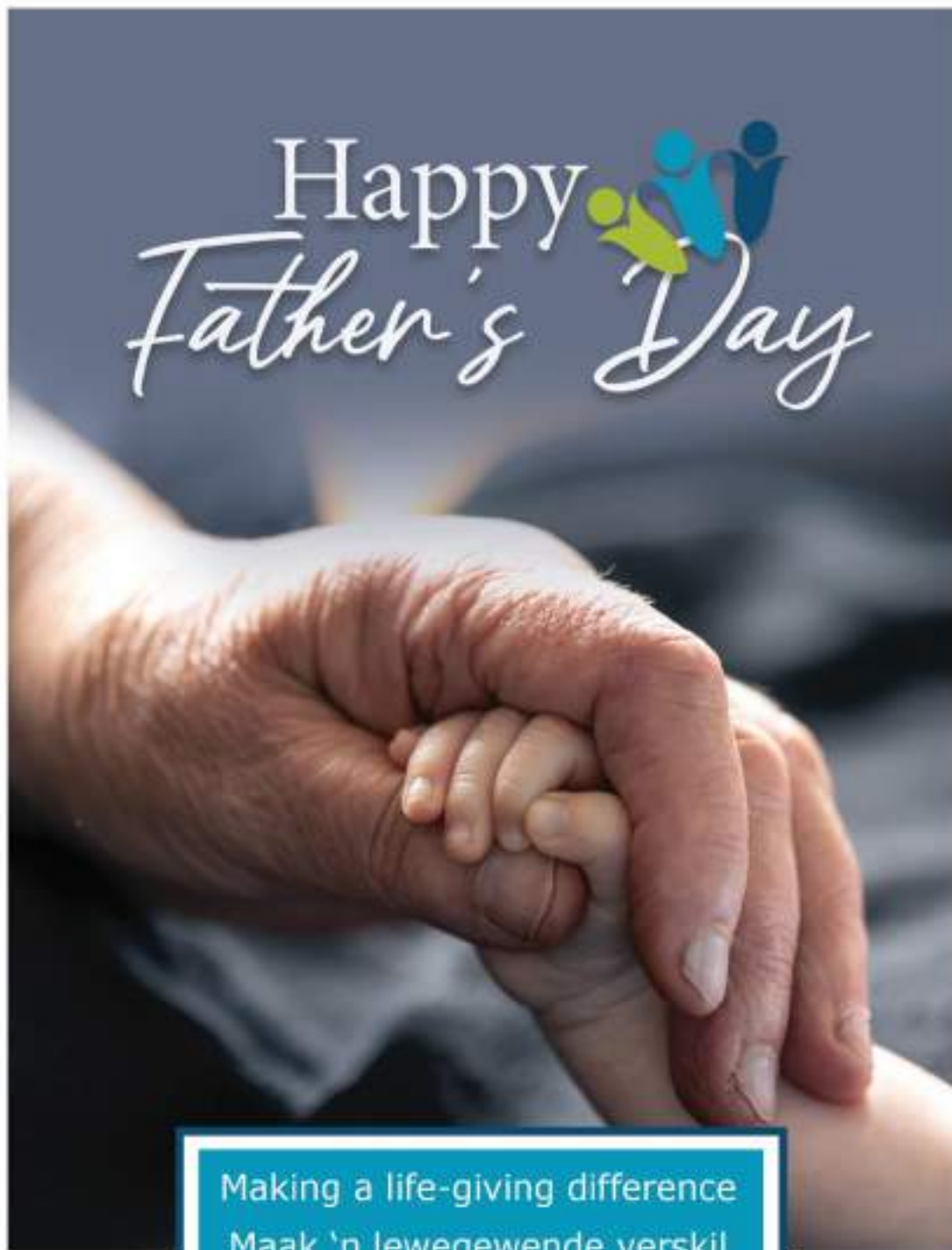


PlumRus NEWS NUUS

June Issue • Junie Uitgawe

Happy 
Father's Day



Making a life-giving difference
Maak 'n lewegewende verskil

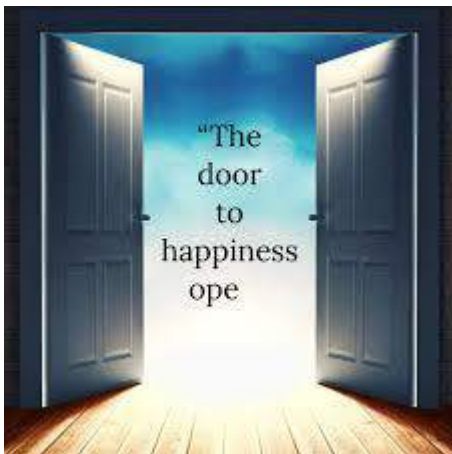
Spiritual Care Program June

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
3de Oggenddiens	5 th One Hour for Jesus	7 th Morning Service	
10de Oggenddiens	12 th One Hour for Jesus	14 th Morning Service	14de Aanddiens
17de Oggenddiens	19 th One Hour for Jesus	21 st Morning Service	
24ste Oggenddiens	26 th One Hour for Jesus	28 th Morning Service	28ste Aanddiens

LONELY AND FORGOTTEN BUT NOT FORSAKEN

My mother lived well into her eighties. As the years passed her body became frail, but her mind remained as bright as a button. Often while reminiscing as older folks love to do, she'd say something like, "One of my problems in reaching a ripe old age is that I've outlasted most of my close friends!" Mom was sociable and loved being around others, quickly making new friends at the retirement home where she lived. But losing my dad, her three sisters, and other life-long friends along life's journey deeply saddened her at times.

