

# PlumRus NEWS NUUS

May Issue • Mei Uitgawe

Love You  
mom  
Happy Mother's Day



Making a life-giving difference  
Maak 'n lewegewende verskil

## Spiritual Care Program May

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
	1 <sup>st</sup> No Service	3 <sup>rd</sup> Morning Service	
6de Oggenddiens	8 <sup>th</sup> One Hour for Jesus	10 <sup>th</sup> Morning Service	10de Aanddiens
13de Geen Diens	15 <sup>th</sup> One Hour for Jesus	17 <sup>th</sup> Morning Service	
20ste Geen Diens	22 <sup>nd</sup> One Hour for Jesus	24 <sup>th</sup> Morning Service	24ste Aanddiens
27ste Oggenddiens	29 <sup>th</sup> One Hour for Jesus	31 <sup>st</sup> Morning Service	



**Sluit by ons aan vir ons Hemelvaartsdiens saam met Ds. Allie v/d Westhuyzen op  
Donderdag 14 Mei om 18:30**

### Hemelvaartsdag – ’n Dag van Hoop en Belofte

Op **Hemelvaartsdag** herdenk Christene wêreldwyd die dag waarop Jesus Christus, veertig dae ná Sy opstanding, na die hemel opgevaar het. Hierdie gebeurtenis, soos beskryf in die Bybel (Handelinge 1:9–11), is nie net ’n historiese herdenking nie, maar ’n diep geestelike oomblik wat gelowiges herinner aan God se belofte van ewige hoop, teenwoordigheid en troos.

Hemelvaartsdag val altyd op ’n Donderdag, veertig dae ná **Paasfees**, en vorm ’n belangrike deel van die Christelike kalender. Dit is ’n dag wat ons nooi om stil te word en te besin oor die betekenis van Jesus se lewe, Sy opstanding, en uiteindelik Sy hemelvaart. Dit simboliseer dat Jesus nie net aarde toe gekom het nie, maar ook teruggekeer het na Sy Vader — met die belofte dat Hy weer sal kom.

Vir baie mense bring Hemelvaartsdag ’n boodskap van vrede en versekering. Dit herinner ons daaraan dat, selfs wanneer ons nie alles verstaan nie, ons kan vertrou op God se groter plan. Dit is ook ’n herinnering dat ons nie alleen is nie, want Jesus het die Heilige Gees belowe as Trooster en Leidsman.

In ’n aftreegemeenskap soos ons s’n, waar wysheid, lewenservaring en geloof diep gewortel is, is Hemelvaartsdag ’n kosbare geleentheid om dankbaar terug te kyk op ’n lewe vol seën, en met hoop vorentoe te kyk na God se beloftes.

Mag hierdie Hemelvaartsdag elkeen van ons herinner aan die vrede wat bo alle verstand is, en die vaste hoop wat ons in Christus het.

## Pentecost and the Great Commission

At **Pentecost**, we remember the powerful moment when the Holy Spirit descended upon the disciples, as described in Acts 2. This event marked the birth of the early Church and empowered ordinary believers to share the message of Jesus with boldness, clarity, and faith.

Before His ascension, Jesus gave His followers a clear instruction known as the **Great Commission**: "Go and make disciples of all nations" (Matthew 28:19). Pentecost was the fulfillment of the promise that they would not carry out this mission alone. Through the Holy Spirit, they were equipped to reach people of different languages, cultures, and backgrounds.

Pentecost reminds us that the Church's mission is active and ongoing. The same Spirit that empowered the first disciples continues to guide believers today to live out their faith and share God's love in word and action. It is a call to step out with courage, compassion, and obedience, taking the message of hope to the world around us.



**Sluit by ons aan vir ons Pinksterbyeenkomste met Ds. v/d Westhuyzen vanaf  
Maandag 18de tot Donderdag 21ste Mei om 18:30 in die saal**

**“Die groei van die Kerk volgens die plan van God”**

**You came from heaven to earth  
To show the way  
From the earth to the cross  
My debt to pay  
From cross to the grave  
From the grave to the sky  
Lord, I lift your name on high**



## COME AND SEE...

There's no getting around it – John the Baptist was unique! This wild looking man wore clothes made of camel hair and ate locusts and raw honey. Chosen and enabled by God, John fearlessly announced the coming of Israel's long-awaited Messiah. Although he had no prominence or power in society, John spoke with almost irresistible authority – urging people to turn away from their sins in readiness for Messiah's coming. Those who did, he baptised in water as a symbol of their turning away from sin and turning to God.

Deeply moved by his words, hundreds would gather around John as he preached on the banks of the Jordan River. On one occasion, he noticed Jesus coming towards him and yelled out..." Look! The Lamb of God who takes away the sin of the world!" Heads turned. In hushed silence the crowd watched as John spoke with Jesus, then baptised Him. The moment Jesus came up out of the water, the skies opened and God's Spirit – like a dove – descended and rested on Him. A voice came from heaven: "*This is my Son, chosen and marked by my love, the delight of my life.*" That's the moment



John realised Jesus actually was the Messiah – the one he'd been preaching about! The following day, John again noticed Jesus walking nearby. "Look!" he cried, "There's the Lamb of God!" Intrigued by John's claim, two of his helpers Andrew and a friend hurried after Jesus – they wanted to find out more about Him. Aware He was being followed, Jesus looked over His shoulder and asked, "*What do you want?*" They asked where He was staying. "*Come along and see for yourself,*" Jesus replied. They followed Him home and ended up spending the day with Him. (John 1:25-39) Can you image what that was like? Hours of personal time with Jesus – observing, listening, talking...to the one in whom all the fullness of God dwelt in bodily form!

