



The Olive Branch

Reaching out to everyone

September 2025

Issue 7

EDITORIAL

Dear Residents and Friends,

Spring is gently unfolding, bringing with it a renewed sense of hope and lightness to our Village. September always feels like a fresh beginning, with our gardens waking up and the brighter days calling us outdoors. It's a lovely reminder that, no matter the season of life, there is always something new to look forward to.

This past month we had the joy of gathering for our August Birthday Tea, always a highlight on our calendar. It was a cheerful celebration of all our August birthdays, filled with laughter,

cake, and warm company. We also marked two very special milestones: Val's 90th and Juanita's 70th. What an inspiration to see such vibrant women surrounded by friends and community on their special day.

On 8 August we celebrated Women's Day with an inspiring talk by Angela Schaefer – author, dynamic speaker, and advocate for women's empowerment. Angela shared heartfelt words on the importance of uplifting one another, the strength we carry within, and the spirit of togetherness that binds us.

As always, we are delighted to bring you our regular contributions. This month, the Wetlands Committee shares a fascinating story about the release of a water mongoose into the wetlands. We also feature Ramblings Of An Old Woman by Maureen.

May this September bring you fresh energy, joyful moments, and many reasons to smile.

Warm regards,
Angie Moir, Editor

ADMIN OFFICE

The following information is a friendly reminder to residents:

- **Office hours** are Monday to Friday from 08:00 to 16:00 (No transactions will be done after 15:45). Saturday from 08:00 to 12:00 (No transactions will be done after 11:45). Due to allocation purposes at head office.

- **Please note** that Bible Study takes place in the hall every Wednesday from 11h00. We kindly ask all residents to be mindful of noise levels during this time.

- **Please Note: Use of the hall for meetings.** Please be advised that many of our meetings are held in the hall. When the hall door is closed, it means a meeting is in progress. We kindly request that residents do not open either door while a meeting is taking

place. Keep noise levels down in the surrounding area. Thank you for your understanding and cooperation.

- **Notice:** A change to a shopping bus destination. We have noticed that many shops at Lifestyle Shopping Centre have closed. The shopping bus will now go to Blueberry Square on the last Friday of each month from 08h30 to 12h00.

- **Notice to Residents** Due to new management at Olivedale Office Park (across the street), we have been informed that residents may no longer access Checkers through the business park. ORV management will be engaging with the new office park management to request that this access be reinstated for residents.

We will keep you updated and advise as soon as there is any change. Thank you for your understanding.

Pigeons Problem

Residents are reminded that feeding pigeons is strictly prohibited in ORV, particularly within the apartments. Pigeons are unhygienic and create a mess on balconies and patios.

As per Conduct Rule 8.17:

In the interests of health and to avoid attracting rats, residents in the apartments are not permitted to feed wild birds. Please note that residents found feeding pigeons (or any wild birds) in the apartments will receive a formal warning and/or a fine of R500. We thank you for your cooperation in keeping our community clean and healthy.

SPIDER WEBS OR COB WEBS?

By: Members of the Wetland Working Committee

Errata

We extend our apologies for the inadvertent omission of the concluding paragraphs from the Wetland Working Committee’s article on spider webs and cobwebs in last month’s edition. The omission rendered the article incomplete and the headline without proper context. In order to present the work in its entirety and to ensure accuracy for our readers, the full article is republished in this month’s issue.

SPIDER WEBS OR COB WEBS?

By: Wetland Working Committee

Early one morning, while walking in the Open Space I noticed two very different types of spider webs covered in dew.

The first one was a perfectly crafted funnel. It belongs to a spider family that is very common in our highveld grasslands, namely the grass funnel web spider or Agelenidae. These fast, skittish spiders sit out of sight at the bottom of the funnel but will come out when something triggers the web. The funnel-web spiders found in South Africa are generally not considered as dangerous.

The second web was a curious, chaotic tangled ball of spider silk with no apparent structure. It is usually found close to the ground and often in vegetation. In South Africa it belongs to the Theridiidae

family. A well-known member of this family is the brown button spider (Latrodectus geometricus) with its distinctive orange-red hourglass marking on its abdomen and is known for its venomous bite. Tangle web spiders are generally shy and prefer to retreat when disturbed, so bites are rare.