Feeling forgotten or lonely can happen at any stage of life. When friends stop returning our calls, or no longer include us in their social get-togethers, we begin to feel left out. When those around us know we're having a tough time, but show no interest in reaching out to us, we begin to feel 'unseen' and forgotten. Then in older age particularly, we're often less able to get around on our own, our hearing fades, our minds become fuzzy and bladders don't behave themselves so well. It becomes difficult to engage with others, and we slowly become more and more withdrawn and isolated. All this compounds our feelings of being 'lonely and forgotten'.



But it's important not to allow this sort of mindset to become the 'prevailing' weather condition of our lives. It's a miserable way to live and the Lord has something better in store for us. A Danish philosopher Soren Kirkegaard came up with the saying...*'The door to happiness opens outward'*. Happiness is not something we should feel entitled to or expect from others. Happiness comes naturally when we focus on things outside of ourselves - on the good, the true, and the beautiful. On the good and kind people around us, on the splendour of Table Mountain, on the velvety petals and fragrance of a rose, and then of course on the

extravagant dimensions of Jesus' love and faithfulness. Turning our attention outward and onto riches like these, especially the endless treasures available to us in Christ, begins to change the way we see and think about the circumstances of our lives.

There's a moving example of this in the Old Testament prophesy of Isaiah. After many years of exile in Babylon far away from their own country and their beloved Jerusalem, the children of Israel began to feel that even God had forgotten and forsaken them...

*But Zion said, "The LORD has forsaken me,
the Lord has forgotten me."*

Isaiah 49:14

Knowing how much He loved His people, the Lord seemed a little taken aback by their cry, and asked a pointed question... *"Can a mother forget the baby at her breast and have no compassion on the child she has borne?"* (Isaiah 49:15). The love of a mother for the child she bore is probably the deepest of all human bonds. She carried her child for many months, birthed it, then nurtured it at her breast. There's absolutely nothing she wouldn't do to protect her child. As powerful and deep as this love is meant to be, there are sadly mothers who do forget their children. But the Lord reminds His people, this is something He would NEVER do...

*But even if mothers may forget, I will not forget you!
See, I have engraved you on the palms of my hands;
your walls are ever before me.*

Isaiah 49:16

Although the word 'love' is not used in this verse, the words... *"I have engraved you on the palms of my hands..."* is one of the strongest declarations of God's love in scripture. With these words He's saying, *"If you ever think I've forgotten you, look at my hands, I engraved you there. How can I forget you!"* What has the Lord engraved on His hands? He's engraved us...not just our names, but everything about us; our circumstances our temptations, our sins, our weaknesses and our strengths. The entire story of who we are is recorded there.

God's memory never fades. Our relationships shift and change with time, but God's love remains the same – yesterday, today and forever. To be "engraved on His hands" is to be permanently remembered, constantly before His eyes. For lonely people, this truth transforms loneliness into companionship. God's presence fills the silence. Prayer becomes conversation, Scripture becomes company, and worship becomes a reminder that heaven itself is attentive. Even when others forget to call or visit, or ignore you, God's attention never wanes. He holds your name, your story close to His heart and nothing will be able to drive a wedge between you and His love for you. His hands of love will never let you go.

When you put your trust in Christ as your Saviour and Lord, He engraves 'you' on the palm of His hands as an eternal reminder that you've been saved by His loving-kindness and now belong to Him. Showering you with mercy and grace, He takes your sin-dead life and makes you alive in Himself, seating you with Him in heaven itself. When you begin to understand as you never have before, the reality of Christ's steadfast love and faithfulness, your feelings of being forgotten and forsaken will be displaced from the centre of your heart, and peace and joy will flood in. Wonderful things will begin to happen.

May this truth become a wellspring of life for you...

*"I will not forget you! See, I have engraved you on
the palms of my hands..."*

Grace and peace to you in Christ – Ps Dave Henderson



Light and Darkness

If there is one thing we are all going to have to live with this winter, it is darkness. I was busy working on my computer early one morning when suddenly the lights went out at 6 am and we were plunged into deep darkness. I had never known what deep darkness felt like until this started happening to us on a regular basis. Darkness like that is disorientating and it is most certainly not pleasant.

But there is another kind of darkness that is far worse – spiritual darkness. The Bible makes it very clear that those who don't know Christ are living in that awful darkness, cut off from God Who is light. But the wonderful thing is that when we turn to Christ, we move into the light – God's light.

On my bookshelf I have an old book, published in 1959, called "Light in Darkness, the story of the Nandi Bible". The Nandi were an unreached people group in the west of Kenya and the whole Bible was translated into their language in 1939 at Kapsaabet, the place where my husband Graham and I served for 15 years. The book is called "Light in Darkness" because the light of the gospel dispelled the darkness in which they had been living. The cover of the book illustrates this very well.

There are a number of verses in the New Testament which emphasize the contrast between darkness and lostness as opposed to light and salvation.

- ❖ John 8:12 Jesus said, "I am *the light of the world*. Whoever follows me will not walk in **darkness** but will have *the light of life*."
- ❖ Acts 26:18 to open their eyes and to turn them **from darkness to light** and from the power of Satan to God
- ❖ Romans 13:14 Let us put aside **the deeds of darkness** and put on *the armour of light*
- ❖ Ephesians 5:8 Once you were **darkness** but now you are *light* in the Lord.
- ❖ Colossians 1:12-13 giving thanks to the Father, who has qualified you to share in the inheritance of the saints in *light*. He has delivered us *from the domain of darkness* and transferred us to the kingdom of his beloved Son
- ❖ 1 Thessalonians 5:5 You are sons of *the light* and sons of the day. We do not belong to **the darkness**
- ❖ 1 Peter 2:9 Show forth the praises of Him Who called you **out of darkness into His marvellous light**.

But probably my favourite verse about light is 2 Corinthians 4:6:

God Who said "Let light shine out of darkness" has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Read this verse slowly. Think about it carefully. It contains some glorious truths.

