoop, nie omdat hulle nie gekoester is nie, maar omdat dit moeiliker geword het om daardie trappe te klim.

Ons rolle—as bestuurder, moeder, ingenieur, onderwyser—vervaag in die agtergrond, soos name wat in sagte sand geskryf is.



En dan is daar 'n oomblik—'n stil middag, miskien—wanneer ons rondkyk en besef: die lewe het verander.

Die mense wat ons elke dag gebel het, stuur nou boodskappe. Die gesigte rondom ons is nuut. Selfs ons eie weerkaatsing dra sagte lyne wat ons nooit opgemerk het nie.

Maar in plaas van hartseer, begin iets anders intrek.

'n Soort vrede.

Ons verstaan, stadig, dat loslaat nie oor verloor gaan nie. Dit gaan oor ruimte maak—vir stilte, vir vrede, vir besinning.

Loslaat beteken om ons harte toe te laat om herinneringe sonder kettings te dra.

Dit beteken om te aanvaar dat ons nie meer die middelpunt van die wêreld is nie—maar ons is steeds deel daarvan, diep en pragtig.

Loslaat is nie swakheid nie. Dit is genade—die genade van die rivier wat vorentoe vloei, nie die rotse weerstaan nie, maar rondom hulle dans.

Dit is in hierdie jare—wanneer die wêreld stiller word—dat ons die ware krag van aanvaarding leer.

Ons hou minder vas, maar ons voel meer.

Ons jaag minder na, maar ons waardeer meer.

Ons praat minder, maar wat ons sê dra diepte.

En so sit ons by die venster, drink ons tee en glimlag – nie omdat die lewe perfek was nie, maar omdat ons geleef het, ons liefgehad het en ons laat gaan het ... met grasia.



Skrywer onbekend

(Ingehandig deur: Marie Knuppel)



Lag 'n slag:

Oupa en ouma se antwoordmasjien

Anette Lesur van Durban stuur die volgende grappie. Sê sy: "Partykeer is dit alte waar!"

Goeie môre... Ons is tans nie tuis nie, maar laat asseblief 'n boodskap na die toon. As jy een van ons kinders is, druk die nommer kind wat jy is en druk dan een van die volgende nege opsies, sodat ons by ons terugkoms kan weet wat ons moet doen:

1. As ons die kleinkinders moet kom oppas, druk 2.
2. As julle ons kar wil leen, druk 3.
3. As julle wil hê ons moet julle klere was en stryk, druk 4.
4. As julle wil hê dat die kleinkinders by ons moet kom slaap, druk 5.
5. As julle wil hê dat ons die kinders by die skool moet gaan haal, druk 6.
6. As julle wil hê dat ons vir julle 'n maaltyd moet voorberei of dit by julle huis aflower, druk 7.
7. As julle hier wil kom eet, druk 8.
8. As julle geld nodig het, druk 9.
9. As julle ons vlr ete gaan nooi, of ons teater toe wil vat, begin praat, ons luister! ➔

MARCH / MAART 2026

MONTHLY PROGRAM / MAAND PROGRAM

<p align="center">Outing to Ardene Garden Monday's @ 09:00 4th of March Live entertainment by Trevor Parker in the hall @ 15:00 9th of March Garden club meeting in the hall @ 15:30 17th of March Easter craft session in Sugarbush lounge @ 15:00 26th of March Lotto draw in the hall @ 18:00 27th of March Bring & Braai in the hall @ 18:00</p>		
Monday	Tuesday	Wednesday
2	3	4
<p>08:30 Library / Biblioteek 08:30 Outing to Vredenheim Animal & Big Cat Park 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges</p>	<p>09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:30 Teatime: lounges 10:30 Plumstead Library</p> <p>in Pin Cushion lounge 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting</p> <p>in all lounges</p> <p>12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Live Entertainment in the hall by Trevor Parker</p>
9	10	11
<p>08:30 Library / Biblioteek 09:00 Outing - Ardene Garden 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:30 Garden club meeting in the hall</p>	<p>09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 12:30 Fruit & Veg Lorry</p> <p>15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges</p>
16	17	18
<p>08:30 Library / Biblioteek 09:00 Outing-Ardene Garden 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges</p>	<p>09:00 Shopping Blue Route 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 Easter Activity in Sugarbush lounge</p>	<p>08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 11:00 Plumstead Library in Pin Cushion lounge</p>
23	24	25
<p>08:30 Library / Biblioteek 09:00 Outing-Ardene Garden 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges</p>	<p>09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges</p>	<p>08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges</p>
30	31	
<p>08:30 Library / Biblioteek 09:00 Outing-Ardene Garden 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges</p>	<p>09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges</p>	

