

NEXUS

The latest news and updates from Oasis Luxury Retirement Resort



BUT, SERIOUSLY

*Communication in
community living*



OASIS

ISSUE # 195. JUNE 2026

OUR LEAD STORY

Every drop counts

by the Oasis Team

EVERY DROP COUNTS

Water is one of our most precious shared resources, and in Cape Town, we understand this better than most. The severe drought and “Day Zero” crisis remain a powerful reminder that water security cannot be taken for granted. While Cape Town’s dam levels may currently provide reassurance, our water future remains dependent on responsible use, seasonal rainfall, and collective action.

Water conservation is not simply about reducing utility costs (although this should be a key focus for all of us!) – it is about responsible community living, environmental stewardship, and protecting a vital shared resource for future generations.

CAPE TOWN’S WATER REALITY

Cape Town relies heavily on the Western Cape Water Supply System, supported primarily by seasonal winter rainfall and major storage dams.

While dam levels can fluctuate favourably after good rainfall seasons, the reality is that several long-term challenges remain:

- Climate uncertainty and changing rainfall patterns are making future water availability less predictable.
- Population growth and increased urban demand are placing greater pressure on finite water resources.
- Ageing infrastructure and water losses, both within municipalities and private properties.
- Extended dry spells and hotter summers are increasing household water consumption

- and evaporation losses.
- The ever-present possibility of future restrictions should prolonged drought conditions return.

The experience of Cape Town’s water crisis demonstrated how quickly circumstances can change, and why ongoing water conservation must remain a way of life rather than a temporary response.

OASIS TAKING PROACTIVE STEPS

At the Resort, water conservation is already more than just a discussion—it is being actively addressed through practical initiatives.

Several of the Body Corporates within the Resort have already taken meaningful steps by installing individual water metering and monitoring systems designed to identify unusual water consumption patterns and detect potential leaks at an early stage.

This initiative is now also being extended to the Resort’s common property, with automated metering scheduled for installation by mid-June.

This will further strengthen the ORPOA team’s ability to proactively monitor water usage and respond swiftly to leaks -

an especially important measure given the ageing nature of parts of the Resort’s infrastructure.

These proactive systems allow the Resort management team to actively monitor consumption data and identify leaks or abnormal usage early.

This enables swift intervention, reducing water loss, limiting unnecessary costs, and improving overall infrastructure management.

This proactive approach delivers important advantages:

- Early leak detection prevents substantial water loss.
- Reduced unnecessary consumption, supporting broader conservation efforts.
- Cost savings for Residents by identifying issues before excessive charges accumulate.
- Improved infrastructure management, allowing maintenance issues to be addressed more efficiently.

Even a small undetected leak can waste hundreds—or even thousands—of litres over time. By investing in monitoring systems and maintaining active oversight, Oasis is already making a meaningful contribution to water preservation.

CREATING AWARENESS TOGETHER

Conservation begins with awareness, and Oasis is fortunate to have Residents who actively support this shared responsibility. A special word of appreciation goes to those who help keep water conservation top of mind through awareness initiatives, including the much-valued *"Oasis Rainfall Corner"*, featured in every edition of the Nexus. Initiatives such as these help keep Residents informed about rainfall trends, water conditions, and the broader environmental context affecting our community.

Building a culture of awareness is one of the most effective ways to encourage responsible habits and meaningful action. Residents are also warmly encouraged to share any practical water-saving tips, ideas, or initiatives that may benefit the wider Oasis community. Often, some of the most effective solutions come from shared experience and simple everyday practices.

To create further awareness and keep Residents informed, weekly water statistics and related information are now available on the Oasis Info Portal under *"WaterWise"*.

Information is refreshed every Tuesday, and Residents are encouraged to click on the link provided for the portal and visit the section regularly to stay informed.
<https://sites.google.com/view/orpo-a-info-portal/resort-living/water-wise>

Please feel free to pop any suggestions, initiatives or ideas into the *"Please Share, We Care"* console in the Clubhouse or drop us an email. We will share suggestions in the Nexus and on the Oasis Info Portal.

CARING FOR OUR GARDENS RESPONSIBLY

The beautifully maintained gardens throughout Oasis are one of the defining features of our Resort and contribute significantly to the peaceful environment enjoyed by all Residents. Maintaining sizeable, landscaped areas, however, comes with its own challenges—particularly when water supply constraints affect irrigation systems, including ongoing issues with supply from Potsdam.

Despite these constraints, the team remains committed to finding practical and responsible ways to preserve the Resort's green spaces while using water resources as wisely and efficiently as possible.

Encouraging progress has already been made through the identification of several wellpoints, with valuable assistance and input from invested Residents who share a passion for the Resort's sustainability. These alternative water sources are supporting practical measures, such as topping up ponds and reducing reliance on potable water where appropriate.

This reflects an important shift in focus - not simply maintaining the status quo, but actively exploring smarter, more sustainable ways to manage our water resources.

CAN YOU HELP?



AS OASIS RESIDENT, HOW CAN YOU PLAY YOUR PART?

Technology and monitoring systems are highly effective, but individual habits remain equally important, and every Resident has a role to play in protecting our shared water resources.

IN YOUR HOME

Be mindful of daily water use - small changes in daily habits can collectively make a significant difference in water use across the Resort.

- Take shorter showers.
- Reducing shower time by even a few minutes each day can save substantial volumes of water over time.
- Turn taps off when not in use.
- Whether brushing teeth, shaving, or washing dishes, avoid letting water run unnecessarily.
- Use appliances efficiently.
- Only operate dishwashers and washing machines with full loads where possible.
- Report plumbing issues promptly.
- If you notice dripping taps, leaking toilets, reduced pressure, or unusual sounds, report these immediately.
- Monitor your own usage where possible.
- Awareness is often the first step toward conservation.

IN SHARED COMMUNITY SPACES

Water conservation extends beyond individual homes. Residents can assist by reporting:

- irrigation leaks
- overflowing water features
- faulty communal taps
- water wastage in shared facilities

Prompt reporting helps management intervene quickly.

Going forward, greater emphasis will be placed on identifying additional opportunities for water conservation across the Resort, balancing the need to maintain our environment with cost pressures and our broader responsibility as part of the Cape Town community.

Water conservation is not only about protecting our own resources and managing expenditure responsibly, but it is also about contributing meaningfully to the collective effort to safeguard Cape Town's precious water supply for the future.

LOOKING AHEAD

Cape Town's water future cannot be guaranteed by rainfall alone. Climate variability, population growth, infrastructure strain, and the possibility of future drought conditions mean conservation remains an ongoing responsibility.

A SHARED COMMITMENT

Water conservation is everyone's responsibility. Every litre saved makes a difference. Every reported leak protects a shared resource. Every awareness initiative matters. Every shared idea strengthens our community. Every mindful decision contributes to resilience.

Together, Residents, management, and the various Body Corporates can continue building a more sustainable, resilient, and water-conscious community - protecting both household costs and Cape Town's precious water resources.

PREPARED COMMUNITIES ARE RESILIENT COMMUNITIES

By working together - through proactive management, awareness initiatives, technology, and mindful daily habits - Oasis can continue playing its part in protecting this precious resource.

BECAUSE EVERY DROP TRULY COUNTS.



***To all our Dads
A very happy Father's Day
- may you get spoilt!***

***And to all of our very
young-at-heart Residents
- a happy Youth Day
on 16th June***



Oasis Rainfall Corner

READINGS & WRITE-UPS KINDLY PROVIDED BY SIEGI JUHNKE

MONTH	2026 mm's	2026 YTD	2025 mm's	2025 YTD	2024 mm's	2024 YTD	L/T Ave Month	L/T Ave YTD
January	2	2	6	6	1	1	15	15
February	16	18	1	7	7	8	17	32
March	9	27	11	18	25	33	20	52
April	104	131	34	52	26	59	41	93
May	100	231	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

Following a dry summer, with a mere 54 mm recorded over six months (October 2025 to March 2026), April 2026 rainfall reached 104 mm — more than double the long-term April average — abruptly lifting the cumulative rainfall for 2026 to above-average levels. The sudden wet spell in Cape Town seems to continue into May, with above-average rainfall figures also recorded.

A similar anomaly was observed in 2024. Rainfall values remained well below average for most of the year except for July, when 352 mm were recorded (see table) — an all-time July monthly record — catapulting the annual total far above average. A single extreme event masked an underlying trend that had been moving in the opposite direction.

After a prolonged drought that resulted in worryingly low water supply levels, recent rainfall along the Garden Route (5–8 May 2026) reached records, providing yet another example of contrasting extreme weather events.