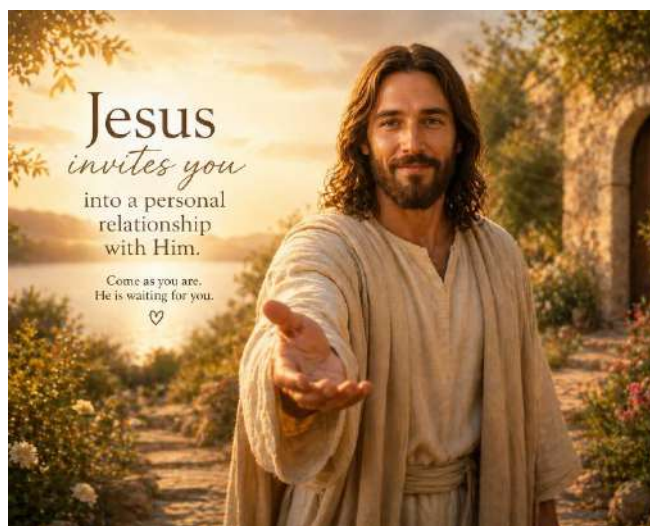
What do you think they spoke about? Over the past weeks and months, Andrew and his friend heard John deny rumours that he was the Messiah, or Elijah, or the Prophet. Instead, John declared: "*I am the voice of one calling in the desert...Make straight the way for the Lord.*" (Isaiah 40:3) John's calling and ministry were deeply rooted in Isaiah's prophecies - filled with revelation of the coming Messiah, who he called the Suffering Servant. This servant would be led like a lamb to the slaughter. There He'd be ripped and torn and crushed for our sins, taking the punishment we deserved. Perhaps Andrew remembered John's earlier preaching about this 'Lamb' who would voluntarily lay down His life as a sacrifice for mankind's sin, restoring their broken relationship with God. Could Jesus, Andrew and his friend have spoken about things like these in the hours they spent together that unforgettable day? We'll never really know, but whatever it was, their lives were changed forever! Eventually their time with Jesus ended, and Andrew rushed off to find his brother Peter." We have found the Messiah" he blurted out. Andrew had come to believe Jesus was the Suffering Servant Isaiah prophesied about – the Lamb of God who would take away the sins of the world!

The time spent with Jesus was a turning point in Andrew's life. Not the result of a cold impersonal discussion about theological facts, but a warm personal interaction with the eternal Word of God who had taken on flesh and blood and moved into their neighbourhood. Andrew's life was transformed by the grace-filled and life-giving words of Jesus. And it all started with the question Jesus asked ..." What do you want?" In many ways this is an essential question all of us have to answer at some time or another - especially if we want to know and understand Jesus more fully and have a closer relationship with Him.

Responding to a question like this 'from' Jesus challenges our inner desires and motives. Are we just curious about Jesus, wondering how He could benefit our lives? Or do we genuinely want to know Him better and have a personal relationship with Him? These inner attitudes are important because Jesus knows us inside and out. He knows how insincere and self-centred we can be - interested only in what He can do for us and not in a personal loving relationship with Him. Jesus doesn't entrust Himself to people like this. (John2:24)

Like Andrew and his friend, there were many others who sincerely wanted to know and understand Jesus better. Among them was an elderly Jewish religious leader named Nicodemus. Unlike his fellow leaders Nicodemus didn't despise Jesus. He was intrigued by this travelling teacher and the stories that swirled around Him. Among them, how Jesus had turned water into wine at that wedding in Cana. His curiosity got the better of him, and late one night he visited Jesus who warmly received him. The remarkable discussion they had (John 3:1-21) not only changed Nicodemus' life but has also changed the lives of countless millions through the ages. People like you and me who've come to understand and experience why Jesus came and what it means to be 'born again' by the life-giving power of the Spirit of God.

The warm and generous invitation Andrew received from Jesus to "Come and see", can be paraphrased as: "come and spend some time with me getting to know who I am and what I've come to do." This attitude also echoed in Jesus' reception and interaction with Nicodemus. These two stories among many others confirm Jesus' invitation to "*Come and see*," as an open invitation to all who genuinely want to know Him better and enjoy a personal relationship with Him. He promised to receive us warmly, to open His life-giving word to us and draw us deeper into a personal relationship with Himself.



I pray, that like Andrew, you'll respond to Jesus' invitation and spend time with Him during your day, and like Nicodemus visit with Him in the night hours. When you do, your life will become brighter and more beautiful as Jesus enters your heart and you become more and more like Him.

**Grace and peace to you in the Lord Jesus Christ – Ps Dave Henderson**

## God is working in you

Do you remember the Duracell bunny? That bunny could keep going on and on and on, far longer than any other bunny with an inferior battery. In the USA there was a similar advert created by a different company; he was called the Energizer bunny. The advert claimed that an Energizer battery was far better than any other battery. Their bunny could go much faster than the bunny without that extra internal power.

The Greek word for energize is "energe-oo". We get our word energy from it and the American company that makes those batteries was onto a good thing when they named that bunny. They were using a word from the Greek New Testament, though they almost certainly did not know that!

Recently I had to buy a new charging cable for my phone. Guess what the company is called that makes it? Energea! Energeia is the Greek word for energy (the noun). Energe-oo is the verb. I prefer verbs to nouns. They describe things that God does. (In primary school our children were taught that a verb is a "doing word"). Nouns are abstract. Verbs tell us what God does – God in action, working in us and through us – energizing us. En-erge-oo is a compound word – a preposition is added at the front of the word. It comes from the word for work (ergoo) and the preposition in (en) so en-erge-oo literally means "working inside of".

And here is the amazing thing. The Bible says that God Himself is at work in His people, energizing them.

There are no less than five passages where this word is used. I have listed them below, putting the important English words in italics. (In some cases, I have made my own translation or paraphrase from the Greek.)

- Philippians 2:13 For God is the One Who is *working in you / at work in you / energizing in you* both to will and to work (energe-oo) for His good pleasure.
- Ephesians 3:20 Now unto Him Who is able (has the power) to do far more abundantly than all that we ask or think, according to the power (dunamis) *at work within us*, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.
- Colossians 1:29 For this I toil, struggling with all His energy (energeia) that He *works within me* in power.
- 1 Thessalonians 2:13 The word of God is *at work in you* who believe
- Hebrews 13:20-21 May the God of peace ... equip you with everything good so that you may do His will, *working in you* what is pleasing in His sight.

As we look more closely at these remarkable, encouraging verses, we can see quite a few different things:

1. In both Ephesians and Colossians, the power (ability) of God is mentioned as being at work in us.
2. In all the passages except Hebrews, the preposition "en" is used as part of the verb and then repeated after the verb for emphasis. The phrase is "energe-oo en" which means "in-working in" or "energizing in".
3. Both Philippians and Hebrews say that the reason God works in us is so that we will be able to do what pleases Him.
4. Philippians 2:13 even says that God's working in us will enable us both to will and to act for His good pleasure. He even creates in us the willingness to do what we should do, by His inner energizing.

So, God does not leave us alone to live the Christian life and fight our spiritual battles. He is busy working in us all the time, enabling us to do what He requires us to do. May God enable us to apply this truth to our daily lives as we recall this remarkable fact - that God is at work in us, energizing us.

