

NEXUS

The latest news and updates from Oasis Luxury Retirement Resort

Festive Season Fun in Cape Town

There is a host of exciting events taking place in and around our beautiful city over the Festive Season which might be of interest to you.

For starters you might like to catch the show of world-renowned South African artist, William Kentridge, which is taking place at the Goodman Gallery in Cape Town until 13 January 2018. Entitled *That Which We Do Not Remember*, the show provides an insight into his prolific practice and intricately interconnected projects over the past two years that sees a collection of drawings, prints, sculpture, tapestries, a kinetic model theatre as well as a 360 degree virtual reality film come together.

Prolific local artist Gwen Van Embden is running her



exhibition *Genius Loci (A Sense of Place)* at her Dunkley Square Studio in Wandel Street, Gardens until 20 January next year.

If you have never been to First Thursday in Cape Town, it is well worth doing as this is when the city comes alive with all things art and design. Museums, shops, restaurants and bars are open till late with thousands of people ambling along the streets exploring the vast array of art, design, live music and performance that has come to define Cape Town as a cultural African mecca.

For those interested in horse racing, you won't want to miss the L'Ormarins Queen Plate – the country's oldest horse-racing event which is in its 154th year. It will take place

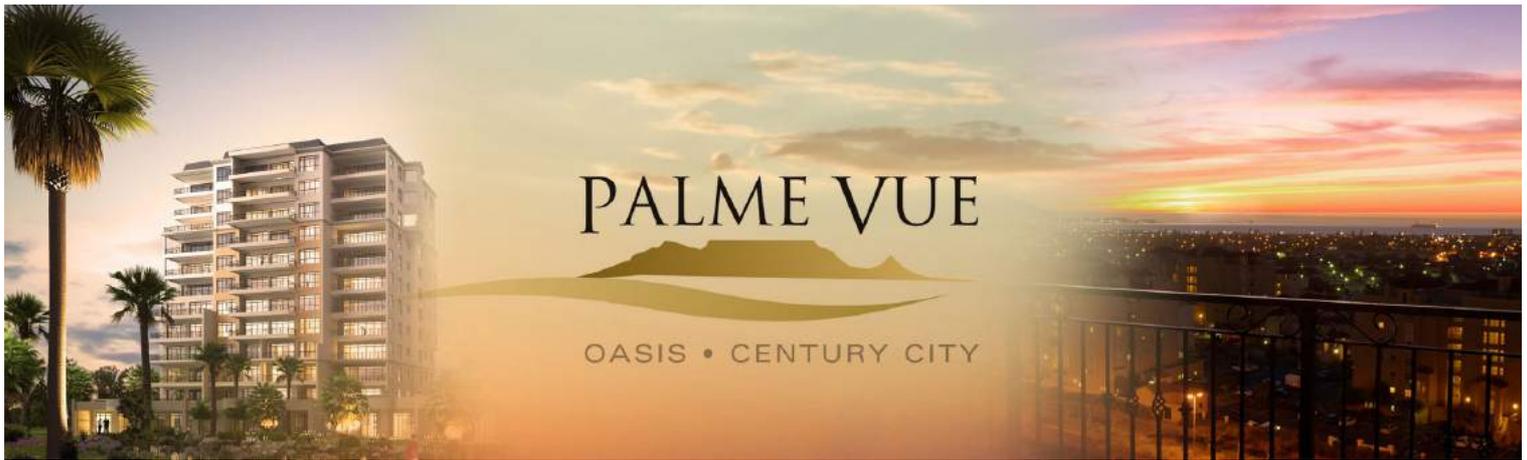
at Kenilworth Race Course on 5 & 6 January.

Then from 10 January to 28 January, *Cinderella on Ice* will be performed at the Artscape Theatre by the award winning ice-skating troupe, Imperial Ice Stars.

This is the third time they will be performing their dramatic interpretation to Cape Town audiences providing great entertainment for the whole family. Booking is via Computicket.