To answer the question above: A spider web is a web that is still used and is functional and kept clean while a cobweb is a dusty old web that is no longer used or maintained by the owner. Just to complicate matters, the tangle web spiders’ webs are sometimes also referred to as cobwebs even though they are inhabited and kept clean.

Once the Open Space is open again, keep your eyes open for these two types of spider webs in our grassland.

Source: Secretive and shy critters of Renosterveld: Meet the web-dwelling spiders. <https://overbergrenosterveld.org.za/web-dwelling-spiders/> [Accessed: 2025-07-02]



Grass funnel web spider’s web



Tangle web spider’s web

MEET OUR NEW RESIDENT

By: Wetland Working Committee

On Tuesday, 22 July we gained a new resident in our wetland. WildServe, a company that provides emergency response to wildlife in distress, rescued a little water mongoose that somehow got into a warehouse in Strydom Park. The water mongoose was released into our wetland and immediately bolted straight into the reedbed for cover.

Our wetland area and the stream below the spillway is the perfect habitat for water mongooses. They are widespread in Sub-Saharan Africa near rivers, streams, marshes and wetlands. They eat frogs, crabs, mice, insects and fish, but rarely birds. They are shy and are usually active early morning and late afternoon.



The resident water mongoose and his tracks in the litter trap.



Springtime begins – September marks the start of spring in South Africa. The landscape comes alive with blooming flowers, especially in the Namaqualand region, where carpets of wildflowers attract visitors from all over.

Weather – Generally mild and pleasant. Average daytime temperatures range from 16°C to 26°C, depending on the region. Perfect for outdoor adventures.

Safari season – Still a great month for wildlife viewing, especially in Kruger National Park and other reserves. Animals are easier to spot before the rains start.

Heritage Month – September 24th is Heritage Day, also known as Braai Day, where South Africans celebrate cultural diversity—usually with a good old-fashioned braai.

We already have a water mongoose living in the wetland. It's tracks were first seen in the sand in the litter trap and then he was accidentally caught in a trap for feral cats. Water mongooses are solitary animals and over time our two will sort out their own territories.

Source: Smithers, R H N. 1983. Die Soogdiere van die Suider-Afrikaanse Substreek. Univer- siteit van Pretoria (pp 496-503).



Our new water mongoose



OPEN SPACE DAM UPDATE

By: Wetland Working Committee

This past summer was the first time the dam that forms part of the wetland was full for an extended period of time.

Draining the dam proved to be a yoyo affair. Just as it was draining nicely, a pipe burst upstream, and it filled again. This happened twice! A second pipe was installed to drain the dam faster and eventually the bottom drain could be reached to drain out the last water.

The inflow into the almost empty dam gauged out a sizable donga which had to be filled. The stream was also split and one stream directed to the south corner of the dam to provide a better through flow towards the spillway. The other stream will still drain through the reed bed, which proved to be a very good sand trap preventing the sand from filling up the area of open water.

We did some ground work in the dam area behind the reed bed to create a safe island for ducks to breed on. However, water goes where water wants to so we'll have to wait for the next rain to see if everything works out.



The dam before it was drained.



Getting there...



...and finally empty!

Lovely as it was to have the dam full, it also brought some new problems that had to be addressed.

The first was the prolific growth of the invasive yellow flag irises. The irises were all dug out two summers ago but if one small piece of rhizome is left in the ground it just grows back, and a great many did. Applying herbicide was unsuccessful so there was no choice but to dig them out again. Fortunately pulling them out proved to be easy as long as they stood in the water. The sheer volume of irises was daunting, but Jacob, our permanent worker, and his brother, Greece, did an amazing job once the

water level dropped enough for them to reach the irises. Some clumps were not removed to provide shelter for the ducks and moor hens and to also purify the water.

Secondly, the open water turned green. This was not caused by algae as some people thought, but actually was duck weed. Duck weed is a tiny indigenous water plant with two leaves of about 3mm and roots that are 40mm long. It can form a dense mat on the water which cuts off oxygen to the organisms below. Herbicide was also not very successful and scooping it up did not work too well, but now that the dam is empty, it has dried up.

A third plant that we have never seen before started to grow amongst the reeds. Once we could reach it, we identified it as the Category 1 invasive parrot feather weed. It forms an even denser mat than the duck weed. All of it in the open water was removed but some was left in the reed bed as the water birds nest on top of it.

Next we removed some alien trees along the embankment. We also cleared the dam floor of dead plants and other debris and removed some water grass near the spillway to create more open water.



