UTILITAS RETIREMENT CENTRE

UTILITAS

NOVEMBER
MONTH PROGRAMME 2026



NOVEMBER IS A TIME TO RAISE AWARENESS ABOUT MEN'S HEALTH. REMEMBER TO LOOK AFTER YOURSELF, GO FOR REGULAR CHECK-UPS AND TALK ABOUT YOUR HEALTH!



WINDOW CLEANING

Please note that the window cleaners will be on site from **2–6 November**. Kindly take this into consideration.

TYGERVALLEY BUS

Due to Election Day on Wednesday, **4 November**, the **Tygervalley** bus will run on Monday, **2 November** at **09:00** instead.

DEMENTIA AWARENESS TALK

Join us on **12 November** at **10:00** in the **recreational hall** for an informative talk by a Neuropsychologist from NeuroAbility on understanding dementia.

ELECTION DAY

Administrative staff will be off duty on Election Day, **4 November**, to cast their votes.

Special voting for residents will take place on **2 or 3 November**.
Arrangements will be communicated via WhatsApp and announcements.

Residents whose special vote application was not approved, or who are unable to vote on the special voting day, may vote at their **registered voting station** on **4 November.**

PARTIAL FIRE DRILL

Eureka (Tower Block) will conduct a partial fire drill on **25 November** at **14:30.**

Please pay attention to the announcements and adhere to the staff member's instructions.

We kindly request that everyone participate in this drill.
Thank you for your cooperation!



LELANI LOUW HEARING CLINIC

16 November, from **08:30** in the **boardroom** on the 1st floor.

Please book in advance with Lelani's office (021 5951 141)

CHOIR PRACTICE



Our choir practices **every Thursday** at **16:00** in the **recreational hall.**
If you are interested, come and join the choir

SING ALONG

The Eureka choir invites everyone to join them for a sing along on **13 November** at **10:00** in the **recreational hall.**

GOLDEN HEARTS TEA PARTY



The tea party will take place on Thursday, **24 November** at **10:00** in the dining room, ground floor.

(By invitation only)

There will be floor service for the rest of the residents on the day.

FREE EXCURSIONS

Residents are reminded that the bus departs **every Tuesday** at **08:30** for the free excursions to **Hout Bay**.
Please remember to book with Joey in advance.

ADMIN OFFICES

Please note that the admin offices will close at **11:00** on **Friday, 27 November.**
No transport will be available for the remainder of the day.

ARTS AND CRAFTS

Arts and Crafts will take place on **Thursday, 26 November**, at **09:30** in the **recreational hall.**

DEATHS

03 October- Mrs. M.J Koen (4th floor)
08 October- Mr. L.B Kloppers (5th floor)

SUNDOWNERS

Sundowners to Eden on the Bay will be on the following dates:

- 2 Dec
- 3 Dec
- 9 Dec
- 10 Dec (Huis Oakdale only)

Bus leaves at **16:30**
Please book in advance with Joey.

WELCOME TO OUR NEW RESIDENTS

- Mrs. H.M.J. Bester (807)
- Mr. G.J. van Niekerk (909)
- Mrs. E.M. van Wyk (1011)



CHRISTMAS LUNCH

If you will be hosting guests for Christmas lunch, please make your reservation with Sam in advance, no later than **11 December.** The cost is **R195** per guest.
There is only a limited amount of lunches available for guests.

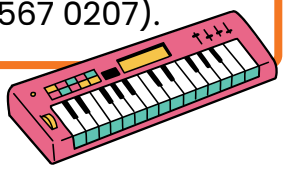
BIRTHDAYS 90+

- 08-Nov: Ms. S.M van Zyl (Frail care)
- 14-Nov: Mrs. J.W Swanepoel (Ser 9)
- 14-Nov: Mrs. A.S Gebbing (1804)
- 21-Nov: Mrs T.H.A. Truter (Frailcare)
- 26-Nov: Mrs. C.M. Badenhorst (Ser 52)
- 29-Nov: Mrs. H Fourie (1312)



KEYBOARD NEEDED

Our choir is looking to borrow a keyboard for their Christmas performances in December for the Frail Care.
If you can lend one, please contact Mrs. Langeveld (1206)(083 567 0207).



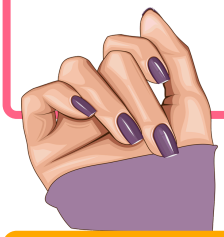
TRANSPORT BOOKINGS

If you booked, please ensure you pitch for your booking or cancel with Joey in advance.

Trip bookings with Joey must be made by the resident themselves. Bookings may not be made on behalf of another resident.

NAIL SALON

Deidré will be on holiday leave from **22 December 2026** and will return on 1**3 January 2027.**



WORLD DIABETES DAY
14 NOVEMBER

World Diabetes Day raises awareness about diabetes and the importance of early detection. Knowing the warning signs, attending regular health check-ups and following your healthcare professional's advice can help you take better care of your health.

The 2026 campaign highlights the importance of early action to reduce risks and improve health outcomes.

Your health matters – take action early!

WATER FROM BALCONIES

Please do not throw water from balconies, as it poses a safety risk and may damage other residents' property.

SOCIAL CLUB OUTING

Please note that the November outing to Giraffe House has been cancelled.

"JUKSKEI"

The Jukskei Club invites all residents to come and join in the fun. Everyone is welcome!

Interested? Please let Kay or Azille know.

The day and time will be arranged to suit everyone.

HAIR SALON

Melanie's last working day is **18 December 2026**. She will be on leave and will *reopen* on **13 January 2027.**

Kris's last working day is **19 December 2026.** He will be on leave and will *reopen* on **12 January 2027.**

ALIDA'S CLOTHING SALES

02 November at **10:30** in the **recreational hall**.

DID YOU KNOW?

Research suggests that kindness can inspire more kindness! When people experience kindness, they may be more likely to pass it on to others.

WORLD KINDNESS DAY
13 NOVEMBER