

NEXUS

The latest news and updates from Oasis Luxury Retirement Resort



**MILES BEHIND US,
OPPORTUNITIES
AHEAD**

From the Manager's Desk



ISSUE # 193. APRIL 2026

**FUTURE-PROOFING
OASIS**

*A strategic infrastructure
partnership with NABA*



FUTURE-PROOFING OASIS

A Strategic Infrastructure Partnership

ORPOA APPOINTS NABA INFRASTRUCTURE CONSULTANT AS PROFESSIONAL PARTNER

For many years, property maintenance at Oasis has reflected challenges familiar to sectional title communities across South Africa: ageing infrastructure, recurring water ingress, and the difficulty of addressing complex technical issues within annual budget cycles.

While repairs were often necessary and undertaken in good faith, they were typically responses to immediate problems rather than part of a coordinated, long-term strategy.

The result treated the problem rather than the root cause. The recent Request for Proposals (RFP) for Infrastructure Consultancy and Project Management Services marks a deliberate and important shift in this direction. It represents a move away from reactive interventions towards a structured, preventative approach to caring for Oasis's property.

WHY THIS CHANGE MATTERS

The objective of the RFP was clear: to transition from short-term responses to planned, preventative maintenance supported by sound governance, professional oversight and long-term planning.

Lighting Up Oasis (LUO) was a pivotal learning experience, demonstrating how complex projects can be successfully delivered through clear governance, disciplined processes, and the effective integration of specialist expertise.

Much as the appointment of Intersect Sectional Title Services introduced greater structure, discipline, and transparency into finance and administration, this initiative seeks to bring the same level of rigour to facilities and property maintenance.

The emphasis is not on appointing "another consultant", but on embedding enduring systems and processes. The LUO experience has enabled us to translate hard-won project management lessons into a structured, expert-led approach within the property management domain.

A proactive, evidence-based maintenance strategy delivers long-term financial benefits, but its value extends further. It strengthens trust and confidence across the community:

- Directors and Management gain earlier visibility of risks and options.
- Owners can better understand why work is planned and budgeted.
- Decisions are guided by professional judgement and data, rather than urgency.

BENEFIT TO THE BODIES CORPORATE

We have reached economies of scale with this new appointment since not only ORPOA but all the Bodies Corporate have agreed to participate in this initiative.

LOOKING AHEAD

Our next strategic focus is the appointment of an independent Electricity Consultant. The objective is to apply the same level of technical rigour and structured analysis that guided our recent infrastructure upgrades, in order to assess our current electrical systems and identify further opportunities for efficiency improvements and cost savings.

Behind the technical reports and spreadsheets lies a broader organisational step forward — one that reflects Oasis's growing maturity and the complexity of the estate it manages.

Tom Knight

On Behalf of the ORPOA Board of Directors



A new chapter in the long-term stewardship of Oasis's infrastructure was marked earlier this year with the formalisation of a partnership designed to future-proof the planning and oversight of the Resort's assets. After in-depth negotiations and detailed scrutiny of this very important Service Level Agreement under the guidance of the Oasis Infrastructure Subcommittee (IOC), the parties concluded an arrangement that establishes a clear framework for collaboration and long-term infrastructure planning.

On a warm February afternoon, the Naba team joined representatives of the Bodies Corporate and ORPOA for the formal signing. The occasion was marked with a small and cheerful gathering - an opportunity to make introductions, put faces to names, and to wish the Naba and Oasis Facilities team every success as they embark on this important undertaking.

In the months ahead, the Naba and Oasis Facilities team will work closely together to ensure that all relevant infrastructure information across the Resort is carefully captured and documented, that areas requiring attention are systematically identified, and that structured planning can proceed. This collaborative approach will provide a strong foundation for informed decision-making and allow Oasis to plan for the Resort's future care and maintenance with confidence.



From the Manager's Desk



MILES BEHIND US, OPPORTUNITIES AHEAD

Life can only be understood backwards, but it must be lived forwards.
— Søren Kierkegaard

BY SHARON LOYNES

What a year it has been at Oasis. From meaningful behind-the-scenes changes to the everyday efforts that keep the Resort running smoothly, the past year has been one of progress, learning, and collaboration. Guided by the ORPOA Board of Directors, supported by the work of the various subcommittees, and carried forward by the commitment of staff and members, Oasis has continued to move ahead with a shared sense of purpose. As we pause to glance in the rearview mirror, it is clear that this collective effort has shaped the journey.

The Hospitality team has made strong progress in modernising operations at the Clubhouse Restaurant, including the move to a simplified pay-and-enjoy model for residents and guests. The introduction of YOCO, supported by ongoing staff training, is improving both payment processes and stock management. Recipes are now

digitised and linked to stock usage, providing greater accuracy and control over menu costing. In addition, digital order transmission from wait staff to the kitchen has reduced paper use, improved communication, and enabled the finance team to access daily data better to inform menu planning, specials, and stock decisions.

The administration department has made meaningful progress by strengthening systems, improving compliance management, and advancing digital processes. The introduction of enhanced digital tools has improved access to information, increased transparency, and streamlined key operations. This has also enabled a more inclusive and collaborative budgeting process with input from multiple departments. While the process required significant effort, the insights gained will support a more efficient and refined approach in future, stabilising expenses and benefitting both ORPOA and the various Bodies Corporate.

At the same time, Oasis continues to navigate the challenges of ageing infrastructure, requiring careful financial planning and strong technical oversight. The Facilities team has faced, and continues to face, a more complex transition, as facilities management requires specialised systems and processes, with several platforms trialled to identify a suitable integrated solution. In this context, the involvement of Naba, as highlighted in the lead article, will be key in guiding the team towards sustainable long-term outcomes. Looking ahead, the continued development of the Facilities team, alongside strengthened systems and operational efficiencies, will remain a priority over the

next 12 months.

The department will focus on the three “Ps” - Policies, Processes, and Procedures - to drive efficiency and ensure clear, consistent communication.

A key focus of the budgeting process has been to bring certain functions in-house to improve efficiency and reduce costs. As noted in the Info Portal launch, this will be the final printed edition of the Nexus, with editing and design now managed internally, resulting in meaningful savings. We are pleased to welcome Lynn Barrett as Social and Administrative Assistant, who will take full responsibility for the Nexus, as well as broader communications, creative initiatives, and support for the Food and Beverage team with stock control. We also welcome Ruan du Plessis as Garden and Grounds Manager, leading a streamlined team of six gardeners and a general worker, replacing the previous larger team and external consultancy model. We wish both Lynn and Ruan every success in their new roles.

As we reflect on the year behind us, it is evident that Oasis continues to evolve through careful planning, collaboration and resilience. The progress made this year provides a strong foundation as we turn our attention to the opportunities and priorities that lie ahead in the coming financial year.

Looking in the rearview mirror reminds us how far we've come — but the road ahead is just as important. Together, Oasis continues the journey forward.

Sharon Loynes



TUESDAY 21 APRIL 2026

- ✓ EARTH DAY DISPLAYS IN THE CLUBHOUSE
- ✓ **MOVIE: CALENDAR GIRLS**
"Calendar Girls" tells the true story of eleven women from Yorkshire who courageously posed nude to raise funds for blood cancer research after losing a friend's husband to non-Hodgkin lymphoma. Their inspiring and unconventional effort captured global attention, leading to films, stage adaptations, and continued charitable impact.
Function Room @ 4pm
- ✓ **EARTH DAY INSPIRED COCKTAIL EVENING** from 6pm at bar in the Clubhouse

EARTH WEEK 2026

WEDNESDAY 22 APRIL 2026

- ✓ Earth Day Lunch
- ✓ Entertainment
- ✓ Oasis Clubhouse Restaurant



Join Us in Making a Difference!



