



I am
enough



"EVERY DAY MAY NOT BE WONDERFUL, BUT THERE IS SOMETHING WONDERFUL IN EVERY DAY."

(Alice Mores Earle)

WARM WELCOME

BIRTHDAY'S 90 +

Mrs. J.D. de Witt - Flat 1508 - 02 July
Mrs. M. Olivier - Flat 1412 - 09 July
Mnr. I.S. du Toit - Flat 912 - 11 July
Mrs. H.J.A. Fourie - Flat 1713 - 11 July
Mrs. A.E. van Rhyn - Flat 813 - 19 July
Mrs. J.M. Steenkamp - Frail care - 20 July
Mrs. E.S. Crous - Frail care - 24 July
Mrs. E. Morren - Room 215 - 31 July

Mr. P.W. Conradie - Flat 603
Mr. N.D. Smit - Flat 1110
Mrs. E.J. Wessels - Flat 1404
Mrs. M.A. Kotze - Flat 1505
Mrs. R.J. Plaatjes - Flat 1409



THANK YOU

Thank you to everyone who contributed to our 2026 Utilitas yearbook. We couldn't do it without your help! Enjoy.

Happy Birthday

CHOCOLATE DAY



WPC is going to treat us to a delicious chocolate dessert on Chocolate Day.

Don't miss out on the lunch on 7 July.

chocolate

CARPET BOWLES, DARTS & POOL

The carpet bowles, darts & pool group invites residents to become part of their team. Anyone is welcome! Feel free to drop by the weekly practice session.

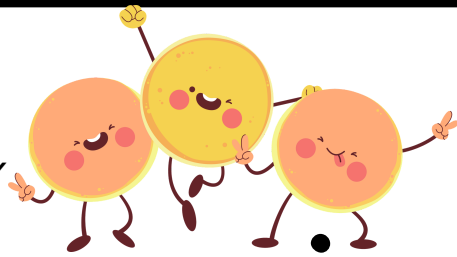
GOAL



PLEASE TAKE NOTE OF THE FOLLOWING

PANCAKE SALES

PANCAKE SALES & MARKET DAY
FOR RESIDENTS ON
3 JULY AT 09:00 IN THE
RECREATIONAL HALL.



ARTS & CRAFTS

Carina & Friends will meet this month on
23 July at 09:30 in the recreational hall. Everyone is welcome.



ALIDA'S CLOTHING SALES

16 July at 10:00 in the lounge,
ground floor.



I AM
Grateful

RUMMIKUB

The rummikub group invites residents to come and play together in the library on Tuesday afternoons (14:30). Anyone is welcome!

FREE TALK

Johan Laten will talk to us a little bit about "matters of life". The talk will be humorous, with theatrical inserts and fun conversations about the life choices and dignity of the elderly.

Come listen to the talk and maybe win a prize!

Date: 2 July

Time: 10:00

Place: Recreational hall

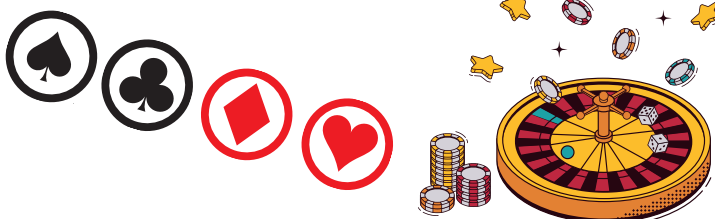


FOCUS
on the
good

FREE EXCURSIONS IN JULY – GRANDWEST CASINO & HEART MUSEUM IN CAPE TOWN

This month our Tuesday trip is to
"Grandwest Casino".
Book your seat with Joey in the
admin office.

The bus departs at 09:30 from
ground floor.



The Heart Museum at Groote Schuur Hospital kindly invites us to visit them.

Date: 17 July

Time: The bus departs at 10:00 from
ground floor.

Cost: R80.00 per person

Book your seat with Joey in the admin
Office.

MONTHLY ACTIVITY PROGRAMME

AKTIWITEITSPROGRAM



Maandae / Mondays

09:00 Matrolbal / Carpet Bowls

14:30 Canasta (Biblioteek / Library) & Shoprite Food bussie / bus

Dinsdae / Tuesdays

08:30 Gratis Uitstappie / Free Outing (Besprek by Ontvangs / Book at Reception)

09:30 Veerpyltjie klub in die Biblioteek / Dart club in the Library

14:30 Boston Spar bussie / Shopping bus

14:30 Rummikub (Biblioteek / Library)

Woensdae / Wednesdays

09:00 Tygervallei Bussie / Tygervalley Bus & Vrugteverkope / Fruit sales (Nadia)

09:30 Beweging met musiek / Movement to music (Ontspanningsaal / Recreational Hall)

14:30 Catholic Prayer group in the Library

15:00 NG Kerk Bybelstudie

15:00 English Bible study group the boardroom, 1st floor.

18:30 Bingo (Ontspanningsaal / Recreational Hall)

Donderdae / Thursdays

09:00 Biblioteek tot 11:00 / Library till 11:00

09:00 Tygervallei Bussie / Tygervalley Bus

10:00 Voetversorging by die kliniek / Foot Care at the Clinic

14:00 Matrolbal / Carpet Bowls

14:30 Chinese Checkers (Biblioteek / Library)

14:30 Shoprite bussie / bus

Vrydae / Fridays

14:30 Canasta (Biblioteek / Library)

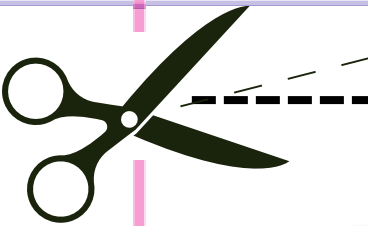
Sondae / Sundays

10:15 NG Kerkdiens

18:00 English Church Service

Saterdag / Saturdays

15:00 Jukskei in die tuin / in the garden



FREE EXCURSIONS FOR 2026

January

20 & 27 - Houtbay

March

Le Bonheur Crocodile Farm
& Restaurant

May

Postcard Cafee in Jonkershoek

July

Grandwest Casino

September

Cafe Lemur - Exotic
Animal World

November

Houtbay

February

Stodels Garden Centre

April

Castle of Good Hope

June

Zeitz Mocca
Alternative Art Museum

August

V & A Waterfront

October

Cape Garden Centre

December

Sundowners in Blouberg