			Sunday
			1
			09:30 Church 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
Thursday	Friday	Saturday	Sunday
5	6	7	8
09:30 Morning Market in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 14:00 Shopping Blue Route 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
12	13	14	15
09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 10:00 IEC Voters registration 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 10:00 Sassa new application 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
19	20	21	22
09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Human Rights Day	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
26	27	28	29
09:00 Shopping Blue Route 09:00 BP Clinic in Clinic Room 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 18:00 Bring & Braai in the hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman

APRIL / APRIL 2026

MONTHLY PROGRAM / MAAND PROGRAM

		Wednesday
		1
		08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
Monday	Tuesday	Wednesday
6	7	8
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges <p style="text-align: center;">Family Day</p>	09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:30 Teatime: lounges 10:30 Plumstead Library in Pin Cushion lounge 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
13	14	15
08:30 Library / Biblioteek 09:00 Outing - Hout Bay 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:30 Garden club meeting in the hall	09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
20	21	22
08:30 Library / Biblioteek 09:00 Outing - Hout Bay 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Mother's Day Activity in Sugarbush lounge
27	28	29
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges <p style="text-align: center;">Freedom Day</p>	09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
2	3	4	5
09:30 Morning Market in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 14:00 Shopping Blue Route 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Good Friday Communion service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Resurrection service 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
Thursday	Friday	Saturday	Sunday
9	10	11	12
09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
23	24	25	26
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Live Entertainment Monique & James	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 18:00 Bring & Braai in the hall	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Woord & Lied Dr. Chris Saayman
30	Outing to Houtbay Monday 13th & 20th @ 09:00 Thursday 9th & 23rd Gym trim in the hall @ 09:30 13th of April Garden club meeting in the hall @ 15:30 22nd Mothers Day craft session in Sugarbush lounge @ 15:00 23rd of April Live entertainment in the hall @ 18:00 24th of April Bring & Braai in the hall @ 18:00 30th of April Lotto draw in the hall @ 18:00		
09:00 Shopping Blue Route 09:00 BP Clinic in Clinic Room 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw in the hall			



Mrs. Winsome & Mr. Brian Johnson

Health Care Zone 5 Rooms 73 & 76

Winsome was born in Grahamstown (now Makhanda). She attended Victoria Girls' High School before completing her studies at Grahamstown Teachers' Training College. She later moved to Cape Town, where she worked as a pre-primary schoolteacher. Warm and outgoing, Winsome is a very sociable person who enjoys

walking and sewing in her spare time.

Brian was born in Oudtshoorn and completed his schooling in East London. He went on to study at Rhodes University in Grahamstown. Brian served as the principal of the Frank Joubert Art Centre, now known as the Peter Clarke Art Centre. Quiet and thoughtful by nature, he has a deep appreciation for art and music.

The couple were married in Grahamstown and have two children, Claire and Richard.

Mrs. Valerie Briggs East Flat 107

Valerie was born and raised in the United Kingdom. She was married to her beloved husband, Stuart Briggs, for 64 wonderful years before his passing in November 2025. Their marriage was a testament to enduring love, commitment, and partnership.

Valerie is the proud mother of two daughters, Carol Curtin and Alison Pardoe, who have been a great joy in her life.

She has a love for watching sports and enjoys staying socially active. In her quieter moments, she delights in reading and participating in Bible study, drawing strength and inspiration from her faith.



**Community
is a hand to hold
through the journey of life.**



Mrs. Avis Farr

Health Care

Zone 1 Room 5

Avis was born in Johannesburg, South Africa. She began her schooling in East London, attending Sacred Heart Convent Primary School. Later, her family relocated to Germiston, where she completed her high school education at Germiston High School.

As a young adult, Avis worked at Barclays Bank in London, gaining valuable experience in the banking sector. After returning to South Africa, she continued her career in administrative work.

Avis is the proud mother of two children, John and Vanessa. In her free time, she enjoys reading, knitting, and crocheting. She also loves playing Bings and is an excellent Rummikub player.

Mrs. Cecilia Van Graan

Health Care

Zone 2 Room 18B

Cecilia was born in Steenberg and later lived in Silvertown. She attended Norma Town Primary School, where she began building the strong foundation that would guide her throughout her life.

