

Silver "Oaks" Newsletter

Number: 1

30 JANUARY 2010

The aim of this newsletter is to keep you, the resident updated on happenings at Silver Oaks Lodge. All contributions from residents and staff are welcome

INDEX

	Page
Welcome 2010	1
Mrs Van Niekerk turns 100	1
Birthdays	2
Farwell Nurse Booi	2
Ripley's Believe it or Not	3
Time for a laugh	3
What's that noise	3
Photo Gallery	4

What's on during February 2010?

20 th Jan	Happy Hour
29 th Jan	Boerewors Sale
2 nd	Valentine Biscuit Baking
3 rd	Paw Pals
12 th	Valentine Braai
23 rd	Discussion/ Games afternoon
26 th	Boerewors Sale
Mondays:	11:15 Bible Study
Tuesday and Thursday:	09:00 Games and Carpet Bowls
Wednesday:	11:00 Music Hour
Thursday:	9:00 Exercise
	14:00 Art and library
Friday:	Riaan the fruit man
	DVD/Video show

We celebrated Mrs van Niekerk's 100th birthday



IT IS A BRAND NEW YEAR WELCOME 2010!

So many have waited for the magical 2010 to arrive. Just think "soccer" and you know what I mean.

What will this year hold in for us? We sincerely hope only fun, good cheer and lots of laughter.

A special programme has been worked out to keep all our residents active and out of mischief!

We look forward to our World Cup Soccer events in June/July. The Week of the Older Persons in September as well as the Ross Magill Concert.

Our normal activities will recommence on 11 January and we invite all our residents to take part in as many activities as possible.



Staff singing to Mrs. van Niekerk

"Immortality lies not within the things you leave behind but in the people your life has touched" – EHB

BIRTHDAYS

January & February 2010

3rd Mrs S van Niekerk (Turning 100)
 4th Mrs B Ingram
 7th Ms S Royle
 13th Mrs M Dungey
 14th Mrs M Fourie
 21st Mrs M Gordon
 22nd Mrs P Verster
 30th Mrs R du Plessis and M van der Walt

May all of you enjoy your day!

Beginning of a new day

This is the beginning of a new day
 God has given me this day to use as I will
 I can waste it or grow in its light
 And be of service to others
 But what I do with this day is important
 Because I have exchanged a day of my life
 for it

When tomorrow comes
 Today will be gone for ever
 I hope I will not regret
 The price I paid for it

Ron Bellamy

		20		
7		13		
4	3		6	4

		25			
18					
9		4	3	5	6

Add the two columns in each row together. See how long you take before you get to the answer

Answers on page 3

WE BID HER A FOND FAREWELL ...

In December we reported on the long service of Nurse Elizabeth Booie, who has been with the Society and Silver Oaks Lodge for 30 years!.

Sad to say, she is now leaving us, to spread her wings. She will be joining Helderberg Hospital in February.

We wish her the best with her new post.

WHAT AN EXCELLENT EXAMPLE TO US ALL

The young man, Jordan Humphreys (11) delivered to all our residents and staff members a Christmas cracker on the 17th December.

This is part of his outreach project to spread love, peace and joy to people that are lonely and less fortunate during the Festive Season.

Jordan made 7000 crackers during 2009 and we say thank you and all of the best for 2010.



WISDOM FOR THE MONTH

Written by a 90-year old column writer

1. Life isn't fair, but it's still good
2. When in doubt, just take the next small step
3. Life is too short to waste time hating anyone
4. Your job won't take care of you when you are sick

Hoe om **nie** rusie te maak **nie**

- Vergewe en vergeet
- Los ou koeie in die sloot
- Kyk mekaar in die oë
- Moenie skree nie



LEYS BELIEVE IT OR NOT

In the Mutusi Tribe, Africa, a wife is usually 10 years older than her husband, and they become engaged while she is still an infant. She carries the infant around in a sling on her back

Did you know?

Baths in the 1500's consisted of a big tub filled with hot water. The man of the house had the privilege of the clean water, then all the other sons and men, then the women and finally the girls. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence, the saying, "don't throw the baby out with the bath water".

Time for a laugh

Two antennas meet on a roof, fall in love and get married. The ceremony wasn't much, but the reception was excellent.

A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

An invisible man marries an invisible woman. The kids were nothing to look at either.

Two cannibals are eating a clown. One says to the other: Does this taste funny to you?



Answer: top puzzle 40, and the bottom puzzle 43

WISE WORDS FROM RON BELLAMY

Why Worry?

There are only two things to worry about
Either you are well or you are sick
If you are well, then there is nothing to worry about
But if you are sick there are only two things to worry about
Whether you will get well, or whether you will die
If you get well there is nothing to worry about
But if you die, there are only two things to worry about
Whether you go to heaven or hell
If you go to heaven there is nothing to worry about
And if you go to hell you will be so busy shaking hands with old friends
You won't have time to worry

So why worry?

What's that

noizzzzzzze?

"Mosquito" may be the ultimate buzz-word. Not to mention one of the ugliest in the English or any other language.

You needn't be a victim. Make your own natural mosquito repellent with essential oils. Use some olive oil and put a few drops of essential oils onto it. Then rub it on your skin.

Try eucalyptus, citronella, catnip or even basil. If those pesky mosquitoes have struck already, try putting a little tea tree oil on the bites. It is a great remedy.

Ward them off when you are outside:

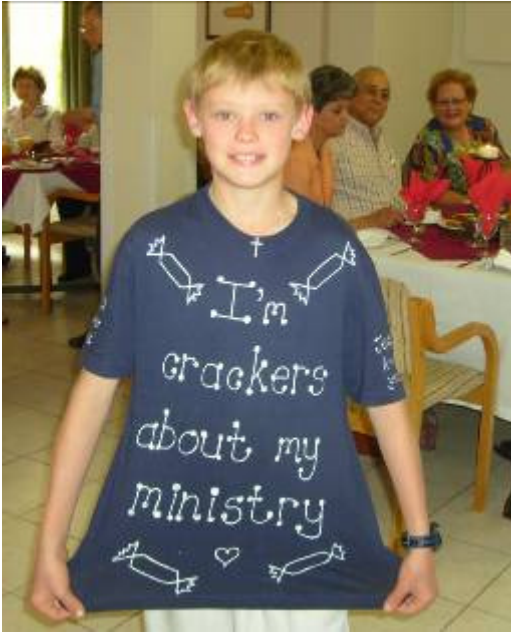
- Stay in the breeze; they are slow fliers and the breeze waft them away
- Create a breeze; put on your fan

Make yourself less appetizing!

- Eat raw garlic
- Avoid stimulants and sugar. They rev up the metabolism, which sends out louder invitations

Gesundheit

PHOTO GALLERY



Jordan Humpreys, the "cracker" boy



Mrs. Winner of our Christmas cake raffle. Over R750 were made with this fundraiser. Thank you to all who bought tickets.



Trevor, working "very hard" during our foyer renovations!



Betsie Boshoff and Olive Bretteney at our Hobo Lunch in November 2009

Thank you for your contributions:
Various Residents
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