

REFLECTION ON MARKET DAY 21 OCTOBER

What a joyful morning we had! The hall was filled with laughter and fun. It was exciting to be part of the hustle and bustle around the exhibitors' tables. We all had good sales and new friendships were made. We hope to follow up on this.

A big thank you to all the exhibitors and participants. We would like to extend our gratitude to Jolene and the kitchen staff who lent us some tables and to Liezel at reception for marketing the event.

The next market day is planned for Saturday 25th November.

Please contact Elma for enquiries. Unit 503/5353/0829285327



FROM THE EDITOR'S DESK

Greetings to all our residents.

November month dawns. Is it just me or are the days flying by? Soon another year will be tucked away and 2024 aired.

The eagerly anticipated rainy season has begun. Since the season offers much-needed respite from the heat, let's celebrate its arrival.

Thanks to the residents who have submitted articles. If you have something special to share with us or something

pertaining to ORV, please get in contact with me: angeliquemr50@gmail.com or apartment 544 ext. 5402.

In this month's edition of the Olive Branch, we have an update on the wetlands and some lovely pictures that were submitted by our photographers, Audrey and Caron.

The editorial committee will be taking a well earned break for the holiday season and returning in full force in time to publish the newsletter January/February edition in

2024.

Well, that's about all from me for this month. May I suggest that you take a stroll down the passage past reception and visit our "meditation" garden. Tucked away is an oasis of tranquillity for you to enjoy. Take a seat on the bench and recharge your batteries.

Big hugs to all who need it. Chat soon.

Angie Moir

OUT AND ABOUT



Norma Acutt received a beautiful prize from the Wellness day organisers.



A lovely photograph of Jerina Bam of house 131 celebrating her 80th with her neighbours.



A beautiful amaryllis plant submitted by Audrey. Over the past 10 years it has never failed to surprise her.



ORV friendship group



SASFA Exercise Class. Very popular among the residents.



BIRTHDAY CELEBRATIONS OCTOBER



SONGS TO MAKE THE HEART SING !

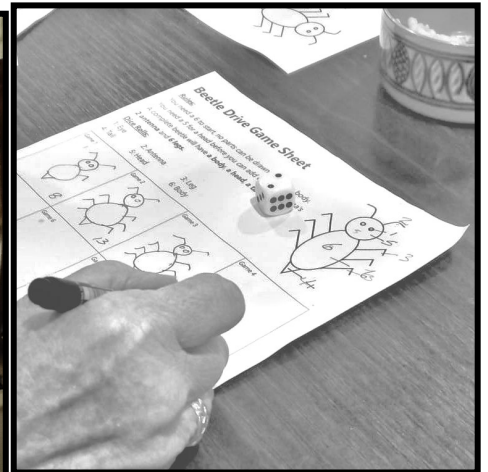
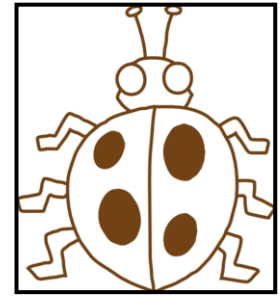
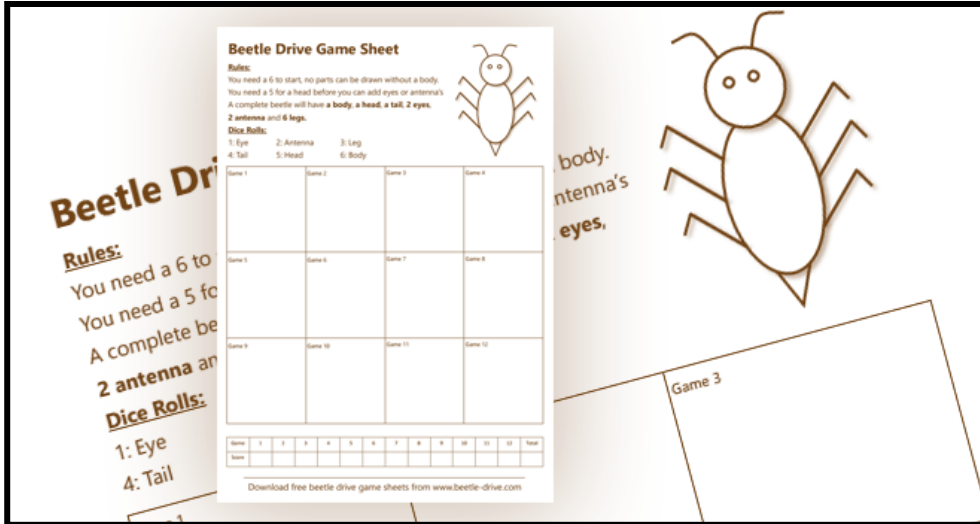
Come and enjoy an afternoon of music including carols with Behandri and pianist Benji in the ORV hall Thursday 16 November at 14h00. Tickets are R20 and will be on sale at the door from 13h30. There will be a break when light refreshments will be available.