Jacob removing yellow flag irises



Greece carting away plants



Some of the alien plants that were removed

BIRTHDAY CELEBRATIONS IN AUGUST

This month we gathered to celebrate all our residents born in August. The afternoon was filled with laughter, warm wishes, and shared memories as friends and neighbours came together to honour our birthday residents. A special mention was made of milestone birthdays, adding to the joy of the occasion. As always, the Birthday Tea was a wonderful reminder of the strong sense of community and togetherness we share in our Village.

A Very Special Milestone – Val Turns 90

We celebrated the remarkable 90th birthday of Val Pearse, a cherished member of our Olivedale Retirement Village community for the past 11 years.

Val's life has been filled with creativity and grace. She enjoyed many years of ballroom dancing and devoted much time to dressmaking, sharing her talents with those around her. For two decades, she worked at the well-loved Arthur Bales store in Linden, where her skill and dedication were greatly valued.

We are delighted to honour Val on this wonderful milestone and wish her joy, health, and happiness in the years ahead.



Happy 70th Birthday,
Juanita.

May this milestone year
bring you health,
happiness, and all the
blessings you deserve."



WOMEN'S DAY TALK BY ANGELA SCHAEFER

Friday, 08 August – Angela Schaefer, author and dynamic speaker, shared inspiring words on women uplifting one another, the strength we carry, and the spirit of togetherness. After the talk, everyone enjoyed refreshments and snacks, with a special gift for each attendee.





RECOGNITION FOR LONG SERVICE

At this year's Annual General Meeting, special recognition was given to three dedicated members of our team – Jack, Clement, and Sam who have each achieved 11 years of loyal service with the organisation.

In honour of their commitment, each was presented with a Certificate of Excellence, acknowledging not only their long service but also their invaluable contributions over the years.

Their dedication, professionalism, and teamwork have made a lasting impact, and we are proud to celebrate this milestone with them. We extend our heartfelt gratitude to Jack, Sam, and Clement for their continued service and wish them many more successful years ahead.



Caron Frylinck (House 170) celebrating 40 years service with Standard bank, after joining in Cape Town on 2nd September 1985. Her loyalty and commitment has been recognised by her receiving many awards including outstanding performance, upholding the highest level of integrity and service excellence. "Most recently, she was recognized as a Top Performer of the Year 2024, placing among the top three in her region within Greater Fraud Operations." Retirement is on the horizon in

the first quarter of next year (2026) as she embarks on this new season of her journey ending her working career and stepping into her passion, with a positive approach to opportunities and following her love for people more especially as a Life coach fulfilling the needs and walking a road with those put on her path.

SOME THINGS MAKE GETTING OLD WORTH IT!

It is not always fun being old. The aches and pains, the inability to do so many things we used to do without even thinking, being tired after doing a bit of shopping or exhaustion after looking for suitable clothes. However, there are some advantages, one of which is discounts that some stores and restaurants offer oldies. The following offers are correct at the time of this Olive Branch's publication. The editor and committee accept no responsibility for changes, nor did we receive any freebies as a result of research into these discounts.

Luigi's Pizzeria at All Saints Centre has 25% discount on Tuesdays for pensioners. This is on their regular menu and not on the lunchtime specials. The latter are available to everyone every lunchtime. Their pasta dishes are also very good.

Spar All Saints and Bellair's Centre give 5% discount on almost everything every day.

Bossa's Grill at Bellair's Centre is directly

above the Spar and has breakfasts every day from 9am at R45. Two eggs, bacon, toast AND free coffee. You can drive up the ramp to the undercover parking and the restaurant is right there. It is new so don't be surprised if you are the only patrons initially.

All Spur restaurants have a pensioner's special at R139. This consists of tea or coffee or a soda, a choice of chicken schnitzel, quarter chicken, steak, ribs or fish with side of chips and onion rings, or salad or hot vegetables or baked potato. All this is followed by a choice of ice cream and chocolate sauce, half a waffle with ice cream, or crème brulee. Portions are good, except for crème brulee. It is so good I would have liked triple the size! The Spur breakfast, while not on special, is one I really enjoy as the bacon is so delicious.

Tony's cake boss, opposite Woolworths at Northgate Shopping Centre, has a breakfast special for pensioners on Wednesdays for R45. It consists of two eggs, bacon, tomato and toast.