Cecilia worked in the catering industry as well as in hotel advisory services, dedicating many years to serving others with care and professionalism.

She enjoys listening to the timeless music of Elvis and ABBA.

Cecilia is the proud mother of two sons, Aron, married to Anthea, Crispian, married to Jacqueline Buirski.



Mrs. Mavis Buchanan

Health Care

Zone 2 Room 27

Mavis was born and raised in Cape Town and Observatory. She has recently joined PlumRus from her home in Bothasig.

Before joining PlumRus, Mavis worked as a clerk at Old Mutual.

Mavis is a proud mother to her son, Kevin, and her daughter, Gaynor. She is friendly and talkative, loves being around people, and has a wonderful sense of humour that brightens any room.

She has a special fondness for the colour blue and enjoys listening to the beautiful music of Barbra Streisand.

**Community living is about
having the same rights
and choices as everyone else.**

Die Liggaam wat Ouer Word (ingedien deur: Jan Lourens)

Daar het 'n dokter een oggend gaan sit nie om 'n diagnose uit te skryf nie, maar om te verduidelik wat min mense wil hoor:

"Jy is nie siek nie," het hy gesê.

"Jy word oud.

En oud word is nie 'n fout in die liggaam nie dit is 'n natuurlike proses."

Hy het verduidelik dat baie dinge wat ons vandag as siektes beskou, eintlik tekens van normale veroudering is.

Hy het begin by die brein.

"Wanneer geheue nie meer alles vashou nie," het hy gesê,

"beteken dit nie outomaties Alzheimer se siekte nie.

By baie ouer mense is dit 'n selfbeskermingsmeganisme.

Die brein verouder en word meer selektief."

As jy jou sleutels neersit en later self weer kan kry, is dit nie demensie nie.

Dit is veroudering — nie siekte nie.

Toe het hy na die liggaam gekyk.

"Wanneer 'n mens stadiger loop of onvas voel op jou voete," het hy verduidelik,

"is dit meestal spierdegenerasie, nie verlamming nie."

En die oplossing lê nie in pille nie, maar in beweging.

Spierkrag word behou deur gebruik, nie deur medikasie die.

Oor slapeloosheid het hy sag gepraat.

"Wanneer slaap ligter raak," het hy gesê, "is dit dikwels omdat die brein sy slaap- en waakritme herorganiseer. Dit is 'n verandering in slaapstruktuur, nie 'n siekte nie."

Hy het gewaarsku teen onverskillige gebruik van slaappille.

Langtermyn afhanklikheid verhoog die risiko van:

- valle
- kognitiewe agteruitgang
- verwarring

Die beste hulpmiddels vir slaap by bejaardes bly:

- genoeg sonlig gedurende die dag
- 'n gereelde roetine

Toe het hy oor pyn gepraat.

"Liggaamspyne is nie altyd rumatiesk nie," het hy gesê.

"Dit is dikwels 'n normale reaksie op verouderende senuwees."

Baie mense ervaar pyn oral in die lyf en wonder oor rumatiesk of beenvergroeïing.

Ja, bene word dunner en losser met ouderdom, maar die meeste liggaamspyne kom van stadiger senuweegeleiding, wat pyn sterker laat voel.

Hierdie verskynsel staan bekend as sentrale sensitisering 'n algemene fisiologiese verandering by ouer mense.

En weer was sy raad eenvoudig:

Beweging is die genesing, nie pille nie.



Oor cholesterol het hy mense laat regop sit.

“Bejaardes het dikwels effens hoër cholesterol,” het hy gesê, omdat hulle langer geleef het. Cholesterol is noodsaaklik vir die vorming van hormone en selmembrane.” Te lae cholesterolvlakke kan die immuunstelsel verswak. Hy het ook verduidelik dat bloeddrukteikens vir bejaardes anders is:

’n waarde onder 150/90 mmHg is aanvaarbaar — dit hoef nie dieselfde as jongmense se 140/90 te wees nie.

“Moenie veroudering behandel asof dit ’n siekte is nie,” het hy gesê.

Toe het hy stil geraak en sag afgesluit:

“Ouerword is nie ’n siekte nie.

Dit is ’n noodsaaklike lewenspad.”

Hy het toe na die kinders gekyk wat saam met hul ouers leef, en hy het gesê:

“Nie elke ongemak is ’n siekte nie. Moenie bejaardes bang maak met ondersoekverslae of advertensies nie.”