Comedy lovers rejoice;

Comedy in the Vines have secured Barry Hilton for their December edition so why not head out to Stellenbosch for a night of wine, food and home-grown hilarity when the local legend Mr Hilton appears on Saturday, 23 December 2017 at Spier Wine Farm.



News from the Sales Office

WITH REGARDS FROM CINDY SHEARD, LINDA BUTLER & LORENDA GERRYTS

Festive Greetings as sales continue to flow late into the year!

With the conclusion of two PALM BROOK sales this month, we are left with just three one-bedroom apartments in this latest completed block which comprises 52 apartments. Two PALME VUE sales were concluded in the last two weeks and that takes us to 34 units sold out of a total of 42 on offer. This leaves only 11 developer

units on the market in the entire Oasis development. With registration of Palme Vue set for November/December 2018, we are confident that this block will be sold out long before transfer.

We would like to wish you all a very Merry Christmas, a happy Chanukah and a blessed New Year that is full of good health,

peace and prosperity for all of us. A good downpour of rain in the New Year would be very welcome as well!

Enjoy this special time of the year and if you are travelling, be careful on those roads and come home safely.

Kind regards
Cindy, Linda and Lorenda



We wish you all a very Merry Christmas, a happy Chanukah and a blessed New Year that is full of good health, peace and prosperity for all of us.



From the Manager's Desk

BY WENTZEL HOLTZHAUSEN

Are you ready to move forward?
Join a group of friends for a weekend of reflection and connection with self. Be inspired to take the next step in your life. This will be a deeply moving experience that will help shape your future. What do you need to let go to take that next step forward? Does this require some acceptance or forgiveness on your part? Take stock of where you are now and redefine where you going. Get ready to be inspired so that you can embrace the opportunities and challenges of life with renewed energy and perspective. Take the time to connect deeply with yourself

and others in nature. Give more awareness to yourself and your life paths. Learn to combine emotion with logic to create holistic productivity that can be sustained on healthy terms. I trust that you will explore the holistic approach to productivity, in order to help you thrive in the next chapter of your life. Until next time be kind to one another!
Greetings



Wentzel Holtzhausen
GENERAL MANAGER

THE GATEHOUSE SURGERY!

Dr. Gaylene du Plessis

Dr. Daniel Isherwood

Our new purpose-built premises are now completed, within the Oasis complex. We are opposite the Club House, alongside the main entrance.

Having been the resident doctor for the Care Centre for the last 4 years, we are expanding to offer a full GP service to all of our apartment residents.

-  **Hours: Monday to Friday 08h30 to 17h00, and Saturday 09h00 to 12h30.**
-  **Contact our receptionist Hayley on 062 897 3310 or docduppa@gmail.com**
-  **Out of hours: contact the Duty Sister at the Care Centre on 021 528 7308 internal line 1008**
-  **Home visits on request**



Season's Greetings





William's Words

BY WILLIAM MCMURTRIE

The festive season has arrived and we are all chasing deadlines, as most companies close for the holidays - both challenging and exciting at the same time. This is the final article for the year and one has to admit that this December holiday edition really came around fast.

We have many residents who go away and many who have visitors staying over during the festive season, which is great. Herewith, some reminders as we will appreciate your assistance during this period:

- Ensure that people using the gym equipment know how to use it properly. People are away and any issues will only be sorted in the new year;
- Walking of dogs – Please ensure that you clean up after your pets. Again, either skeleton or no staff available to sort any mess. It will, therefore, be left out in the open if you don't assist, which does not reflect well if you have visitors over;
- Visitors – We regret, no visitors pets allowed;
- Residents living on the ground and the first floor apartments – Always ensure that your apartment windows and sliding doors are locked, especially at night – as these areas could be accessed from the ground floor;
- Billiards Table – please help us protect the new cloth and ensure that you pack the balls away and cover the table itself when you leave the area. Also, please ensure that you don't pack

anything on top of the table as this could damage the cloth;

- Refuse – Please don't leave refuse out in the passages and make use of the allocated bins in the basement areas, when no staff are available;
- Washing on Lines upstairs – Monitor your laundry and don't leave it out for days;
- Communicate with your Concierge desk if you are going to be away for long periods or if you have visitors staying over. If you are away advise them not to deliver your newspapers etc.....
- Parking bays – Please monitor your visitors and advise them not to park in another's bay, thereby causing frustration.