- God has shone in our hearts.
- He gives us new light.
- We can know the glory of God.
- We see the glory of God in the face of Jesus because He is "the radiance of God's glory" (Hebrews 1:3).



A number of years ago Graham Kendrick wrote a wonderful song called "Shine Jesus Shine". The words fit in really well with our theme...

Lord, the light of your love is shining
In the midst of the darkness, shining
Jesus, Light of the world, shine upon us
Set us free by the truth you now bring us
Shine on me, shine on me

Shine, Jesus, shine
Fill this land with the Father's glory
Blaze, Spirit, blaze
Set our hearts on fire
Flow, river, flow
Flood the nations with grace and mercy
Send forth your word
Lord, and let there be light

Lord, I come to your awesome presence
From the shadows into your radiance
By the blood I may enter your brightness
Search me, try me, consume all my darkness
Shine on me, shine on me

As we gaze on your kingly brightness
So our faces display your likeness
Ever changing from glory to glory
Mirrored here may our lives tell your story
Shine on me, shine on me

May we all experience the light of the knowledge of the glory of God in the face of Jesus Christ.

(Submitted by: Michelle Naude)



JESUS SAID 'SOMEBODY TOUCHED ME'

... and dear old Peter responded by saying "Lord You are being touched on every side!"

But Jesus responded, "*somebody touched me*" – "*I felt power go out of me*" and the woman realized that she had been discovered and turned to face the Man of God. Falling at His feet, she poured out her story, having spent thirteen years with an issue of blood. Jesus listened with understanding and commended her for her faith.

Whenever I have re-read this story, I have felt sympathy for the woman and felt that Jesus had been a little bit hard on her until I learned that Jesus never speaks in vain. If the woman's plan had succeeded, then all she needed to do was to touch His garment and she would quietly withdraw, knowing she was healed without creating a scene. If that had gone through, she would



have presented herself at the synagogue to worship for the first time in thirteen years, as the custom of the day was that if a woman was at her time of the month, she was classed as 'unclean' and not allowed to worship in the synagogue. Everybody in the village knew the problem she had and asked her "why are you here? You are unclean" and she would answer "I have been healed". They would say to her "Have you got a report from the Rabbi" she would have found herself turned away. But now, having revealed everything at Jesus's feet, it was different – she was sure that her attendance at synagogue would be challenged by someone saying, "You are unclean!" but before she could reply to the challenge a voice would say "No! Jesus healed her!" Another voice would respond "That's right!" "I was there when it happened!" and everybody knew Jesus was a healer.

Not only had she experienced healing at Jesus's hands, but He had restored her. No longer was she isolated from fellowship from society, for Jesus never speaks in vain.

(Submitted by: Adin Harmer)



'N GESPREK MET SPYT

Hy was laat.

Natuurlik was hy laat.

Ons het al amper die ligte afgeskakel toe die deur stadig oopgaan.

* Geen dramatiese aankoms nie.

* Geen selfversekerde glimlag nie. Net 'n skraal figuur met 'n ou jas, skoene vol stof, en 'n hoed wat te laag oor sy oë getrek is.

Hy het gaan sit. Nie regop nie. Kop onderstebo. Skouers ingetrek. Hande styf gevou, asof hy bang is iemand herken hom.

Jy is laat. Ek is altyd laat. **Dis, seker hoekom jy SPYT genoem word?** Ja. Ek kom selde vroeg genoeg om iets te verander. Hy kyk nie op nie.

Waar kom jy vandaan?

Van mense se stil kamers af. Van hospitaalbeddens. Van grafte waar mense ná die tyd praat. Van kinders wat wens hulle het meer gevra. Van ouers wat wens hulle het meer geluister. Van mense wat jare lank gewerk het vir dinge wat nie kon terugpraat nie.

Jy klink moeg. Ek dra swaar. Mense dink ek is net 'n gevoel. Ek is nie. Ek is 'n argief. Ek dra sinne wat nooit gesê is nie "Ek is jammer." "Ek vergewe jou." "Kom ons begin weer." "Ek is lief vir jou." "Ek was verkeerd." Daardie sinne word dikwels te laat in my sakke gestop

Besoek jy net gewone mense? Vir die eerste keer lig hy sy kop effens. Nie genoeg om ons in die oë te kyk nie, maar genoeg dat ons sy stem duideliker hoor.

Nee. Ek het al by groot mense ook gesit. Bekendes. Leiers. Rykes. Mense wie se name in boeke staan. Mense wat applous gekry het. Mense wat miljoene bereik het, maar nie altyd hul eie kinders bereik het nie.

En wat sê hulle gewoonlik? Hulle praat min oor titels. Min oor pryse. Min oor geld. Hulle praat oor tyd. Oor verhoudings. Oor 'n huis wat vol mense was, maar leeg van aandag. Oor 'n kind wat grootgeword het terwyl hulle besig was om belangrik te wees. Hy glimlag flou, maar daar is geen vrolikheid daarin nie.

Op die einde vra min mense: "Hoekom het ek nie nog meer vergaderings bygewoon nie?" Hulle vra eerder: "Hoekom het ek nie daardie Sondag saamgegaan nie?" "Hoekom het ek nie gebel nie?" "Hoekom het ek gewag?"

Is dit die grootste spyt — tyd? Tyd is een van hulle. Maar tyd is net die houer. Die ware spyt is wat mense nie daarin gesit het nie.

Soos?

Sagtheid. Waarheid. Moed. Vergifnis. Geloof. Teenwoordigheid. Mens dink mos altyd daar sal nog 'n geleentheid wees. Nog 'n Kersfees. Nog 'n kuier. Nog 'n kans om reg te maak. Ek leef van daardie "nog"

Daar is 'n lang stilte.

Buite beweeg die wind teen die venster. Binne sit SPYT soos iemand wat al te veel einde-van-die-pad-gesprekke gehoor het.

Jy het geloof genoem. Hoekom?