Weather variability of this kind — drought followed by flooding rains — has always existed. However, as the global atmosphere continues to warm, the frequency, duration, and intensity of such extreme events are expected to increase.

FROM THE MANAGER'S DESK

BY SHARON LOYNES

WEATHERING THE STORM – WITH A SMILE

As many of us made our way to work on the morning after the severe mid-May storms, wrapped in the comfort of our warm cars, it was hard not to notice the many people still battling the elements on foot. The worst of the storm may have passed, but the rain was still relentless, the wind biting, and the temperatures uncomfortably low. Some had rain jackets, while others improvised black refuse bags into makeshift raincoats to keep themselves – and their work clothes – as dry as possible while navigating public transport and the walk to work.

It was a powerful reminder that many of our own team members make this journey every day. And despite the difficult conditions, they showed up. With smiles on their faces and their usual dedication, our Oasis team got on with the job of keeping our community safe, secure, and cared for. From security and concierge teams working around the clock to staff inspecting rooftops in dangerous winds, securing loose structures, and responding to issues such as hazardous frameless glass panels, the commitment shown was remarkable. Even when lifts were out of order because of the weather, our meal delivery team kept going – climbing multiple flights of stairs to ensure food orders reached Residents as quickly as possible.

Storms like these remind us that keeping a community running takes the dedication of many, and we are fortunate to be supported by a truly caring and committed team. To every member of the Oasis Team who braved the weather, kept calm under pressure, and continued to show up for our Residents: thank you. Your resilience, care, and commitment do not go unnoticed, and we are incredibly grateful.

Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work.

~ Vince Lombardi



OASIS COMMUNICATIONS

Clear, effective communication remains a key focus for the Oasis team this year, with ongoing efforts to improve not only how we communicate, but also to streamline processes for both our team and Residents.

As part of this approach, this will be the first edition of Nexus to be distributed digitally rather than in print. You will also notice some content changes, with the following updates moving to the Oasis Info Portal instead:

- What's Up Oasis
- Maintenance Matters updates

We will let Residents know as soon as this content is available, and we may add further useful information to the Info Portal over time. Over the coming months, there will also be some changes to how daily updates are shared. To ease the pressure on the Front Desk team in compiling all Resident communications, building-specific maintenance updates will increasingly be shared directly via the relevant communication channels. The Front Desk will advise when this transition takes place.

For Residents not yet participating in these channels, we encourage you to contact the Front Desk for an invitation so you don't miss important updates. Information suited to the Oasis Info Portal will also be identified, and Residents will be notified as these changes are introduced.

NEW FINANCIAL YEAR, NEW PROJECTS

As we step into a new financial year, several key projects and planned maintenance initiatives are already underway. Residents are encouraged to visit the Oasis Info Portal for more information and to track the progress of these projects throughout the year.

A few projects carried over from the previous year are also drawing to a close, including the Oasis water features. While we had hoped that this project would already have been completed, the early rains and persistent damp conditions have unfortunately presented additional challenges.

The Oasis team, together with the service provider, continues to monitor conditions closely and make informed decisions based on the data available, as we work towards creating a peaceful, much-enjoyed feature for all Oasis Residents to appreciate. We will continue to keep Residents informed via the Info Portal under *Maintenance Updates – Ongoing Projects*.

Work is also continuing on the acoustic improvement project for the Clubhouse and Function Room to address the current sound quality and equipment challenges. Machoy Acoustic Engineers have been appointed to conduct the initial assessment, and we will keep Residents updated as the project progresses.

WINTER WARMTH AT THE CLUBHOUSE

Please remember that winter doesn't mean the fun has to stop. From Bingo and Quiz Nights to special events, the Clubhouse is the perfect place to stay warm, connect, and enjoy the season. Whether you're joining in the activities or simply enjoying a delicious cappuccino, wonderful company, and the warmth of the Clubhouse fireplaces, there's always a good reason to come in and get cosy.

Sharon Loynes

COMMUNICATION IN COMMUNITY LIVING

In any community, communication shapes not only how information is shared, but also how people experience belonging, trust and participation. Living in a vibrant community such as Oasis means that communication forms part of our everyday lives. Whether it relates to maintenance projects, operational updates, social activities, security improvements, or changes to services, communication plays an important role in helping Residents stay informed and connected.

However, as many communities discover, communication is not always as simple as sending out a notice. Over recent months, several discussions within the Resort have highlighted an important reality - there can sometimes be a significant difference between information being communicated and information being experienced.

At Oasis, communication takes place across a variety of platforms and channels, including Daily Updates, Resident Notices, the Oasis Info Portal, the Nexus, WhatsApp Channels, SMS communication for urgent matters, and direct engagement. Considerable effort goes into ensuring that Residents are kept informed about projects, maintenance, operational changes, and decisions affecting the community.

At the same time, Residents may not always see every update, may interpret information differently, or may experience certain decisions more personally. This reminds us that communication is not only about sharing facts and information — it is also about understanding perception, emotion, and personal experience.

Improving communication therefore requires more than simply increasing the volume of messages. It requires meaningful engagement — creating opportunities for conversation, encouraging constructive feedback, listening carefully to concerns, and clarifying misunderstandings early.

One of the greatest strengths of Oasis has always been its community spirit. Residents care deeply about the Resort because Oasis is far more than a property development — it is home. That passion and involvement are valuable and important.

As the Resort continues to evolve, improve infrastructure, manage costs responsibly, and maintain the high standards expected of Oasis, open and respectful communication between Residents, Trustees, Staff and Management will remain essential.

Communication works best when it is approached not simply as a transaction, but as a partnership. And in a community such as ours, partnership matters. The Board and Management will continue exploring additional ways to strengthen Resident engagement and close communication gaps where they may exist.

TOM KNIGHT | CHAIRMAN
On behalf of the ORPOA Board of Directors

But, seriously...

FROM THE BOARD

RESPECTFUL COMMUNICATION MATTERS

Effective communication within a community is always a shared responsibility.

While Residents may at times miss, or misunderstand, or feel concerned about information that has been communicated, open discussion and constructive feedback are both welcomed and encouraged.

At the same time, the Oasis team - including the board members, the trustees, management, administration, security, housekeeping, maintenance staff, and service personnel — work daily to support Residents and maintain the quality and wellbeing of the Resort community.

As in any community, conversations are most productive when approached with patience, understanding, and mutual respect.

By engaging with one another courteously, even when concerns or frustrations arise, we help preserve the positive, caring, and supportive environment that makes Oasis a special place to call home.



IT TAKES A VILLAGE.

Care Centre & Primary Health Care Corner

BY LIZZIE BRYNARD-BRILL
& THE OASIS CARE CENTRE TEAM

There is a saying that
"It takes a village ..."

The same applies to the physical rehabilitation process at the Oasis Care Centre. To ensure optimal recovery and rehabilitation post-hospitalisation, it takes a team comprising various specialities, clear and ongoing communication, considerable behind-the-scenes effort, and a shared purpose to achieve a common goal.

This amazing service network is available to you at your doorstep should the need arise. However,

we must emphasise that you should communicate in advance with SR Hester or EN Griselda if you have a scheduled procedure and/or that we are advised when a Resident has been admitted to hospital in an emergency. Your name will be placed on our pending list, and we will then be able to see to all the admin requirements to ensure a smooth transfer from the hospital to the Care Centre. Oasis Retirement Resort Residents enjoy priority admission whenever possible. Still, it is vital to wait for the medical aid to authorise the rehab

stay before transfer to ensure that the costs of all services are covered.

We find such joy in seeing Residents who have benefited from our rehab and nursing teams' interventions walking around the resort and enjoying the wonderful lifestyle that the Oasis Retirement Resort has to offer.

For further information, please contact Nici Ekkerd (Patient Care Coordinator) or Carly May (Phys Rehab Ward Secretary) on 021 528 7301.



The Rehab nursing team



The Rehab team

A Century of Life: Celebrating 100 Years – Arnold Wellens

On 1st April, the Residents and staff of Oasis Retirement Resort had the honour of joining in on a truly remarkable occasion - the 100th birthday of one of our cherished Residents, Arnold Wellens.

Reaching a century is no small feat; it is a living testament to resilience, wisdom, and the beauty of a life well-lived.

Born in 1926, Arnold has witnessed a world transformed - from the days of handwritten letters and steam trains to the digital age of instant communication.

His journey has been filled with stories of family, friendships, and countless moments that shaped, not only his own life, but also the lives of those around him.

Arnold was born in Holland in 1926. He was the oldest of three boys.