A HEARTWARMING CHRISTMAS CELEBRATION AT OASIS RESORT



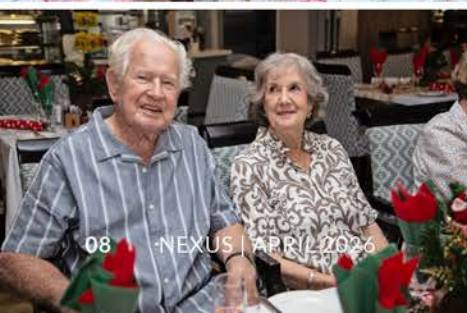
On a radiant summer's day filled with joy and festive spirit, residents of Oasis welcomed family and friends for our much-anticipated Traditional Christmas Lunch. From the moment guests arrived, the atmosphere was warm and convivial. Our beautifully decorated dining room, adorned with cheerful Christmas décor, set the perfect scene for an unforgettable afternoon. The highlight of the event was our sumptuous buffet lunch with a range of classic favourites, including Succulent Roast Turkey, Roast Lamb, Honey-soy Roasted Pork Loin, Oxtail in Red Wine, and a variety of festive sides. No Christmas lunch would be complete without sweet treats! Our dessert table was a joyful spectacle of flavours, from Christmas Pudding and rich mini Christmas Cheesecakes to Pavlovas, Apple and Blueberry Crumble and Sherry Trifle. Just when the smiles were at their brightest, a familiar jolly figure made his grand entrance on a scooter - Santa Claus! With his rosy cheeks, booming "Ho Ho Ho," and a sack full of festive cheer, Santa delighted young and young-at-heart alike. He stopped for photos, handed out small wrapped biscuits, and spread happiness to everyone in the room. The surprise visit was the perfect touch of magic, bringing laughter, hugs, and a feeling of pure Christmas wonder. What a wonderful afternoon!







CHRISTMAS LUNCH



News from the Sales Office

WITH REGARDS FROM CINDY SHEARD, LINDA BUTLER & DIANNE PENTZ

SALES

As reported in the December edition, Oasis Apartment Sales ended 2025 with a spurt of 4 sales in 14 days with a combined value of R22 000 000. We were thinking about how we could beat that when the doors opened again.

The answer was two sales finalised on the same day in January with a combined value of R11 200 000. And late March into April we had 2 sales with a capital value of R12 300 000. The second sale was effectively done within 48 hours of being mandated and before our marketing pack could be uploaded to the website. At time of finalising this article there are just 2 units listed on the website for sale, plus 1 rental unit available. This is an incredible low of 0.88% of all apartments in the resort. Our team recalls the days when that number would be 20 plus and for sure well into double figures. A further sales mandate has just been secured and another is currently being finalised. Possibly one or both will be sold by the time this article appears.

There are some who assume that we just need to arrive at the office and property deals simply fall into place. In reality, each transaction requires considerable time, effort, and attention to detail.

The process begins with securing mandates. In the case of Estate Late sellers, this can take time, as families often rely on us for guidance on the initial steps and the requirements needed to begin the process.

An accurate property valuation is a critical next step. While we always aim to achieve the best possible outcome for our sellers, it is equally important to ensure that asking prices remain realistic and offer genuine value to potential buyers.

With our extensive experience and exclusive focus on properties within the resort, we are well positioned to strike this balance. We then review

our purchaser database to identify potential matches, while also considering a broader pool of buyers. In some cases, a particular unit may attract interest from multiple parties. In these situations, we are careful not to create an 'auction' environment. Instead, we invite all interested buyers to submit their best offers upfront, ideally with minimal or no conditions. While it can be disappointing for unsuccessful buyers, our priority is to achieve the best possible price through a fair and transparent process.

We invest time in building and maintaining relationships with prospective buyers, enabling us to better understand their needs and to match them with suitable properties as new mandates are secured.

Marketing remains a key focus. We invest significant time, effort, and financial resources into promoting both the resort and individual units through social media and other platforms. Our slideshows and videos, which showcase resort amenities, events, and community life, consistently generate strong engagement and have frequently been rated as high performing by Meta. We work closely with a specialist social media service provider to ensure our content reaches the right audiences in an increasingly complex digital landscape. It is particularly rewarding to see the level of engagement generated, including direct enquiries received via our website.

RENTALS

On the rental side, we secured four new rentals in February and a further two in April. At the time of writing, we have just one unit immediately available, with another apartment expected to be ready for viewing shortly. By the time you read this, it may already have been let.



WELCOME TO OUR NEW RESIDENTS

We welcome our new Residents to Oasis. Wishing you many happy years in your new homes!

OWNERS

- Oscar & Alicia Maisto PB 502
- Elfrieda Schollbach PB 101
- Valerie Hoy PB 203
- Ronald & Patrica Smart PS 506
- Indira Gela PS 206
- Hamman Family Trust PR 702
- Rae Goodman PS 402

TENANTS

- Patsy Wagener PG G01
- Gwen Vass PV 1001
- Mike and Ilona Stein PG 604
- Annemarie Schoeman PG 710
- Gilbert & Barbara Coene PD 1103
- Kirk Family PR 702
- Claire Dalton PS 607

FAREWELL

Lorenda Gerrits retired at the end of 2025. We thank her for her many years of dedication to Oasis and our clients and wish her good health and happiness ahead.

WELCOME

Dianne Pentz joined our team officially at the beginning of 2026 but had already spent time with Cindy and Linda in the sales office towards the end of last year. Dianne has taken over the Rental / Renewal Rental portfolio having benefitted from Linda's thorough induction. Dianne has also joined in with Sales from April onwards. Dianne has a wealth of property experience and already in her first months with us has put in a tremendous effort in assisting Landlords and Tenants. It is her intention to make personal contact with all of them and to offer the most professional service that we can.

The Oasis Apartment Sales Team



CHRISTMAS MARKET

DECEMBER 2025. A very successful Christmas Market was held at the Oasis Clubhouse. We had 21 different stalls offering a wide variety of items for sale - clothing, handbags, jewellery, pottery, Christmas gifts, cards, body lotions and creams and delicious sweet treats from Mantelli's (including sugar-free items) and many more! Entertainment was provided by Freddie Q, and The Oasis kitchen provided Boerie Rolls, Lasagne, Chicken Curry and Rice, Vegetarian Spanakopita and Alec's famous Mini Baked Cheesecakes that was a real hit! We had a packed dining room, and what a lovely festive buzz!







“IT ISN'T ENOUGH TO THINK OUTSIDE THE BOX. THINKING IS PASSIVE. GET USED TO ACTING OUTSIDE OF THE BOX “

– TIM FERRIS

Serving You, Securing You

BY ANDRE VAN WYK

A new year brings discoveries; I was surprised to read that 4 March is “March-Forth-and-Do-Something” day and 14 April is National-Moment-of-Laughter Day. Both positive days to remember and celebrate. However, a holiday I will not be celebrating is National Toothache Day, which is observed on 9 February in several countries. Do not get me wrong; I am all for raising awareness around dental hygiene, but I mean ... really? Why must it be done by reminding us of throbbing pain?

SAPS CRIME AWARENESS TALK

Monday, 9 February, was also the day Warrant Officer Botha (Speaker) and Constable Donnelly from the Milnerton South African Police Service came to Oasis and shared advice on how to avoid falling victim to fraud.