Brought to you by the Health Care Group



RECENT EVENTS

BEETLE DRIVE FUN EVENING



DATES FOR EVENTS AND TALKS				
Day/Date		Venue	Time	cost
11	General knowledge quiz	Dining room hosted by Alan Eadie (Limit 4 per table)	18h00	Snacks will be served. R50 per person, tickets available from Val
13	Birthday tea	Dining room	15h00	R 30.00 per guest
16	Singing by Behandri van Tonder	Hall	14h00	R20 per ticket to be sold at door.
25	Saturday market handmade articles, health products and much more	Hall	10h00 -15h00	Displayers interested in participating contact Elma van den Berg Unit 503 or phone 082 928 5327
25	Sing along	Dining room hall	18h00	Snacks will be served. R50 per person, tickets available from Val

HEALTH CARE

THE HANDLING AND DISPOSAL OF ADULT INCONTINENCE PRODUCTS

According to the National Environmental Management Waste Act, of 2008 (Act 59 of 2008) and specifically healthcare risk waste, we cannot allow residents making use of adult incontinence products and other healthcare waste, such as sharps, to be disposed of inside their domestic waste and into the "wheelie bins."

"Domestic waste" means waste, excluding hazardous waste, that emanates from premises that are used wholly or mainly for residential purposes. Health care risk waste is

classified into:

Anatomical or pathological waste (e.g., human tissues, bodily fluids, blood, etc.)

Sharps waste (e.g., needles, syringes, scalpels, blades, etc.)

Infectious non-anatomical waste: waste contaminated with blood and other bodily fluids (e.g., swabs, bandages, gloves, adult incontinence products etc.)

All residents who are using any of the above should get red bags from Frail Care at a small cost and return them to Frail Care to ensure proper disposal of their hazardous waste, for which there

will also be a charge according to the weight of the bag.

If any hazardous waste is found in your domestic waste, you will be informed. If the situation is not corrected you may be fined.

Let us keep Olivedale Retirement Village safe from hazardous waste.

Matron Petro
Frail Care

YOUR HEART

One month before a heart attack your body will warn you of these six signs.

Always consider these warning signs and seek medical attention.

1. Swollen Feet

If you have congestive heart failure, one or both of your heart's lower chambers lose their ability to pump blood effectively. As a result, blood can back up in your legs, ankles and feet, causing oedema.

2. Fatigue

When the arteries become narrow your heart receives a lot less blood than it is used to. This makes the heart work a whole lot harder than it normally would have to, leaving you feeling overly

tired and exhausted just about all the time.

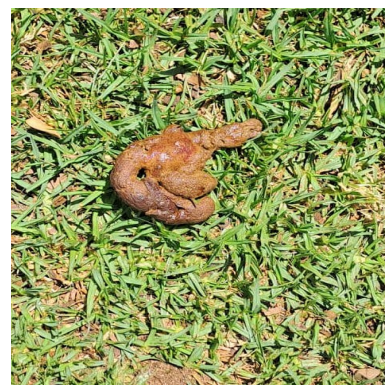
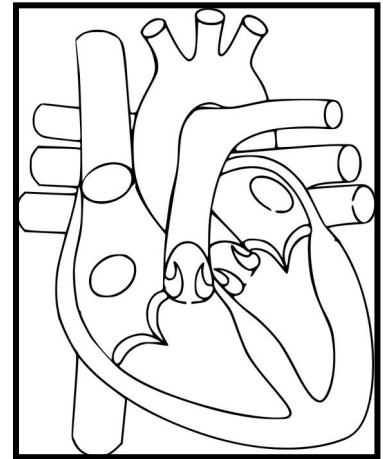
3. Shortness of Breath

