

ELDI

**Eldoraigue
Aftreelandgoed /
Retirement Estate**

UITGAWE/ISSUE 1: April 2026

KI IS GRATIS ... 2

THE RIGHT TOOLS ... 3

FEIT OF KLUIT ... 4

KUIER HOU JOU JONK ... 5

L.A.G ... 6

GESONDHEID... 11-12

VAN 'N SOKKIE TOT 'N KOEKPAN ... 13

THE LAUNDRY MAN ... 14



ONS STAP VORENTOE / WALKING ONWARDS

Kom ons trek ons **ELDI** tekkies aan en stap saam op die pad van Eietjys, Lekkerlees, Doelmatig en Insiggewend – gefokus op dit wat prakties, prettig en prikkelend is.

ELDI handhaaf 'n vars balans tussen nostalgie, vermaak, gesondheid en aktuele inligting. Duplisering word vermy ten opsigte van ander platforms soos landgoedreëls en WhatsApp kennisgewings.

We shall skip the generic eat-your-veggies advice or old-time “senior education”, but rather try to add value in assisting you to stay engaged with the world.

You are welcome to send some comments and tips, thought-provoking ideas, stories or funny sayings to:

chantelle@csimanagement.co.za

KI IS GRATIS – SONDER SUKKEL



Ons het al gewoon geraak om Google te besoek. Soveel so, dat *google* reeds internasionaal as werkwoord gebruik word. As jy nie weet nie, google dit.

Maar nou praat almal van KI [Kunsmatige Intelligensie]. Terloops, jou kind in die buiteland lag vir jou oor *KI*. “Dis mos ei-aai, Ma. Ai Ma!”

Einste seun het 'n slim toep genaamd Gemini op sy agtergeblewe ma se foon – wat hy Desember 2024 uit Kiwiland gebring het – gelaai. Ag ekskuus, gedownload. [Spreek die G uit soos in *George*, gevolg deur *emmenaai*.] Gemini is Google se KI.

Gratis vanaf die Play Store. Jy kry dan eintlik enige denkbare inligting by Gemini deur net jou vraag in te tik, of nog makliker, deur met die foon te praat. [Jou kleinkind kan jou dalk vinnig wys hoe jy hom kan roep met ‘n eenvoudige “Hey Google”.]

Jou foon se skerm kan selfs af wees en die foon hoef nie noodwendig reg langs jou te lê nie. As jy in die aand op jou bed lê en wonder oor iets uit die verre verlede, kan jy byvoorbeeld hardop vra: “Hey Google, on what day of the week was 19 Januarie 1920?” En binne sekondes hoor jy van die foon op jou bedkassie af dat jou pa op ‘n Maandag gebore is.

Gemini herken en verstaan byna enige skryftaal. Jy praat met hom Engels en vra hom enigiets, maar jy kan in Afrikaans vir hom skryf, byvoorbeeld: *Wat doen ‘n ouma as haar kleinkind net met haar praat wanneer sy iemand soek om haar klere te verstel? Of Verduidelik vir my baie eenvoudig hoe my gehoorstukke werk.*

Dis nie eens nodig om reg te spel nie – hy is ‘n goeie begryper en werk [letterlik] teen die spoed van lig. Daarby is hy vriendelik en geduldig.

Sowaar 'n baie slim assistent om in jou sak te hê!

THE RIGHT TOOLS [Submitted by Glenda du Toit, u.133]

The tap was leaking again. With a sigh, I called a plumber. A few minutes later, a middle-aged man walked in – calm, steady, carrying a faded toolkit.

He pulled out a wrench – it was cracked at the handle. “How will he fix anything with that?” I wondered silently.

With a quiet focus, he began loosening the pipe. A rusted portion needed to be cut off. He reached into his bag again and pulled out a small saw – half of it was missing!

Maybe I’ve called the wrong man for the job? But within ten minutes the leak was fixed. The tap was shining, and not a single drop escaped.

When I handed him a hundred dollar note, he shook his head. “No, Ma’am. Half of this is enough.” I stared at him, surprised. “Every job has a fixed worth,” he continued. “If I take more today, I’ll expect more tomorrow. When that doesn’t come, I’ll be unhappy. So, I am content to take only what’s fair.”