The following are key points taken from that talk:

- Never give someone your One-Time Pin (OTP).
- Do not provide personal information to persons claiming to be calling from a cellular network service provider.
- Do not succumb to pressure or scare tactics by persons claiming to be from the police or the legal fraternity.
- Do not click on links from unfamiliar sources.

Fortunately, some organisations are trying to stem the tide of people falling victim to fraud. The South African Fraud Prevention Service (SAFPS) is one such organisation. According to their website: **“SAFPS is a non-profit organisation which aims to improve vigilance with regards to fraud, financial crime and identity theft by educating businesses and consumers about fraud and assisting them to protect themselves”**

One of the services SAFPS offers is Protective Registration. This service prompts institutions registered with SAFPS to verify your identity before issuing credit once you are registered. This is particularly effective if your ID is lost or stolen.

To learn more about SAFPS, visit www.safps.org.za.

RESIDENT EMPLOYEE AWARENESS

Your concierge will accept various deliveries in your absence, including medication; however, there is an exception to this rule: the concierge cannot accept blister packs. If you are not available to take receipt of your blister pack, the delivery person will deliver it to the Gate House Surgery during their office hours. This is to ensure that the medication reaches its intended recipient. We ask Residents to please encourage their carers, helpers, companions and workers to familiarise themselves with the emergency procedures in place at Oasis Resort.

These include:

- What to do when the building alarm sounds.
- What to do in the event of an emergency in the Wellness Centre, pool or sauna.
- The steps to follow in the event of a medical emergency.

Sharing this information with those who care for and assist you could make a significant difference at the times when you need them most.

A reminder:

A growing concern is that individuals are smoking in common areas, including building fire escapes and the dry yard area. Smoking outside of your apartment is not permitted except in the designated smoking areas. According to the Tobacco Products Control Act 1993 (Act No. 83 of 1993), *"No person shall smoke any tobacco product within a 10-metre distance from a window of, ventilation inlet of, doorway to or entrance into a public place."* Please share this important information with your visitors and workers.

The two holidays I mentioned in the 1st paragraph are not mutually exclusive. Why can't every day be "March forth and be happy while doing something" day?

Take Care and Stay Safe
Andre van Wyk



LS AWARD Kili Khaya - 5 years



OASIS RESORT HEALTH & SAFETY COMMITTEE | Back LtR: Robert Ntsweli, Sharief Amardien, Andre van Wyk (rep Facilities office), Nicolas Matyesini, Matthew Hendricks
Front LtR: Dede Yevola, Nicolas Chirwa, Billy van Wyk (Safesheq), Wiehann Koen (Chair)



Love what you
hear, again.

Better hearing means more moments that matter.

Hearing loss isn't just about volume, it is about clarity and connection. When hearing slowly changes, many people don't realise what they're quietly drifting away from. Conversations become more effortful, listening feels tiring, and it's easier to sit back rather than lean in. Over time, that extra strain can make both listening and thinking feel harder than they used to. However, the real cost isn't just quieter voices — it's the missed quick-witted jokes, and the quiet "I love you" from familiar voices that fill the room. Those little interactions might seem small, but together they make up a big life.

Better hearing helps you stay present, confident, and part of the conversation rather than just on the edge of it. It supports easier listening, stronger connections, and a brain that stays engaged with the world around you.

We are committed to understanding your hearing, your lifestyle needs, and what matters most to you — so you don't miss the moments that matter most.

Start your hearing journey today!

Meet Your Audiologists

YOUR EXPERTS IN HEARING



Lisa Shand



Lori Mirkin

Where to find us?



Every Thursday is Oasis Day

We come visit YOU, in the comfort of your home.



Alternatively:

Ground floor, Colosseum
Luxury Hotel, Century City
(Woolworths centre)



(021) 551 7015

whatsapp 072 607 5633

Oasis Rainfall Corner

Complete the 2024/25 rainfall figures for Oasis in the accompanying table for the record; not a pretty picture. The average weekly drawdown from the dams supplying water to the City of Cape Town since mid-November 2025 has been 2,2%. Should this trend continue until the end of March 2026, dam levels will reach a worrying 41%. Now we can only hope that rainfall in April (41 mm), May (69 mm), and June (93 mm) (see table) is at least normal to reverse the trend.

MONTH	2025 mm's	2025 YTD	2024 mm's	2024 YTD	L/T Ave Month	L/T Ave YTD
January	6	6	1	1	15	15
February	1	7	7	8	17	32
March	11	18	25	33	20	52
April	34	52	26	59	41	93
May	53	105	20	79	69	162
June	103	208	61	140	93	255
July	73	281	352	492	82	337
August	68	349	75	567	77	414
September	18	367	27	594	40	454
October	18	385	17	611	30	484
November	2	387	6	617	14	498
December	7	394	20	637	17	515

L/T Ave = Long-term average. **YTD** = Year to date or cumulative total



*January, February, March,
April, May, June, July...*

*At Oasis Care Centre there
are always good times!*

OASIS CARE CENTRE OFFERS

ASSISTED LIVING • PHYSICAL REHABILITATION
• FRAIL CARE • ALZHEIMER'S/DEMENTIA CARE



*All photos are a true depiction of Oasis Care Centre residents, activities, and facilities.

Professional, warm and loving care in a luxury environment

Care Centre & Primary Health Care Corner

BY LIZZIE BRYNARD-BRILL
& THE OASIS CARE CENTRE TEAM

Your reality or mine?

What would the world be like if we all viewed it through the same lens, interpreted everything the same and came to the same conclusions? Of course, this is far from reality, even for all of us who can read this article.

When it comes to people living with Dementia, they see life through their own unique lenses and filter information differently.

They, however, face an additional challenge: their brains are significantly affected by a condition that prevents them from relying on memory or drawing on past experiences to process information logically. People living with Dementia can often access long-term memory for information, but they are unable to recall more recent memories that would put the long-term memory in context. An illustration of this is an elderly lady who packs her overnight bag, puts on her coat and tells the staff at the care facility that she must hurry because her "daddy" is waiting for her at the train station. The staff will typically inform the lady that her father has sent a message stating that, due to the severe weather, he cannot travel that evening. This will put her mind at ease, and she will unpack her bag and go to bed with the 'knowledge' that her dad is not waiting for her and that there is no expectation that she has to be at a certain destination at a certain time.

It is nearly impossible to have someone with dementia adjust their reality to match yours. It is far more effective to try to understand their reality and align with what they perceive as real. Focusing on facts will not help and might just cause upset. Focusing on emotions is more effective than being factual when handling different realities.

A family member of a Care Centre Resident demonstrated how to apply this principle during a birthday celebration.

Cherry, one of our much-loved Residents living with Dementia, recently turned 80. Her sister Pixie and the family arranged a lovely cake for this special celebration. When Cherry saw the cake, she was adamant that they had gotten her age wrong. She claimed to be 60 and not 80.

CARE CENTRE AND PRIMARY HEALTH CARE CORNER



Pixie on the left with the birthday girl, Cherry, on the right.

After apologising on behalf of the baker who made this terrible mistake, Pixie, without much fuss, turned the "8" into a "6," and not only was the peace restored, but the party turned out to be a happy feast for the whole family.

Having to deal with a loved one living with Dementia's reality can be very difficult due to the roller coaster of emotions you yourself have to deal with. It is therefore important to connect with others who are facing the same challenges you are. Talking to people who understand your situation and who can validate your feelings is vital to your own well-being.