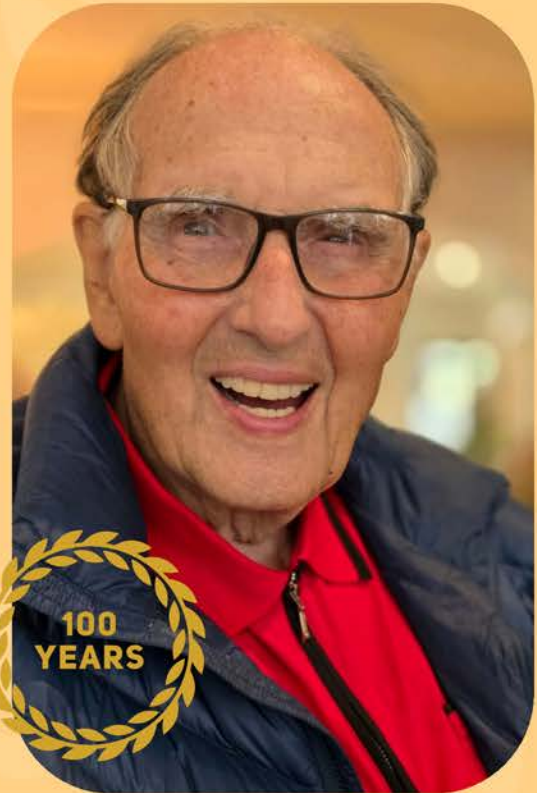
When he finished school, he worked in the family business, making high-quality leather items such as handbags, etc. During the war, he was part of the "Labour service"

which was for youngsters learning to be soldiers and helping to dig trenches. He left Holland at the age of 27 for Cape Town where he started his own business doing "high frequency welding" with plastic. He married at 35 and had two boys and two girls. He built his own homes - three in Constantia and the last one in Newlands.

He divorced and married Jenny in 1979 and had a boy and a girl. Travelling was a big part of their lives, as the factory he owned was organised by him, programming his Olivetti Computer when computers first appeared on the market.

Today, his third-oldest son, Arno, and his wife run the successful factory "Modart" in Epping. Bubbly and chocolates were the order of the day as we celebrated with Arnold in joy and admiration for someone who has reached this extraordinary milestone.

As Arnold turns 100, we reflect on the lessons learned from his



century of experiences: patience, kindness, and the importance of cherishing every moment. It is not just a birthday - it is a celebration of history, legacy, and the enduring spirit of life. **Happy Birthday, Arnold! Thank you for sharing your special day with all of us at Oasis!**

RESIDENTS' CONTRIBUTIONS

PORTAL

So nice to see all the menus on the portal - makes it look very professional.

Beverley Bakker

MOTHER'S DAY

Hi Lynn, Thanks for a lovely Mother's Day meal! The delicious food, beautiful tables, thoughtful gifts, and care to make it special made it easy for us to have a relaxing and memorable time with our moms. And a special thanks from Carol for having no dishes to do... **Carol & Justin Schroeder**

APPRECIATION

Dear Sharon, We trust all's well and that you're fit and happy. Franc and I sincerely thank you for supporting us in making our home more pleasant. This is our 8th year in our unit, and the ficus that was dinky in our corner when we arrived has become a monster, blocking our sunshine and making it necessary to have our lights on most of the day throughout summer and winter. The tree was trimmed today, and the result is spectacular. The sun's already low on the horizon, even though it's only April, and is happily brightening our lives to an amazing degree, which we are thrilled about. The much-appreciated and hardworking gardening staff are gems in all they do, and our thanks go to them. Your ability and willingness to understand both sides (we know there will be people indignant about what's been done) is commendable and we are truly grateful. With our warm regards, **Penny and Franc Bentley**

STRENGTHENING OUR COMMUNITY

BY MALIKAH JOHNSTONE

STAFFING AROUND

MEET LYNN BARRETT & RUAN DU PLESSIS

As advised in April 2026, we welcomed two new members to the Oasis Team and also promised to share a little bit about them.

Please join us in warmly welcoming **Lynn Barrett**, who has been appointed as our **Digital Communications and Creative Facilitator**.

Lynn takes on the exciting responsibility of helping to ensure that our team remains aligned with evolving technology, changing operational needs, and an increasingly digital approach to communication, while also supporting June in introducing creative craft activities for Oasis Residents.

In this multifaceted role, Lynn will strengthen

communications, Resident engagement, and operational support by enhancing our in-house digital capabilities, including managing and delivering the Nexus and the Info Portal.

In addition, her creative talents will bring added value to our Resident community through craft-based activities, workshops, and other engaging initiatives designed to enrich the Oasis experience, scheduled to start in July 2026.

This innovative approach not only improves operational efficiency and reduces reliance on outsourced services but also creates more meaningful opportunities for connection, creativity, and community engagement among our Residents.



LYNN BARRETT

Lynn brings a wonderfully diverse and creative background shaped by a lifelong passion for making, designing, and problem-solving. Her career has spanned visual merchandising, retail design, hair and makeup artistry, manufacturing, entrepreneurship, fine art, photography, and hands-on interior and décor work. Having successfully owned and managed several businesses—including a candle manufacturing company supplying national retailers, jewellery and décor production, and a bespoke upholstery and carpentry enterprise—Lynn combines practical business experience with strong creative and technical skills. A self-taught digital designer with experience in graphics, website creation, and 3D modelling, she also brings a strong people-centred approach, supported by training in counselling, facilitation, caregiving, and first aid. A lifelong learner with an admirable can-do attitude, Lynn embraces new challenges with enthusiasm and determination, always willing to learn, adapt, and master new skills.

The team has already begun to experience the benefits of Lynn's wealth of experience, practical expertise, and wonderfully positive attitude, and we are delighted to have her energy and creativity contributing to the Oasis community.

Those of you who are up and about early in the morning may already have had the pleasure of spotting a young man around the property, usually carrying plants, spades, or various other gardening paraphernalia!

A warm welcome once again to **Ruan du Plessis**, our **Garden and Grounds Manager**. Although Ruan has only been with us for almost two months, he has already made a remarkable impact across the Resort. Many Residents have taken the time to thank him personally for the visible difference he is making. In contrast, others have sent appreciative emails or even stopped the General Manager around the Resort to let her know they would quite happily like to “adopt” Ruan!

Ruan describes himself as a *“passionate plantsman, landscaper, and gardener with over 17 years of hands-on experience in horticulture. A professional landscape designer and keen florist, holding a National Diploma in Landscape Technology from Cape Peninsula University of Technology. Skilled in ornamental horticulture, biodiversity promotion, indigenous plantings, and seasonal display design. Known for combining aesthetic landscaping with ecological sensitivity.”*



Importantly, a reminder that these valuable changes have been accommodated within the proposed 2026/2027 staff cost budget and do not result in any additional overall staffing expenditure.

Rather, they represent a considered reallocation of existing resources to support greater effectiveness, sustainability, and long-term value.



RUAN DU PLESSIS

Ruan joins us with a wealth of horticultural and estate management experience, including an impressive 15-year tenure at Pearl Valley at Val de Vie Estate, where he oversaw a team of close to 40 staff responsible for maintaining the estate's gardens and grounds.

He went on to bring his expertise to Welgevonden Residential Estate and, most recently, to Regent's Place in London, further broadening his experience in high-end Residential and commercial landscape management.

We are delighted to have someone of Ruan's calibre join the Oasis team and sincerely hope that we will have the pleasure of benefiting from his experience, passion, and dedication for many years to come.

*We wish both
Ruan and Lynn
a very happy career
with us and look
forward to their
contributions.*



PASSOVER SEDER AT OASIS

Residents, with their families and friends, gathered in the warmly lit dining room, where large tables adorned with white linen, candles, and symbolic items from the Seder plate awaited them. The atmosphere was reverent yet joyful, blending tradition with community spirit. The evening began with the Kiddush, sanctifying the holiday over wine or grape juice. The Haggadah guided participants through the story of the Exodus, with a few Residents taking turns reading passages. The readings emphasised themes of freedom, resilience, and remembrance, resonating deeply with the community.

The kitchen prepared a traditional menu, mindful of dietary needs:

- Matzah – unleavened bread symbolising haste in leaving Egypt.
- Charoset – a sweet mixture of apples, nuts, and wine, recalling mortar used by enslaved Israelites.
- Maror (bitter herbs) – often horseradish, representing the bitterness of slavery.
- Chicken Soup with Matzo Balls – a comforting classic.
- Pot Roast, Brisket and Roast Chicken with Potatoes, Carrots and Broccoli.
- A Duo of Sorbet provided a light, fresh ending to the meal.