Die grootste geskenk, het hy gesê, is nie nóg ’n hospitaalbesoek nie, maar:

- stap saam
- sonlig op die gesig
- saam eet
- saam praat
- saam wees

Want veroudering is nie die vyand nie. Stilstand en eensaamheid is.

’n Ander dokter, van ver af, het bygevoeg:

“Die grootste probleem van ouderdom is nie die liggaam nie, maar eensaamheid.”

Wanneer een lewensmaat eerste vertrek, bly die ander dikwels agter en daarom is vriende, gesprek en verbondenheid lewensbelangrik.

Hy het gewaarsku:

“Moenie beheer oor jou lewe verloor nie.

Bly self besluit:

wanneer jy uitgaan,

wat jy eet,

hoe jy leef.

Selfstandigheid is waardigheid.”

En toe het ’n ou stem gefluister:

“Voor jy reageer — haal asem.

Voor jy praat — luister.

Voor jy oordeel — kyk na jouself.

Voor jy sterf — leef.”

So eindig die storie nie met vrees nie, maar met wysheid:

Die liggaam verander.

Die ritme verander.

Maar lewe bly lewe.

En oud word is nie ’n teken van swakheid nie dit is die bewys dat jy lank genoeg geleef het om hier te wees.



Me: how long will you stay?

Grief: for as long as you love them.

Me: will I always be sad?

Grief: a part of you, yes.

Me: what about the other parts?

Grief: they will find a new way.

Me: a new way for what?

Grief: a new way to breathe.

To laugh.

To walk.

To wake up.

To create.

To experience nature.

To see the world.

To be courageous.

To hear music.

To carry hope.

To speak their name.

A new way to love -
from a nearby distance.

ullie-kaye



Mrs. Stella Meagon Brownrigg

Sunrise: 11/08/1948

Sunset: 20/02/2026

Mrs. Brownrigg was a quiet lady always with a smile on her face.

You were such a blessing, so thoughtful and so true we feel externally grateful to have met and cared for someone like you.

You will be missed by all of us. Rest in peace.

Zone 2 Carers

Mrs. Connie Annette Bryce

Sunrise: 04/07/1939

Sunset: 24/02/2026

Mrs. Bryce was a cheerful lady. She kept the carers on their toes.

She always talked about her family, whom she loved dearly. She was active and loved having conversations with the other Residents and Staff.

Always talked about how she managed her own bed and breakfast.

You will be sadly missed by all the carers in zone 5.



Science Trepidation: The fear of a lecture in Latin, whereas Marine Biologist Professor George Branch and his wildlife photographer/artist wife, Margo, presented an awesome talk about bees, butterflies and beautiful sea life.

Start in Plumrus garden where giant, yellow-spotted Citrus Swallowtail Butterflies flap around, but don't touch their caterpillars as defense orange "horns" squirting foul smelling oil spring up. The orange-red African Monarch butterfly here is also a bright colour warning predators of venom if eaten. The plot thickens in Nature as there are 27 harmless butterflies who Mimic this colour pattern thus advertising falsely of toxicity from Glycoside shock.



The annual West Coast and Namaqualand Floral Extravaganza is a carnival where 1000s of flower species each have a life plot in displaying petal spots, stripes or colours to lure the insects for pollination to secure their continuation in seeds. Some flowers even mimic insect pheromones (acts like Chanel No. 5) to summon the spotted beetle whose spots fool the flies, who pollinate the flower, who bring the spiders, who may snag a female while she is busy eating remnants. Scientists can unravel this melee!



Our Seashore boasts the most Limpet species in the world sucking onto rocks with many designs for specific positions waiting for tides- Pear Limpets flat, some pointy, others slanted or Spine Limpets bumpy ridges (the concept golf balls dimples copy) to break up the whorl of the waves. Each limpet tends the seaweed growth round their own shell, mowing it, excreting fertilizer, never overeating it, defending it by rising up and smashing an intruder under its shell or grabbing a Kelp piece floating by.

Each floating blue bottle/Portuguese-Man-Of-War etc. is a multiple colony with stinging cells hanging down and waving to catch and stun prey - be it a man like Prof. Branch whose heart stopped while wrapped around by these strands - or smaller edible food. In a quirk of fate our storyteller has a new species of blue bottle named after him.

In a wacky sea world, an electrifying Moray eel will wait while a Cleaner Shrimp nibbles away dead cells or does oral work, here again bright red shrimp colour warns "don't eat me, I'm a Cleaner", also Cleaner Fish on sharks but, evolutionarily maybe, mimic Cleaners who nibble the fish flesh. There are many instances of marine Co-operation without which the reefs would die. Even the dirty brown foam we sometimes see surging onto beaches is food for some consisting mainly of chemicals from old Kelp.