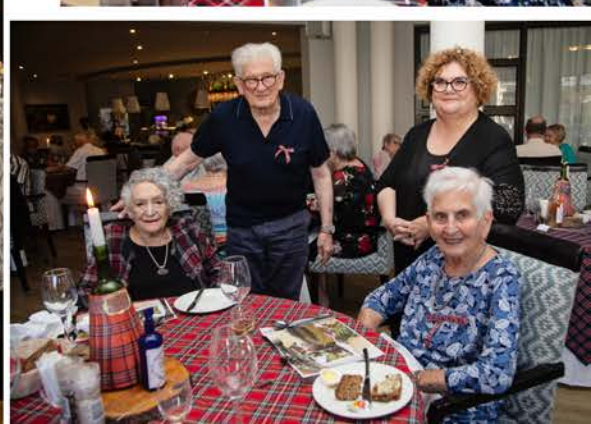
The "8" turned into a "6" and smiles all around.

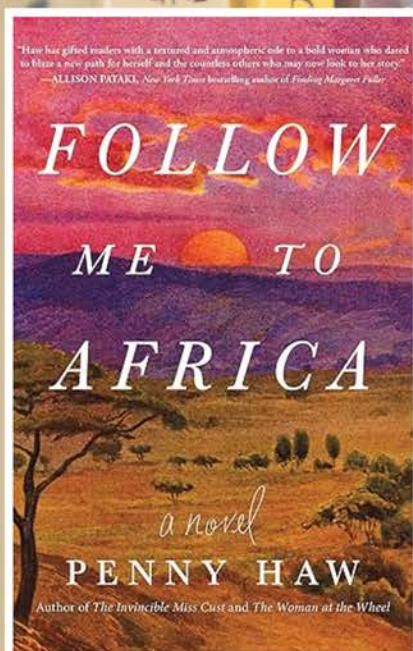
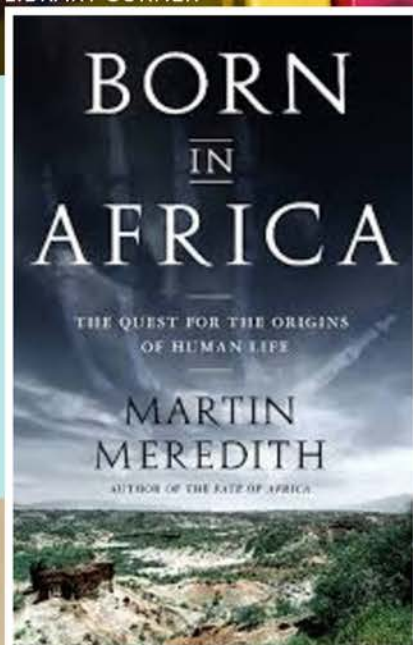


OUTLANDER DINNER 2026

Residents and guests were transported to the misty Highlands for a magical Outlander-themed Scottish dinner evening at Oasis. The Dining room was transformed into a scene worthy of Craigh na Dun, filled with the romance, warmth, and charm of Scotland. The décor set the tone from the moment guests arrived. Tartan table runners in rich reds and deep greens dressed each table. Soft candlelight flickered from wine bottles wrapped in paper tartan "kilts" to cast a soft, welcoming glow. Residents and guests joined in the spirit of the evening, some wearing tartan sashes and Highland-inspired attire. The evening began with the stirring sound of bagpipes as a traditional Scottish piper, Caireen Alston, welcomed guests into the dining room. The unmistakable melody created an atmosphere of pride and nostalgia, with many residents tapping their feet and smiling as familiar tunes filled the room. Guests were then treated to a carefully curated three-course Scottish-inspired set menu of Cream of Mushroom Soup, Buttermilk Lamb Chops and Mint Sauce for mains and ending off with a delightful dessert of Upside-down Plum Cake —providing a sweet and celebratory finish. Between courses, lively Scottish folk dancers entertained the audience with energetic reels and jigs. Dressed in traditional Highland dress, the dancers invited residents to clap along and even taught a few simple hand movements to those who wished to join from their seats. The combination of music, movement, and storytelling created a truly immersive experience. The Outlander Scottish evening was a resounding success—an enchanting celebration of culture, community, and connection. It was a night of music, laughter, delicious food, and Highland spirit that will be remembered fondly by all who attended.







from the library shelves

AFRICA – THE CRADLE OF HUMANKIND

Our library currently features three fascinating books on Paleoanthropology, the scientific study of human origins.

These titles explore the remarkable story of how some of the most important discoveries about early human life were made right here in Africa.

Among them is a historical novel about Mary Leakey by Penny Haw, a biography of renowned South African paleoanthropologist Phillip Tobias, and the insightful non-fiction work *Born in Africa* by Martin Meredith.

Together, these books trace the extraordinary quest to uncover the origins of humankind. They recount the discovery of the Taung Child by Raymond Dart and the famous fossil known as Mrs Ples, discovered at Sterkfontein Caves by Robert Broom. They also explore the groundbreaking work of Louis Leakey and Mary Leakey, and later their son Richard Leakey, whose discoveries in East Africa helped transform our understanding of early human evolution.

Africa holds a central place in the story of humanity, and these works bring that history vividly to life through the scientists, discoveries, and debates that shaped our knowledge of where we come from. Library users interested in human origins, archaeology, history, or Africa's scientific heritage are warmly invited to explore these titles. They offer an engaging journey into one of the most fascinating scientific quests of our time.

Visit the library to discover these books and learn more about Africa's remarkable role as the cradle of humankind.

library

/ˈlaɪbrəri, ˈlaɪbri/

A special thank you to Lynn Barrett from the Oasis office for the wonderful work she has done in creating the new signage for the library. The updated signage has added a fresh and welcoming touch, making the space even more inviting for residents and visitors. Lynn has been assisting the Oasis office with a digitisation project, uploading historical Oasis documentation to the shared drive. During this time, she noticed a need in the library and took the initiative to create the new signage, demonstrating the care and enthusiasm she brings to everything she does. If you haven't had a chance to see it yet, residents are encouraged to pop in and have a look when passing by.

thank you



HEALTH 365

Weight a Minute!



What Our Weight Reveals About Our Health

Our weight is often seen as a simple number, but it holds significant clues about our overall health. When considered alongside other measures such as height and waist circumference, weight becomes a valuable screening tool for identifying potential health risks. Understanding what our weight indicates can help us take proactive steps toward better wellness.

KEY HEALTH INDICATORS OF WEIGHT

One of the most common ways to interpret weight in relation to health is through Body Mass Index. BMI categorises weight status: a BMI of 25–29.9 kg/m² is classified as overweight, and a BMI of 30 kg/m² or above indicates obesity. These ranges are associated with increased risks for several serious health conditions.

OVERWEIGHT AND OBESITY

These conditions are associated with an increased risk of developing various chronic diseases. For instance, excess weight increases the risk of cardiovascular issues such as high blood pressure, high cholesterol levels, heart attacks, and strokes. It also raises the chances of metabolic disorders like type 2 diabetes and insulin resistance. Certain types of cancer, including breast (especially postmenopausal), colorectal, uterine, kidney, and pancreatic cancers, are more prevalent among individuals with higher BMI. Additionally, excess weight puts strain on joints, leading to osteoarthritis and chronic pain, while respiratory issues like sleep apnea and decreased lung capacity are common concerns. Fat accumulation in the liver, known as fatty liver disease, is also associated with being overweight.