The Seder was not only a ritual but also a celebration of heritage and continuity. A wonderful evening thoroughly enjoyed by all who were present.





PASSOVER SEDER DINNER



Our people at the heart of progress

BY MALIKAH JOHNSTONE

RECOGNISING DEDICATION, CELEBRATING GROWTH, AND INVESTING IN THE PEOPLE WHO KEEP OASIS MOVING FORWARD

At Oasis, our people are at the centre of the service, care, and hospitality our Residents and guests experience every day. This May, we not only marked Workers' Day, but also celebrated staff milestones, learning achievements, and recent training initiatives across the estate.

WORKERS' DAY REFLECTIONS

Workers' Day is a meaningful reminder of the value employees bring across every sector. At Oasis, it gave us a chance to pause and recognise the hard work, commitment, and professionalism our teams show each day in serving our Residents and guests.

To mark the occasion, the Oasis management team hosted a staff appreciation Boerie Braai. The braai area was prepared and decorated as a central serving point, enabling operations across the estate to continue smoothly while staff enjoyed a meal prepared and served by management.

More than a meal, the initiative reflected management's gratitude for the contribution of Oasis employees. It also created a shared moment for colleagues across departments to connect,

to feel seen, and to enjoy the spirit of appreciation that Workers' Day represents.

RECOGNISING DEDICATION AND SERVICE

Long service speaks to loyalty, consistency, and the relationships built over time within the Oasis community. During May, we were proud to recognise several employees who reached important service milestones.



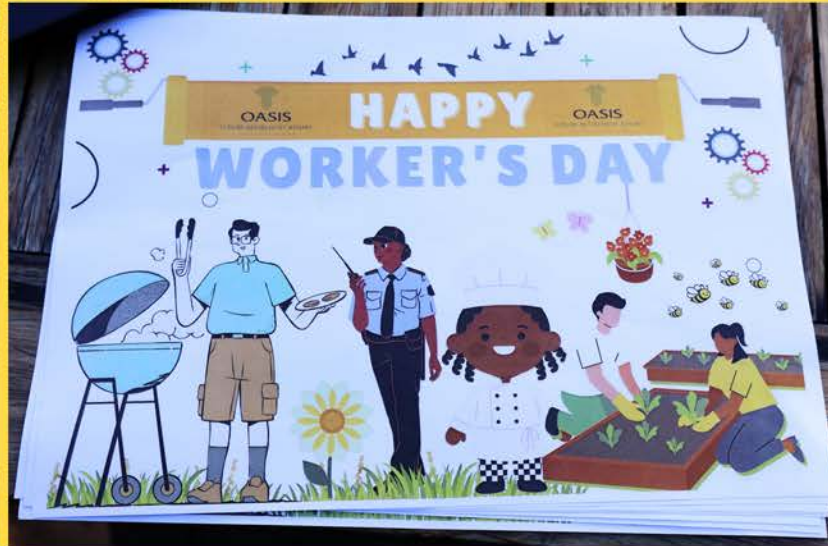
Employee	Position	Years of Service
Sebenzile Manamathela	Concierge	4 years
Dede Yevola	Security Team Leader	19 years
Wendy Peko-Skemekeme	Assistant Baker	3 years
Mnikelo Nyamazana	Security Officer	1 year
Sharief Amardien	Groundsman Supervisor	2 years

"Great things are achieved by people who are willing to work together."

- Patrick Lencioni



STAFF BOERIE BRAAI



TRAINING HIGHLIGHTS



1

FRONT-OF-HOUSE SERVICE TRAINING

Our Front-of-House team recently completed a specialised two-day training programme presented by Hire Pro. The programme focused on guest interaction, communication, professionalism, and service delivery standards tailored to the Oasis environment and Resident experience. By combining theory with practical in-service observation, the training allowed staff to apply what they had learned directly in their day-to-day roles.



STRENGTHENING SERVICE EXCELLENCE

Training and skills development continue to play an important role in strengthening service excellence at Oasis. Recent initiatives have focused on building both professional confidence and operational standards across a range of departments.



2

UCT FACILITIES MANAGEMENT COURSE

Congratulations to Facilities Coordinators Sandi Opperman and Suzie Welch, who completed the eight-week online UCT Facilities Management course and achieved excellent results throughout. Their achievement reflects the high standards Oasis continues to pursue across all areas of operation.



DIGITAL SKILLS DEVELOPMENT

4



3

As part of our continued focus on expanding skills across departments, our Security Team Leaders have begun introductory computer training through PST Training Pty Ltd. The programme is designed to strengthen digital literacy and support professional growth within the security department, marking an important step in broadening skills and enhancing operational capability.

INVESTING IN OUR FUTURE

Alongside the training initiatives already completed, Oasis has also finalised its Workplace Skills Plan submission, reinforcing the organisation's commitment to structured employee development and future learning opportunities.

At Oasis, we remain committed to creating opportunities for employees to learn, grow, and strengthen the service experience across our community. Above all, this month's celebrations and achievements reflect the people behind that experience — and we thank every staff member for the care, professionalism, and dedication they bring each day.





RESTAURANT TIPS FEEDBACK

NOVEMBER 2025 – JANUARY 2026 TIPS

01. TIPS

- November - R31,435.59
- December - R36,973.92
- January - R32,631.12
- **Total R101,040.63**
- **Distribution Date: 25 January 2026**

02. BREAKDOWN

- 4 Students/Casuals (50% share):
R2405.73 each
- 19 Permanent Staff:
R4811.46 each

03. SALES FEEDBACK

- Sales Nov 2025 to Jan 2026:
R1,542,276.53
- Average sales per day:
R16,763.88
- Average meals sold per day: **94**
- Tip average: **6.6%**

FEBRUARY 2026 – APRIL 2026 TIPS

01. TIPS

- February — R28,222.66
- March — R31,928.86
- April — R29,464.84
- **TOTAL R89,616.36**
- **Distribution Date: 25 May 2026**

02. BREAKDOWN

- 4 Students/Casuals (50% share)
R2240.40 each
- 18 Permanent Staff:
R4480.82 each

03. SALES FEEDBACK

- Sales Feb to Apr 2026:
R1,523,982.65
- Average sales per day:
R17,123.40
- Average meals sold per day: **97**
- Tips average: **5.9%**



We thank you for your support!

Recognising the contribution of every team member and sharing in the success made possible through service and guest satisfaction.



🌸 **Mother's Day Celebration** | Our Dining room at Oasis came alive with joy and colour as Residents and their Families gathered to celebrate Mother's Day in style. The venue was beautifully decorated in shades of pink and yellow, with cheerful balloons adding to the festive ambience. Guests were welcomed with a Pimms Cocktail and treated to a special menu prepared with care: Braised shoulder of Lamb with Garlic, Rosemary, and Fennel seeds, served with Gravy & Mint sauce, or Baked Kingklip with Lemon-garlic Cream Sauce, accompanied by Crispy Roast Potatoes and Seasonal Vegetables. The highlight of the meal was the decadent Dessert - A Custard Milk Tart slice with fresh mashed berries and a dollop of rich Mascarpone Cream. To make the day even more memorable, each Mother received a thoughtful gift — a fold-up shopping bag designed to fit neatly into a handbag, both practical and charming. The celebration was filled with laughter, heartfelt conversations, and a sense of community, making it a truly special occasion for all who attended.





 MOTHER'S DAY CELEBRATION



ESTATES ADMINISTRATION & WILLS



FREQUENTLY ASKED QUESTIONS

Q Can I administer my wife's estate if I am the nominated Executor, or do I have to use an attorney?

Yes, you can, but if the value of the estate exceeds R250 000.00, you will need assistance from an attorney or accountant, as the Master of the High Court recommends. It is also more practical due to the new online reporting requirements of an estate to the Master, as well as the SARS e-filing process.

Q Does the estate administration process take longer if someone dies without a Will?

The process and timelines are largely the same whether someone dies with or without a Will, but additional documentation must be filed with the Office of the Master of the High Court when there is no Will. Also, without a Will, there is a danger that your wishes may not be given effect to after you die, as the Intestate Succession Act will determine your heirs. Furthermore, delays are likely if your intestate heirs disagree on the distribution of your assets. Tracking and contacting intestate heirs who are no longer in touch with the family adds to the process.

Q Should a married couple have separate Wills?

A joint Will is perfectly in order, especially if the contents of your Wills are similar. If you have separate wishes, separate Wills are recommended.