SPYT vou sy hande stywer.

Omdat ek dikwels daar is wanneer mense besef hulle het hul siel laaste op die lys gesit. Hulle het planne gehad vir aftrede, vir geld, vir eiendom, vir vakansie, vir gesondheid — maar nie altyd vir God nie.

Dis 'n swaar ding om te sê. Ek weet. Daarom sê ek dit sag. Maar sag beteken nie onwaar nie.

Hy sluk swaar.

Party mense wag tot die lewe hulle stilmaak voordat hulle begin luister. Hulle het deur die jare gevoel iets roep, maar hulle het dit uitgestel. "Later," het hulle gesê. "Eendag." "Wanneer ek tyd het." Maar geloof is nie 'n ornament vir die einde van die lewe nie, dit is lig vir die pad.

En jy? Jy sit hier kop onderstebo. Jy praat oor almal anders. Maar sê my, SPYT...

Hy beweeg nie...waaroor is jy spyt?

Vir die eerste keer kyk SPYT op. Sy oë is nie kwaai nie, net oud, en hartseer.

Ek is spyt dat mense my so laat ontmoet. Die vertrek word stil.

Ek is spyt dat ek dikwels eers kom wanneer berou nie meer 'n gesprek kan red nie. Wanneer liefde nie meer hardop gehoor kan word nie. Wanneer 'n graf die enigste luisteraar is. Hy haal diep asem.

Maar die grootste spyt, Hy kyk na die vloer.

Ek gaan nie hemel toe nie.

Wat bedoel jy?

Spyt gaan nie hemel toe nie. Spyt is te laat. Spyt dra die smaak van gemiste genade. Maar BEROU kan hemel toe gaan. VERGIFNIS kan. GELOOF kan. 'n Mens wat omdraai, kan.

Sy stem raak sagter.

DIT is waarom ek spyt is: dat mense dink ek is genoeg. Hulle sê: "Ek is spyt," maar hulle gaan nie verder nie. Hulle vra nie vergifnis nie. Hulle maak nie reg nie. Hulle draai nie terug na God toe nie.

So spyt is nie die antwoord nie?

Nee. Ek is net die klop aan die deur. BEROU maak die deur oop. GENADE nooi jou in.

Hy staan stadig op. Weer soos iemand wat nie lank op een plek bly nie.

Gaan jy nou?

Ja, daar is altyd iemand wat my roep. By die deur draai hy om.

Maar sê vir julle mense: moenie wag vir my nie. BEL vandag. VERGEWE vandag. BID vandag. MAAK REG vandag. SÊ vandag wat gesê MOET word.

Toe is hy weg...Laat gekom...Stil gegaan.

Maar hierdie keer, miskien, nie te laat nie

(Ingedien deur: Jan Lourens)



As we grow older, many people look back on their lives and reflect on what brought them joy and what they might have done differently. Interestingly, the regrets most often expressed are not about careers, possessions, or achievements, but about relationships and missed opportunities.

Some common regrets shared by older adults include:

- **Not spending enough time with loved ones** – Family and friendships often become more important than material success as the years pass.
- **Worrying too much** – Many people wish they had spent less time stressing about things that never came to pass.
- **Not expressing feelings openly** – Whether it is saying "I love you," offering forgiveness, or sharing appreciation, people often regret the words left unsaid.
- **Not pursuing dreams or passions** – Some wish they had taken more chances, travelled more, learned new skills, or followed long-held interests.
- **Working too much and living too little** – A common reflection is that life moves quickly, and moments of joy, laughter, and connection are precious.

The good news is that every day offers an opportunity to create new memories, strengthen relationships, and appreciate the present. While we cannot change yesterday, we can choose how we live today.

"The best time to plant a tree was twenty years ago. The second-best time is now."

"Life is not measured by the years behind us, but by the moments we continue to cherish and create."



<i>Datum</i>	<i>Naam</i>	<i>Woonstel/Kamer</i>	<i>Ouderdom</i>
<i>1ste</i>	<i>Phillip Bloem</i>	<i>F127</i>	<i>73</i>
<i>2de</i>	<i>Elizabeth Stein</i>	<i>F113</i>	<i>82</i>
<i>2de</i>	<i>Patricia Hemmant</i>	<i>F105</i>	<i>95</i>
<i>5de</i>	<i>June Bester</i>	<i>R62</i>	<i>86</i>
<i>6de</i>	<i>Elizabeth Kock</i>	<i>N112</i>	<i>83</i>
<i>9de</i>	<i>Caroline Zutphen</i>	<i>N011</i>	<i>90</i>
<i>14de</i>	<i>Brian Davies</i>	<i>N103</i>	<i>87</i>
<i>15de</i>	<i>Peter Prosser</i>	<i>N208</i>	<i>72</i>
<i>17de</i>	<i>Arthur Prodehl</i>	<i>R34</i>	<i>90</i>
<i>23ste</i>	<i>Jacqueline Horsley</i>	<i>MU205</i>	<i>94</i>
<i>28ste</i>	<i>Cornelia Jansen van Vuuren</i>	<i>R29</i>	<i>82</i>
<i>29ste</i>	<i>Elisabeth Granier</i>	<i>N102</i>	<i>91</i>

Spreuke 9:11

"Deur my sal jou dae vermeerder word en sal daar jare by jou lewe gevoeg word."



Characteristics associated with June-born individuals:

- Loving and compassionate
- Loyal and devoted to family and friends
- Graceful and elegant
- Appreciative of beauty and life's simple pleasures
- Strong yet gentle in character

"Like the June rose, may your life continue to bloom with beauty, grace, and love."