**(Submitted by: Michelle Naude)**



**Happy Birthday to our Residents – May**

<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
<i>2<sup>nd</sup></i>	<i>Pamela Kent</i>	<i>R46C</i>	<i>95</i>
<i>4<sup>th</sup></i>	<i>Emily Eadie</i>	<i>R8</i>	<i>93</i>
<i>6<sup>th</sup></i>	<i>Joyce Van der Wolk</i>	<i>R32</i>	<i>96</i>
<i>10<sup>th</sup></i>	<i>Matthys Van der Linde</i>	<i>F121</i>	<i>87</i>
<i>12<sup>th</sup></i>	<i>Johanna Champion</i>	<i>F011</i>	<i>75</i>
<i>13<sup>th</sup></i>	<i>Vivien Spires</i>	<i>F010</i>	<i>76</i>
<i>13<sup>th</sup></i>	<i>Magdalene Govindsamy</i>	<i>R57B</i>	<i>77</i>
<i>15<sup>th</sup></i>	<i>Lani Prosser</i>	<i>N208</i>	<i>52</i>
<i>16<sup>th</sup></i>	<i>Linda Johnson</i>	<i>R23B</i>	<i>78</i>
<i>19<sup>th</sup></i>	<i>Mary-Ann de Wet</i>	<i>F125</i>	<i>86</i>
<i>19<sup>th</sup></i>	<i>Thomas Witter</i>	<i>N209</i>	<i>99</i>
<i>29<sup>th</sup></i>	<i>Patricia Young</i>	<i>A5</i>	<i>87</i>
<i>30<sup>th</sup></i>	<i>Esme Kennel</i>	<i>N009</i>	<i>80</i>
<i>31<sup>st</sup></i>	<i>Ronald Elliott</i>	<i>R57</i>	<i>94</i>
<i>31<sup>st</sup></i>	<i>Gwendolene February</i>	<i>F123</i>	<i>84</i>



**A Birthday Blessing**

Another year, a gentle grace,  
 Soft lines of wisdom on your face.  
 A life well-lived, with stories told,  
 More precious far than finest gold.

Through seasons changed and years gone by,  
 You've watched the world with patient eye.  
 With quiet strength and loving heart,  
 You've played in life the finest part.

Today we celebrate *you* dear friend,  
 The joy and warmth you always send.  
 May laughter light your special day,  
 And peace and love around you stay.

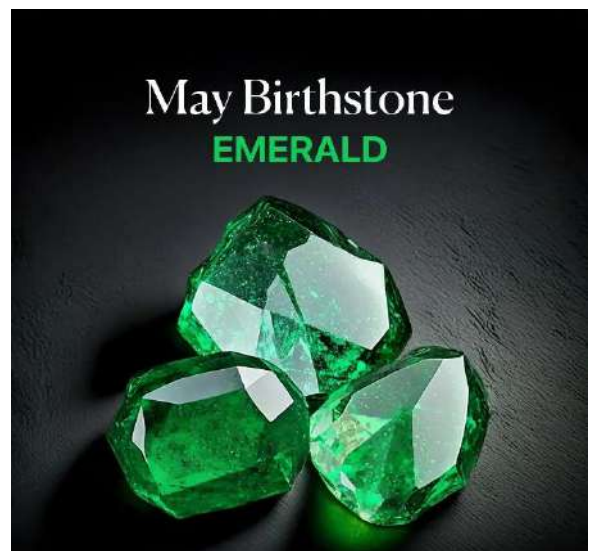
## Happy Birthday to our Staff - May

<i>Date</i>	<i>Name</i>	<i>Department</i>
<i>2<sup>nd</sup></i>	<i>Gailine Chung</i>	<i>PCS</i>
<i>2<sup>nd</sup></i>	<i>Candice Davids</i>	<i>Health Care</i>
<i>3<sup>rd</sup></i>	<i>Ashley Bruyns</i>	<i>PCS</i>
<i>5<sup>th</sup></i>	<i>Sharon Baartman</i>	<i>CCF</i>
<i>7<sup>th</sup></i>	<i>Dhafier Williams</i>	<i>Riskman</i>
<i>10<sup>th</sup></i>	<i>Hadley Havenga</i>	<i>BMG</i>
<i>11<sup>th</sup></i>	<i>Sharon Soutter</i>	<i>PCS</i>
<i>17<sup>th</sup></i>	<i>Anastasia Brown</i>	<i>CCF</i>
<i>23<sup>rd</sup></i>	<i>Jo-Ann Jaydricks</i>	<i>Health Care</i>
<i>24<sup>th</sup></i>	<i>Jermaine Jantjies</i>	<i>Health Care</i>
<i>28<sup>th</sup></i>	<i>Henrico Smith</i>	<i>BMG</i>
<i>29<sup>th</sup></i>	<i>Tiffany Abrahams</i>	<i>CCF</i>
<i>30<sup>th</sup></i>	<i>Werner Meyer</i>	<i>BMG</i>
<i>31<sup>st</sup></i>	<i>Anthea Le Croes</i>	<i>Health Care</i>
<i>31<sup>st</sup></i>	<i>Sherelle Hope</i>	<i>Health Care</i>



## Gelukkige Verjaarsdag aan ons lede en kliente Mei

<i>7<sup>th</sup></i>	<i>Patricia Festus</i>
<i>10<sup>th</sup></i>	<i>Elizabeth Marthinus</i>
<i>20<sup>th</sup></i>	<i>Henry Thomas</i>
<i>23<sup>rd</sup></i>	<i>Christina Van Reenen</i>
<i>25<sup>th</sup></i>	<i>Eva Daniels</i>
<i>25<sup>th</sup></i>	<i>Denise Hertze</i>



# THANKS FOR BEING AWESOME

## **Workers' Day Appreciation Message**

This Workers' Day, we pause to honour and thank every member of our team for the incredible role you play in the lives of our residents and clients each day.

Your work is far more than a job. It is a calling lived out through kindness, patience, compassion, and unwavering dedication. Whether you are providing direct care, preparing meals, maintaining our facilities, offering administrative support, or simply sharing a warm smile, you help create a place where dignity, comfort, and respect are felt by all.

The care you give cannot be measured only in tasks completed, but in the reassurance, you bring, the relationships you build, and the love you show in both big and small moments.

Today we celebrate you — the heart of our community. Thank you for serving with such grace and commitment. Our residents, clients, and their families are deeply grateful for the difference you make every single day.

Happy Workers' Day and thank you for all that you do.