Q Does my estate pay transfer duty/tax when my house is transferred to my heirs on my death?

No transfer duty is payable on inheritance transfers. Capital Gains Tax may be payable to SARS depending on the value of the property, if it is a secondary property, etc. Transfer costs (with no transfer duty) will be payable by the estate to the conveyancer who attends to the transfer of the property (often the same attorneys who are administering the estate).

Q Must an Estate Tax Compliance Letter still be obtained from SARS if my loved one was retired / not registered for tax?

Yes, SARS must be informed of someone's passing, even if they weren't necessarily an active taxpayer, to ensure their records are properly updated and to prevent future tax concerns. Obtaining a tax compliance letter from SARS is required for every estate.

Q Do I need a Will in every country where I own assets?

Yes, you should do so. It will simplify your estate administration process, and you will receive the best advice from attorneys in the countries where the assets are located. You could execute a Will in South Africa for your worldwide assets. Still, your Executor would have to engage with a foreign attorney in respect of those foreign assets, and this will take longer to finalise than if you had a Will in each country. If your Will does not state that it applies only to your South African assets, then it automatically applies to your worldwide assets.

Q When will the Will be read?

While this is commonly depicted as a process in the movies, it is, in fact, neither common practice nor a requirement. All heirs or beneficiaries named in the Will are contacted during the estate's administration process and are entitled to receive a copy of the Will. The Will is lodged and accepted at the Master's Office, after which it becomes a document of public record.

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



News from the Sales Office

WITH REGARDS FROM CINDY SHEARD & DIANNE PENTZ

Good wishes to all Oasis Residents and their families. At the time of writing this article, the cold has arrived with a vengeance, together with much-needed rain. We hope you are all keeping well and warm, and enjoying the vibrant community life at Oasis Retirement Resort.

The property market within Oasis Retirement Resort continues to show steady interest, with ongoing enquiries from prospective buyers seeking the lifestyle, security, and sense of community that Oasis offers. During the past month, we have experienced:

- Continued buyer demand for well-positioned apartments
- Strong interest from retirees relocating to Cape Town
- Positive feedback regarding the resort's facilities and lifestyle offering

Prospective mandate interactions and viewing activity, even with prospective buyers for whom we have no current sales stock.

We remain committed to assisting Residents with professional, confidential, and personalised property services.

We would also like to gently remind Residents to ensure their family members or appointed representatives are aware that the Oasis Apartment Sales Office is available to provide professional property valuations and sales support as needed.

In the unfortunate event of a Resident passing away, families are often required to obtain an accurate market valuation of the property as part of estate administration. Our office has extensive knowledge of the Oasis property market and can provide:

- **Professional market-related valuations**
- **Guidance on current market conditions**
- **Assistance with the sales process**
- **Compassionate and efficient support for families and executors**

Making sure that families and appointed representatives know about us and how to contact us can help simplify matters during a difficult time. Should you or your family require any advice or assistance, please feel free to

A warm welcome to new Residents:

- **Mrs Helene de Ridder**, new owner of PS G03
- **Mr Arnold Levin**, new owner of PSG05
- **Mrs Pamela Murinik**, the new owner of PS609
- **Mr Eli & Mrs Evelyn Rosenberg**, new owners of PS503

We wish you many happy years in your new homes.

contact the Oasis Apartment Sales Office.

Meanwhile, we have just sold another unit in Palm Springs at full asking price within days of receiving the formal mandate to sell. The purchaser is from another province, is still active in business, and will relocate to Cape Town and the wonderful 'Oasis life' a year or two down the line.

Available rental units are being snapped up as they come onto the market. With demand outstripping availability and amid the booming Cape Town property market, there is upward pressure on rentals.

Warm regards
Cindy and Dianne



♥ VALENTINE'S DAY BRUNCH AT OASIS RETIREMENT VILLAGE

Residents were treated to a delightful Valentine's Day Brunch filled with warmth, laughter, and a touch of elegance. The dining room was transformed with red-and-white lace décor and fresh flowers, creating a romantic atmosphere that perfectly matched the occasion. Guests were welcomed with a sparkling glass of pink bubbly on arrival, setting the tone for a joyful celebration.

To cater to everyone's tastes, the brunch offered two sittings with distinct menus:

- Breakfast Buffet: A spread of morning favourites including fluffy Scrambled Eggs, crispy Bacon, breakfast Sausages, Seasonal Fruit, and a variety of other Sweets
- Lunch Buffet: A heartier selection featuring Rare Roast Beef, Salads, Chicken Curry & Rice, Vegetarian Curry and decadent Desserts

The dual sittings ensured that Residents could enjoy their preferred dining style, whether starting the day with a cosy breakfast or indulging in a leisurely lunch! The lace table settings, soft background music, and cheerful chatter created a warm, festive environment.

Couples, friends, and neighbours shared stories and laughter, making the brunch not just a meal but a celebration of companionship and love.







a pinch of salt.

BY LYNN MACDONALD

With this edition of the Nexus, we thought it might be helpful (and perhaps mildly entertaining!) to share a little insight into life behind the scenes at the Clubhouse.

Our aim is simply to make things easier and more enjoyable for everyone — both Residents and staff — and perhaps help us all understand each other a little better.

The restaurant industry is actually fascinating. Working in hospitality is often like a live-action study in human behaviour... with coffee, toast and the occasional missing teaspoon thrown in for good measure!

Over the years — having worked as a waiter, restaurant manager, hotel manager, coffee shop owner, cook, bartender, dishwasher and wearer of many other hats — one thing has always remained the same: the people. Whether it's a fine dining restaurant, a busy coffee shop, or our own Clubhouse, it really doesn't take much to make a dining experience pleasant — both for guests and for the staff serving them.

The Clubhouse truly is your home away from home, and we love that it feels comfortable and familiar to so many Residents.

At the same time, there are still a few practical realities involved in running a restaurant... even one where everybody knows your name!

So, with a smile and from *"our side of the table,"* here are a few gentle reminders:

BOOKING MEALS

If you book Meals of the Day or reserve for a function, whether for two people or 10 - please let us know by 10h00 on the day, should your numbers change.

This is especially important for larger functions, Saturdays, Sunday Lunch, and as a recent example, Mother's Day lunch, where nine booked guests unfortunately neither arrived nor advised us they would no longer be attending. We could easily have accommodated other Residents on those tables for the day. In addition, the result is also loss of sales in the Restaurant.

BRINGING OUTSIDE ITEMS INTO THE DINING ROOM

While the Clubhouse feels like home, the restaurant still operates as a business, and we work hard to manage stock and costs carefully. We kindly ask that outside food and beverages, such as bread, marmalade, avocado, cordial, etc., not be brought into the dining room. It can put management in the awkward position of politely confiscating a rogue avocado before breakfast.

MENU SUBSTITUTIONS

Our menu items are planned and costed with specific recipes in mind. Small changes may seem simple, but multiple substitutions can affect stock levels, preparation and kitchen flow. The same goes for fruit salad - we make a daily fruit salad and cannot accommodate just melon or paw paw or no melon or no berries, etc.

We appreciate your understanding when the menu states *"No substitutions allowed"*. Sometimes the kitchen really can't turn a bacon-and-egg breakfast into a Mediterranean tapas platter at 8am!

ARRIVING CLOSE TO CLOSING TIME

Like all restaurants, our staff begin cleaning and closing procedures towards the end of service. Arriving right at closing time — especially at the end of breakfast service — can be difficult for both kitchen and front-of-house teams. We always want to serve you well, so arriving a little earlier is greatly appreciated.

HAVING A QUICK LOOK AT THE MENU

Whether you're a first-time diner or a well-known regular, it's always worth having a glance at the menu. Even frequent visitors are sometimes surprised to discover dishes they never noticed before. It also helps your waiter assist you more efficiently during busy periods — and saves everyone from the classic *"Oh, I didn't know you had that!"*

FAVOURITE TABLES

We know many Residents have favourite tables and familiar seating spots, and whenever possible, we are very happy to accommodate requests. However, during busy services, functions or Sundays, table allocations need to be carefully planned to fit everyone comfortably. Booking ahead is always the best way to help us try to accommodate preferences — because unfortunately, we still haven't mastered the art of fitting 40 people at Table 12. 😊

DIETARY REQUESTS

We do our best to accommodate dietary requirements wherever possible and are always happy to help within reason. However, preparing completely separate meals or ongoing individual cooking requests can be challenging during busy service times. We appreciate your

patience and understanding — especially when the kitchen resembles a very fast-moving episode of MasterChef.