We appreciate the wonderful support we've had from all our residents over the past year and thank you all for being part of our lives. We hope to remain of good service to you, now and in the years to come.

We welcome all our Palm Brook residents and wish you well with your moves. We know that this is a quiet period for some and we ask that you keep a check on your neighbours over the festive season.

We wish you a "Very Happy Christmas" and a Happy and Healthy New Year!

Best Regards
William

Drought charge to help us avoid Day Zero

A MESSAGE FROM THE CITY OF CAPE TOWN

Due to the current drought, many Capetonians have restricted their water use to help save water. We appreciate your commitment and the huge effort you have made to save water. We are working hard to make new water available, to help us through the drought.

We:

- have doubled the output from the Atlantis aquifer
- have made water available from the Oranjezicht main springs
- are drilling abstraction boreholes into the Table Mountain Group Aquifer to supply the Steenbras catchment area.

These projects are essential but expensive. So, we have proposed a drought charge on property rates in 2018, to help pay for these vital emergency water projects and will primarily also be used to ensure the water operations of the City remain available for all. If approved, the charge will be valid from 1 February 2018 until 30 June 2021.

It is not a punitive charge but is absolutely vital to fund our emergency water programme and water services, due to the steep decline in income.

We cannot hope for the required help from the national government at the moment, and we simply do not have the money for what is required. We need to do this as Team Cape Town.



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

THINK WATER
CARE A LITTLE. SAVE A LOT.

Water is our most precious commodity.

How is it calculated?

- The charge will have an effect on owners of residential properties, valued at more than R400 000, and business properties, valued at more than R50 000.
- It is based on your property value and will be calculated at between 10% and 11% of the rates portion of your municipal account.
- Please note: All current rebates, e.g. pensioner, disability or indigent, will remain intact to ensure we protect more vulnerable people.

For examples of how the proposed drought charge will apply to property values, and to comment on the drought charge, visit www.capetown.gov.za/haveyoursay.

You have until 12 January 2018 to comment.

For additional queries about the drought charge, contact the City's call centre on 0860 103 089.

*City of Cape Town email notification:
Drought charge - 15 December 2017*



Popcorn Time

Movies to share with friends

WRITTEN BY DUDLEY AND MELDA SCHROEDER - 603 PALM GROVE

We watched this movie at Ster-Kinekor Cavendish, but it is also being screened at other cinemas. It had its world premiere at Royal Albert Hall in London on 2 November 2017.

MURDER ON THE ORIENT EXPRESS

114 minutes, released 10 November 2017

It is based on the novel by best-selling author Agatha Christie. She is possibly the world's most famous crime writer, having written more than 60 murder mysteries. We recall our first visit to London in 1973 when *The Mousetrap* was running in London's West End. This show had its opening in 1952, is still drawing crowds and is the longest-running show in the world.



The *Mousetrap* is not just a classic, it is a murder mystery which is a West End institution and its stupendous success has made it a fundamental part of the experience of visiting London.

The movie, *Murder on the Orient Express*, starts out as a lavish train ride from Istanbul through Europe and quickly unfolds into a stylish, suspenseful and thrilling mystery. It tells the tale of thirteen strangers stranded on a train, where everyone is a suspect. One man must race against time to solve the puzzle before the murderer strikes again.

Agatha Christie chose the Orient Express as the scene of this murder mystery. The Orient Express is still regarded by many as the train trip of a lifetime. In 2004 at the London Book Fair we were given a copy of *Extraordinary Railway Journeys* by Tom Savio and Anthony Lambert.