<i>Date</i>	<i>Name</i>	<i>Department</i>
<i>1st</i>	<i>Colleen Arendse</i>	<i>CCL</i>
<i>3rd</i>	<i>Merwyn Vermeulen</i>	<i>Riskman</i>
<i>9th</i>	<i>Jayden Lee Williams</i>	<i>CCL</i>
<i>14th</i>	<i>Sherika Erasmus</i>	<i>PCS</i>
<i>18th</i>	<i>Chantal Philander</i>	<i>Health Care</i>
<i>21st</i>	<i>Rayno Bayman</i>	<i>PCS</i>
<i>23rd</i>	<i>Lydia Jonas</i>	<i>Health Care</i>
<i>25th</i>	<i>Ceano Skippers</i>	<i>PCS</i>
<i>26th</i>	<i>Kurt Brenton</i>	<i>Coffee Shop</i>
<i>27th</i>	<i>Shannon Swart</i>	<i>Coffee Shop</i>
<i>29th</i>	<i>Niketa Scholtz</i>	<i>Health Care</i>



Happy Birthday to our Members

<i>Date</i>	<i>Name</i>
<i>4th</i>	<i>Amanda Rodgers</i>
<i>8th</i>	<i>R Lee</i>
<i>9th</i>	<i>Gerald Van Leeve</i>
<i>11th</i>	<i>Eleanor Adams</i>
<i>12th</i>	<i>Georgina Thomas</i>
<i>12th</i>	<i>Beverly Steyn</i>
<i>18th</i>	<i>Lorraine Esau</i>
<i>19th</i>	<i>Sabrina Fraser</i>
<i>21st</i>	<i>Errol Martinus</i>
<i>25th</i>	<i>Margret Durell</i>
<i>28th</i>	<i>Rina Van Vuuren</i>
<i>30th</i>	<i>Sandra Masters</i>



Psalm 91:16 (AFR83)

"Ek sal hom 'n lang lewe gee en oor my hulp sal hy hom verbly."

Vadersdag

'n Pa is iemand baie spesiaal,
al sê hy soms nie baie nie.
Hy wys sy liefde in die dinge wat hy doen,
in sy sorg, sy tyd en sy geduld.

Met sterk hande help hy dra,
met wyse woorde gee hy raad.
Hy staan gereed wanneer ons hom nodig het
en stap getrou langs ons lewenspad.

Vandag sê ons dankie vir elke pa,
vir al die liefde deur die jare heen.
Mag jy weet hoe kosbaar jy is,
en hoe ryklik jy geseën is.

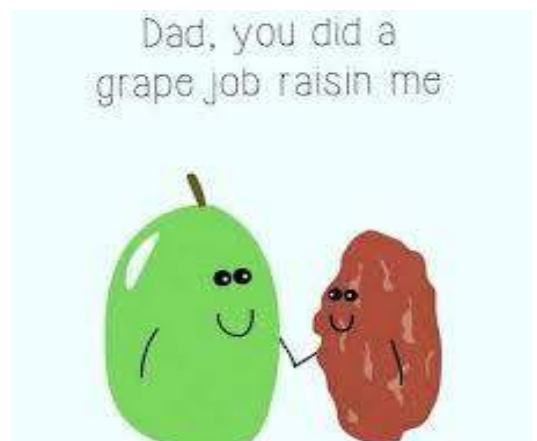
Gelukkige Vadersdag!



Efesiërs 6:4

"En vaders, moenie julle kinders vertoorn nie, maar voed hulle op met tug en vermaning soos die Here wil."

"Mag die Here elke vader seën met wysheid, krag en vreugde. Mag sy liefde deur jou lewe skyn, en mag die voorbeeld wat jy stel vir geslagte lank vrug dra. Gelukkige Vadersdag!" ❤️





Common Forms of Elder Abuse in South Africa

On World Elder Abuse Awareness Day, it is important to raise awareness about the mistreatment many older persons experience daily. Abuse can happen at home, in communities, online, or even in care settings, and often goes unreported.

Examples of Elder Abuse

- **Physical abuse**
Hitting, pushing, rough handling, overmedicating, or restraining an elderly person.
- **Emotional or psychological abuse**
Shouting, threatening, humiliating, isolating, ignoring, or intimidating an older person.
- **Financial abuse**
Taking pensions or bank cards, forcing changes to wills, stealing belongings, pressuring older persons for money, or misusing grants.
- **Neglect**
Failing to provide food, medication, hygiene care, supervision, or medical attention.
- **Verbal abuse**
Insults, constant criticism, swearing, or speaking disrespectfully to older persons.
- **Sexual abuse**
Any unwanted sexual contact, behaviour, or exploitation.
- **Social isolation**
Preventing elderly people from seeing family, friends, or participating in community life.
- **Cyber and scam abuse**
Phone scams, fake banking messages, online fraud, or manipulation targeting vulnerable seniors.



JUNE / JUNIE 2026

MONTHLY PROGRAM / MAAND PROGRAM

Monday	Tuesday	Wednesday
1	2	3
08:30 Library / Biblioteek 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 10:30 Teatime: lounges 15:00 Teatime: lounges 15:00 General Residents Meeting in the hall	08:30 Library / Biblioteek 09:30 Afrikaans diens 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 15:00 Bingo
8	9	10
08:30 Library / Biblioteek 10:00 Teatime: lounges 09:00 Outing - SANCCOB TOURS 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 Village 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
15	16	17
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	10:00 Teatime: lounges 15:00 Teatime: lounges <p style="text-align: center;">Youth Day</p>	08:30 Library / Biblioteek 09:30 Afrikaans diens 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 Bingo 15:00 Presentation by U -Turn Ministries in the hall
22	23	24
08:30 Library / Biblioteek 09:00 Outing 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 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 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 Bingo
29	30	
08:30 Library / Biblioteek 09:00 Outing - Red Cross Children Trust 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	