When your heart is getting less blood, this means your lungs are not going to be able to get as much oxygen as they normally would. The two systems depend on one another so without one you can't have the other. If you have been having trouble breathing it is best to consult a doctor as soon as possible, as this could mean it is getting close to time for a heart attack.

4. Weakness

If your body becomes weak all of a sudden, it is because the arteries are becoming narrow and not enough blood is circulating properly. Your

muscles aren't getting what they need, and this could cause you to fall or feel like you need assistance to walk or get in and out of bed and chairs etc.



NEWS FROM THE WETLAND

Wetland Working Committee

Excavation of the area where the spillway will be built started on 4 September 2023 by demolishing the collapsed dam wall. Since it was not known beforehand exactly what the bedrock formations below ground is until the earth and the old wall were removed, the plan for the spillway needed to be adjusted, which caused some delay. The original walls proved to be a challenge as the concrete is really hard and progress cutting into it was slow. After the reinforcing steel bars were fixed in place, the first layers of concrete were cast.

On 23 September the Wetland Working

Committee (WWC) was joined by a large group of members from the Mosaïek Church who again helped us to clear litter and to get rid of more alien vegetation in the wetland. The support that this group under the leadership of Elsa de Witt, has given the WWC over the years is nothing short of amazing. A couple of residents made use of the opportunity to have a look at the wetland while there were many people around, which made it safe to walk there on the day.

Slightly less litter than before washed into the wetland, but, no doubt, the rainy season will bring lots more after

having been dumped upstream during the dry winter period. Murray van Zyl, our maintenance contractor, sponsored Andrew (a knowledgeable staff member of his) a chainsaw and poison to prevent regrowth of the alien invasives that were removed. A resident kindly sponsored Jacob to clear invasive yellow flag irises which have spread into the reedbed.

It is heartening to see indigenous vegetation establishing in the patches where alien spiderwort was previously removed.



Collapsed wall being broken down.



Casting the concrete for the spillway.



Volunteers cutting and poisoning privets



A hard day's work by a group of determined people!



Blue-gum branches being removed by Mosaïek volunteers

WHAT IS PILATES? AND HOW CAN IT BENEFIT ME?

Ever since Joseph Pilates founded his studio in New York City in the 1920's, the training method has focused on strengthening abdominal and trunk muscles often referred to as the "core", through hundreds of very specific movements. The first Pilates clients were ballet dancers looking for a way to improve their posture and control their movements.

Pilates looks deceptively easy, but the often-tiny movements improve balance and core strength. Pilates does this in part by reinforcing the bond between mind and muscles, helping people engage the right muscles in the core. This leads to better posture and control over the body's movements.

Research has found that the core-strengthening perks of Pilates may also ease pain and improve daily life for people suffering from chronic low-back and joint pain. Some research has also

linked Pilates to better flexibility, trunk stability, injury prevention and overall improved daily function.

The other unique part of Pilates isn't physical, but mental. One of the key concepts of Pilates is understanding that all movements originate in your core. Pilates can be linked to enhanced mindfulness and something called sensory awareness, which results in relaxation, mood improvements and stress reduction.

But it's easy to do Pilates incorrectly, so if you want to experience all these advantages, good form is essential! If this article has sparked an interest feel free to pop in to the Pilates class hosted every Tuesday and Thursday at 9am. The first "try out class" is free.

Contact Lejeane 0823642605



Lejeane Biokineticist

WAYS TO AVOID FALLING

As we get older a fall can be life-changing.

Many times a fracture or some other serious injury has resulted from a fall, requiring surgery and lengthy rehabilitation. When the procedures are successful we can return to our normal lifestyle, though often with reduced confidence. Sometimes after a fall, we may require some form of assistance.