UNDERWEIGHT

Conversely, a BMI below 18.5 may indicate malnutrition, weakened immune function, osteoporosis, or anaemia.

THE ROLE OF FAT DISTRIBUTION

Interestingly, where fat is stored matters more than total body weight alone. A waist circumference exceeding 88cm for women or 102cm

for men indicates a higher risk of heart disease and type 2 diabetes. Abdominal fat, often called visceral fat, is metabolically active and more closely linked to health problems than fat stored elsewhere.

WEIGHT STABILITY AND FLUCTUATIONS

Sudden, unintentional weight loss can be a warning sign of underlying health issues, including gastrointestinal disorders, infections, or even cancer. Monitoring weight changes is crucial for early detection of potential problems.

LIMITATIONS IN INTERPRETING WEIGHT

It's important to understand that weight alone isn't a perfect health measure. For example, BMI doesn't differentiate between muscle and fat. Some individuals with a high BMI are "metabolically healthy," maintaining normal blood pressure, cholesterol, and blood sugar levels despite their weight. Conversely, some lean individuals may have metabolic issues. Physical fitness can sometimes be more indicative of health than weight alone. Regular moderate exercise has been shown to reduce mortality risk, even among individuals classified as overweight.

RACIAL, ETHNIC, AND AGE FACTORS

Different populations have varying health risk thresholds. For example, Asian individuals may face higher risks of chronic diseases at lower BMIs, starting around 23 kg/m². Age also plays a role; in adults over 70,

being slightly overweight can sometimes be protective compared to being underweight.

MENTAL HEALTH AND WEIGHT STIGMA

Beyond physical health, weight can impact mental health. Stigma, discrimination, and bullying related to weight can lead to depression, anxiety, and social withdrawal. This underscores the importance of a compassionate approach focused on healthy habits rather than merely numerical metrics.

HOW EXERCISE PROMOTES WEIGHT LOSS

Physical activity plays a vital role in managing weight. Exercise increases energy expenditure by burning calories during physical activities. Strength training builds muscle mass, which boosts resting metabolic rate, meaning you burn more calories even when not active. Regular exercise also helps burn stored fat and maintain weight loss over time. Studies suggest that modest weight loss, approximately 5% to 10% of body weight, can significantly improve health metrics such as blood pressure and blood glucose levels.

KEY STRATEGIES FOR EFFECTIVE WEIGHT MANAGEMENT

The goal should be to engage in at least 150 minutes of moderate-intensity aerobic activity per week, complemented by strength training at least twice per week. Combining dietary changes with physical activity yields the best results for sustainable weight loss and overall health. Our weight provides valuable insights into our health risks, but it's only part of the bigger picture. Emphasising healthy behaviours, understanding individual differences, and focusing on overall wellness remain the most effective means of fostering a healthy life.

BROADWAY & BUBBLES





BROADWAY & BUBBLES



BROADWAY & BUBBLES END OF YEAR DINNER & DANCE 2025. Our Oasis Dining room sparkled with star power during our unforgettable **Broadway and Bubbles Dinner** - an evening filled with music, laughter, and a touch of glamour. Residents arrived at a festive red-carpet welcome with a glass of Bubbly, pausing for photos and soaking in the excitement as cameras flashed and smiles shone. Residents enjoyed a delicious 3-course dinner of Cream of Asparagus & Fennel Soup, Grilled Kingklip with a White Wine, Tomato, and Basil Sauce. They finished with a delightful, light Peach Melba, setting the tone for a night of Broadway-inspired entertainment. Show-stopping performances by the amazing duo, Faried Swartz and Shannon Lewis, brought beloved songs to life, had toes tapping, and filled the room with energy and applause. As the evening continued, the dance floor came alive. Residents danced, shared joyful moments, and celebrated together in a lively atmosphere that blended elegance with pure fun. From red-carpet moments to music and dancing, the Broadway and Bubbles Dinner was a night to remember - full of sparkle, connection, and standing-ovation smiles.





BROADWAY & BUBBLES



Legally Speaking

ESTATES & WILLS

For more information or legal assistance, please contact STBB's estates department at estates@stbb.co.za or on 021 673 4700.

STBB The Big Small Firm

FREQUENTLY ASKED QUESTIONS

Q Can I use a Power of Attorney signed by my mother a few years ago, who is now no longer mentally capable of conducting her affairs?

A Power of Attorney is only valid while the person granting power is of sound mind. If your parent is no longer capable of managing her affairs, a curator must be appointed to oversee her financial affairs, which requires an application to the court.

Q Why do I need a will, and what happens if I die without one?

If you die without a will, your estate will be wound up in terms of the laws of intestacy. The rules of intestate succession govern the distribution of assets upon death, depending on whether you are survived by a spouse, child, siblings, parents, or other relatives. When you leave a will, you can nominate exactly who gets what, so that your heirs will inherit according to your wishes.

Q Who is the Master?

The term "Master" is used loosely to refer to the Offices of the Master of the High Court, which are divisions of the court responsible for overseeing the administration of deceased estates. The Master is not a single person per se, but rather a group of employees who collectively perform various functions and roles in overseeing the administrative process.

Q Can the executor be an heir?

Yes, you may nominate any person, including an heir, to be the executor of your estate. Taking up the appointment as Executor will not preclude you from inheriting in terms of the will. However, nobody named in the will, including nominated executors and heirs, or their spouses, should witness the signing of a will.

Q How long will it take for my estate to be wound up / finalised?

It can take about 2 years to finalise an estate due to various legal processes, and often longer if a SARS audit is involved. The estate administration process is prescribed and must be followed, including advertising for specified periods and filing documents with various institutions. Unfortunately, administrators are, for the most part, reliant on external institutions to perform their duties, including the Master of the High Court, SARS, banking institutions, and asset management companies, each with its own processes and response times.

Q Can I sign my wife's will as a witness if I am an heir?

Ideally not, because if you sign her will as a witness, you may only inherit as much as you would have inherited in terms of the law of intestate succession (namely, that the surviving spouse and children inherit in equal shares). For example, if your wife bequeaths 100% of her estate to you in her will, but under intestate succession, you and your 3 children would each inherit 25%, and if you witnessed her will, your inheritance would be limited to 25%.

Q Why should I have a trust clause in my will if I am leaving assets or cash to a minor child?

Should a minor inherit from your estate and you did not form a trust on their behalf, the inheritance will have to be paid into the Guardian's Fund, which forms part of the Master's Office. If funds are required on behalf of the minor heir, an application must be made to the Guardian's Fund for a release of the funds to the relevant institution, e.g. a school or the minor's guardian. Forming a trust in your will allows you to nominate trustees and set the trust's terms.



TIM PLEWMAN SHOW



OASIS SPARKS AND THE TIM PLEWMAN SHOW - AN EVENING OF LAUGHTER, REFLECTION AND THANKS

Residents were treated to a truly special evening with Tim Plewman and his one-person show Epilogue, a performance that was by turns witty, moving, and delightfully relatable. Tim's storytelling, sharp observations, and gentle humour had the audience laughing one moment and quietly reflecting the next, making for an engaging and memorable night.

The performance was followed by Cheese and Wine, giving everyone the chance to relax, chat, and share thoughts on the show in great company. The atmosphere was warm and convivial, perfectly capturing the spirit of our community at Oasis. This evening was held as a heartfelt thank-you to our Sparks Committee, whose dedication, time, and hard work throughout the year make such a positive difference in life at Oasis. It was a small way to acknowledge their ongoing commitment and to say how much their efforts are appreciated. Our sincere thanks go to Tim Plewman for an outstanding performance and to our Sparks Committee for everything they do. It was an evening thoroughly enjoyed by all and one that will be fondly remembered.