Thursday	Friday	Saturday	Sunday
4	5	6	7
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Table Tennis in PlumRus North	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
11	12	13	14
09:00 Shopping Constantia Emporium 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo	08:30 Library / Biblioteek 09:30 One Hour for Jesus with Badisa Children 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
18	19	20	21
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Afternoon craft session in Sugarbush lounge 18:00 Lotto draw 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 Father's Day
25	26	27	28
09:00 Shopping Constantia Village 09:00 BP Clinic in Clinic Room 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Live entertainment by Granville Michaels 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	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

11th & 25th Thursday Gym trim in the hall @ 09:30

8th of June Garden club meeting in the hall @ 15:30

16th June – Public Holiday *No Gym trim*

17th June Presentation by U- Turn Ministries in the hall @15:00

18th June Father's Day craft session in Sugarbush lounge @ 15:00

18th June Lotto draw in the hall @ 18:00

25th June Live entertainment by Granville Michaels in the hall @ 18:00

26th June Bring & Braai in the hall @ 18:00

Warning Signs

- Unexplained bruises or injuries
- Sudden withdrawal or fearfulness
- Poor hygiene or malnutrition
- Missing money or belongings
- Anxiety around certain caregivers or family members
- Depression or unusual silence



Who to Contact in South Africa

If you suspect an elderly person is being abused, do not ignore it.

Emergency or Immediate Danger

- **South African Police Service (SAPS) — Call 10111**

Reporting Abuse or Seeking Help

- [Department of Social Development](#)
Contact your nearest social worker or local office.
- Age-in-Action South Africa
Offers support, advocacy, and services for older persons.
- [South African Older Persons Forum](#)
Promotes the rights and dignity of older persons.
- **Gender-Based Violence Command Centre** (also assists vulnerable persons)
Call: **0800 428 428**
- **Childline / Lifeline community support services** may also help direct urgent cases to appropriate care and social workers.

Every older person deserves dignity, safety, respect, and compassionate care. Speaking up can save a life.

UPDATE ON RECYCLING

Thank you to all those who are helping to save the planet!

Here are a few reminders:

The recycling "cage" is situated at the lower end of Plumrus North, just before the exit gate.

Please place **ONLY PAPER** in the yellow bin, **GLASS** in the green bin, and **PLASTIC BOTTLES** in the "new" orange bin.



All other items such as **CLEAN** tins, polystyrene, hard cardboard should be placed on the floor in a clear/green bag.

Dirty, general refuse can be deposited in the black municipal refuse bins as usual.



Mrs. Erna Deacon Health Care Zone 1 Room 4

Erna joined PlumRus from her flat in Pretoria. She was born and raised in Salisbury, Rhodesia and Harare, Zimbabwe.

She has two sons Russell in Cape Town, Clyde in the UK and one daughter Tanya in Pretoria. Mrs. Deacon enjoys reading.



Mrs. Margaret Overmeyer East Flat 002

Margaret was born and raised in Wynberg. She attended Ottery Road Methodist Primary and Wittebome High.

Margaret enjoys walking, reading, home décor programmes and painting.

Home is not just a place, it is the people, memories, and moments that make us feel we belong." 🌸



Mrs. Adrienne Verney High Care H003

Adrienne has two sons, Paul and Neil Verney. She was born and raised between Bulawayo and Harare in Zimbabwe, where she also attended school.

Paul lives in Lakeside, while Neil resides in Australia.

Adrienne worked as a television presenter in Zimbabwe and later became a communication and body language trainer, as well as an astrologer. She has a love for crystals, enjoys reading, socializing, and spending time in nature.

Mr. Erich Khon Health Care Zone 5 Room 66

Erich was born and raised in Brakpan, Gauteng. He attended school in both Brakpan and Pretoria and is a member of the Dutch Reformed Church.

He has five children: Wehrner, Talita, Meliza, Elana, and Erich Junior.

Erich studied agriculture and farm management and previously owned and managed a dairy farm.



He enjoys reading academic books, watching nature programmes, and follows rugby.



*Mrs. Cornelia (Rina) Jansen van Vuuren
Health Care Zone 3 Room 29*

Rina was born in Vereniging and raised in Sasolburg. She was a medical nurse and later stayed home as a full-time mom to her daughter Timna.

She loves reading, gardening, shopping, going to the beach and Kalk Bay theatre.

"The best chapters of life are not always the first ones. Sometimes the most rewarding stories begin when we turn the page and embrace a new season."



Guess...Every day is a Holiday!

Teacher asked students to write what they want to become and what they don't.

The joyful imagination of a little child aspiring to become a senior citizen truly brings a smile to the face.

🐱 The child says—

Not the president,

Not a doctor,

Not a scientist...

Nothing like that.

My biggest aspiration is to become a senior citizen in the future—it's the most fun.

Because my grandpa—

🐱 Can wake up late in the morning,

🐱 Take a nap in the afternoon,

🐱 Watch TV and sleep early in the evening.

🐱 No homework, No summer–winter vacation homework, No tuition.

🐱 If there's no work, they can sit under a tree and enjoy the cool breeze,
or go to the park and play chess with someone.

🐱 Coffee in the morning, Tea in the afternoon, Milk in the evening—pure fun.

🐱 Free bus travel, And if they meet a kind person, they even give up their seat.

🐱 Half ticket on high-speed trains or while watching movies.

🐱 Eat whatever you want, no one to stop you.

🐱 Do whatever you feel like— Sing, dance, draw, play piano, blow trumpet, climb mountains, go trekking.

🐱 If you have money in your pocket, you can even go traveling.

😄 Becoming a senior citizen is truly explosive fun! 😄

💡 Inspiration...Senior citizens themselves don't even know how blessed they are!!

Dedicated to all senior citizens. 🎉 🍷 🍷 🍷



Mr. Maurice Power

Sunrise: 28/07/1941

Sunset: 09/05/2026

We write this tribute with a profound sense of loss as we remember a man of remarkable character, dedication and kindness.