SIMPLE TIPS TO PREVENT FALLS

1. Consciously lift your feet when you walk.
2. Be sure your shoes fit you properly.
3. Remove loose mats from your living area.
4. Do not leave things on the floor.
5. Be careful about where you put your

handbag, work basket or stick when you sit down. If it is on the floor next to you it is easy to forget it is there and to trip over it when you get up.

6. Do not stand on ladders, chairs, benches, boxes, toilet seats, the edge of the bath or any other surface to reach high places. Call for help before doing so rather than afterwards.

7. Be careful with electrical cords. It is easy to trip over a heater or lamp cord.

8. If you have pets be careful not to trip over them. Especially take care with a dog leash.

9. If you are lying down and want to stand first sit up and count to 30.

10. When you are sitting stand slowly and count to 30 before you walk.

11. If you turn around while standing do it slowly.

12. When you turn around while standing, move your feet rather than twisting your body

13. If you bend over for any reason, stand up slowly. Preferably hold onto something.

14. Do not look up without holding onto something to steady yourself .

15. Do not close your eyes when you are standing up unless you are holding onto something firm even in the shower.

16. After your shower do not put a towel over your head to dry your hair so that it covers your face.

17. Acknowledge your limitations. Today is not the same as yesterday.

THE JOY OF MUSIC

Maureen Lamprecht

If you want to firm your body go to the gym. If you want to exercise your brain listen to music. Research has found that music has multiple benefits. These include reducing anxiety, lowering blood pressure, and improving the quality of our sleep, moods, mental alertness and memory.

Some of what the Google article I referenced leaves me wondering if I could follow the advice, as it is suggested that one listens to the music of our children and/or grandchildren. However, today's music, on the whole, leaves me stone cold, to say the least, and thoroughly disgruntled. I know I'm old, but I prefer the music of yesteryear any day of the week. When I hear the beautiful voices of the likes of Dean Martin, Matt Munro, Nat King Cole, Perry Como, Elvis Presley, and so many more that I cannot mention them all, I am transported to another world. That old music takes one to another era, an era that was genteel and civilized. Remember going to dances, all dressed up, and the last dance was often "Good night sweetheart"? Oh! The romance of it all.

The music quizzes are my favourites. I enjoy having my mind and memory tested and love the music that the quiz master, Les, plays to entertain us in between each quiz. There were not many at the quiz of 21 October, but it was nevertheless most enjoyable. Many thanks to Les and her team for all the pleasure they bring us. I no longer have a good voice, but I sing because I enjoy it, not to impress others. I am always amazed at how my friends and I can remember the words to so many old tunes, but we can't remember what we had for breakfast!

Recently friends and I went to a Jonathan Roxmouth concert, and we enjoyed it so much. I think we all felt that we had been transported to another world and left troubles behind for a couple of hours. We would all have gone back to the same concert the very next day. That's what music can do to one. I know some are left untouched by music, but happily, I am not one of them. I sleep with my radio on all night, tuned in to 102.7FM, on which they play classical and popular music from years gone by after 7 p.m. right through the night.

At 5 am the station switches to their daytime music of the 80s and onwards. If I haven't already woken by 5 a.m., I will be awake by five past five, as that music disturbs me.

In the words of a song from, possibly, the 80's era, "Music was my first love, and music was my last, the music of the future, the music of the past." A song that starts so beautifully but goes downhill from there. (Just my opinion, not necessarily the right one).

Enjoy your favourite genre of music, be it classical, rock, pop, or even the latest hits. It will all be good for you.

By the way, the radio station mentioned is owned by the son of two of our residents.



MUSIC QUIZ WITH ISOBEL, KAREN AND LES.



THE “BOTTLE TOPS FOR A WHEELCHAIR” PROJECT

This project is still on-going and we thank all the residents most sincerely who have helped to collect the bottle tops over the past five years. We have now ‘paid off’ enough bottle tops and have had two beautiful top-of-the-range wheelchairs donated to us in exchange for the tops. These wheelchairs are freely available for the temporary use of any residents who might need one for a short while, up to a month or so, or even just for a day or two. The wheelchairs are kept safely by our Village Sister and in the manager’s office.

