



Save the date

House committee meeting

1 October at 08:30 in the recreational hall.

Senior Centre meeting

1 October at 14:00 in the recreational hall.

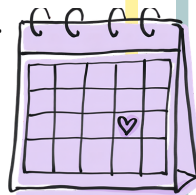
Pancake sales and market day

2 October, at 09:00 in the recreational hall.

Oom Piet's braai

2 October, in the recreational hall.

Limited spaces available, please book and pay with Joey.



Lelani Louw Hearing Clinic

15 October, from 08:30 in the boardroom on the 1st floor.

Please book in advance with Lelani's office (021 595 1141)

Carina & Friends (Arts & Crafts)

22 October at 10:00 in the recreational hall.

Free Concert

Showclass Studios invite us on a trip down Memory Lane on **10 Oct at 10:00** in the **recreational hall**.

Please be seated by 09:45.



Spaces are limited, so please book in advance with Joey.

New Residents' Tea

We will have a new residents' tea on **28 October at 10:00** in the **lounge** on ground floor.

By invitation only.



Free Excursion

Our free October excursion will be to **Cape Garden Centre**.

The bus leaves at **08:30** every **Tuesday**.

Please book with Joey in advance to secure your spot!



INTERNATIONAL DAY OF
OLDER PERSONS
OCTOBER 1

Welcome to our new residents

Mr. W.J van Zyl (Huis Oakdale)



Moving away

Mrs. S.A Nel (909)
Mrs. N.D Liebenberg (811)
Mrs. E.R Geddes (807)

Internal moves

Mrs. E du Toit from 804 to 1409

Deaths

27 Aug: Mrs. S.J Le Roux (1011)

21 Sep: Mrs. L .A Barton (503)

Outing to Hermanus

We're excited to announce that our next Social club outing will be to beautiful **Hermanus**, instead of our previously planned outing to !Khwa ttu.

The bus will depart for Hermanus on **16 October 2026 at 08:00.**

There will be no food parcels provided for the bus trip. Kindly leave your takeaway bags in the recreational hall, where you can collect them upon your return.

Comfortable clothing, walking shoes and a light jacket are recommended, as the weather in Hermanus can vary.

Please book with Joey in advance to secure your place and avoid disappointment, as spaces on the bus are limited.



Birthdays 90+

9 Oct: Mrs. E.E Nieuwoudt

9 Oct: Mrs. W.G Lombard

17 Oct: Mrs. H.C Kruger



Senior Citizen morning at DF Akademie Highschool

DF Akademie has invited us to their Senior concert on **23 October 2026 at 09:00.**

Space is limited, so please book your spot with Joey by **9 October.**

Free Cyber crime talk

Durbanville SAPS will join us for an informative talk on **8 October 2026 at 10:00** in the **recreational hall.**

They will discuss fraud, cybercrime and online scams, with practical tips to help older persons stay safe.



MONTHLY ACTIVITY PROGRAMME



AKTIWITEITSPROGRAM

UTILITAS

Maandae / Mondays

09:00 Matrolbal / Carpet Bowls

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

Dinsdae / Tuesdays

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

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

14:30 Boston Spar bussie / Shopping bus

17:30 Happy hour - Music / Musiek

14:30 Rummikub (Biblioteek / Library)

Ontspanningsaal / Recreational hall

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

14:30 English Bible study group at Serena 37

15:00 NG Kerk Bybelstudie

18:30 Bingo (Ontspanningsaal / Recreational Hall)

Donderdae / Thursdays

16:00

Eureka kooroefening in die
ontspanningsaal / choir practice in
the recreational hall

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

14:30 Chinese Checkers (Biblioteek / Library) & Shoprite bussie / bus

09:00 Matrolbal / Carpet Bowls

Vrydae / Fridays

14:30 Canasta (Biblioteek / Library)

Saterdag / Saturdays

15:00 Jukskei in die tuin / in the garden

Sondag / Sundays

10:15 NG Kerkdiens

18:00 English Church Service

A Senior Citizen

I am a retired senior citizen,
Many years in society I've spent.
I encountered pleasantries and follies,
And have many a doleful dent.

The color of my hair has faded,
My body weary and wan,
My face is wrinkled and jaded,
And many of my teeth are gone.

Think not of me as useless,
The productive years may be gone,
Yet - I fare not so badly
Because I can still see the dawn.

Joseph T. Renaldi