## 'n Moedersdaggedig

Ma,  
jou liefde lê sag soos sonlig oor my dae,  
stil en warm, sonder voorwaardes, sonder vrae.

In jou hande was altyd rus,  
in jou oë het ek my waarde gesus.

Jy het my geleer van hoop en moed,  
van regop staan wanneer die lewe swaar voel en woed.

Met sagte woorde en 'n sterk hart,  
het jy my gedra deur elke vreugde en elke smart.

Jy is die gebed wat ek nie altyd bid nie,  
maar wat my dra wanneer ek dit die nodigste het, sien jy.

Ma, jy is meer as net 'n woord of 'n naam,  
jy is liefde, jy is huis, jy is my veilige raam.

Op hierdie dag wil ek net sê,  
dankie vir alles – elke dag, elke tree.

Gelukkige Moedersdag,  
met liefde wat vir altyd in my hart mag wag. 🌸

# Ma

Die Here het 'n wonderlike engel geskep  
wat nooit sou oud word nie

Hy het vir haar 'n glimlag van sonskyn gegee  
en vir haar 'n hart uit suiwer goud gegiet

Haar oë het hy laat sprankel soos sterre  
en wange so rooi soos rose

Die Here het die engel ma genoem  
en haar vir my gegee.



## A Tribute to All Mothers

To all mothers—those with us, those we remember, and those yet to come—this is for you.

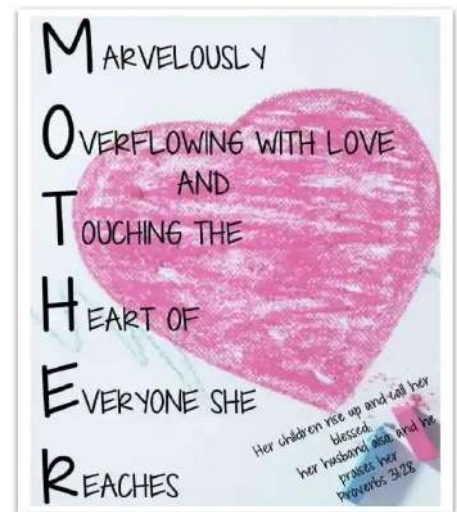
You are the quiet strength behind countless beginnings, the steady hands that shape uncertain days into safe places. You are the first comfort, the first teacher, and often the first example of unconditional love a child will ever know.

You give without keeping score. You stay awake through long nights so others may sleep in peace. You carry worries silently and still manage to smile when the world needs warmth. In your presence, homes are not just built—they are held together.

Today is a small attempt to reflect a love that cannot truly be measured. Whether you are a mother by birth, by choice, by circumstance, or by heart, your care changes lives in ways that words can barely capture.

Thank you for the patience you give when it is hardest to give.  
Thank you for the courage you show when fear would be easier.  
Thank you for the love that continues even when it is not returned perfectly.

You are seen. You are valued. You are deeply appreciated.



*Congratulations to Tiffany Abrahams who will be celebrating her 1<sup>st</sup> Mother's Day, after the birth of her daughter Amelia on the 14<sup>th</sup> December 2025. May her life be filled with love, laughter, and gentle moments that become treasured memories. May she grow surrounded by warmth, guided by kindness, and blessed with good health and happiness each day. Welcome to the PlumRus family, too, Amelia.*





### Winternag (Eugène N Marais)

O koud is die windjie en skraal.  
En blink in die dof-lik en kaal,  
so wyd as die Heer se genade,  
lê die velde in sterlig en skade.  
En hoog in die rande,  
versprei in die brande,  
is die grassaad aan roere  
soos winkende hande.

O treurig die wysie op die ooswind se maat,  
soos die lied van 'n meisie in haar liefde verlaat.  
In elk' grashalm se vou  
blink 'n druppel van dou,  
en vinnig verbleek dit  
tot ryp in die kou!

(Ingedien deur: Leonie Pauw)

### The Two Neighbours and the Winter Wood

Mira and Elias lived next door in a small mountain village. When autumn came, Mira spent every evening chopping wood, stacking it high under a tarp. Elias laughed. "Winter's months away. Come enjoy the sun."

The first snow fell early that year. It buried roads for weeks. Elias's house grew colder each night until his breath made clouds in his bedroom. Shivering, he knocked on Mira's door.

She opened it, warm air rushing out. Without a word, she handed him an armload of dry logs and a bowl of soup. "I prepared because winter doesn't care if we're ready," she said. "But neighbours should."

Elias survived the storm. Next autumn, two axes rang through the village instead of one.

**Moral: Prepare when the sky is clear, because winter waits for no one. And share your warmth cold seasons pass easier together.** (Submitted by: Yacoub)



# Did You Know?



## STARTER

Creamy Mushroom Soup

## MAIN MEAL

Chutney Chicken

Roast Potatoes

Savoury Rice

Green Beans

Pumpkin Fritters

## DESSERT

Malva Pudding with Custard

Please RSVP to join us for Mother's Day lunch by following the below step-by-step process. Cost – R90. Bookings will be made on a first-come first-serve basis as we will only be reserving space for 32 people.

- ❖ 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: Mother's Day 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.

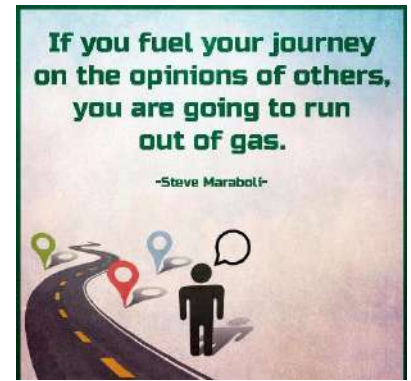
Outing to SANCCOB TOURS Monday 4th, 18th & 25th May @ 09:00  
 Thursday 14th & 28th Gym trim in the hall @ 09:30  
 11th of May Garden club meeting in the hall @ 15:30  
 14th May Live entertainment in the hall @ 18:00  
 18th May - 21st May Week of Pentecost  
 19th May craft session in Sugarbush lounge @ 15:00  
 20th May Residents Presentation by Heather Howell in the hall @ 15:00  
 28th of May Lotto draw in the hall @ 18:00  
 29th of May Bring & Braai in the hall @ 18:00