Mr. Power was not just a resident but an inspiration to everyone who had the privilege of knowing him. His commitment to excellence was only matched by his generosity of spirit. He always took the time to listen, to guide, and to lift others up. We will greatly miss his sharp mind, his calm guidance and wonderful sense of humour.

Mr. Power leaves behind a void that cannot be filled, but also a standard of excellence that we will strive to maintain. Our thoughts are with his family during this difficult time. With deepest respect.

Health Care Team

Delores (Lola) Cuddon

Sunrise: 23/03/1938

Sunset: 19/05/2026

Mrs. Cuddon was always a truly lovely lady, and she will be remembered fondly by all who knew her. She held a special affection for her carers and greatly enjoyed spending time with them, often engaging in long and meaningful conversations.



One of Mrs. Cuddon's cherished routines was visiting the coffee shop with her son every Saturday to enjoy breakfast together. This was a special bonding time that brought her great happiness. Mrs. Cuddon will be deeply missed by both residents and staff. Her kindness, warmth, and gentle spirit touched many lives. May her beautiful soul rest in peace. (Gailine Chung)

My Comrades Journey

My running journey began back in 2013, when a colleague of mine asked if I wanted to assist her with the cross-country group at school. I guess you cannot teach what you haven't learnt! I started doing time trials with the Edgemean Running Club to get running fit. A 72-year-old gentleman (at the time), Boet van Zyl, noted my running style and offered to help me improve-not just form, but in time as well. Within a few Tuesdays he had me running 5kms in under 30 minutes from where I started 5km in 40 minutes. I am so grateful for his guidance and input in my running journey.

I have completed 6 Comrades – 4 down and 2 up runs.

Up Run (starts in Durban and finishes in Pietermaritzburg). The down run affects your quads very much while the up run gets hold of your calves more than your quads.

Personally, I prefer the down run, although there are not any less ups to get over on the down run. I have run with a group, called a bus, for one Comrades, but left them after about 30kms that year, as the pace was too fast for me. I have run with a friend on 2 occasions, but on my back-to-back run in 2019, I had to tell her to go ahead of me at the 10km mark already due to a glute niggle. I experienced discomfort, periods of wanting to fall asleep and even hallucinations. From the 65km mark I had the cut-off vehicle pass me and all I could think was, "I need to pass that car before it leaves its next stop." The thought that got me to the end of that run was that I could not go back to school and tell my class that I didn't finish the Comrades.



Preparation for Comrades starts in earnest in January of every year. It calls for early morning runs, sometimes at ridiculous times, 4am. Training includes regular runs during the week, with varying gradients. Weekends consist of races or long runs. The runs usually happen in groups. Solo runs are very challenging. One always tries to stay injury-free, but niggles tend to creep in at times. My best Comrades was the 2023 one, where I achieved a sub 11hour time (10hr40min) for the run. This achievement I attribute to a very consistent training program I followed as part of a group.

On the day of Comrades, I feel overwhelmed, but strangely I also have a sense of calm. I start my race with a prayer. The atmosphere at the start is phenomenal hearing the runners chanting, joining in the singing of the national anthem, the cock's crow and the blowing of the horn, all contributes to an amazing authentic send-off. The support along the route is always incredible.

Nutrition along the route is important-from taking gels at regular intervals, to the energy drinks prepared. The supply of refreshments supplied by the Comrades Team

is also much appreciated. One must remember not to overhydrate on the day, though.

One also never knows how the body will react on the day. As much as preparation has gone into getting to the starting line, I will never take it for granted and think nothing can go a bit wobbly on the day. I still pinch myself to think that as a little girl I sat in front of the television watching the Comrades Marathon, and now at 54 I'll be lining up for my 7th time. One thing I am extremely grateful for is the fact that I have a strong mindset, which is absolutely vital for Comrades. This whole experience leaves one feeling very humble and highly appreciative of life. I keep those who cannot run in mind every year and understand what a blessing it is to be able to run these challenging distances. One should never take the ability to run for granted, in any way.

Running has affected my life in a positive way; I think it has made me realize that I am capable of more than I believed I could achieve. I've learnt that commitment is non-negotiable when preparing for the Comrades. My ultimate goal would be to achieve a time quicker than 10hr30mins, but I do also realize that I am getting older and that training will look different every year.

The 99th Comrades Marathon (and 50th "Up Run") takes place on **Sunday, 14 June 2026**. The iconic ultra-marathon is a grueling journey between Durban and Pietermaritzburg, officially confirmed at a distance of **85.777 km**.



Jill Lategan, daughter of Mac Visser (Zone 5), we wish you a successful 7th run, and know that there are now an extra 220 residents here at PlumRus who will be following your race and cheering you on!



The Bridge and the Stone

Every morning, Mara carried water from the river to her village using a narrow stone bridge. The bridge was old and uneven, and one day she noticed a loose stone wobbling underfoot.

"Someone should fix that," she muttered, but she was in a hurry and stepped around it.

The next day, Kofi, the baker, almost tripped on the same stone. "The village should send someone," he said, and kept walking.

Weeks passed. More people noticed the stone. Everyone agreed it was dangerous, but everyone waited for someone else to act. Then one evening, a child chasing a ball ran across the bridge, caught her foot on the loose stone, and fell into the river. She was pulled out unhurt but shaken and crying.

Mara saw it happen. She went home, got her tools, and spent the evening wedging the stone back into place. It took an hour and scraped her hands raw.



The next morning, Kofi crossed the bridge and noticed it was solid again. "About time someone fixed that," he said. Mara, walking behind him, replied, "**Someone did.**"

****Moral: * Waiting for someone else to solve a problem often means the problem solves nothing. If you see something that needs fixing, be the one to start.***

(Submitted by Yacoub)

Youth Day: Your Legacy Still Matters

As we commemorate Youth Day on 16 June, we honour the young people who helped shape South Africa's future through courage and determination. While much of the focus is on today's youth, we also recognise the valuable role our older generation continues to play.