Ocean Basket has 10% off lunchtime meals

from Monday to Wednesday, and some branches include Thursday in this offer.

The Wimpy has various breakfasts every day at a very reasonable prices.

Another value for money eatery is the restaurant at **Pick 'n Pay, at Ferndale on Republic**. There is nothing fancy about it but their toasted cheese and tomato sandwiches are to die for, and the chips as hot and crisp as you will find anywhere. All their food looks good. They do Sunday meals for take away too. (The old Randburg Waterfront).

Now when you want to really treat yourself go to the Woolworth's coffee shop at Bellair's Centre. Order their berry waffle. It is a full waffle, with vanilla ice cream and a berry coulis, topped with fresh berries. Priced well for what it is and most have difficulty finishing it. (Not me). Just make sure the berry coulis is available as that really makes the dish.

Please let the Editorial committee know of any other specials in our area.

Maureen Lamprecht

SHELLEY
082 830 6959



JESSICA
067 336 6111

A PAIR OF SPOONS

PLEASE NOTE, THIS IS A DINNER MENU ONLY!

Requirements and Process

PLEASE READ CAREFULLY

Exceptional Home-Cooked Dinners, Made Fresh Daily
Serving the Olivedale Retirement Village for your convenience to
HEAT, EAT, AND ENJOY!!

- Rotating Weekly Menu- **PLEASE CHECK NOTICE BOARD WEEKLY**
- Orders to be placed 48 Hours in advance
- EFT Payment to be made once order has been placed, to secure order - **NO CASH TRANSACTIONS!**

Account Name: A PAIR OF SPOONS

Bank: Capitec **Business** Account

Account Number: 1052810225

Use your full name as payment reference

HOW TO ORDER

Call or WhatsApp:

Shelley: 082 830 6959

Jessica: 067 336 6111

On placement of order, please advise your unit number and if you reside in an apartment or a unit.

DELIVERY TIMES: 3pm Onwards

Please don't hesitate to contact us should you have any further queries.



FAST FOOD WORD SEARCH PUZZLE

BURGER
BURRITO
CHICKEN
CHILI
DONUTS
FRENCH FRIES
HOT DOG
KEBAB
MILKSHAKE
MUFFIN
NOODLES
PANCAKES
PASTA
PIZZA
POPCORN
POTATO
SALAD
SANDWICH
SUSHI
TACO
TURKEY
WAFFLES

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



1 EASY

2		4		1				
7						6		4
	5				2			
5	4			7				
	8		4				1	
			5		3			7
		3						
	2			9	1		7	
		9	3	6				

2 MEDIUM

			7					3
							2	
4				9	6		5	
	7				1	9		
				3			7	5
	8	9		2				
	9			6		8		
					4			
		7	1		9	4		

3 MEDIUM

	9			1				2
7								9
				8		5	1	
	7				1	3		
4			2					
				7	5		9	
		3			7		2	
							8	4
9		1						5

4 HARD

	9			1				2
7								9
				8		5	1	
	7				1	3		
4			2					
				7	5		9	
		3			7		2	
							8	4
9		1						5

In a previous Ramblings I told about living in a flat in Carltonville and about my cat that went missing. When I was pregnant with our second child, my husband applied at the mine where he worked for a house and was successful. We duly packed up and moved to the house, where we were living when our second child was born. At the time we moved, our elder son, Martin, was about 16 months old and on the whole, sleeping through the night.

From the time we moved he no longer slept through the night. He would wake as many as eight times a night. He wouldn't just wake and cry, but actually scream. It was exhausting for me and disruptive to our sleep, his included. I couldn't make out what the trouble was. I would comfort him, give him a bottle, and he would soon fall asleep again. After our second son, Graeme, was born, we put him into the third bedroom, and in no time at all, he was sleeping through the night. He would stick his thumb into his mouth and just sleep. Martin, however, was still having disruptive nights. Martin started speaking very early, and one day I asked him why he woke screaming at night. He said "That man comes at night and worries me". I didn't know what he meant and almost forgot about it.

The other thing with Martin was if he saw a dark haired man he would scream in terror. The doctor, who was dark haired, accused me of threatening the child with visits to the doctor if he didn't behave, as Martin took one look at him, screamed and was ready to run out in fright. I soon put the doctor right and put him in his place, asking if he thought I was an idiot to do such a thing. He apologised but said he was concerned at Martin's reaction. He was not a healthy child but was strange in so

many ways. He was born with a full head of hair and went to the barber for the first time at about 18 months of age. He screamed like a banshee on that occasion too. One never knew what would happen when we went out, as, if he saw a dark haired man, he would scream and prance up and down on his little legs. If we weren't holding his hand he would run away.