I nodded slowly. “At least buy yourself a new wrench and saw. They’ll make your work easier.”

He chuckled softly. “Tools’ destiny is to wear out. But even when they’re chipped or cracked, they still do their job. Just like senior people – a few scars don’t make you useless.”

He paused, then added, “If you know what words to write, it doesn’t matter what pen you use – old or new. But if you don’t know the words, even the costliest pen won’t help. The skill lies in the hands, not the tool.”

Though I may regard myself as a tool not fit anymore for important tasks, even now He wants to use me as a fountain pen with which He can write *LOVE*.



FEIT of KLUIT

Besluit wat van die volgende is ‘n ware feit en wat is ‘n kluit. Vermoed die lees van die raampie voordat jy die *toets* voltooi het.

- 1 Jy kry verkoue van ‘n koue lugstroom, nat hare of reën.
- 2 Die suur in jou maag is sterk genoeg om staal te verbreek.
- 3 ‘n Vlooi wat spring kan vinniger as ‘n ruimtetuig versnel.
- 4 Ysbere kan nie deur infrarooi lig opgespoor word nie.
- 5 Breiwerk is in ongeveer 1520 in Frankryk begin. Slegs vroue bo 60 is toegelaat om die beroep te beoefen.
- 6 Jellievisse het bestaan voor die tyd van dinosourusse.
- 7 Wanneer ‘n mannetjie-Adélie-pikkewyn op ‘n wyfie verlief raak, gee hy haar ‘n gladde blink klippie as “verloofring”.
- 8 Seekoeie sweet ‘n rooierige vloeistof uit wat soos bloed lyk – as ‘n natuurlike sonskerm en as antibiotika.
- 9 Heuning sal ná vier jaar vrot.
- 10 Die Anglo-Zanzibar-oorlog in 1896 het slegs 38 minute geduur voordat Zanzibar oorgegee het.

1 Verkoue word deur een van 200 verskillende virusse veroorsaak, waarvan renovirus die algemeenste is. Dit versprei deur lugdruppels, direkte kontak en oppervlakte. Dit kom meer in die winter voor, want mense bestee dan meer tyd binnehuus en nader aan mekaar. Die droër winterlug kan ook die neusslymvliese uitdroog, wat dit vir virusse makliker maak om te vestig.

2 Maagsuur is kragtige genoeg om sekere soorte metaal te korrodeer en selfs te laat verbreekel as daar genoeg tyd is.

5 Die datum is korrek, maar breiwerk is vir eeu lank as ‘n hoogs gespesialiseerde en eksklusiewe mansberoep beskou.

9. Argeoloë het al eetbare heuning in antieke Egiptiese grafte gevind wat duisende jare oud is. As die pot dig verseël is, kan jy dit vandag nog op jou roosterbrood smeer.

[Die blokkie dien slegs as agtergrond vir kluite of bygelofies.]

KUIER HOU JOU J NK



Nooi jou buurman vir koffie, gaan speel pool, of neem deel aan een van ons vele sosiale aktiwiteite. Behalwe dat dit lekker is, hou dit jou brein fiks. Met lyndans word sosialisering ook met oefening gekombineer – soms op die maat van *Kiss Me Quick* van Elvis! Sosiale interaksie vereis komplekse denke – dit knyp dus daai lomerige breinselle en kan sekere vorms van demensie vertraag.

Tog het sommige goue randjies ‘n donker wolk, want kommunikasie kan *konflik* veroorsaak. Hoe nader mense aan mekaar beweeg, hoe groter die moontlikheid van skuur, of van in mekaar se pad beland.

Die mees intieme kommunikasie lê in die verhouding tussen huweliksmaats. [Ek hoor iemand sug “O Blommie”!] Mettertyd gaan ELDI dus ook help om die invloed op die huwelik ná aftrede en as gevolg van ouderdom te verstaan. Ons gaan ook kyk na die uitdagings wat opduik as een alleen agterbly.

In die raampie op bladsy 6 word beginsels van gesonde kommunikasie verduidelik. Knyp dit gerus uit en plak dit waar jy dit gereeld kan sien.