Monday	Tuesday	Wednesday
<b>4</b>	<b>5</b>	<b>6</b>
<b>08:30 Library / Biblioteek</b> <b>09:00 Outing - SANCCOB TOURS</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge in PlumRus North</b> 15:00 Teatime: lounges	<b>09:00 Shopping Meadowridge</b> <b>09:30 Gym trim in the hall</b> 10:30 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> <b>15:00 Table Tennis in PlumRus North</b> 15:00 Teatime: lounges <b>15:00 Bingo in the hall</b>
<b>11</b>	<b>12</b>	<b>13</b>
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<b>18</b>	<b>19</b>	<b>20</b>
<b>08:30 Library / Biblioteek</b> <b>09:00 Outing - SANCCOB TOURS</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge in PlumRus North</b> 15:00 Teatime: lounges <b>18:30 Week of Pentecost</b>	<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>15:00 Afternoon craft session in Sugarbush lounge</b> <b>18:30 Week of Pentecost</b>	<b>08:30 Library / Biblioteek</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting in lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> <b>15:00 Table Tennis in PlumRus North</b> 15:00 Teatime: lounges <b>15:00 Residents Presentation in the hall by Heather Howell</b> <b>18:30 Week of Pentecost</b>
<b>25</b>	<b>26</b>	<b>27</b>
<b>08:30 Library / Biblioteek</b> <b>09:00 Outing - SANCCOB TOURS</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge in PlumRus North</b> 15:00 Teatime: lounges	<b>09:00 Shopping Constantia Village</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 lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> <b>15:00 Table Tennis in PlumRus North</b> 15:00 Teatime: lounges <b>15:00 Bingo in the hall</b>

Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b>	<b>3</b>
	<b>08:30 Library / Biblioteek</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>Workers Day</b>		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>09:30 Morning Market in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Shopping Blue Route</b>	<b>08:30 Library / Biblioteek</b> <b>09:30 One Hour for Jesus</b> <b>Communion service</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Table Tennis in PlumRus North</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> <b>Dr. Chris Saayman</b> <b>Mother's Day</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>09:00 Shopping Constantia Emporium</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Live entertainment by Steve Ashley in the hall</b> <b>18:30 Ascension Day Service in the hall</b>	<b>08:30 Library / Biblioteek</b> <b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Table Tennis in PlumRus North</b> 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>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>09:00 Shopping Meadowridge</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Bingo in the hall</b> <b>18:30 Week of Pentecost</b>	<b>08:30 Library / Biblioteek</b> <b>09:30 One Hour for Jesus</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Table Tennis in PlumRus North</b> 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>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>09:00 Shopping Blue Route</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>	<b>08:30 Library / Biblioteek</b> <b>09:30 One Hour for Jesus</b> <b>Praise &amp; Testimony service</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Table Tennis in PlumRus North</b> 15:00 Teatime: lounges <b>18:00 Bring &amp; Braai in the hall</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>

## Petrol Prices

Petrol prices in South Africa rose significantly from roughly R12.50/litre in 2016 to over R25/litre by April 2026, driven by geopolitical shocks, rand volatility, and the expiration of temporary levies. Key milestones included a 2020 low of R14.50 and a 2022 high of over R26, with 2026 experiencing extreme volatility, including major projected increases in May 2026.



### South African Petrol Price Trends (2016–2026)

- **2016–2019:** Prices hovered between roughly R12.50 and R16.00, starting at around R12.50 in 2016 and rising to about R16.00 by 2019.
- **2020–2021:** Due to the COVID-19 pandemic, prices dipped to around R14.50 in 2020 before rising to roughly R17.00 in 2021.
- **2022:** A dramatic increase occurred, with prices exceeding R26 per litre in the inland regions following the Russia-Ukraine conflict.
- **2023–2024:** Prices slightly moderated from the 2022 highs but remained high, generally staying above R22.
- **2025–2026:** Prices remained high, with April 2026 figures showing inland 95 octane approaching or exceeding R25-R26, driven by a "fuel cliff" as temporary government relief expired.

### April 2026 Snapshot

- **Petrol 95 (Inland):** Roughly R23.36–R25.00+.
  - **Petrol 95 (Coast):** Slightly lower, around R22.53.
  - **May 2026 Outlook:** Projections suggest major increases (over R3 per litre) due to the ending of the R3.00/litre levy cut and high under-recoveries.
- 



Our Coffee Shop team (left to right: Claudine, Janine, Craig & Liam) is always ready to welcome you.

We are open Mondays to Sundays, including most Public Holidays from 09:00 to 16:00.

Choose from an extensive savoury and sweet menu and ask about our convenience items and weekly specials!

# COOKING MISTAKES

*how to fix them*



**TOO SWEET**  
= add vinegar or lemon juice

**TOO SPICY**  
= fix it with a touch of cream or yogurt

**TOO SALTY**  
= Drop in pieces of potato

**GRAVY IS LUMPY**  
= Give it a Whirl in the Blender

**TOO SOUR**  
= try to add sweetness – sugar or honey

**OVERCOOKED PASTA**  
= fry it up in a hot pan with olive oil

**OVERCOOKED VEGETABLES**  
= transform into a soup or puree

**BURNT PAN =**  
Baking soda soak and scrub



**“Don't be afraid to give up the good to go for the great.”**

While signage has changed, our heart, our care, and our commitment to our Residents, Clients, Families, Staff and Visitors remain exactly the same.

Here's to new beginnings, fresh identity, and continuing the story with pride.

## More Than a Vendor: A Weekly Visit, Our Residents Treasure

Each week, our residents look forward to the familiar, friendly presence of **Shafiqua Harris**, whose “bakkie” of fresh fruit and vegetables brings far more than wholesome produce into our village. With her warm smile, gentle manner, and genuine care for those she serves, Shafiqua has become a cherished part of our community rhythm. Her visits turn an ordinary shopping moment into a meaningful social connection our residents truly treasure.



Tell us more about yourself. Where were you born?

- ❖ **I was born at home, not in a hospital. In those days, the midwife would arrive on a bicycle wearing a white coat and assisted with delivering the baby. It was very different from today’s times!**

Whose business is this and how did it come about?

- ❖ **This business originally belonged to my husband’s aunt. I met her while I was working in Rondebosch, where I worked for 10 years. When I was about to retire, she invited me to join her. I helped her at her stand for about a year and a half, and eventually I took over her business in Rondebosch. I still run that business today. After that, she became involved with PlumRus, and I joined here as well. Sadly, she has since passed on, but I have continued with the work she started.**

Are there any other retirement villages you visit?

- ❖ **Yes, I visit Woodside Retirement Village in Rondebosch and Erica Place in Silvertown Athlone.**

What does a typical day look like for you as a wife, mother and businesswoman?