Then our neighbours told us they were leaving. Their house was better than ours so again my husband applied for that house, and his request was granted. When I told my neighbour that we were moving she said she was glad as she was sure that would be the end of Martin's problems. I asked her what she meant and she told me that a previous resident had died in the house, and that his own family had left because he used to disturb his own children at night who slept in that room. She also said that our dogs always barked on that side of the house. We were stunned and moved Martin into the room with Graeme immediately. He slept much better. Once we moved out about a month later all Martin's peculiarities disappeared and he became a normal little boy.

My husband and I had noticed some strange things, but didn't think too much of placing a pen on the table and it would not be there later, but in the bedroom. This happened a number of times, but as I said, we dismissed them as us mistaking where we had placed things. Also, neither of us had ever considered that there could be such things as "spirits or ghosts".

The woman who moved into that house after us asked me one day if I had ever been aware of a "presence" in that house, and I told her truthfully that

I had not, but that Martin had. She had gone to have a rest one afternoon and looked up from her bed to see a man standing in the bedroom doorway, and this in broad daylight. They moved out soon after and the house stayed empty for some time. About 10 years later, in Middelburg, I met a woman who had also lived in Carletonville. I told her about the spirit in the house, and she told me she knew about it. Subsequent tenants had sought spiritual help with the problem and that a priest had been called and others who are involved in that field had exorcised the spirit. The story had been written about in The Sunday Times, though I didn't see it. Whether or not the exorcism worked I don't know but it was a terrible experience in retrospect. I will never know if it had a lasting effect upon Martin, although he always had what some might call second sight. We drove past a farm one day and he said, "Look Mom, that horse is dead". I looked and the horse was standing eating. The next day we came past, and the horse was dead. On another occasion we went to see someone about property. When the woman opened the door Martin stood back and would not enter. Afterwards he told us not to have anything to do with her as she was evil. We found out later that he was right.

I have never experienced anything similar but many others have told me about their encounters with restless spirits. It really makes one wonder about what lies ahead for all of us. Hope this story doesn't keep you awake at night. Until next month, keep well. Spring is around the corner and the warm, or hot, summer months lie ahead.



Find your perfect nest this SPRING!

Whether you're selling your nest or searching for a new one, you need the right agent to guide you. With expert market knowledge, proven results, and a personal touch, I'll make sure your property plans blossom.



Declan Ward | ☎ 082 819 5955

declan@bowringproperty.co.za

Proud to be in Property

WANNEER

Noudat ek oud is
drentel ek
deur die dae
met versigtige skuifelgang

In die sagte lig
van die Sonsondergang
wentel my gedagtes
oor die kom en gaan
van Sterflinge

Hier aan die einde
is ons almal Herfslinge
wat na 'n lang lewe
van gejaag na wind
weet
elke sekonde is afgemeet

Noudat ek oud is
weet ek dat
liefde en
vrede,
vriendskap
en voëlgesang
my behoud is !

Verlange
is my Metgesel
Ek wil iemand
van my lewe vertel

Ek dink voor ek praat.
Ek luister meer
Vinnig praat maak seer

Nou - netnou - nou - nou - later -
begrippe van tyd,
beteken nou min
in die Lig van die Ewigheid

Ouderdom kom in Lae
Oud - Ouer - OUDSTE !
Dan is dit "Min Dae !"

Vir die grys hare
moet jy opstaan !

Ouderdom - hy kom !
Jy dink jy kan hom uitstel !
Wie het vir jou
daardie leuen vertel ?

Jy dink jy kan hom kul
O nee -

Hy doen wat hy wil !

Sonder jou wete
begin hy jou afgemete
inpalm

My liggaam word swakker,
my gees gesonder
terwyl ek wonder
waar alles gaan eindig

WAT is die laaste Woorde ?
WIE het die laaste Sê ?
WANNEER is dit my beurt ?
WAAR gaan hierdie Herfsblaar
uiteindelik sy kop neerlê ?