Interessante Brokkie Nuus vir Februarie 2026

Vir die eertse keer in die Landgoed se geskiedenis was daar geen sterftes of nuwe intrekkers nie.

We are pleased to announce the appointment of Mr. Stefan Oosthuizen (Unit 138) as the Director of Security and Health and Safety for Eldoraig Retirement Estate Home Owners Association NPC.

We take this opportunity to congratulate Mr. Oosthuizen on his appointment and wish him all the best during his tenure.

LAG: Luister, Aanvaarding, Geduld

Lag is 'n natuurlike herstelknoppie. Dit verlig spierspanning en veroorsaak dat die liggaam endorfiene vrystel – die goedvoel chemikalieë wat pyn tydelik kan verlig. So word die funksie van bloedvate verbeter, wat natuurlik kardiovaskulêre gesondheid bevoordeel.

Die geheim van **LAG** lê by **DINK**: oor jouself en ander.

- **Verwagtings:** Vermoë verwagtings. Teleurstelling kom wanneer die goeie verwag word en dan gebeur dit nie. Geseënd is die wat niks verwag nie, want hy sal nie teleurgesteld wees nie.
- **Fokus:** Vermoë om te blameer, dinge te probeer ontleed of ander se gedrag te verander. Aanvaar die situasie en wees geduldig. Fokus op dit wat jou vreugde gee.
- **Geluk:** Die ander een se geluk is nie jou verantwoordelikheid nie en jou geluk is nie syne nie. Elkeen moet verantwoordelikheid vir sy eie houding en gedrag aanvaar. Ek is nie verantwoordelik vir iemand anders se ongemak omdat hy nie van my keuses hou nie.
- **Suffering** is an ineradicable part of life, like growing up. Without it, human life cannot be complete.
- **Carry your burden** – by helping others. Serve the very people who contribute to your pain.
- **A grudge** is a heavy thing to carry.
- **Attitude of other:** What other people think of you is none of your business.
- **Perfection?** If God can tolerate my mistakes, can't I tolerate the mistakes of others? If He doesn't demand perfection, should I?



Eldoraigne Activities



Monday

08:15 - 08:45
Fitness classes
At the back of the Service Centre

15:00 - 16:00
Line Dance
At the back of the Service Centre

Tuesday

09:30 - 12:00
Busy Hands
(@Clubhouse)
At the back of the Service Centre

14:00 - 15:00
Sing a'long
At the back of the Service Centre

15:00 - 17:00
Jukskei
(@back of Service Centre)

Wednesday

08:00 - 08:30
Fitness classes
At the back of the Service Centre

09:30 - 10:30
Church
At the back of the Service Centre

10:00 - 12:00
Bridge
(@Clubhouse)
At the back of the Service Centre

10:30 - 11:30
Afr Bible Study
At the back of the Service Centre

15:00 - 16:00
Line Dance

Thursday

14:45 - 16:30
Bingo

Friday

08:15 - 08:45
Fitness classes
At the back of the Service Centre

10:00 - 12:00
Bridge
(@Clubhouse)



Valentine's "Mandjie" Dance 2026





Photo of Eldoraigine Retirement Estate's Sister Laurenza Bruwer and our lovely new Occupational Therapist; Theresa Swart. They will be working together to support, helped and give guidance to our Eldoraigine family when needed.



 **Theresa Swart**
OCCUPATIONAL THERAPISTS

 **La Vie Care**
Elmed


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AFTREELANDGOED · RETIREMENT ESTATE

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ONS ARBEIDSTERAPEUT, Theresa Swart skryf:

In arbeidsterapie fokus ons op optimale fisieke, kognitiewe en emosionele funksionering deur gepaste aktiwiteite te fasiliteer. My praktyk werk met volwassenes in rehabilitasie (beroerte, gewrigs-vervangings en hospitalisasie), demensie en handterapie. Ons adviseer oor rolstoele, hulpmiddels en aanpassings aan die huis om 'n val-risiko te verminder. Ons doen fiksheid-om-te-ry- asook onafhanklikheid-assesserings.