Margo Branch has been involved at the 2 Oceans Aquarium from the planning of the exhibits there, teaching volunteers, educating with live sea creatures - magic to see a starfish arm under a microscope - besides painting flowerlike seaweeds. Their co-written books are The Living Shores of Southern Africa and Two Oceans.

Thanks, from all for this glimpse of another Wonderful World, we were most privileged to attend this talk.

(Review by June Stein; photos by Marie Knuppel)





Shannon Hampe (one of our PCS carers) our heartfelt congratulations on the arrival of your baby boy, Eliano, on Monday 2nd March 2026!



We are so incredibly happy for you. This is such a beautiful and life-changing moment, and you truly deserve all the joy that comes with it. Welcome to the world, little Eliano — may your life be filled with love, health, and happiness.

Wishing you and your family precious moments, peaceful nights, and a lifetime of unforgettable memories together. Enjoy every second of this special new chapter

(Submitted by Rhodene Koense)



Louisa Quinton (HC carer) together with her husband, Jovan, welcomed their first baby Marisa Lea Quinton into the world, and their lives on 19th November 2025.

We pray that her life will be filled with laughter, kindness, and quiet strength.

May she grow in grace, bloom with joy, and always know how deeply she is cherished.

A little blessing, a little miracle, a lifetime of love. ❤️



Jamie, son of Mandy Williams, our head chef on the Kwagga shift, is once again off to represent WP Schools at table tennis in Mpumalanga. This is the 2nd time Jamie has travelled with the WP team to Nationals. He not only plays table tennis at school but also plays for Stephanian Club.

Play with confidence, focus on every point, and remember how proud we are of you. May your hard work shine, your serves be strong, and your spirit even stronger.

Enjoy every moment — you've already made us proud!



I'm the youngest of 3 children, I have an older sister and brother.

Growing up I loved playing cricket and soccer in the road with my brother and cousins. I played soccer in primary school right up until I was in high school, when I left soccer in order to focus more on my religion, as I started reciting the Quran in Muslim school.

As an adult I love spending time with my family. I have a son who is turning 17 this year and attends Grassy Park high school. I love cooking and making my home a safe haven for my family and my son's friends, I enjoy telling jokes and teasing them.

I have been working at Plumrus since 2017 as a carer. I love and enjoy working with elderly people, it isn't always the easiest job to do but for some reason most carers make it through the day with a smile on their face. It is the best thing that a carer can do and that is to see a resident smile; your smile makes waking up at 04:00 in the morning worthwhile. I now work at the reception desk as a Risk Officer, but I still make time to visit the residents.

I married my best friend on 10th November 2024, and sadly 2 weeks later my mom passed away. I still miss my mother, but I find comfort knowing that her race on earth was done and that she is now in a better place.

I will keep trying to improve my life, not only for myself but as an example to my son.

(Submitted: Lamees Salie)



Marie is dubbel bederf in die maand van liefde toe eers haar jongste kleinseun, Walt, sy meisie, Julia, aan sy ouma kom voorstel het. Hulle het baie lekker by die Alphen Hotel in Constantia saam gekuier. Ouma is ook met blomme en presente bederf.



Twee weke late was dit Ruan en sy vrou, Lizelle, se beurt om by ouma in te loer. Hulle het 'n heerlike dag saam geniet en onder andere by Willoughby Restaurant op die Waterfront gaan eet.

Hoop julle reis terug Dubai toe is 'n veilige een!



I know we all enjoy a "One upon a time" story...so here goes.

Once upon a time, in fact way back in 1954, two young ladies, Valerie Morris and Patricia Sharrman became colleagues at Nedbank – Letters of Credit Trading Bank in London – UK. They share memories of amazing lunchtimes spending their lunch vouchers of 50 shillings enjoying what became one of their favourites – *Pear bell Helene*. On the social front and after work, they enjoyed amongst other things, the company of a group of bankers from South Africa. Included in this group was a man by the name of Christo Liebenberg, who would go on to become the first Minister of Finance in the Government of National Unity under Nelson Mandela. These SA friends planted the seeds of curiosity about our beautiful country with Valerie and Patricia.