Elsa du Toit
Kopiereg

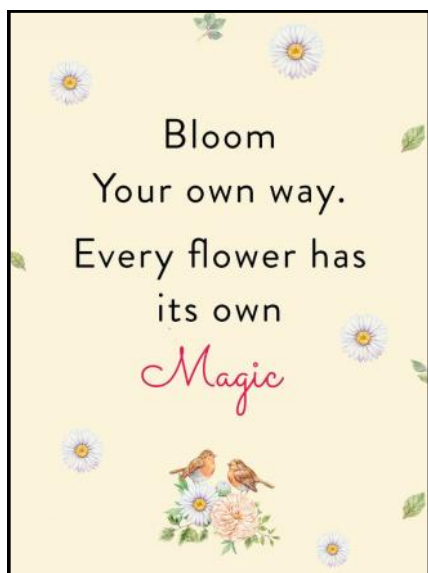
EK SING VAN DIE WIND

C. LOUIS LEIPOLDT

Ek sing van die wind wat tekeer gaan;	Vir my sing maar liewers van blomme;
ek sing van die reën wat daar val;	van al wat die vlei laat verkleur;
ek sing van ons vaal ou Karooland,	van al wat die sonskyn laat spartel;
van blomme wat bloei by die wal;	van voorjaar en najaar se geur;
van water wat bruis oor die klippe;	vir my sing maar liewers van water;
van duikers wat draf oor die veld;	van duikers wat draf oor die veld;
van voëls wat daar sing in die bossies--	van rotse en branders en wolke--
maar nooit nie, nee nooit nie van geld,	maar nooit nie, nee nooit nie van geld,
van voëls wat daar sing in die bossies--	van rotse en branders en wolke--
maar nooit nie, nee nooit nie van geld!	maar nooit nie, nee nooit nie van geld!



ORV September Bus:			Time:	Rate:
1 Sept	Mon	Bel Air	08:30 - 11:30	R20.00
3 Sept	We d	Northgate	08:30 - 12:30	R20.00
8 Sept	Mon	Spar	09:30 - 11:00	R20.00
10 Sept	We d	Cresta	08:30 - 12:30	R35.00
12 Sept	Fri	Chamdor	09:30 - 11:00	R20.00
15 Sept	Mon	Bel Air	08:30 - 11:30	R20.00
17 Sept	We d	Northgate	08:30 - 12:30	R20.00
22 Sept	Mon	Spar	09:30 - 11:00	R20.00
24 Sept	We d	NO BUS - PUBLIC HOLIDAY		
26 Sept	Fri	Blueberry Square	08:30 - 12:00	R35.00
29 Sept	Mon	Bel Air	08:30 - 11:30	R20.00
BUS TICKETS SOLD AT RECEPTION: * R255,00 - Ticket includes all trips: Spar, Bel Air, Northgate, Cresta, Blueberry Square & Chamdor * R180,00 - Ticket includes: Spar, Bel Air, Northgate, Blueberry Square & Chamdor only * You also have the option pay per trip at reception Card payments only, reception does not accept cash.				



Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention or emailed to: angel-iquemr50@gmail.com

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VILLAGE MANAGEMENT

Chris Heyneke

Disclaimer

The articles and ideas published in this newsletter are those of the authors and do not necessary reflect the views of the Olive Branch editorial committee or the Olivedale Home associations. NPC Images without credits are published under creative commons.

Advertising Rates for 2024

- Published monthly - format is A4 portrait.
- Circulation: 120 black-and-white printed copies. 300 emailed
- Full page: R800
- Half page, *landscape only*: R400-00
- Quarter page, portrait: R200-00
- Strip Ads across bottom of page: R100-00 (3cm high)
- Small advertisements and notices R15 - 00 (size subject to space availability. Size generally is about 6,5 X 4.5cm)
- Submissions by 20th of each month or preceding business day.

HEALTH

VILLAGE CLINIC HOURS - SISTER'S OFFICE /

DR'S ROOM Monday to Friday :

09h00 till 09h30 & 12h00 till 12h30

DRAWING OF BLOOD SPECIMENS

Repeat Fasting bloods:

Monday to Friday at Sister's office / Dr's Room 07h30 till 08h00

Drawing of blood in Unit/House. Book an appointment one day ahead. Please contact ext no 5462 or 5011 and leave a message for the Village Sister.

FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE IMMEDIATELY DISPATCHED TO YOUR UNIT.