Die praktyk is by 'n *stepdown* in Lynnwood, vanwaar huisbesoeke regoor Pretoria gedoen word. Individuele- en groepsterapiesessies word ook in aftree-oorde en verswaktesorg fasiliteite aangebied.

Groepsterapiesessies fokus op fisieke oefening, breinstimulasie, herinneringsterapie (die ou dae se musiek, foto's, gebeure, ens.), genot, humor en sosialisering. Met die oog op alles wat genoem is, sien ek daarna uit om u geliefdes te ontmoet.

Ons eis direk vanaf die mediese fonds; privaat tariewe is op aanvraag beskikbaar.

In occupational therapy we focus on optimal physical, cognitive and emotional functioning by facilitating appropriate activities. My practice works with adults in rehabilitation (stroke, joint replacements and hospitalisation), dementia and hand therapy. We advise on wheelchairs, assistive devices and home adaptations to reduce the risk of falls. We do fitness to drive and independence assessments.

The practice is based at a stepdown in Lynnwood, from where home visits are made throughout Pretoria. Individual- and group therapy sessions are also offered in retirement villages and frail care facilities.

Group therapy sessions focus on physical exercise, brain stimulation, reminiscence therapy (old-time music, photos, events, etc.), enjoyment, humour and socialisation. With all of the above in mind, I am looking forward to meeting your loved ones.

The practice claims directly from the medical aid and private rates are available on request.

Looking forward to hearing from you and to be of assistance!

Kontak/Contact: 0767920118 of e-pos theresa@o-therapy.co.za.

BORSKANKER: Tekens, oorsaak, hantering

Borskanker kan na 'n vreesaanjaende onderwerp klink, maar hier is die kernaspekte in eenvoudige taal:

Jou liggaam bestaan uit miljoene klein boustene genaamd selle. Gewoonlik groei en verdeel hierdie selle op 'n ordelike manier. Borskanker gebeur wanneer sommige "vashaak" en onbeheersd begin vermenigvuldig. Dit vorm dan 'n knoppie of massa wat ons 'n *gewas* noem.

Vroeë opsporing is die beste wapen. Tekens om voor op te let:

- 'n Nuwe knoppie in die bors of onder die arm.
- Enige verandering in die grootte of vorm van die bors.
- Ververanderings, soos plooitjies of rooiheid wat soos lemoenskil lyk.
- 'n Tepel wat skielik intrek of vloeistof uitskei.

Hoekom gebeur dit?

Daar is nie een spesifieke oorsaak nie, maar sekere faktore verhoog die risiko:

- Ouderdom: Die risiko neem toe soos mens ouer word.
- Genetika: Soms loop dit in families (hoewel die meeste gevalle nie oorerflik is nie).
- Leefstyl: Dinge soos alkoholgebruik, 'n gebrek aan oefening en rook kan 'n rol speel.

Wat kan jy doen?

- Selfondersoek: Leer jou eie liggaam ken sodat jy vinnig agterkom as iets verander.
- Mediese ondersoeke: Vroue bo 40 (of vroeër as daar 'n familiegeskiedenis is) moet gereeld vir 'n mammogram gaan – dit is basies 'n X-straal van die bors wat knoppies sien lank voordat jy hulle kan voel.

Die goeie nuus: As borskanker vroeg gevind word, is die kanse op volle herstel uitstekend.

VAN 'N SOKKIE TOT 'N...

[VAN ALLES EN NOG WAT]



KITS-QUICHE AS LIGTE ETE

K=koppie; t=teelepel; e=eetlepel
Meng ½k meel en 1t bakpoeier.

Voeg 1k [of 'n bietjie meer] van die volgende by: 1 blikkie tuna, gebraaide spek, weense worsies, groente, sweetcorn, ens. Dan 1k gerasperde kaas.

Klits saam: 3e gesmelte botter, 4 eiers en 2k melk. Voeg geleidelik by vorige mengsel en bak 40 minute of langer by 180 grade.

VOEL JY GOOR? LYK OOR!

'n Glimlag is die kortste afstand tussen twee mense. Die gesig is die mees openbare deel van die liggaam, meestal onbedek. Dit is ook die mees herkenbare deel. [In 'n skooljaarboek is nie foto's van voete of hande nie.] En: Navorsing het bewys dis gratis om vriendelik te wees!