We are now well on the way to collecting for a third wheelchair. The bottle tops can still be delivered to the tuckshop assistant, to be sorted and weighed later. Please note that what is required in your collections is ONLY the hard plastic screw-on bottle tops which

come off products such as milk bottles, juice bottles, toothpaste, cough mixture and anything else that has a screw-on cap. The flexible lids off yoghurt or cream cheese are not acceptable, and neither are the round moulded push-on caps of deodorants, furniture polish, Spray-n-Cook and similar items. No metal lids or crown metal bottle caps should be in the collection at all and also no other sorts and shapes of hard plastic. These can be added to our normal recycling waste which is collected with your daily refuse.

It would be most appreciated if any tops could be rinsed before throwing into the packet. The same goes for any recycling item. Please ‘rinse and recycle’. The tiny tags from bread or vegetable bags are also collected but have to be kept separately please. Your help and concern in protecting the

environment is important and it is most appreciated. Please continue with the good work.

The collected tops are sent to a recycling company where they are melted down and remade into the gaily coloured little chairs and tables for children, picture frames, pot plant holders, outdoor furniture and similar products.




FOR FUN

SUDOKU SOLUTION ON PAGE 15

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Sports Edition

word search 

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BASEBALL	SOFTBALL	OLYMPICS	HELMET
FOOTBALL	BASKETBALL	SOCCER	TIMEOUT
GOLF	BOWLING	LACROSSE	HALFTIME
HOCKEY	SNOWBOARD	TRACK	GYMNASTICS
TENNIS	VOLLEYBALL	GOALIE	CHAMPIONSHIP

Boekresensie - Oppad na Moormansgat - Chris Karsten

Elma van den Berg

Groot lof word gegee aan Chris Karsten vir sy nuutste geskiedkundige roman. Geskiedenis is 'n lewende ding, veral as dit al jou sintuie prikkel en jy weet dat jy nooit die ware feite van die fiksie kan onderskei nie. Jou eie belewenisse van die verhaal speel 'n groot rol in die genot van die leesstof.

Dit is 'n merkwaardige verhaal wat afspeel vanaf voor 1914. Daar is tye van oorlog, die vind van goudneerslaë rebelle, moord en verraad. Dit vou oop in 'n verweefde tapisserie van kleurvolle beskrywings en karakters, Billy Foster, sy dogter Helena, Sagrys Heyns en sy seun, die poliesieman en speuder, Isak Heys is 'n paar hooffigure.

Chris Karsten is 'n meester in woordkuns, prosa en vertellings. Die aanbied van die verhaal in verskeie perspektiewe van die karakters, betrek die leser in die meëlewing van elke gebeurtenis. Hy het 10 jaar aan die skryf van hierdie roman gewerk en die wye navorsing van die gegewens wat vervleg is in die skrywe, getuig hiervan. Nie 'n gewone roman nie, want dit bring dieper insigte en laat spasie vir nadenking oor hoe ryk die geskiedenis van Suid-Afrika is.

'a history is nothing but a certain kind of story that people agree to tell each other'

J.M. Coetzee

O Here, ek smee gedweë
Maak tog die mense vry
Dat eindelijk die geskree
Daaroor 'n end kan kry.

C. Louis Leipoldt



Saturday Market at Olivedale Retirement Village.
Date: 25 November 2023.
Venue: Reception Area - Hall 10h00 to 14h00

Handmade items, clothes and accessories
Health bread, rusks, jams, teas.
Books

Displayers interested in participating, please contact Elma van den Berg, Unit 503 or phone 082 928 5327.