OASIS SPARKS & TIM PLEWMAN SHOW



RESIDENTS OUTING
POSTCARD CAFÉ



SPARKS got off to a really good start for this new year, with some interesting events happening in January 2026. But before we get to January, we have to remember the wonderful Tim Plewman event @ 5pm on 5th December, which was promoted as a way of thanking the SPARKS committee of volunteers for organising all the monthly daytime events we have held over the past year. And it was a truly great evening. Tim's rendition of his EPILOGUE, co-written by John Smeddle, was truly meaningful, thoughtful, and hilarious. A lovely evening for the almost 90+ residents packed into the conference to enjoy the accompanying snacks and drinks.



WHOT

Thus, 2026 started with a bang! According to the poster, the topic was intended to be a discussion of Donald Trump's planned way to get rid of drugs and illegal immigrants. Still, the mention of TRUMP was enough to set off a discussion of all he is doing - Gaza, Ukraine, Venezuela, etc- most of those present had something to say!! There were two new members whose names I did not get, who really had done their homework and spoke well about the topic -we hope to see them at our next WHOT.

OUTINGS

This time we went to Stellenbosch's POSTCARD RESTAURANT in the Stark-Condé Wines estate - one of the most popular of our outings. The food is always good, there's a lovely large pond round which we can walk and enjoy the beautiful surrounding area and mountains, while across the pond is also the wine tasting venue. Proof of which is the lovely attached photograph of residents after having a walk through some of these areas.



MARK'S MEANDERINGS

Mark's travel video this month took us to Georgia, a country about which very few of us knew much. As Mark explained, Georgia sits in the Caucasus at the crossroads of Eastern Europe and West Asia. Still, it is more often thought of as European, having adopted similar cultural ties, speaking English, and establishing itself as an independent, democratic country in 2019. It is a strongly Christian country with many churches, as seen on the video- even one at the tip of a mountain. Its history goes back thousands of years, and it still has a strong but not large Jewish community with several Synagogues and even a Kosher restaurant in the tourist area. Mark and Moira travelled in the coldest time of the year, with Moira walking bravely in the snow, while other tourists visited to climb some of the Caucasus' mountain peaks. Its main city is Tbilisi, and it also has a wine-producing area where the main town of Signagi is known as "the City of Love".

CHOIR, DANCING, MUSIC

APPRECIATION ... is underway - watch the notice boards.

TRAVEL TALES

Travel Tales in January 2026 was a trip down memory lane for all 14 attendees. We visited the little towns dotted along the Garden Route, and that created a map, both geographical and historical. It made our trip interesting and desirable. Everyone had a story to tell and was thinking of packing their bags and driving from Somerset West to Plettenberg Bay at least once more. It was lovely for all those who contributed to remember their particular trips and perhaps the special reasons they drove the Garden Route. In February we enjoyed an unusual trip through Japan with Wendy Coetzee as our guest speaker, and what a speaker she is!

..... ❖



QUEEN OF THE NIGHT

For those of you who appreciate interesting and unusual plants (or perhaps would call yourselves plant enthusiasts), do take a stroll past the doggie walk area where you will find a rather tall, sprawling plant. At first glance she is quite unassuming — some might even call her architecturally challenged — but she hides a rather spectacular secret.

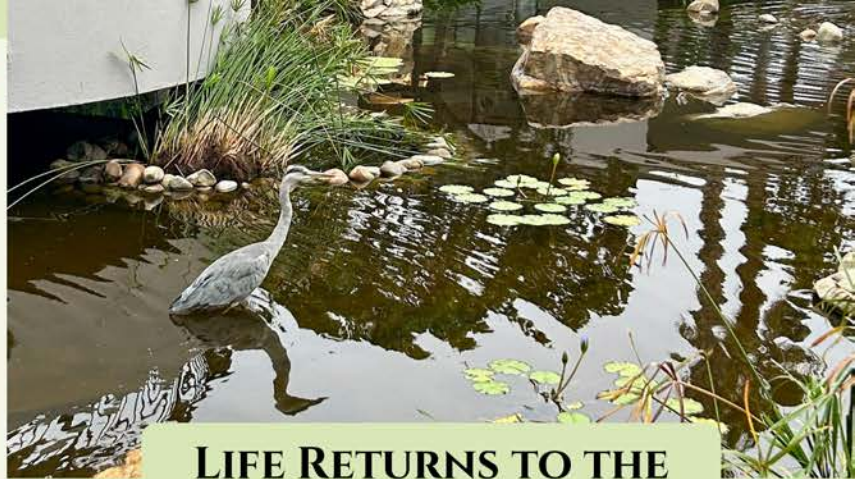
This plant was kindly given to us by Elke Franz of Palm Grove a year or two ago, when it had quite clearly decided that her apartment was no longer spacious enough for its ambitions. It was gently, and lovingly, re-homed before it attempted a full property takeover.

We found a suitable spot for her along the doggie walk and tucked her in between a few taller shrubs, where she seems to have settled in very happily. In fact, it appears that our Queen quite approves of her new residence, because in December 2025 she rewarded us with her magnificent 24-hour blooms, opening in glorious display for those fortunate enough to witness them.

Several residents kindly sent photographs capturing her in full splendour — a truly beautiful sight for those who happened to be nearby when she decided it was time to perform.

We hope you will enjoy visiting her, and perhaps be lucky enough to catch the next bloom when Her Majesty decides it is once again time to grace us with her presence.

Note: *The Queen of the Night flower (Epiphyllum oxypetalum) is a rare, night-blooming cactus known for its large, fragrant white flowers that bloom only once a year and wilt before dawn.*



LIFE RETURNS TO THE OASIS ECOSYSTEM



Photos by Lyn Allen



Following the recent pond rejuvenation project, which has refreshed and restored the South and Mid Ponds to a healthy balance, the Oasis ecosystem is already showing encouraging signs of recovery. Beautiful waterlilies carefully rehoused from the North Pond have settled gracefully into their new homes, bringing colour and life back to the water surfaces while supporting the natural aquatic environment. In recent weeks, it has been a pleasure to see the Oasis ecosystem buzzing back to life as the warmer days settle in. Birdlife has been particularly active, with many species returning to the gardens and water features, bringing both colour and song back to the estate. In the ponds, tadpoles are plentiful - always a reassuring sign of a healthy aquatic environment and the small seasonal cycles quietly unfolding around us. Behind the scenes, some gentle ecosystem management has also been underway, including the transfer of Tilapia from the North Pond to the South Pond to help maintain

balance in the water systems. Residents have been delighted by their activity in the mid-pond. Nature, however, does occasionally bring a little drama. One resident recently witnessed a rather spirited encounter between a caracal and our well-loved Oasis heron, Charlie. Fortunately, a resident enjoying a stroll intervened just in time to referee the situation and ensure that Charlie escaped unharmed — much to everyone's relief. Moments like these remind us how fortunate we are to live in a place where wildlife and community life intersect so closely. A special thank you to the residents who continue to share these wonderful glimpses of Oasis life through their camera lenses. Your photographs allow all of us to appreciate the small, fascinating moments unfolding around the estate every day. We look forward to seeing the North Pond flourish once the work there is complete, with even more birds and aquatic life returning to Oasis.

WONDERFUL SERVICE - THANK YOU!