In this magnificent publication, the following is recorded about this train, "The most celebrated train in the pantheon of legendary travel was an elite caravan of cultivated carriages called the Orient Express. History has crowned it 'King of Trains and Train of Kings' for its luxurious appointments and anointed clientele. Like most great works of art, it was the creation of one man, the Belgian engineer Georges Nagelmackers On 4 October 1883 Wagons-Lits launched its first railway passenger service linking Paris with Constantinople (now Istanbul). It was eventually dubbed The Orient Express."



The cast in this movie comprises:

Kenneth Branagh, Judi Dench, Derek Jacobi, Daisy Ridley, Lucey Boynton, Tom Bateman, Penelope Cruz, Johnny Depp, Leslie Odom, Marwan Kenzan, Sergei Polunin, Willem Dafoe, Josh Gad, Michelle Pfeiffer and Olivia Colman.

Festive Greetings

This is already the final Nexus publication for 2017. How the year seems to have flown by! Do the years really speed up as we go along?

Last year we welcomed the new residents in Palme d'Or and this month we welcome the first residents to have moved into Palm Brook. Looking ahead, we will soon enough have completed the 'Oasis Family' when Palme Vue comes on board in the latter stages of next year.

We have had a number of interesting Health Care talks again this year that have benefited those who participated. Please let me know if there is a particular topic that you would like us to cover in 2018. We are especially pleased with the large turnout for the Oasis Health Care Panel Presentation and Q&A. Thank you to all those who came along. We listened and learned from each other. A number of residents have suggested that this be a more regular feature and we will aim to hold a similar forum within another six months.

Please remember that over the holiday period Primary Health Care and Home Care are up and running.

I will be on leave from 18 December to 02 January and Staff Nurse Davids will be available during Primary Health Care clinic hours as well as for necessary home visits and 'pop-ins' regarding Primary Health Care and/or Home Care. After hours and on weekends and Public Holidays please contact the Care Centre... but please remember to book Home Care assistance in advance. We have employed a large enough team to cater for all current needs and for growth in the shorter term.

Wishing you all a happy and blessed Christmas and a happy Chanukah and good health and enjoyment in the New Year.

Please take special care over the Festive Season and be mindful of those around you without family or loved ones as this can be a very lonely time for them.

Kind regards
Sr Deneil Lehmann

Primary Health Care
Cell: 063 793 3273
Office: 021 250 0952



We are here for you when you need us!

Entertainment for All

WRITTEN BY FAYE SALOMON

This time of the year we can look over at all our outings and remember the good times we have had together this year. What a really good year it has been.

We started the year with a trip to Vergenoegd to see the thousand running ducks. The restaurant was a little disappointing but the ducks gave us a great show. But our next outing was to Vredenheim and this was excellent. The lions are in very large enclosures and we must understand they all have been either injured or orphaned and now have a new lease of life.

We did a delightful Cruise of the Harbour with lunch at the V&A waterfront. We had a perfectly lovely day at Noordhoek Village where we had time to view the boutique shops and choose our place for lunch. I had lunch at The Food Barn and it was one of my best meals ever, memorable.

We arranged lunches at Orca in Melkbosstrand, the Asara Hotel near Stellenbosch where we enjoyed the lunch and the chocolate deli, and also at Mont Rochelle, which is Richard Branson's hotel and wine Farm.

Longridge Wine Farm was disappointing, but Glenelly was one of our best tours as there they have the most outstanding collection of exquisite glass and we had a very good lunch.



We had a morning at the Old Biscuit Factory which is a little village like complex and of course a choice of lunch venue.

Everyone had a very special day at the new Silo Hotel where we were taken on a tour through the luxury bedrooms and on the roof overlooking the harbor. We then had a change of scene and had a breakfast at Nitida. No year can pass without a trip to Kirstenbosch and whenever we plan a trip there we always have rain that day. And this year indeed it rained. We also had a most delightful day at the Hillcrest Berry Farm where we taken through the orchards, tasted the berries, had a lovely lunch, and spent a fortune at their excellent deli.