OSTERS

Nothing is more important than empathy for another human being's suffering. Nothing - Not career, not wealth, not intelligence, certainly not status. We have to feel for one another if we're going to survive with dignity.
- Audrey Hepburn



Olive's Activities

Day	Activities	Venue	Time	Details
Monday	Bus	All Saints Spar	09:30 – 11:00	Book at Reception EXT: 5499 or 5500
Tuesday	Pilates	Hall	09:00 – 10:00	Lejeane 082 364 2605
	SASFA Exercises	Hall	10:30 – 11:00	Helga 083 277 3649 Vivienne EXT 5208
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Canasta
	Line-dancing	Hall	17:30	Val Pearse EXT: 5144
Wednesday	Bus	Northgate	08:30 – 12:00	Book at Reception
		Cresta – 2 nd Wed in month	08:30 – 12:00	EXT: 5499 or 5500
	Afrikaanse Bybel Studie	Olivedale Saal	15:30 – 16:30	Estelle Visser EXT: 5181
	Bingo	Dining Room	17:30	Derek Saunderson EXT: 5315
Thursday	English Bible Study	Longroom	10:00 – 11:00	Trevor Slade 083 391 1215
	Pilates	Hall	09:00 – 10:00	Lejeane 082 364 2605
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Canasta
	Craft Club	Dining Room	14:00	Norma Acutt EXT: 5107
Friday	Bus	Lifestyle – Last Friday of the month	08:30 – 11:30	Book at Reception EXT: 5499 or 5500
	SASFA Exercises	Hall	09:00 – 10:00	Helga 083 277 3649 Vivienne EXT: 5208
Saturday	No Scheduled activities (Please consult the notice boards for any special events taking place on Saturday)			
Sunday	Interdenominational English Church Service	Hall	09:00 – 10:00	Trevor 083 391 1215 Gwyn 072 027 7788
	Catholic Communion Services	Longroom	09:30	St John's Catholic Church 010 222 0631
	Interkerklike Afrikaanse Diens	Olivedale Saal	17:00	Estelle Visser EXT: 5181

Friendship helps protect the brain and body from stress, anxiety and depression. "Being around others, in essence, signals safety and security," Having friends may be at least as

important as the family that you are born into!

You only need between four or five close friends, and if you have ever had a good one, you know what you're

looking for.

Try to find friends through following your passion i.e. if you are an avid reader – join a book club! Similarly if you are a gardener or enthusiastic

RECIPE

Christmas Fruit Cake. Maureen Lamprecht

If you haven't already baked your Christmas cake, perhaps this recipe will inspire you.

You will need an approximately 23 cm round or square cake tin, or two 1kg loaf pans. Grease pans and line them with two sheets of baking paper. Use dabs of butter to hold the paper in place.

Ingredients.

250ml water

500g mixed cake fruit

250ml sugar

180g butter

10ml bi-carb

2 extra large eggs

650ml cake flour (400g)

Pinch salt

7ml baking powder

10ml mixed spice

50g pecan nuts

100g glace cherries

40ml brandy

Add any other glace fruit of choice: e.g. pineapple, watermelon.

The night before you want to bake, boil together first four ingredients. Boil for 2 to 3 minutes.

Remove from heat, add bi-carb and leave to cool. This will allow the fruit to rehydrate and become deliciously moist. Pour fruit mixture into mixing bowl. Add cherries, nuts and any extra fruit. Beat eggs and add. Sift rest of dry ingredients and stir till thoroughly

mixed. Pour into baking tin and bake at 165deg C for 1 ½ (one and a half) hours. If the top is getting too brown, cover with aluminium foil. Use skewer to test for doneness (I use a steel knitting needle). Cool, then drizzle with the brandy. Wrap in foil and sprinkle with an extra 15ml brandy every two weeks until Christmas.

Tip: Wet hands to level the cake before baking. Works better than using a spoon. Decorate the top with extra cherries and nuts before baking, or ice the cake if you wish.



OLIVEDALE'S QUIET HEROES.

Most of us were born and raised in an era where traditionally men married wives who were a few years younger than themselves.

Pragmatically this was partly a matter of childbearing and child rearing but also looking ahead to retirement. It sounds awful when one puts it that way but it was a reality!

Times change but there are many cases of women who have cared lovingly for their husbands as they grew more and more frail but are now making new lives for themselves as single personalities here in the Village.

There are quite a few cases in Olivedale where, thanks to life's lottery, things

are the exact opposite and husbands have found themselves having to take care of their spouses who have been taken ill with one debilitating condition or another.