ORDERING THROUGH ANOTHER WAITER

If your waiter is assisting another table, please feel free to ask another staff member to call them for you. Ordering through multiple servers can sometimes create confusion with orders, billing or kitchen preparation. While surprises can be lovely, receiving someone else's toasted sandwich usually isn't one of them.

RAISING CONCERNS EARLY

If something isn't quite right with your meal or service, please let us know as soon as possible. We want to correct the issue immediately and ensure you leave happy. Immediate feedback also helps us identify and fix problems quickly. Please don't save it for three days from now — sadly, our time machine is still out for repairs. 😊

LETTING STAFF SERVE SAFELY

Our servers balance trays very carefully, and while it may be tempting to grab a drink or plate from a tray, doing so can sometimes lead to spills or accidents. The safest approach is simply to let staff complete the serving process. Gravity remains undefeated.

WE LOVE TAKING CARE OF YOU

Our team pours a lot of love, caffeine and hard work into your dining experience to get every meal out as deliciously and quickly as possible. Your patience, smiles and kind words during our busy rushes truly keep us going.

We absolutely understand that everyone has an off day. The soup may not be hot enough, the chips may be too crispy or not crispy enough, and sometimes the coffee machine seems to be staging its own protest. The Clubhouse team works incredibly hard, often under pressure, and always to make your experience enjoyable.

Your patience, an encouraging smile, or even the smallest "thank you" go much further than you may realise.

If ever there is a problem, please do kindly bring it to our attention. We are always happy to help where we can. After all, good food is important, but kindness is what really keeps our community warm and welcoming.



QUESTIONS ASKED

"Why can't you just cook more lamb, oxtail or roast?"

or

"How can Sunday already be fully booked when it's only Monday?"

The simple answer is that many of our meals — especially popular favourites — need to be ordered well in advance, carefully prepared and planned according to the number of bookings. We also have practical limits on how much the kitchen can cook and how many guests we can comfortably serve at one time. It's always a bit of a balancing act between having enough for everyone and avoiding unnecessary waste — a fine line we work hard to manage as best we can.

"Why is my table always last to be served?"

This is one of those restaurant mysteries that has existed since the beginning of time! Unfortunately, with every service, there will naturally be a first table served and a last table served. It's never something we plan specially for any particular Resident — it's simply part of the flow of a busy restaurant service. Our team always works as quickly and fairly as possible to ensure everyone receives their meals fresh and properly prepared. Some dishes also take a little longer than others, especially during busy periods. We truly appreciate your patience — and promise there is no secret "last table list" hidden in the kitchen!

At the end of the day, we all want the same thing - a warm, welcoming Clubhouse where Residents enjoy spending time together, and staff enjoy serving you. Thank you for your support, patience and understanding. It truly does make a difference.
Blue Skies!



Hear the moments that matter most.

If conversations seem softer, television louder, or dinner-table stories harder to follow, it may be time for a professional hearing assessment.

At Cape Hearing Aids, our Audiologist combines advanced hearing technology with personalised care to help you hear naturally, comfortably, and confidently again.

Because the finest things in life — good company, great conversation, and good stories — are meant to be heard properly.

Book your hearing test today and rediscover the joy of hearing clearly.

Life begins when you stop saying "What?"

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



What a night at Oasis! It was my very first time hosting a Bingo evening, so I'll admit... There may have been a few butterflies fluttering around beforehand. Thankfully, it didn't take long before I found myself fully embracing the wonderful world of Bingo calls with classics like "Number 66 – Clickety Click!" and "Number 4 – Knock at the Door!" echoing through the room.

To add a little spice to the evening, I threw in a few rounds of Naughty Bingo, where innocent numbers suddenly became things like "Number 5 – Don't Tell My Wife!" and "Number 26 – Tickle My Bits!" The giggles alone were worth it!

In between the Bingo madness, we also enjoyed a few picture rounds and a reverse quiz round where the Residents had the questions, and I gave them the answers, which, as it turns out, can be slightly terrifying!

There were plenty of lovely prizes up for grabs, including lunches in the Clubhouse, breakfasts, hot drinks, chocolates, and more. We also had some lucky cash winners, with Maria Martinengo and Tom Knight each taking home prize money. But the undisputed King of Bingo for the evening was none other than Mr Pillay, who not only won R500, but then casually went on to scoop the grand final prize of R800 as well! At this point, I'm seriously considering asking him to fill in my Lotto tickets. Congratulations, Mr Pillay — clearly Lady Luck was sitting right beside you!

A huge thank you to everyone who joined in, laughed along, and made the evening so much fun. I'm already looking forward to hosting another Bingo night in a few months. Until then... Blue Skies and lucky numbers to all!



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

WORD SEARCH

HURRICANES
TSUNAMI
DROUGHT
HAIL
AVALANCHE
HOT
SHOWERS
TORNADOES
GLOBAL WARMING

LANDSLIDE
THUNDER STORM
LIGHTNING
FREEZING
DRIZZLE
WHIRLWIND
GALE
TREMORS
FLOODS

NATURAL DISASTERS & SEVERE WEATHER



✿ ST. PATRICK'S DAY CELEBRATION AT OASIS

Residents were treated to a festive afternoon filled with Irish charm as Oasis hosted a special St. Patrick's Day lunch. The dining room was transformed into a sea of green, with cheerful table centrepieces and gold chocolate coins that set the tone for the celebration.

The kitchen team delighted everyone with a menu inspired by traditional Irish flavours:

- **Starter:** Creamy potato and leek soup served with homemade Seed loaf.
- **Main Course:** A choice of Tender Corned Beef or Pork Bangers and Mash accompanied by Cabbage au gratin, glazed Carrots and Peas and Guinness Gravy.
- **Vegetarian Option:** Vegetable Irish Pastie.
- **Dessert:** Shamrock-swirl Cheesecake with Chocolate mint Ice Cream and Chocolate sauce.



The hearty dishes brought comfort and nostalgia, while the themed dessert added a playful touch. The highlight of the afternoon was a performance by dancers from the Ramsay School of Irish dance. Their lively steps and traditional costumes brought the room to life, with Residents clapping along to the rhythm. The energy and joy of the dancers created a wonderful atmosphere, sparking smiles and even a few attempts at joining in.

Between the music, laughter, and vibrant décor, the event captured the essence of Irish celebration. It wasn't just a lunch—it was a chance for Residents to share in community spirit, enjoy cultural traditions, and create lasting memories together.





Greening Oasis

BY THE GREENING TEAM

On 22 April 2026, we once again came together at Oasis to celebrate International Earth Day - always a special occasion on our calendar.

This year, we also proudly celebrated maintaining a **90%+ diversion from landfill**, an achievement we have sustained for several years thanks to the wonderful collaboration between our dedicated Greening Team and our environmentally conscious Oasis Residents. *(Refer statistics below for interest and information. Going forward, we will also share our monthly environmental stats on the Oasis Info Portal so that Residents can continue to track our collective progress.)*



A heartfelt thank you to everyone who continues to make this initiative such a success - and special thanks as well to those who contributed such thoughtful and inspiring ideas on the leaves for our Earth Week tree. Your messages added a wonderful personal touch to the celebration. This year's programme was a little more intimate than in years gone by, but no less enjoyable. Festivities began with a screening of Calendar Girls in the function room, followed by a cheerful

cocktail hour with delicious snacks generously prepared by our Food & Beverage team.

While the turnout for the evening was smaller than expected—most likely due to the rather sudden and decidedly unseasonal cold snap that arrived ahead of schedule - those who joined us had a lovely time.

Earth Day itself brought a wonderfully full Clubhouse, with every seat taken and a hearty, weather-perfect oxtail menu thoroughly enjoyed by all.

WASTE STREAM SUMMARY FOR LAST 6 MONTHS





Our very own Norman Faull, together with the rest of the quartet, The Welsh Rarebits, provided delightful entertainment, with a mime artist adding an extra touch of fun and surprise to the day.

Though this year's celebration was a quieter affair, it was filled with warmth, laughter, and community spirit. **Here's to many more meaningful steps - big and small—towards a greener Oasis!** 🌱





EARTH DAY CELEBRATIONS



Balancing Act: Ageing, Exercise & Balance

HEALTH



As we age, it's common to notice subtle changes in our physical abilities, especially regarding balance. You might find yourself feeling less steady on your feet, perhaps cautiously stepping off a curb or needing to exert more effort to get up from a chair. Many people accept these changes as an unavoidable part of ageing. Still, a declining balance is not something we simply have to accept. With the right approach, especially through targeted exercise, we can significantly improve our stability and reduce the risk of falls.