VOORDELE VAN STAP

Stap-oefening is noodsaaklik vir 'n gesonde leefstyl. Dit versterk die hart, verbeter bloedsomloop en help met gewigsbeheer sonder om gewigte te belas.

Gereelde stap verlaag stres, verhoog energievlakke en as gewigdraende oefening versterk dit die bene. Dit is 'n eenvoudige dog kragtige manier om langlewendheid te bevorder en algemene fisieke asook geestelike welstand te verbeter. [Hou ELDI dop vir stap-beplanning.]

FOOD PARADOX

South Africa produces more than enough food to feed its population, yet about one-third of them goes hungry. 10.3 million tons of edible food are wasted per year. About 23% to 27% of children under the age of five suffer from stunting or malnutrition due to a lack of proper food. In 2024 alone, official figures recorded that 15,000 children died from malnutrition-related causes.

THE LAUNDRY MAN: INTRODUCTION

Residents are pleased to welcome a new local service provider, Mark Garisch, fondly known as “The Laundry Man.”

Mark matriculated in 1982 from Pretoria Boys High School before continuing his studies at the University of Pretoria (Tuks), where he studied Computer Science. During his school years he was an enthusiastic sportsman who particularly enjoyed swimming and rugby, even competing at provincial level.

After many successful years in the IT industry, and running several of his own businesses, Mark eventually followed a different path that combined his entrepreneurial spirit with a practical service to the community.

For the past ten years, Mark has been involved in the laundry and dry-cleaning industry, gaining extensive knowledge and hands-on experience in cleaning and garment care. His expertise extends beyond everyday clothing to more unusual and specialised items such as carpets, tents, duvets, curtains, footwear, etc.

Through his business Advance Cleaning Laundry & Dry Cleaning, Mark now brings his professional services directly to our residents, offering convenient, reliable and friendly laundry care.

Mark believes in quality service, attention to detail, and building strong relationships with the community he serves.

Residents are encouraged to support Mark and make use of his services as he begins this exciting new chapter at the estate.

Let’s give Mark a warm Eldie welcome!



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From 2 March 2026

SERVICES OFFERED

Laundry & Ironing Services:

- ✓ Washing, drying, folding and ironing
- ✓ Blankets and Duvets
- ✓ Personal laundry care for residents

Dry Cleaning Services:

- ✓ Professional dry cleaning for delicate garments
- ✓ Suits, dresses, coats & specialty fabrics

Additional Services:

- ✓ Clothing Alterations
- ✂ Shoe Repair
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- ✓ Carpets – any size
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Mark

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Welcome

Hello there,

I'M RUAN ERASMUS

I'm a property practitioner specialising in helping people find their ideal retirement homes at **Eldoraigne Retirement Estate**.

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Features

- ✓ 2 Bedrooms
- ✓ 1.5 Bathrooms
- ✓ Single Garage
- ✓ Built-in Inverter
- ✓ Covered Patio
- ✓ Spacious Garden

SCAN TO VIEW
PROPERTY



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Well-maintained ground-floor unit featuring 1 bedroom, 1 bathroom, a comfortable living area, well-appointed kitchen, and single carport – offering practical, easy living in excellent condition.

Features

- ✓ 1 Bedroom
- ✓ 1 Bathroom
- ✓ Single Carport
- ✓ Ground-Floor
- ✓ Cozy Living Area
- ✓ Neat Kitchen

SCAN TO VIEW
PROPERTY



1 BED, 1 BATH APARTMENT FOR SALE

R1020 000

Cozy 1-bedroom, 1-bathroom apartment featuring a spacious living area and well-appointed kitchen, ideally positioned for easy living – perfect for enjoying a relaxed and convenient lifestyle.

Features

- ✓ 1 Bedrooms
- ✓ 1 Bathroom
- ✓ Single Carport
- ✓ Balcony
- ✓ Comfortable Living Area
- ✓ Spacious Kitchen

SCAN TO VIEW
PROPERTY



Contact me today! **060 018 7679**