

EUREKA RETIREMENT VILLAGE

Spring
is in
the air

"THE FIRST BLOOMS OF SPRING ALWAYS
MAKE MY HEART SING."

September
2026

SEPTEMBER 21 is
World
Alzheimer's Day



Free Talk

15 Sep. at 10:00 in the recreational hall

Presented by the "Association for Dementia and Alzheimer's of South Africa".

**Come and find out more about the disease, and
enjoy a nice cup of coffee and a purple cupcake.**



1 – 7 SEPTEMBER: ARBOR WEEK

In September, we celebrate Arbor Day and Arbor week in South Africa – a time to plant trees and pay special attention to our environment and the role trees play in it.

A big thank you to all our gardeners at Eureka and Serena who put in so much effort.



Save the Date

**4 Sep: Pancake sale & market day at 09:00
in the recreational hall.**

4 Sep: Oom Piet's braai in the recreational hall. Feel free to book with Joey in the admin office.

**15 Sep: Lelani Louw hearing screening at
08:30 in the boardroom, 1st floor. Book
directly with Lelani's office (021 595 1141).**

18 Sep: Carina & friends (Arts & Crafts) at
10:00 in the recreational hall.

**21 Sep: Alida's clothing sales at 11:00 in the
recreational hall.**

29 Sep: Free concert at 10:00 in the
recreational hall.

Transport services



Residents are kindly requested to book trips and outings in advance to ensure there is space on the bus. There are residents who often don't book, but show up for trips only to find there is no space on the bus for them.

*Please book well in advance.
Thank you all for your cooperation.*

Residents are kindly requested not to give money or bank cards to any staff member to make purchases on their behalf.

Staff members are not permitted to accept money or bank cards from residents to make purchases on their behalf.

BIRTHDAYS – 90 +

04 Sep: Mr. H.H. Loots (flat 814)
25 Sep: Mrs. A.G.G. Hough (room 211)
26 Sep: Mrs. S.J. le Roux (flat 1011)
29 Sep: Mrs G. A. Henning (frail care)

Welcome to the following new residents

Flat 1210 - Mrs. M.M. Ballot
Flat 1608 - Mrs. E.A. Groenewald
Flat 1314 - Mrs. N. Erasmus



If you have a problem with your DStv, feel free to contact Christel in the admin office for assistance. Christel contacts DStv directly to sort out the issue.

There is no longer any need to call the handymen. 😊

DEATHS:

29 July - Mrs. P.F. Gresse
30 July - Mrs. L. Vandenheede
05 Aug - Mrs. B.M. Jones
07 Aug - Mr. N. A. Koegelenberg
21 Aug - Mrs. M.J. van Schoor



EUREKA SINGS – COME AND SING WITH US

Everyone is welcome to come and enjoy a sing-along on the 2nd Friday of every month.
This month, the group will meet in the recreational hall on 11 September at 10:00.

Contact Mrs. Langeveldt (flat 1206) or Mrs. Payton (flat 1504) for more information.

Come and sing your heart out!

ENJOY THE PUBLIC HOLIDAY!

24 September
Heritage Day



Excursions for the month

01 Sep - Groote Schuur Heart Museum
08 Sep - Giraffe House (Stellenbosch)
15 Sep - Groote Schuur Heart Museum
22 Sep - Giraffe House (Stellenbosch)

Costs:

Groote Schuur Heart Museum - R100 p/p
Giraffe House - R65 p/p

The bus departs 09:00 from ground floor.
Book by Joey.

FREE

FREE CONCERT

29 September at 14:00
in the recreational hall

Come and enjoy the afternoon with us and listen to beautiful music.

Free coffee/tea and a cupcake will be available for everyone attending the performance.

Everyone is welcome!

MONTHLY ACTIVITY PROGRAMME



UTILITAS

AKTIWITEITSPROGRAM

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
Ontspanningsaal / Recreational hall

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 at Serena 37

18:30 Bingo (Ontspanningsaal / Recreational Hall)

Donderdae / Thursdays

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

09:00 Tygervallei Bussie / Tygervalley Bus

16:00

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

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

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

Vrydae / Fridays

09:00 Matrolbal / Carpet Bowls

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



Two Mothers Remembered

By Joann Snow Duncanson

I had two Mothers – two Mothers I claim,
Two different people, yet with the same name.
Two separate women, diverse by design.
But I loved them both because they were mine.
The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.
She was the one whose features I bear,
Complete with the facial expressions I wear.
She gave her love, which follows me yet,
Along with the examples in life she set.
As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters do.
But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon go.
So quickly she changed and turned into the other,
A stranger who dressed in the clothes of my Mother.
Oh, she looked the same, at least at arm's length,
But now she was the child, and I was her strength.
We'd come full circle, we women three,
My Mother the first, the second and me.
And if my own children should come to a day,
When a new Mother comes and the old goes away,
I'd ask of them nothing that I didn't do.
Love both of your Mothers as both loved you.