The importance of maintaining good balance becomes clear when considering the statistics. According to the World Health Organisation, approximately one in three adults aged 65 and over experiences a fall each year. Falls are a leading cause of injury among older adults, often resulting in fractures, hospitalisation, and a loss of independence. The good news is that research consistently demonstrates that regular exercise is one of the most effective strategies for preventing falls and improving balance.

So, why does our balance tend to deteriorate as we get older?

Several factors contribute to this decline. One key factor is the loss of muscle strength, particularly in the legs and hips. These muscles are essential for stabilising the body during movement, whether walking, climbing stairs, or making quick adjustments if we stumble. When muscle strength decreases, everyday activities become more challenging and the risk of falling increases.

Another important factor is a gradual decline in proprioception, the body's innate ability to sense its position in space. Proprioception involves feedback from sensory receptors in muscles, tendons, and joints, helping the brain coordinate movement and maintain stability. As this sensory system becomes less responsive over time, our reactions to imbalance slow down, making falls more likely.

Additionally, reduced mobility and joint stiffness contribute. When joints such as the ankles, hips, and spine become stiff, our range of motion diminishes, impairing our ability to respond swiftly to changes in position. Ageing, a sedentary lifestyle, or joint conditions like arthritis can cause this stiffness.

Despite these challenges, the encouraging news is that the body responds very well to the right kind of exercise, even later in life.

Engaging in physical activity can help rebuild strength, improve coordination, and increase flexibility, all of which contribute to better balance.

Three key components of exercise are particularly effective: strength training, balance training, and mobility and flexibility exercises.

Strength training focuses on building muscle in the legs and hips, providing a strong support system for daily movements. Simple exercises like sit-to-stands from a chair or step-ups onto a low step can help improve muscular strength.

Balance training involves practising specific exercises designed to enhance stability and reaction time. Examples include standing on one leg (with or without support), heel-to-toe walking along a line, and shifting weight slowly from one leg to the other. These exercises teach the body how to respond when unsteady, building confidence and a sense of safety.

Mobility and flexibility exercises help maintain the range of motion necessary for quick, efficient responses to balance challenges. Gentle ankle circles, hip mobility movements such as marching in place, and seated upper-back rotations are excellent options for keeping joints limber and responsive.

The next time you consider exercise, remember: investing in your balance today can help protect your independence tomorrow.

****Speak to your healthcare provider, physiotherapist, or Biokineticist for guidance on which exercises are appropriate for you.***



Oasis Sparks



OUTINGS

Oasis monthly outings, well planned by Bill and Ron, are for many of our Residents the highlight of the month. In March, we went to Rhebokskloof Wine Estate and enjoyed our meal and the beautiful views from the balcony of the El Picoteo restaurant. On the Thursday trip, a few of us took a short walk down the lawns edging the lake. And then came the May outing to Glen Carlou Wine Estate, with its Art Gallery, which showcases works of all types by SA artists, so it was very special. After admiring the various pieces of art signifying "Fieldwork for the Imagination", we revelled in the breathtaking vistas while savouring our lunch in the restaurant.

GENERAL MEETING

The third Mondays of April and May gave us two very different but interesting speakers. In April Dr Mark Ellyene, who was born, studied and worked in Washington as an American financial analyst, before coming to live in Cape Town. Since 2010 he has been lecturing at UCT with a focus on macroeconomic policy and development finance. But it was Mark's other special interest that he shared with us – that is his passion about collecting African Tribal Art, showing some beautiful examples and explaining that the concept of money developed when a piece of tribal art could be exchanged for something another person wanted/needed. He then brought us up to date with the current development of our money systems.

Our May speaker, Peter Johnson is known as "*Petetheweatherman*". He is a climate scientist. After graduating at UCT he taught at schools from 1986 to 1999 and then went to UCT where he lectured and did research until last year's retirement. He started his talk by asking: *Do I believe in Climate Change?* No! He answered, explaining that as a scientist his focus is on scientific factual analysis of weather patterns over the years. Evidence of which he presented to us. He is widely consulted and also advises on agriculture and stressed the need for us to use water carefully. We all thoroughly enjoyed his presentation, commenting on what a lovely person he is.

WHOT

One must compliment Sergio on the intriguing topics he devises for the WHOT (**W**hat the **h**eck is going on **o**ut **t**here) meetings, as they always lead to interesting discussions. The April meeting centred on the influence of Art and Architecture on humanity's evolution. There was a good group of Residents in attendance, and they raised some interesting theories – specifically those relating to construction/architecture and their effects on both the wealthy and the general citizenry. Art took a back seat except in the case of cathedrals/churches and mosques, where the debaters felt that "religious art" is aimed at human emotions, which can lead them to join or create different classes and structures.

THE SPARKS TEAM

The SPARKS TEAM are Sergio (WHOT) and Maria (TRAVEL TALES), Helen (DANCING), Dorothy (Secretary), Bill and Ron (OUTINGS), Bill is also Treasurer, Hilary, who got us started and keeps us going, and Marcia (GENERAL MEETINGS). So, if you know any of us, we'd love you to come forward with ideas and suggestions for guest speakers, and please keep coming to our SPARKS events.



TRAVEL TALES

April took us to Argentina. Maria had invited Claudia Rocca, born and bred in Buenos Aires, as a guest who gave us a comprehensive view of her beautiful country and also spoke about what it was like growing up and going to school there. Before Claudia, Maria presented a detailed and interesting historical background of the country, also referring to the Afrikaners who settled in Patagonia after the Anglo-Boer War. We were also treated to the story of the Tango's birth and enjoyed examples of the music.

SINGING GROUP

We have our Singing Group practising with Maria every Monday at 5.15pm - 6.15pm. In April, Maria gave us 4 new songs, which she is determined we will sing as perfectly as possible. So with lots of practice and repetition, we even learnt to sing two verses of *Quando, Quando* in the original Italian! We will surely have some new ideas at our next practice - a good time for new singers - sopranos, tenors, etc., to come forward and give it a try.

DANCING

And then there is Dancing, started by Helen of Palm Grove, a professional dancer, whom we are lucky to have living at Oasis. So on Saturdays from 10am to 3pm, we are taught and encouraged to dance and enjoy - whether it's ballroom, Latin, or all possible forms of dancing. But before this, there is Carol from Palm Springs, who is teaching us tap dancing, something many of us did as youngsters, so it's great fun to get back to it now.

MUSIC APPRECIATION

There are, of course, many of our Residents who appreciate and enjoy listening to music, so we hold our monthly Music Appreciation event on Friday mornings. This event is joined (with Oasis management's agreement) by members of Belville/Parow U3A, which is why we start at 10am instead of the usual 10.30am to assist the outsiders. Each month, a particular composer is chosen, and Caroline Mellow gives us an entertaining resume of their life, followed by a lovely selection of videos showcasing the different genres of music they composed. Last month, we were treated to music by Dvořák and by Smetana. We have a short tea break, then sit down to enjoy and appreciate the beautiful music on the large screen in our conference rooms.

MARK'S MEANDERINGS

Mark shared his experiences of various thermal /hot springs, travelling with Moira to New Zealand, Hungary, and Spain - all countries having many hot springs in which people enjoyed bathing. For example, Ourense in Galicia, known as the 'Thermal Capital' of Spain, is one of the European cities with the richest hot-spring heritage, with thermal baths dating back to Roman times. He also showed us other attractions and places of interest in the above destinations, including the Danube River and the historic Jewish Quarter in Budapest, St. Stephen's Basilica and the Holy Right Hand, and Santiago de Compostela in Spain, the final destination of the Camino de Santiago. It dawned on me after his talk that the hot baths we used to go to at Warmbaths in Northern Transvaal were also thermal. We look forward to going with Mark on another of his travels.





EASTER SUNDAY LUNCH AT OASIS 2026

A Celebration of Renewal and Togetherness

This Easter Sunday, Oasis came alive with joy, laughter, and the comforting aroma of a traditional feast. Residents gathered in the beautifully decorated dining room, where pastel colours, fresh spring flowers, charming Easter-bunny centrepieces and lots of chocolate easter eggs set the tone for a day of celebration! The highlight of the afternoon was a sumptuous Roast Lamb, perfectly seasoned and served with Golden Roast Potatoes, Fresh Seasonal Vegetables, and Mint Sauce. For dessert, guests enjoyed a Chocolate Volcano Pudding festively decorated with colourful mini chocolate eggs, ensuring the meal ended on a sweet note! More than just a meal, the lunch was a celebration of family and friends coming together for a festive celebration, and the atmosphere was filled with warmth and gratitude. It was a reminder that Easter is not only about tradition, but also about renewal, hope, and the joy of being together.