Our residents carry a lifetime of wisdom, experience, resilience, and life lessons. Through a kind word, a shared story, patient guidance, or simply being a positive example, you have the power to inspire younger generations. Your experiences can teach perseverance, gratitude, respect, and the importance of community.

Never underestimate the impact of your life journey. The values you pass on today help shape the leaders, parents, and citizens of tomorrow.

Youth may carry the future, but it is often guided by the wisdom of those who have walked the path before them.

Happy Youth Day to all generations as we continue learning from one another and building a brighter future together. ZA 🌱

A glimpse of the month that was...



Pamela & Jill entertained our Residents to an amazing recital: Dream & Dance. Our residents thoroughly enjoyed being transported to a "classical heaven".



Our residents enjoyed a trip down memory lane through the amazing vocals of Steve Ashley, sponsored by AVBOB. We are appreciative of our collaboration with TEAM AVBOB.





Join our monthly craft sessions held in the Health Care lounges. Share your talent while making new friends.



Our residents enjoy a walk-about in our beautiful gardens on those crisp winter mornings, guided by our loving carers and their warm smiles.



Find your closest "puzzle corner" or join our board games in the Aristata lounge every afternoon from 15:00 onwards...you never know there might just be a new friend lurking around the corner.



We went to see a movie the other night. I sat in an aisle seat as I usually do because it feels a little roomier. Just as the feature was about to start, a blonde from the center of the row got up and started working her way out. "Excuse me, sorry, oops, excuse me, pardon me, gotta hurry, oops, excuse me." By the time she got to me, I was trying to look around her and I was a little impatient, so I said, "Couldn't you have done this a little earlier?" "No!" she said in a loud whisper. "The 'TURN OFF YOUR CELL PHONE PLEASE' message just flashed up on the screen and mine is in the car."



3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, "We have reached your destination". The 1st guy gave him money & the 2nd guy said "Thank you". The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked "What was that for?". The 3rd guy replied, "Control your speed next time, you nearly killed us!"

Hidden Flowers & Plants Challenge

There are 30 flowers and plants hidden in the story below. The names may appear within words or across two adjoining words. See how many you can find!

Margaret's garden was the pride of the neighbourhood. Visitors often admired the rosewood bench beside the pathway and the daisyyellow cushions on the veranda. One afternoon, a local artist arrived carrying a tulipainting of a country cottage. During tea, everyone enjoyed discussing travel adventures and family memories. Margaret laughed as she described a lillying bird that frequently visited her garden. Her friend Irida remarked that the fragrance near the greenhouse was delightful. A violetter from an old school friend had recently arrived, bringing happy news.

Near the entrance stood a poppytopped container filled with colourful blooms. Besides it grew a petuniaster arrangement that attracted many butterflies. Further along, a marigolden glow seemed to cover the flowerbeds. An azaleading pathway curved gently toward a shady corner where jasmine tea was often served. Nearby, an orchiding vine climbed a trellis, while a peonyard ornament stood proudly among the shrubs. A begoniature fountain provided a soothing sound throughout the day.

The largest display featured a sunflowering border beside a daffodilightful seating area. Furniture made from recycled wood stood beneath a palmistry sign that amused visitors. Along the fence grew cedarlings and young oakettle trees. Beyond them stood a pineed shelter used for storing tools. Margaret often added fresh basilisk herbs, sagebrush cuttings, minted labels and thymepieces of gardening advice to her collection.

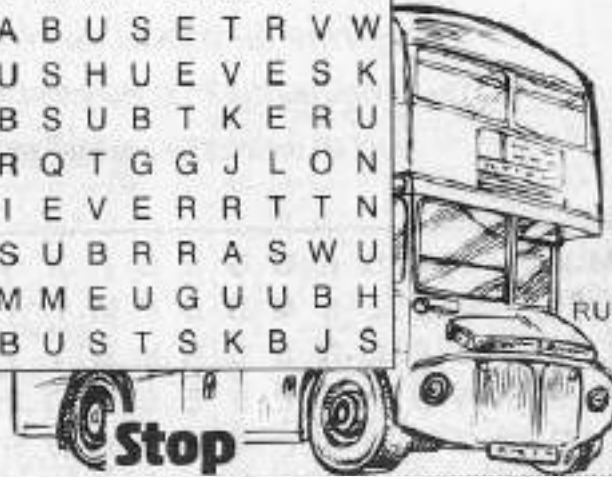
One guest admired the heathermost corner of the garden, while another pointed out a camelliaison of colours among the beds. Nearby stood a magnoliar display beside a lavender and cream tablecloth. Children enjoyed discovering hidden details, and one youngster proudly announced that he had spotted a snapdragonfly resting nearby. As evening approached, a geraniumber of guests gathered for refreshments. Before leaving, they all agreed that the garden's beauty brought joy to everyone who visited.

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.

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

ABUSE
 AIRBUS
 AMBUSH
 BABUSHKA
 BLOCKBUSTER
 BUSBY
 BUSHEL
 BUSHFIRE
 BUSIEST
 BUSINESS-LIKE
 BUSTLE
 BUSY
 COMBUST
 FILIBUSTER
 INCUBUS
 MINIBUS
 OMNIBUS
 REBUS
 RHOMBUS
 RUMBUSTIOUS
 SALTBUSH



ABOLISH
 ABORT
 ANNUL
 BAR
 BLOCK
 CEASE
 CONCLUDE
 END
 FINISH
 HALT
 INVALIDATE
 LAY OFF
 LET UP
 LULL
 NULLIFY
 OVERTHROW
 PAUSE
 PLUG
 SUBVERT
 SUPPRESS
 WITHDRAW



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

"Just like life, the best things are sometimes hidden—you simply have to keep looking!" 😊