A lot of them I don't know personally but I have been struck by the visual evidence of the tender care these husbands are taking of their life partners especially when they become less and less mobile.

Those that I do know are quite matter-of-fact about their situation pointing out that they have had special loving care themselves over many years and it's only right when the shoe is on the other foot that they step up to do their

bit. The word 'Love' also comes into it.

Well done you know who you are!

Anonymous

A bit of humour

I don't go to a gym. I have enough exercise jumping to conclusions, flying off the handle, throwing my toys out of the cot, running up bills, tilting at windmills and bending the rules.



CELEBRATING SOUTH AFRICA'S VICTORY AGAINST NEW ZEALAND IN THE FINAL OF THE 2023 RUGBY WORLD

Well done, Bokke, you did it again! and what a match it was! The last three Springboks' narrow victories almost caused heart attacks, but here we are, South Africa, the first country in the history of RWC to win the World Cup four times!

Siya Kolisi, from Zero to Hero.

It is doubtful that there is any South African who does not know that the Springboks won the Rugby World Cup on 28 October. Leading the team was Siya Kolisi, the first black captain of the Springboks. Siya was born in a township in Port Elizabeth in 1991 into extreme poverty. His mother was 16 at the time and his father still in high school. Things did not go well for the family, with the father hardly ever playing a part in his life. His grandmother was the only one who showed any love or concern for him. He suffered extreme hunger and would wake at night with stomach cramps, purely from starvation. His grandmother would give him sugar water to drink to ease the pain, for she had nothing else. He looked forward to school as he would be given a slice of bread with peanut butter and jam,

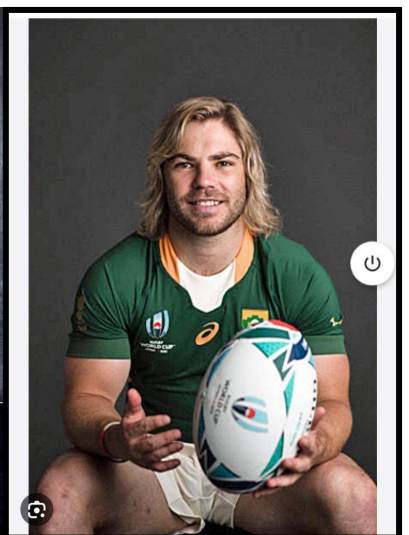
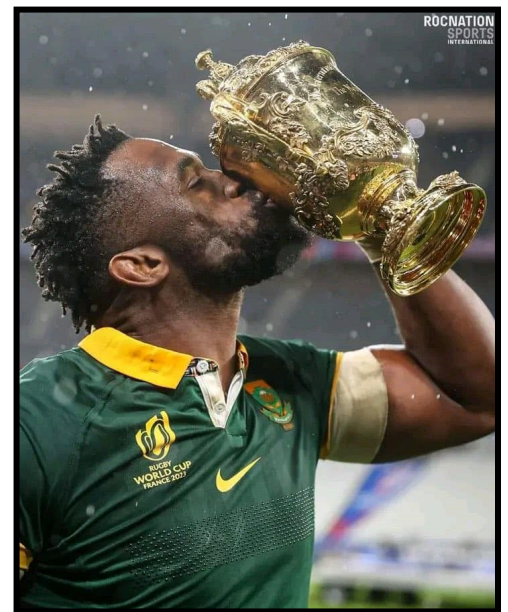
sometimes the only food for the day.

His beloved grandmother died when he was 12 and his mother when he was 15. By this time he had been playing junior school rugby for some years, and was spotted by the coach of Grey College. He was offered a bursary and from that time his life began to change. He was picked up by the prestigious Western Province Rugby Institute in Stellenbosch and made his Super Rugby debut for the Stormers in 2011, when he was chosen to replace the injured Schalk Burger. Rassie Erasmus chose him as captain and it was during the 2019 World Cup that he lifted the trophy for the first time.