To the Oasis Team that made my mom's celebration bash something always to remember and never forget, so many thanks! I know I can write this happily on behalf of my ma, my siblings, residents and outside friends. Incredible experience, with all the trimmings to make it a perfect morning of love, friendship and light, as was the intention of the yellow.

Especially to June and Lynn for their unbelievable commitment to all requests, cannot fault a thing, everything went off smoothly and that which didn't, no one saw or missed it. The hall looked spectacular, the tables gracious and tasteful, the food delicious, the staff, so friendly and helpful. Thank you everyone for the hard work put in. So appreciated. Beryl brought home to us all that 'Somewhere Over the Rainbow' is special and worth waiting for. May you all have a blessed and peaceful New Year. Kind regards, **Su Miller**

RESIDENTS' LETTERS


RENOVATIONS LOOKING GREAT

Dear Sharon, Wishing you all the best for 2026. Thank you for all the renovations. The resort is looking great. **Berenice Meltz**

SPECIAL EDELWEISS EVENING

Dear Lynn and June. Bravo to you and your staff for a truly special evening. So much effort and hard work go into these events, and I want you to know how much they are appreciated. The room looked great, the entertainment was outstanding, the food was delicious, and the staff worked so well together and so hard. I really appreciate the effort and organisation that goes into an evening event like this. Please convert my appreciation to the staff as well. Much love, **Ilana Slomowitz**

EDELWEISS EVENING

Dear Lynn and Kitchen Team - Thank you very much for your lovely letter, delicious mince pies and generous voucher. It was a most enjoyable evening, and the starter and dessert were delicious. With much appreciation. **Bill and Dorothy Wilson**



**Glossy Ibis -Hadida
visiting Palme d_Or 103**

**BROADWAY & BUBBLES**

Dear Lynn/June, We want to compliment you on yet another wonderful theme dinner. Ivan was thoroughly spoilt, as it was his actual 88th birthday; the food, ambience, and entertainment were excellent. Thank you for always going that extra mile and making us (all residents) feel validated. Enjoy your festive break. Looking forward to what you have in store for us in the New Year! Regards **Ivan & Thea Katz**

SPARKS EVENING

Good morning Sharon, Just to convey a big thank you from Maria and me to you, June and Lynn (and of course the staff) for a memorable, entertaining evening. As is the norm, you have outdone yourselves and made us feel very special ... the dream continues. Thanks again and regards. **Sergio.**

HEARTFELT THANKS

Dear Lynn and Oasis Kitchen Staff, The doorbell rang, and I was most surprised to see Thabang with a basket full of beautifully wrapped Christmas pies. I want to take a moment to express my heartfelt thanks to you for your kind gesture. Thank you for going above and beyond. This truly made my day. Best regards, **Joan Ross**

THANK YOU FOR THE BEST CELEBRATION

Dear June, Lynn and the wonderful team of workers at Oasis, How does one say a big enough thank-you to you all for your cooperation, help, effort, and work in pulling off mom's best celebration in her 95 years on God's earth? What a wonderfully joyous bash that was on Saturday 20th December. Everything was perfect! The welcoming drinks all set up on the stoep at the entrance .. the long tables so tastefully laid out inside .. the inviting buffet with all the delicious delicacies (by the way the gluten free bread was outstanding) .. the decorations .. the staff all beaming and helpful moving amongst the guests almost unseen but so part of the goings on. I don't think there is one guest or any of the family who will ever forget this amazing "Over the Rainbow" celebration of life. Please extend our grateful thanks to each of those who were there and helped make this day so special. Seasons greetings for a blessed Christmas and a healthy, happy and peaceful New Year. Yours, **Su, Shalom, Estelle and all of Dorothy .. oops, sorry .. Pauline Lewak's family and the birthday girl herself too, of course.**

BY LYNN MACDONALD

a pinch of salt.

The wine tasting we had in the Private Dining Room recently, hosted by De Grendel Wine Estate, reminded me exactly why Linda and I love slipping away to a wine farm or two - sometimes three - on one of our precious Saturdays off each month.

There's something wonderfully restorative about leaving Cape Town behind, even if it's only for a few hours, and heading out to the vineyards on what feels like a mini road trip. Almost immediately, the pace slows down. The scenery shifts from traffic lights and shopping centres to rolling vineyards, distant mountains and that comforting feeling that time has decided not to rush quite so much today.

A good wine tasting isn't just about what's in the glass. It's about the whole experience. The dappled shade of the trees where you're sitting, the gentle clink of glasses, the ceremonial swirl to release the aromas before the first sip. Then comes that moment when everyone leans in for a sniff and suddenly the air is filled with confident declarations. "Ooh ... I'm getting sweaty leather." "No, no, that's definitely funky mushrooms." "Tobacco ... gooseberries ... maybe a bit of this and a touch of that." And if you happen to detect something along the lines of rotten eggs, wet dog or mouldy cardboard ... well, I would strongly suggest tossing that baby aside rather quickly. Then comes the tasting itself - followed by a thoughtful pause, as if each of us is contemplating something deeply philosophical. In reality, most of us are simply thinking, "Yes, I could absolutely drink this," or "Oh dear ... that's a firm no," while casually reaching for the spittoon.

Over the years, Linda and I have discovered that visiting wine farms is a little like treasure hunting. Each estate has its own personality. Some are grand and dramatic, with sweeping views and impressive architecture. Others are smaller and wonderfully relaxed, where the winemaker might wander past and chat casually about the latest vintage while the resident dog snoozes nearby and the resident cat has decided that Linda's lap is the most comfortable place in the entire valley. The joy of it all is that no two visits are ever quite the same. One Saturday might revolve around a crisp Sauvignon Blanc enjoyed on a sunny terrace.

Another might introduce us to a bold red that demands a slow lunch and an even slower conversation.

Recently, however, our wine adventures have taken a slightly different turn. After a trip to Austria, we've been on a bit of a Riesling mission. For most of our lives we were loyal Sauvignon Blanc fans, but Austria changed things. Their Rieslings were crisp, slightly off-dry and full of flavours like toast, honey, peaches, apricots and even a little beeswax.

Now, those of you with long memories may remember the old Nederburg Riesling from the 70s and 80s - the rather sweet bottle that seemed to appear on many a dining room table back then. And then there was ... *(I whisper this quietly)* ... Johannisberger. Thankfully, the Rieslings we've been discovering in the Western Cape are a very different story. Estates like Paul Cluver and Oak Valley produce some excellent ones, and we've been happily sampling our way through them. Now and then, we stumble upon a wine so good that we immediately begin calculating how many bottles we can reasonably carry back to the car without looking like we're opening a small retail outlet.

Wine tasting also has a wonderful way of turning an ordinary day into a small adventure. You might start out intending to visit just one farm, but after a particularly good tasting, someone inevitably says, "Well ... there's another place just ten minutes down the road." Before you know it, the afternoon has unfolded into a delightful little tour of the valley. The beauty of wine, of course, is that you don't need to be an expert to enjoy it. You don't have to detect "notes of pencil shavings" or "a whisper of damp forest floor." Personally, if I take a sip and it makes me smile, that's qualification enough. Which is why our recent tasting was such a pleasant reminder that wine is really about everything surrounding it - the setting, the people you share it with, the laughter and the stories that appear somewhere between the first glass and the last. It made my feet itchy to just get out there and find a wine we have not had before. And sometimes, the best stories begin with a very simple plan: to visit just one wine farm.