EMERGENCY CONTACT NUMBERS 24/7

Security guard room : 010 596 5400 / 5183

Security cell number : 064 131 8274 (when landlines are not working)

Frail care office Matron	5010
Frail care reception	5011 / 5462
Kitchen office	5493
Kitchen orders	5494
Tuck shop	5492
Hair salon	5496
Clinic sister	5495
Reception	5499 / 5500 / 9
Security	5400 / 5183
Beauty salon	5192

SUNDAY CHURCH SERVICES

Roman Catholic Church 09H30, LONG ROOM

English service 09H30, Hall

Afrikaans service 17H00, Hall



2 BED 1 BATH
R10 000 p/m



2 BED 1 BATH
R1 495 000



IT'S
Spring
TIME

Ready to Find Your Dream Retirement Home?

LET'S MAKE IT HAPPEN!

 **060 086 7270**



1 BED 1 BATH
R690 000

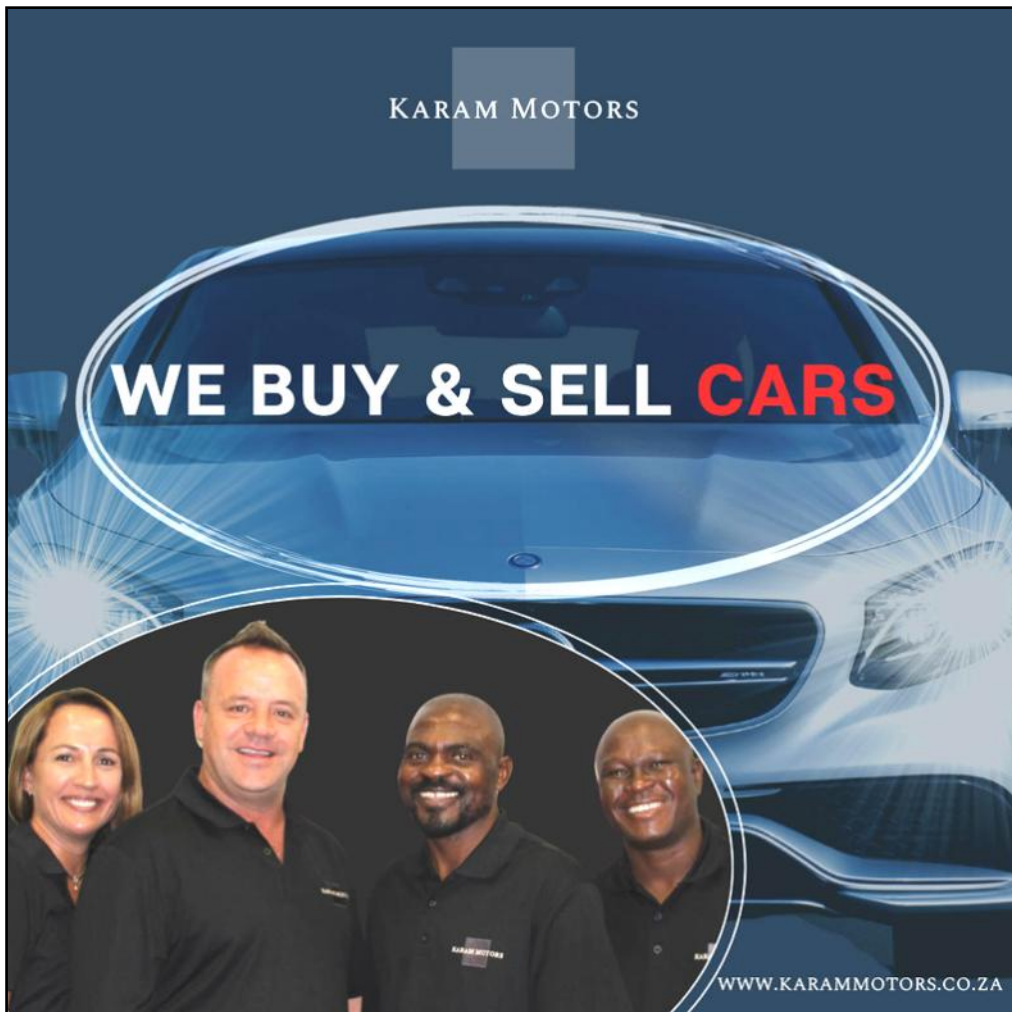


3 BED 2 BATH
R2 700 000



KARAM MOTORS

WE BUY & SELL CARS



WWW.KARAMMOTORS.CO.ZA