Happy

Easter



EASTER SUNDAY LUNCH





EASTER SUNDAY LUNCH





Our Oasis
library
/ˈlaɪbrəri, ˈlaɪbri/

You are never alone if you have a good book.

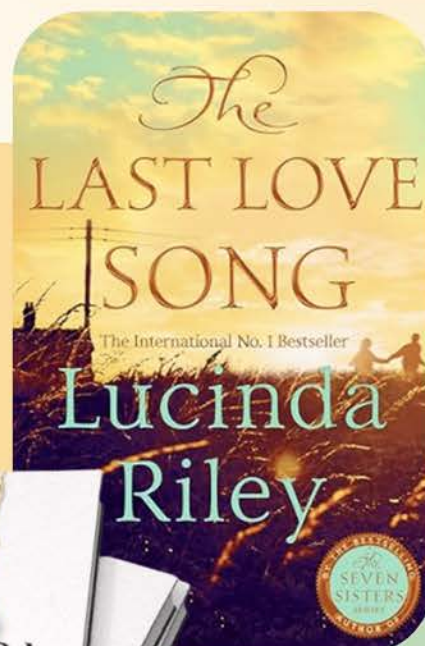
The Miriam Foster Library

Since it started, our library has been sustained mainly by very welcome donations from Residents. We are more than happy with the ongoing donations we have received. Books in the library that are no longer being read are donated to the Cape Town Central Library Friends and delivered there by our Oasis driver, Matthew. We have also been putting out a selection for sale, and the proceeds enable us to purchase some newly published works by favourite authors.

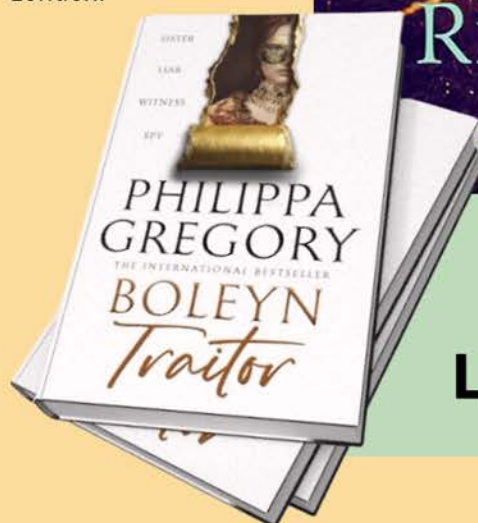
But, as happened recently, a really huge donation arrived – and there was no space for us to store, sort and decide what to keep. Management stepped in and, with their kind help, got the books boxed. Then we contacted HELP the Rural Child and within no time- there they were outside Oasis to pick up and distribute the books as needed (see photo). So, dear Residents, if for some reason you do have a very large collection you need to dispose of, please let the library know. We can then come to your apartment to sort the books that can go to our library, decide where the rest can go, and, depending on the amount, get help collecting the rest.



Last Love Song by **Lucinda Riley** is a compelling story of love and devastating loss set on the rural west coast of Ireland and in glamorous 1960s London.



**NEW
IN THE
LIBRARY**



There Are Rivers in the Sky by **Elif Shafak** is an evocative novel that links three timelines—ancient Nineveh, Victorian London, and modern Turkey/London - through the thematic, lyrical thread of a drop of water and the Tigris River. Critics and readers admire its environmental message, rich storytelling, and focus on interconnectedness, despite its sometimes dense, detailed style.

Boleyn Traitor by **Phillipa Gregory**: A masterfully told story of Jane Boleyn, sister of Anne, peeling back the myths to reveal a complex portrait of a woman who dared to survive at any cost. Perfect for fans of thrilling historical drama and readers captivated by Tudor intrigue.

Elements by **John Boyne**: This is an engrossing drama of four interconnected stories- Water, Earth, Fire and Air. It's a moving investigation of why and how we allow crime to occur. Boyne writes with empathy and unflinching honesty.

SUPER POWER



Serving You, Securing You

BY ANDRE VAN WYK

June is a special month. Besides bringing colder mornings, questionable knitted jerseys, and the annual debate about whether socks and sandals should ever be seen in public, it is also the month we celebrate Father's Day.

Now, fathers, grandfathers, uncles, and honorary dads all have one thing in common — an uncanny confidence in saying things like, *"I don't need directions,"* while proceeding confidently in the wrong direction. In years gone by, this may have only resulted in an unplanned scenic route to Hermanus. Today, however, modern living requires a slightly different approach to safety.

One of the greatest luxuries in estate living is peace of mind. But peace of mind is not only about electric fences, cameras, and access control.

Sometimes, it is about the small habits we overlook because they seem harmless. Take mobile phones, for example. Many Residents carry sophisticated smartphones capable of identifying stars in the sky, ordering groceries, and reminding you it is your granddaughter's birthday - yet some still refuse to save emergency contacts properly. If your phone's emergency information is not up to date, responding staff may struggle to contact loved ones quickly during an emergency.

Another growing concern is what security professionals call "tailgating." No, not the rugby kind with boerewors rolls and folding chairs. This occurs when unknown persons follow Residents or service providers through access-controlled gates or doors before they close fully. Out of politeness, Residents sometimes hold gates open for strangers. While courtesy is admirable, caution remains essential.

Then there is the matter of online scams. Criminals no longer always wear balaclavas. Sometimes they wear reading glasses and send emails claiming your *"bank account has been suspended."* If someone urgently requests OTPs, passwords, or

banking details, pause before responding. Your bank will never ask for your password over the phone — even if the caller sounds more convincing than your favourite radio presenter.

As winter settles in, another overlooked safety issue quietly appears: visibility. Darker mornings and evenings make it harder for pedestrians and drivers to notice one another. A small torch in your handbag or pocket may not seem glamorous, but neither did seatbelts when they were first introduced.

Father's Day reminds us of the role many fathers and grandfathers have played as protectors over the years. These days, however, wisdom often means knowing when to ask for assistance, when to double-check a message, or when to press the panic button rather than *"just seeing how it goes."*

Because the real modern-day superpower is not doing everything yourself - it is staying safe enough to enjoy the moments that matter.

Take Care and Be Safe.
Andre van Wyk

"The best security system is a careful mind paired with a kind heart."



DE GRENDL WINE TASTING AT OASIS

De Grendel, a well-known Cape Town wine farm, hosted a delightful wine tasting at Oasis Retirement Resort, bringing Residents together for an afternoon of flavour, conversation, and community. They are known for their award-winning vintages, showcasing both red and white varietals. Residents were introduced to the stories behind each wine - from terroir and grape selection to cellar techniques. The tasting encouraged Residents to mingle, share impressions, and enjoy a cultural experience together. Many participants appreciated learning more about wine-making traditions and the nuances of tasting. Events like these add vibrancy to retirement living, offering Residents something beyond routine activities. As a bonus, the wine farm had bottles available for purchase, allowing Residents to take home their favourites!





Jackie Preston (daughter of Oasis Residents, Terrill and Brenda Preston) and David Wallace of Pinewood Village in Pinelands, were married on the 28th February 2026 at Pinelands Methodist Church.

The happy couple chose the "Michelin star" restaurant and beautiful gardens at Oasis for their wedding photographs and wedding dinner!

Is this a first for Oasis? Huge thanks go to the exceptionally talented Lynn and June, together with the remarkable Oasis staff, for making their day so amazing and memorable!





TRAIN YOUR BRAIN

LET'S PLAY SUDOKU

Click on the puzzle to open its online version.

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		8			4			9
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Launch of Our Digital Information Portal - A Simple and Smart Way to Stay Connected

| We were very excited to officially launch our very own Digital Information Portal on 26th March 2026 at Oasis - a modern, user-friendly platform designed to keep Residents connected to everything happening in our community. This portal is more than just a website; it is a central hub where Residents can access important updates, event schedules, notices, and community news at the touch of a button. Whether it's finding out about upcoming social gatherings, checking dining menus, or staying informed about health and wellness programs, the portal makes it easy to stay engaged and involved. The portal is designed to foster a stronger sense of community, ensuring that every Resident feels informed, included, and empowered. It's a simple, smart, and accessible way to stay connected - whether you're tech-savvy or just starting to explore digital tools. This launch marks a new chapter in how we share information and build connections within our village. Together, we are creating a vibrant, well-informed, and supportive environment where everyone can thrive. This exciting occasion deserved to be celebrated with Bubbles!