PS: I am a fan of Dad jokes, so here goes: *I was having wine with my wife when she said: 'I love you so much, you know. I don't know how I could ever live without you.' I said, 'Is that you or the wine talking?' She said, 'It's me talking to the wine.'*

What's the secret to enjoying a good bottle of wine? Open the bottle to let it breathe. If it doesn't look like it's breathing, give it mouth-to-mouth.





UWE & ALMUT HARMS
ALASKA / CANADA TRIP Fall of 2025



Emerald Lake



Canadian Rockies



TRAVEL TALES



Glacier highway in Kluane National Par



Steam Clock in Vancouver



Indigenous history



Explore the Wild!

UWE & ALMUT HARMS

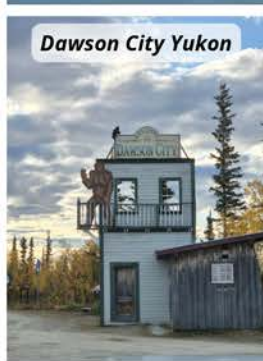
ALASKA / CANADA TRIP Fall of 2025



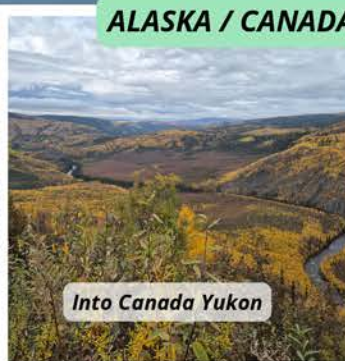
Serenity - Our travel home



Into Canada



Dawson City Yukon



Into Canada Yukon



Farewell Canada



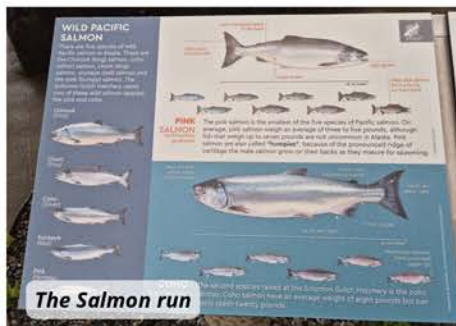
Columbia glacier near Valdez



Reflections



A different kind of retirement home



The Salmon run



Winter came over night



Autumn colours



Kissing buildings due to thawing permafrost



Brooks Falls



Waiting for lunch



Moose approaching



EDELWEISS DINNER 2025

A Sound of Music Themed Dinner Evening

Residents and guests of Oasis were transported to the rolling hills of Austria during a delightful Edelweiss – The Sound of Music themed dinner evening, filled with all of their favourite things - good food, wonderful entertainment, and cherished memories. The venue was beautifully styled to reflect the spirit of the much-loved musical, creating a welcoming and nostalgic atmosphere. Entertainment by the 'Dazzling Divas' was the highlight of the night, featuring familiar songs from The Sound of Music that sparked smiles, gentle sing-alongs, and heartfelt applause. The performance brought back fond memories for many, filling the room with warmth, laughter, and a shared sense of joy. It was a pleasure to see residents tapping their feet, humming along, and fully embracing the moment. The night will be fondly remembered as another special occasion that brought the Oasis community together in song, spirit, and celebration.







EDELWEISS DINNER



MAINTENANCE MATTERS PROJECT AND PLANNED MAINTENANCE TRACKER



PENDING


WORK IN
PROGRESS


COMPLETED

PROJECTS 2025/2026

STATUS

Anticipated Starting & Completion Date

- Pond Project.....
- Clubhouse - Acoustic Project.....
- Asset Register Project.....
- Carpet Replacement - Ground floor passage



Underway
Acoustic specialists engaged currently for solutions
Underway
Complete up to Palm Brook. Palme Vue to be completed after redecoration.

PLANNED MAINTENANCE 2025/2026

STATUS

Anticipated Starting & Completion Date

- Waterfall Lounge curved wall - paint.....
- Storerooms - organisation.....
- General Bins - exterior Resort.....
- Woodwork - ongoing upkeep.....
- Paving - ad hoc upkeep.....
- HVAC & Aircons.....



Complete
Underway
Bins to be sourced - looking at options

Underway & ongoing
Complete

Works of Leonardo da Vinci

B	E	A	H	D	O	A	T	S	A	S	N	R	H
E	N	S	O	A	N	A	H	K	D	A	I	N	E
N	I	U	R	T	A	N	E	C	L	L	D	D	A
O	M	D	S	T	M	N	L	O	E	A	N	N	D
I	R	E	E	I	N	U	A	R	D	D	U	F	O
S	E	M	A	L	A	N	S	F	A	E	M	I	F
M	H	N	N	A	I	C	T	O	A	L	R	R	W
A	T	I	D	N	V	I	S	N	N	L	O	D	O
D	I	A	R	N	U	A	U	I	D	E	T	U	M
O	W	A	I	O	R	T	P	G	S	A	A	H	A
N	Y	A	D	D	T	I	P	R	W	S	V	H	N
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A	A	T	R	M	V	N	R	V	N	E	A	C	O
T	L	E	M	O	N	A	L	I	S	A	S	L	N

WORD SEARCH

LADY WITH ERMINE
VITRUVIAN MAN
MADONNA LITTA
BENOIS MADONNA
SALVATOR MUNDI
MONA LISA
SALA DELLE ASSE
ANNUNCIATION
VIRGIN OF ROCKS
MEDUSA
HEAD OF WOMAN
THE LAST SUPPER
LEDA AND SWAN
HORSE AND RIDER



What's up, Basis?



APRIL

- 21.04 – 22.04 – EARTH DAY 2026 CELEBRATION
- 24.04 - MOVIE AFTERNOON: CARRY ON @ 14H30 W/FALL LOUNGE
- 27.04 – FREEDOM DAY (PUBLIC HOLIDAY) - CLUBHOUSE CLOSES @ 14H00
- 29.04 – QUIZZ NIGHT @ 18H00 D/ROOM

MAY

- 01.05 – WORKERS DAY (PUBLIC HOLIDAY) CLUBHOUSE CLOSES @ 14H00
- 06.05 - MOVIE AFTERNOON: POMPEII @ 14H30 W/FALL LOUNGE
- 10.05 – SPECIAL MOTHERS DAY LUNCH @ 12H00 D/ROOM
- 13.05 – BINGO EVENING @ 18H00 D/ROOM
- 15.05 - MOVIE AFTERNOON: SEVEN YEARS IN TIBET @ 14H30 W/FALL LOUNGE
- 20.05 - MOVIE AFTERNOON: TULLY @ 14H30 W/FALL LOUNGE
- 27.05 – DINNER & TIMELESS MASTERPIECES @18H00 D/ROOM
- 29.05 - MOVIE AFTERNOON: OCEANS ELEVEN @ 14H30 W/FALL LOUNGE

JUNE

- 05.06 - MOVIE AFTERNOON: THE HUNDRED FOOT JOURNEY @ 14H30 W/FALL LOUNGE
- 10.06 - MOVIE AFTERNOON: IN HER SHOES @ 14H30 W/FALL LOUNGE
- 16.06 – YOUTH DAY (PUBLIC HOLIDAY) - CLUBHOUSE CLOSES @ 14H00
- 19.06 - MOVIE AFTERNOON: TEA WITH MUSSOLINI @ 14H30 W/FALL LOUNGE
- 21.06 – FATHERS DAY SPECIAL LUNCH @ 12H00 D/ROOM
- 24.06 – JAMES BOND 007 DINNER & DANCE @18H00 D/ROOM
- 26.06 - MOVIE AFTERNOON: MONA LISA SMILE @ 14H30 W/FALL LOUNGE