- ❖ **My day is very busy! I have a child who needs extra care, so I wake up early to prepare him for school and drop him off. After that, I come home, clean the house, cook, and prepare everything for the market. Then I head to the mall to collect stock, organize payments, load bakkie, and prepare my stall before visiting the homes. It’s a full schedule — I’m always on the move!**



What are your reasons for coming back to PlumRus every Wednesday?

- ❖ **The people here are amazing. The residents and staff make me feel so welcome. I honestly feel like I can’t leave; it feels like there would be a hole in my heart if I stopped coming.**

What positive thoughts come to mind when you’re at PlumRus?

- ❖ **The environment is wonderful, but what stands out most is the staff. Every staff member greets me warmly, even those who don’t know me personally. They interact with me, joke with me, and make me feel like I belong here. This place feels like home to me.**

(Interview conducted by Portia Sam)



Mr. Gerlad Gloyne East - F103

Gerald was born in Milnerton and grew up in the Westlake and Diep River areas. He attended Westlake Primary School and later Zwaanswyk High School. He has one daughter, Charlene, and previously served as a captain at a correctional services facility. Gerald enjoyed an active lifestyle, participating in rugby, tennis, running, and cycling. He now takes pleasure in watching sports and gospel television.

He is very sociable and looks forward to making the most of his time living at PlumRus.

Mrs. Georgina Viljoen

North - N101

Georgina was born and raised in Wynberg. She attended Plumstead Prep, Observatory girls High and Cornhill Commercial College. She has one daughter (René) and one son (Anton).

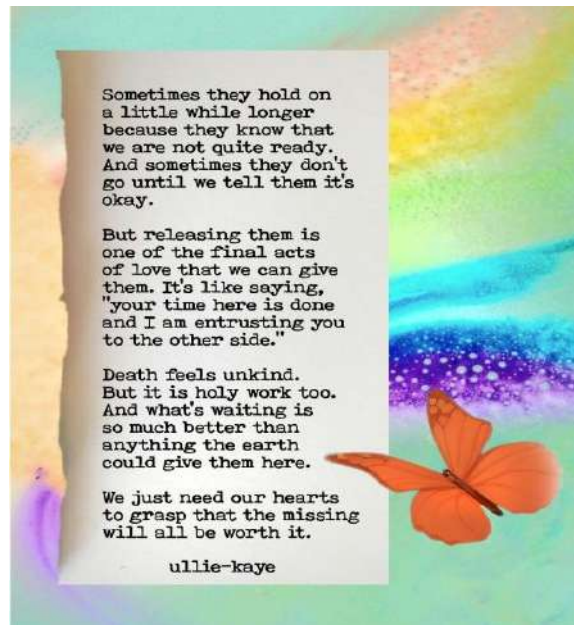
She previously worked as a bookkeeper and typist.

Georgina is active and knits beanies for Mowbray Maternity unit. She also enjoys walking, reading and playing games.



Mrs. Mercia Thorndike Health Care - Zone 5 Room 64

Mercia was born in Cape Town; she has one son (Paul) also living in Cape Town. Mercia previously worked as an admin clerk. Mercia enjoys reading and knitting and visiting with her son.



### *Joan Mildred Subhani (1928–2026)*

*(Submitted by Grant Parker – Nephew)*

The passing of Joan Mildred Subhani – Aunty Joan to so many – marks the end of an era. Born in Kimberley in 1928, Joan belonged to a world now almost beyond recognition: the Isaacs family home in Angel Street survives only in memory, and the South Africa of her childhood has passed into history. Yet what remained constant throughout Joan's long life was the warmth of the family that shaped her: her parents, Ethel and Louis Isaacs; her sister Mavis; and the close circle of relatives whose love and companionship formed the foundation of her gentle strength.



As a young woman Joan trained as a nurse at Somerset Hospital in Cape Town, one of the few professional paths open to women of her generation. It was in Cape Town that she met George Subhani, the love of her life. Their marriage took Joan to Amatikulu in Zululand's sugar-cane country, where she and George built a happy home from 1966 to 1978. For my late brother Terence and me, Amatikulu became inseparable from the memory of Aunty Joan: the white house with its blue roof, polished red cement floors, tropical greenery, warm hospitality, and the feeling of being cherished.



Her love extended naturally across generations. Marie-Louise, Kai, and Tobin came to know her not only as a beloved aunt, but as a grandmotherly presence – with all the baking, scrabble, family lunches, afternoon teas, and proud attendance at musical recitals.

In her final years at PlumRus, Joan continued to be surrounded by family, friends, and devoted carers. She will be remembered for her unqualified love, quiet kindness, loyalty, and gentle smile. We salute her with gratitude, and with deep affection.

Mrs. Subhani

Sunrise: 08 June 1928

Sunset: 09 April 2026

Mrs. Subhani was a loving and caring soul...she always spoke highly of her family and once told me, we a small family but knitted tightly together. Mrs. Subhani's personality was very straight to the point; a woman that knows what she wants, when she wants it, and how she wanted things to be done. Her faith in the Lord was very strong and that is where she drew her strength from, she was a great warrior and fighter up until the very end. Mrs. Subhani, you may be gone but you will not be forgotten and will be greatly missed. Woman of strength we salute you...Rest safely in the arms of Jesus. (Heidie Phillips)

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Berdine Stafford (1937 – 2026)

Met groot hartseer neem ek afskeid van my geliefde Ma.

My Ma was 'n stil, nederige mens wat met min in die lewe tevrede was, maar wat haar familie altyd eerste gestel het. Sy was ons steunpilaar, vredemaker en die rustige, logiese stem wanneer dinge rondom haar swaar geraak het.

Sy het 'n besondere kuns talent gehad, en ek weet vandag dat ek nie die kreatiewe mens sou wees wat ek is, as dit nie vir haar was nie. Van kleins af het sy tyd, liefde en geduld in my talent ingesit en was sy die beste kuns onderwyser waarvoor ek ooit kon vra.

Haar liefde, sagte hart en rustige teenwoordigheid los 'n groot leemte in my wêreldjie. Saterdag sal nooit weer dieselfde wees sonder ons kuiertjies en spesiale tyd saam nie.

Ek sal haar altyd met liefde, trots en dankbaarheid onthou. Ek gun haar nou die rus en vrede, met 'n warm hart. Banie



Mrs. Berdine Stafford was born on 12 April 1937 and passed away on 17 April 2026.