We also arranged a few theatre shows and we saw Joseph and his Technicolor Dream Coat at the Theatre on the Bay, Funny Girl at the Fugard and Last Night of the Proms at the City Hall.

We had a wonderful evening at Oude Libertas with a Vivaldi Selection. We sat on the lawn and had a picnic and relaxed under the stars. This month we went to Evita but it was unfortunately a very disappointing show.

During the year we had some truly excellent speakers. We had to wait and put off Ilana Slomowitz month after month while they were building our enlarged dining room but it was worth the wait to hear of her journey through her amazing creative life. She had an excellent video. Fred Abrahamse and Marcel Meyer have produced wonderful shows at the theatre. They told us of their life in theatre. Their video was outstanding with beautiful costumes and scenery. We all want to follow up and see their shows in the future. We are so lucky to have such talented and interesting

residents among us. Nan Van der Merwe gave us an enlightening talk on communication which everyone thoroughly enjoyed and wanted to read her book and learn from her talk how to communicate. Len Anstey gave us his life as a pathologist which too was a most interesting topic which intrigued everyone. Geoff Edwards spoke about Freemasonry, which gave us a good understanding about this Society. Nancy Richards spoke of her life as a presenter and interviewer on television - a most interesting lady. Of special interest to us Canal Walk residents was the talk by Tatum Sieni about the art walk around our precinct. We are usually

unaware of the wonderful sculptures, mosaics and art that are around us. There is an excellent pamphlet with all the places we should visit.

We had our End of the Year party with a cake icing competition. We invited Sonya Norrie to judge the winner and she gave us a talk of her life as a caterer. Everyone enjoyed icing the cakes and we produced a beautiful display. We sent the iced cakes to the Marconi Beam School and to Cheshire House. I think we all had a good morning.

Coming up we have planned a lunch at the Durbanville Hills restaurant early in January. As there won't be an Open Day in January to take names you will

have to phone me if you want to join us. We also want to book for Oude Libertas for the show Big Band Bash with Ian Smith in February but we will have to book early so please phone me soon. If you haven't been to Oude Libertas you must take this opportunity. What a lovely way to spend a Sunday evening. See the notice board. My number is 2408.

A very hearty welcome to our newcomers at Palm Brook. Do join us at future outings and remember our Open Day is the second Tuesday every month where we regularly have a special speaker. Everyone is welcome.

It's a brand new start!

JANUARY
Thursday 11th January 2018

FEBRUARY
Sunday 11th February 2018

Bookings to Faye Salomon
021 250 0307 Or 2408 (Palm Springs)

PLEASE NOTE : NO OPEN DAY IN JANUARY

Durbanville Hills Restaurant
Meet at the Clubhouse at 11.15 am
Transport R30

Oude Libertas Amphitheatre
Big Band Blast with Ian Smith
Picnic on the lawn
Meet at the Club House at 4 pm
Transport R30 Tickets R180
(Bookings close on 5th January)

ART AT HOBBIT HOUSE

The art room is available to everyone on all days except Mondays. Thursday is the day we usually get together and would love you to join us. Any other day you may obtain the keys from the office. When finished, lock up, leaving the place in good order, and return the keys. Hope to see you there! For inquiries, phone Doreen 5502 or Avril 5504 both Palm Royale

THE LIBRARY LADIES

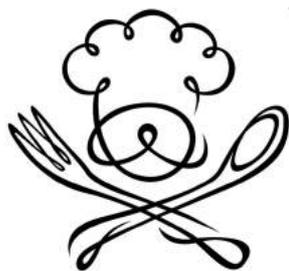
Suzanne and Dorothy greet all our readers and wish them further Happy Reading in 2018... Special thanks to all who helped build up our library with book and movie donations this year.