Young at heart, and adventurous in spirit, they asked for a transfer to Nedbank in Cape Town. They travelled on board the Union Castle (cost 80 pounds-which they paid over a few months), docking in sunny Cape Town on the 7th November 1957. Valerie and Patricia thought they had arrived at heaven's door, it was everything they had imagined; sun, mountain – minus a tablecloth, beaches and friendly people. Two days later Valerie celebrated her 21st birthday and was ready for her life adventure to take off.

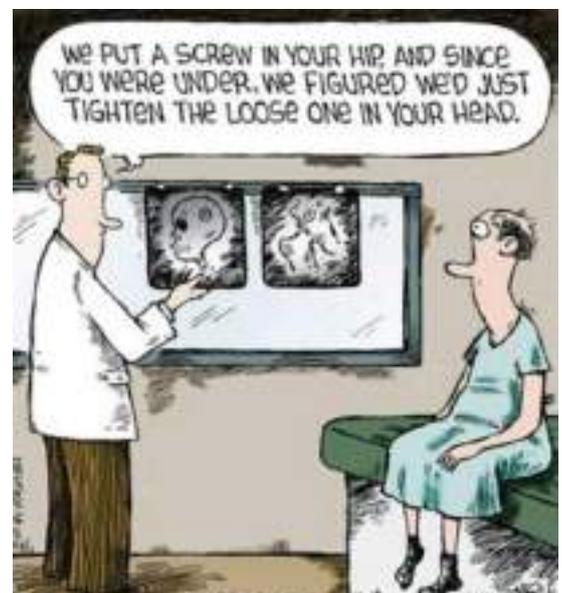
On Monday the 11th November these two ladies reported for duty at Nedbank Adderly Street. There to greet them was the manager, Peter de Villiers. Peter was the godchild of the first state president of SA, Blackie Swart. Long story short, he became the husband of Patricia two years later, and she thought she had struck gold. They were married at St. Barnabas in Kloof Street and set up home with 5 children in Tamboerskloof. You guessed it, Valerie was Patricia's bridesmaid.

Valerie in turn, took up ballroom dancing at a studio in Cape Town. She met Keith and was his plus 1 to a farewell party being held for Keith's friend, Stewart. Again, long story short, she went on a bioscope date with Stewart, who in turn on his travels to the UK, went to introduce himself to her parents. Valerie and Stewart married in May 1961 at St. James Church Sea Point, and yes you guessed it, Patricia was her bridesmaid. Valerie and Stewart have 2 daughters, the eldest, Alison born on the 11th February 1966 is the 1st IV baby born at Groote Schuur Hospital.



While these two friends always joked about growing old together; their joke backfired, and they are now besties at PlumRus! Their lives remained entwined at so many levels, and they are now looking forward to this new season here at PlumRus. Their secret to a great friendship is very simple, mutual respect and embracing each other's differences. We in turn are very excited to be part of their friendship story.

Teacher: who killed Goliath?
 Student 1: "It wasn't me!"
 Student 2: "I wasn't even at school that day."
 Student 3: "I don't know."
 The Teacher, frustrated, called the principal to the class. Principle: Who killed Goliath? Class: It wasn't us!
 Principal: "If no one tells me who killed Goliath, I'm calling all your parents!" Class: "We really don't know!"
 The principal turned to the teacher and asked: Are you sure Goliath was killed by someone from this class?"
 The teacher fainted.



Wife texts her husband at work: "Don't forget bread. Oh, and your girlfriend Elizabeth says hi."
 Husband: "Who's Elizabeth?"
 Wife: "Nobody, just making sure you read my text."
 Husband: "Phew! I'm with Elizabeth right now. I thought you caught us!"
 Wife: "What?! Where are you?"
 Husband: "Near the bakery."
 Wife: "Stay there, I'm coming!"
 Five minutes later:
 Wife: "I'm here, where are you?"
 "At work. Since you're there, grab the bread."



COMPLAINTS

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

ACCUSATION

AFFLICTION

AILMENT

BLEAT

CAVIL

CHARGE

CONDITION

CRITICISM

DISEASE

DISORDER

FAULT-FINDING

GROUSE

GRUMBLE

ILLNESS

INFECTION

OBJECTION

OPPOSE

PROBLEM

PROTESTATION

QUIBBLE

SICKNESS

TROUBLE

UPSET

WHINE

Mag die vreugde van Paasfees weer sag oor
elke hart kom lê.
Christus het opgestaan – en daarom leef ons
met hoop.

Mag die Here elkeen van ons vul met vrede,
krag vir elke dag,
en die wete dat ons nooit alleen stap nie.

Geseënde Paasfees 🌿