Mrs. Stafford was a kind and deeply respected lady. She was always well dressed and made sure to visit the hairdresser regularly, taking pride in her appearance. Although she was a woman of few words, she expressed her appreciation and feelings clearly toward her carers, always making them feel welcome in her home. She enjoyed having the carers at her flat and often spoke lovingly about her two sons, expressing how much she loved them.

She had her own special way of preparing meals. At breakfast and supper, she would carefully set the table with glasses and plates. She especially enjoyed brown bread, while her husband preferred white bread, and she always ensured that both were placed on the



table. She also had a unique way of preparing her banana—cutting the peel into small strips and removing it slowly, taking her time and enjoying the moment.

Mrs. Stafford loved watching television series, with *Suidooster* being her favourite. During the day, she often spent time sitting in the lounge reading quietly.

After the passing of her husband, she became frailer, and carers became more involved in her daily care. Eventually, it was decided that she would move to a healthcare facility where she could receive the support she needed.

Mrs. Stafford will be remembered for her gentleness, her routines, her love for her family, and the quiet dignity with which she lived her life. *(Submitted by: PCS Carers)*

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Mrs. Sheilagh Dowie      Sunrise: 20 February 1937

Sunset: 10 April 2026

What a sad day it was for the Residents and staff when we heard of Mrs. Dowie's passing.

Her absence is really felt by all. Mrs. Dowie was a very loving, strong-willed, always cheerful person, who thanked anyone who did something for her no matter how small. She always took the time to say something nice to anyone who passed her way and knew everyone by name. She loved having conversations with the other residents and staff. Mrs. Dowie always enjoyed reading sometimes late into the night.



Mrs. Dowie will always be remembered by all the Zone 5 Carers. MHSRIP *(Carla Pretorius)*

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Mrs. Margaret Raven      Sunrise: 08 November 1922

Sunset: 03 April 2026



Mrs. Raven was a truly kind soul. Her smile felt like sunshine, it was her strength and symbolized her spirit of compassion. As we bid farewell to the incredible life of Margaret, her wisdom, generosity and joy will live on in the countless lives she touched.

We honor her as a beacon of kindness, strength and love. A life well-lived. A legacy well-loved. Rest in Eternal Peace.

*(Submitted by: Shilerné Roberts & Dianne Orgill)*



## Margaret McLean Raven

We, the family of Margaret Raven have to say goodbye to our precious mum, who has gone to be with her Lord on 3<sup>rd</sup> April 2026. By way of tribute to her, we would love to share some memories and thoughts with you.

Margaret was born in Pietersburg (now called Polokwane) in the Northern Transvaal on 8th November 1922. Her parents were Robert Blyth from Dundee, and Margaret McLean Wylie from Kirkcaldy, both in Scotland. Margaret married Rob Raven from England, during the second World War. She had 2 sisters, both younger than her. She had 4 children, 7 grandchildren and 1 great grandchild.



Margie spent her childhood and schooldays in Pietersburg, forming a powerful bond of love between her sisters, which remained strong throughout her life. Margie attended Wits University and graduated with a BA degree in 1943 and went on to become a kindergarten teacher.

After the war, around 1948, Margie and Rob moved to Bellville in the Western Cape. They were founders of the Bellville Methodist church. Margie was a staunch member of the WA (Woman's Association), while dad was a steward, and the Sunday School Superintendent.

The next chapter for Margie was in 1972, when dad accepted the position as General Manager of the Lovedale Press, in Alice, Ciskei. In Alice Margie became the manager of the Alice bookshop (owned by the Press). Completely out of her comfort zone, she did a magnificent job and worked tirelessly with dad. Such was her humility, that when she did one day make a mistake that cost the shop some money, she immediately wrote a letter of apology and resignation to dad – who promptly rejected it.

As they neared retirement, they dreamed of settling in Sedgefield, and started building a house there. But dad died 3 days before his 65th birthday in 1985, and Margie had to sell it unfinished. After staying in Alice, to take care of the matters required, Margie decided to move back to Cape Town. She found a flat in Claremont, and then another flat in Plumstead, where she enjoyed many visits from her grandchildren and was near enough to join them at family get-togethers.



She eventually moved to Rusoord Retirement Centre in December 2008. At Rusoord, Margie continued an active lifestyle, while impacting the lives of everyone she met.

We as a family, in turn, appreciate the love and care bestowed on our mom.

## Honouring the Heart of Care on International Nurses Day – 12 May

Each year on 12 May, the world pauses to recognize and celebrate the remarkable contribution of nurses through **International Nurses Day**. This date marks the birthday of Florence Nightingale, whose legacy laid the foundation for professional nursing and compassionate patient care.

In a retirement facility, the role of a nurse is deeply woven into the everyday lives of residents. Nurses are often the first to greet the morning and the last to ensure comfort at night. They are present in moments of vulnerability, reassurance, healing, and dignity. Their work goes far beyond clinical care — it is rooted in kindness, patience, understanding, and a genuine commitment to the wellbeing of those they serve.

For our residents, nurses are trusted companions on the journey of ageing. They monitor health, manage medication, respond to emergencies, and provide skilled medical support. Just as importantly, they offer conversation, a gentle touch, a listening ear, and a calming presence during uncertain times. They know the personal stories, preferences, and unique needs of each individual in their care.

Nursing in a retirement setting requires a special blend of professionalism and compassion. It calls for emotional resilience, empathy, attentiveness, and the ability to bring comfort not only to residents but also to their families. Our nurses often become an extension of family — offering reassurance, dignity, and respect in every interaction.

On this International Nurses Day, we also take a moment to honour a very special group within our community — the retired nurses who now call our facility home. These residents dedicated their working lives to caring for others, often through long hours, demanding shifts, and challenging circumstances. Their hands once brought healing, their words once brought comfort, and their hearts once carried the weight of many lives. We thank them for the legacy they have left in the nursing profession and for the example of service they continue to embody.

Today, we celebrate both those who are still actively nursing and those who have passed the torch, having served with distinction and compassion for many years.

To all our nurses, past and present:  
Thank you for your tireless care.  
Thank you for your patience and your kindness.  
Thank you for the dignity you bring to every life you touch.

You are, and always will be, the heart of care.

Honouring the  
*Heart of Care*  
on  
**INTERNATIONAL  
NURSES DAY**  
♥ 12 MAY ♥

Today, we celebrate and thank the incredible nurses who bring skill, compassion and comfort to the lives of our residents every single day.