BY MARX MARAIS

I would like to wish all the residents of Oasis a wonderful season, enjoy the time you have with family and friends. We will once again try our best to make the celebration days as enjoyable as possible. Thank you for all your support so far.

SPECIAL REQUIREMENTS

As a rule in restaurants we will always want to accommodate guests with special requirements and needs may it be gluten free, celiac, and all the numerous allergies and religious requirements that I have come across. It would however be much easier from a restaurant point of view that when you place your orders or book that you inform us of your requirements as it is impossible to accommodate everyone or deprive the guests without any requirements of these items.



The Chef's Corner

HAUTE CUISINE TO NOUVELLE CUISINE

Today the lines between regional cuisine or cuisine de terroir, cuisine bourgeois, Nouvelle Cuisine, and haute cuisine are blurred, although haute cuisine remains somewhat in a category on its own mainly because it is unaffordable to most of the population. Cuisines evolve continually, and new cuisines are created by innovation and cultural interaction. At Oasis however we have an approach to cooking and food presentation closer to Nouvelle Cuisine with a twist of cuisine de terroir from an international influences and where we use classic dishes and present them in a new way.

WHY DO FOOD PRICES RISE

There are couple of causes of inflation in world food prices. They will drive up food prices in the long run. There are also short-term factors that affect supply and demand. Those include the weather, animal diseases and catastrophes. The following reasons drive prices higher over time. High oil prices raise shipping costs. You can expect high gas prices about six weeks after an increase in oil futures.

Oil prices also affect farming.

That contributes 20 percent of the cost of foods. Between 2016 and 2017, high oil prices added 40 percent to the cost foods. People around the world are eating more meat. That's because they are growing more affluent. It takes more grain to feed the animals needed for meat-based meals than is needed for grain-based meals. A higher demand for meat means higher grain prices. This has been a busy month for us and we enjoy seeing the Clubhouse patronized by all. Together, may we continue sharing our culinary skills with all, finding a balance that serves our residents well is what we are striving for. Happy Holidays and Hanukah!



"It means that when you order the cheesecake, the guilt comes free."

A VERY BIG THANK YOU!

A very big thank you to all our residents for their generous contributions for Huis Zonnekus. Your generosity and kindness is so appreciated by all. Herewith, our Oasis ladies on their way with a boot full of goods on their way to Huis Zonnekus.

From left to right:

Marion Smit, Connie des Fountain, Jane Blundell and Dawn Jager.



OASIS PHOTO CORNER



WELCOMING SPRING

From left to right:

Billy, Mimi, Michael, Wiska, Barry, Sandra and Rene

Photo by Mrs Marcia Kalmek

- 201 Palm Springs



HAPPY BIRTHDAY FAYE!

The amazing Faye Salomon of 408 Palm Springs) on her 90th birthday at the Berry Farm with her special birthday dessert.

Our thanks to Fay for chairing the Entertainment committee and organising all the great outings for Oasis residents.

Photo and words by Mrs Marcia Raymond - 610 Palm Grove



Century City Events

THE GALILEO OPEN AIR CINEMA

19 January 2018 at 6pm

Relax on the lawns of Central Park Field as The Galileo Open Air Cinema welcomes you to a magical movie experience of cinematic delights, tantalizing treats and breath-taking scenery under a canopy of stars. Screening: PASSENGER



CENTURY CITY NATURAL GOODS MARKET & ART ON THE ISLAND

28 January 2018 at 9am to 2pm

Held on the last Sunday of the month from September until April (no December market) on Central Park field, relax and sample the delicious fare on sale, while the kids take advantage of the many activities on offer.

CENTURY CITY FULL MOON HIKE

31 January 2018 at 6pm

Experience the sights sounds and smells of Intaka Island at night with our full moon hikes. Join us for an hour guided tour through this spectacular wetlands and watch the city go into hibernation, while the Island comes alive with the sights, sounds and smells of nature.



For more information on Century City Events, go to www.centurycity.co.za or contact Tezi on 021 552 6889 or Tatum at tatum@centurycity.co.za