As with many young professional sportsmen, the fame must have gone to his head, as his life became one of partying and drinking at every opportunity. (His confession in his autobiography, Rise.) During this time he was playing in France, and his wife, Rachel, and first child, went to join him. His behaviour was such that Rachel left a week earlier than intended, and this was a "wake-up call" for Kolisi. In his own words he was being a "jerk".

As a result of this, he realised he had to change. With the support of Rachel, he began to campaign against gender-based violence and against racism. He and Rachel are involved with these campaigns still and they are part of their everyday lives. He still plays for the French club Racing 92.

He and Rachel have raised two of Kolisi's half-siblings who live with them, and they also have two children of their own. His wife has been his support and strength through good times and bad. We wish them many happy years together and more rugby successes for the Springboks.



RCGS Clean Innovation



082 084 5588

Specialists in deep cleaning with sanitising of homes, offices, schools, hotels, clinics and restaurants.

We clean and refresh all carpets, couches, chairs, curtains, bed mattress windows & commercial kitchen.s

PREPAID ELECTRICITY

This is a friendly reminder to rather buy electricity from reception as it cheaper than purchasing electricity at Spar, Checkers, other outlets or via EFT.

For example, at reception you will get 193.9 units for R500, outside the Village you will get approximately 130 units for R500. This is a big difference!

Chris Heyneke

Manager

Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention.

Electronic submissions can be emailed to:
angeliquemr50@gmail.com

Editorial Contacts
Editorial Committee

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Liezel Nel

Village Management

Chris Heyneke

Responsible Director

Advertising Rates for 2023

- Published monthly - format is A4 portrait.
- Circulation: 90 black-and-white printed copies.
- Full page: R800,00
- 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

Disclaimer

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LETTERS TO THE EDITOR

Our ORV residents' comments and suggestions are very important to us, so please feel free to write to us. We would love to have any photos you may have taken in the village and your ideas for interesting pieces.

Kindly forward to angeliquemr50@gmail.com

EMERGENCY CONTACT NUMBERS 24/7

Security: guard room: 010 596 5400

Security Cell Phone: 064 131 8274
(When landlines are not working)

Frail Care: 010 596 5010

Village Sister 010 596 5495

Maintenance Manager 079 256 6354

List of extension numbers

	EXTENSION
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	5500 / 9
Security	5400 / 5183
Beauty Salon	5192
Phone Balance	0999#

SUDOKU SOLUTION FROM PAGE 7

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

HEALTH

VILLAGE CLINIC HOURS - SISTER'S OFFICE / DR'S ROOM
Monday to Friday :
09h00 till 09h30 & 12h00 till 12h30

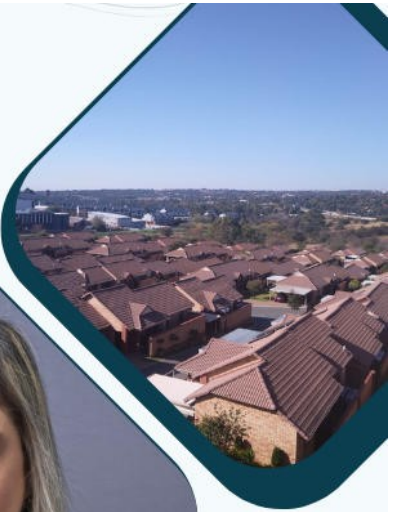
DRAWING OF BLOOD SPECIMENS
Repeat Fasting bloods:
Monday to Friday at Sister's Office / Dr's Room
07h30 till 08h00

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.

PROPERTY SALES, RENTALS & RENTAL MANAGEMENT

CHRISTINA
ANASTASELLIS



081 390 8332

Olivedale

Retirement Village

• BLACK FRIDAY •



TO LET

2 Bed, 1 Bath **Apartments**

FROM **R 8500 p/m**

Kyle van Staden
066 211 2483



TO LET

Bachelor **Apartments**

FROM **R 5500p/m**

Kyle van Staden
066 211 2483



FOR SALE

1 Bed, 1 Bath **Apartments**

FROM **R 580 000**

Ruan Erasmus
071 481 6199



CSI Sales & Property Management
Trustworthy Property Solutions

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