**NURSES ARE...**

- Compassionate Caregivers
- Skilled Professionals
- Trusted Companions
- The Heart of Every Community

Thank you  
for your tireless care,  
patience and kindness.  
You make a difference  
every day.

**HONOURING OUR NURSES - PAST AND PRESENT**

**TO OUR AMAZING NURSES TODAY**  
Thank you for your dedication, empathy and unwavering commitment. You bring healing, comfort and dignity to every life you touch.

**TO OUR RETIRED NURSES**  
We honour you for the lives you have touched, the difference you have made and the legacy of care and service you continue to inspire.

**YOU ARE, AND ALWAYS WILL BE, THE HEART OF CARE.**

- You show up in moments of vulnerability.
- You bring healing and reassurance.
- You listen, understand and carry support.
- You provide dignity, respect and kindness.
- You are the comfort in uncertain times.

To all our nurses, thank you for everything you do. ♥  
Happy International Nurses Day!

## 'n Lewensreis in Verpleging: 'n Getuienis van Roeping, Groei en Impak

Verpleging is nie bloot 'n beroep nie, maar 'n roeping wat diep spore in 'n mens se lewe laat. My eie reis in verpleging het onverwags begin. Aanvanklik wou ek my as 'n onderwyseres bekwaam, maar ná 'n onderhoud is ek aangemoedig om 'n ander rigting te oorweeg. Kort daarna het die geleentheid ontstaan om verpleging te studeer, en in 1964 het ek my opleiding by Conradie Hospitaal begin.



Die drie-jaar opleidingskursus was vir my besonder verrykend. Wat dit uniek gemaak het, was die blootstelling aan verskillende sale en pasiënte. Ek het begin in die bejaardesaal, waar ek 'n diepe waardering en liefde vir ouer mense ontwikkel het. Daarna het ek in die kindersaal gewerk, waar die emosionele impak groot was—veral wanneer kinders aan ernstige toestande soos wanvoeding gely het. Hierdie ervarings het my nie net klinies gevorm nie, maar ook my empatie en menslikheid verdiep.

My opleiding het verder gestrek oor mediese en chirurgiese sale, sowel as afdelings vir parapleeg en kwadriplegiese pasiënte. Hier het ek geleer dat, ongeag fisiese beperkinge, elke mens sy waardigheid en identiteit behou. Die langtermynverhoudings wat met pasiënte en hul families gevorm is, het 'n blywende indruk op my gemaak—selfs jare later, toe ek weer in aanraking gekom het met die familie van 'n voormalige pasiënt.

Verpleging in daardie tyd was veeleisend en omvattend. Ons het nie net pasiënte versorg nie, maar ook take verrig soos skoonmaak, wasgoed en algemene instandhouding. Hierdie alles-insluitende benadering het ons verantwoordelikhedsin en toewyding versterk. Daar was ook uitdagende oomblikke, soos die hantering van afgestorwenes, wat emosionele veerkragtigheid vereis het.

Na my basiese opleiding het ek kortliks by Rooikruis Hospitaal gewerk, waar ek onder andere in 'n brandsaal diens gedoen het. Hierdie ervaring was intens en het my blootgestel aan die erns van sekere mediese toestande. Alhoewel ek aanvanklik pediatrie wou bestudeer, het die beperkings van die tyd my verhinder om dit onmiddellik te doen. Ek het toe besluit om my in verloskunde te bekwaam, 'n veld waarin ek ook groot vervulling gevind het.

Later het ek my studies uitgebrei na verpleegonderwys en 'n dosent geword by Tygerberg Hospitaal en die Universiteit van Wes-Kaapland. Hier het ek die geleentheid gehad om my kennis en ervaring met studente te deel en sodoende 'n nuwe generasie verpleegkundiges te vorm. My loopbaan het uiteindelik uitgebrei na administratiewe rolle binne die Departement van Gesondheid, waar ek 'n bydrae kon lewer tot die ontwikkeling en bestuur van verpleegdienste.

Wanneer ek terugkyk, sien ek hoe verpleging my lewe gevorm het—nie net professioneel nie, maar ook persoonlik. Dit het my geleer van deernis, deursettingsvermoë en die waarde van menswaardigheid. Alhoewel die beroep oor tyd verander het, bly die kern dieselfde: om mense met sorg en respek te behandel.

My verhaal is 'n bewys dat verpleging nie net 'n werk is nie, maar 'n lewenslange reis van diens en persoonlike ontwikkeling met betekenisvolle impak op die breë gemeenskap.

**(PlumRus Inwoner: Esme Kennel)**

***Volg Esmé, en sommige van ons ander inwoners se verpleegberoepe, gedurende Mei op ons sosiale media platforms.***

## A glimpse of the month that was...



Thanks to Holy Redeemer Mother Theresa Outreach Group and to the learners at Bishops Prep. for the generous donations of Easter eggs enjoyed by our Residents and Staff.

Residents enjoying the last of our summer outings to Fish Hoek beach. Don't miss out on these opportunities to meet new friends and visit interesting sights around our beautiful city.



Our month-end Bring & Braai is becoming a "sold-out" social event on our monthly calendar. Join us on the 29<sup>th</sup> May for our next braai.

Always good to have Monique & James entertaining our Residents.

This time round they shared a selection of songs under the theme "Rock around the Jukebox"





Doctors have identified a food that can cause grief and suffering years after it's eaten.

It's called wedding cake.

Die dominee praat nooit van daai maps agter in die bybel nie . Hulle steek die pad hemel toe vir ons weg 😞

During the wedding rehearsal, the groom pulled the minister aside and said, "Look, I'll give you \$100 if you leave out the part about 'love, honor, obey, and be faithful forever.' Just skip it."

The minister took the money and nodded.

On the big day, when it was time for the vows, the minister looked the groom straight in the eye and said:

"Do you promise to obey her every wish, serve her breakfast in bed every morning, and never even look at another woman as long as you both shall live?"

The groom gulped and quietly said, "Yes..."

Then he leaned in and whispered, "I thought we had a deal."

The minister slipped the \$100 back into his hand and said,

"She made me a better offer." 😏



I built my new IKEA wardrobe in the car park and then realised it wouldn't fit in my car. That Assembly Point idea is really stupid.



### Activity 1: Hidden Bible Book Names

Find the 30 books from the Bible in this paragraph.

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much; he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus; there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless.

### Answers:

1.	11.	21.
2.	12.	22.
3.	13.	23.
4.	14.	24.
5.	15.	25.
6.	16.	26.
7.	17.	27.
8.	18.	28.
9.	19.	29.
10.	20.	30.