

DEC 2023

# LIVING



BY AURIA



## AQUA AEROBICS AT AURIA

Deep dive into the benefits of exercising in water

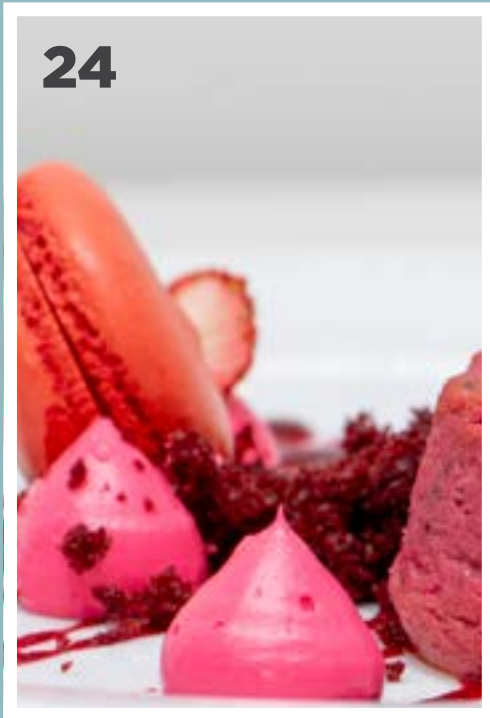
## AURIA'S ULTIMATE BARISTA SHOWDOWN!

Our talented Baristas compete for first prize

## ROADTRIPPING SAN SERENO STYLE

Dot Willis shares highlights of their trip to 'The Nest'





## Inside this *Edition*

**26** **ROYAL VIEW  
TURNS ONE**  
and celebrates  
in style

**42** **BROKEN TILES,  
WHOLE HEARTS**  
with Royal View's  
Jen Sweidan

**44** **BENEATH  
THE SURFACE**  
with Melrose  
Manor's Vivienne  
Budlender

**48** **ROYAL VIEW'S  
NICK CHRISTELIS**  
on the Measure  
of Success

**50** **TENNIS  
SPARKS 60-YEAR  
FRIENDSHIP**  
among San Sereno  
Residents

**54** **THE MECHANICS  
OF THINGS**  
with Roal  
van Zyl-Smit  
from Woodside

**60** **STILL GOT IT**  
The Father of the  
Strawberry Whirl

**62** **GARDEN TALK**  
with Natasha  
Alexander

# DEAR RESIDENTS AND FAMILIES

**It's hard to believe that 2023 is already drawing to a close. Whilst it was a most eventful year for our communities in several respects, all of us at Auria are most looking forward to 2024, which will bring much innovation and interest to our communities.**

Personally, I am a big believer in the 'The Pareto Principle', or the 80/20 rule, which states that for many phenomena 80% of the result comes from 20% of the effort. The principle was named after Vilfredo Pareto, an Italian economist, who, back in 1895, noticed that about 80% of Italy's land belonged to 20% of the country's population. Once we realise that 80% of our outcomes come from 20% of the time and effort we spend on them, the importance of prioritising becomes obvious.

Why am I mentioning this? Because in 2024, we will be focusing on Physical Exercise across our Auria communities, and the multiple benefits it affords older adults. Exercise is one 'intervention' that can have a positive impact on your quality of life that is way bigger than the actual time spent exercising - in other words an outcome far greater than the effort! In older adults, exercise has been shown to prevent disease, lower the risk of falls, improve one's psychological well-being, strengthen social ties, and improve cognitive function. All of which greatly improve and enhance quality of life. Next year, we will be providing everyone with tools to learn about which types of exercise are best for you personally and explaining our exercise classes to match the benefits to your specific needs and preferences. We will also be enhancing the quality and range of all exercise options on offer within our communities - another way that we fulfil our promise to you of ensuring that our residents enjoy their best quality of life, every single day. In this issue of LIVING, we feature some information on our Aqua Aerobics offering, and we hear from residents who have benefited from joining these classes.



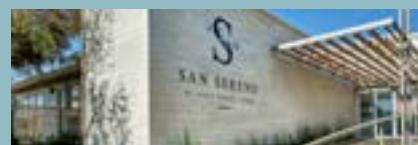
Another critical aspect of quality of life is the extent of our social lives - and I was most interested to read the article about 40 or so of our San Sereno residents who recently

took a trip 'en masse' to the Nest in the Drakensberg, together.

As we approach the festive season, I must express my sincere gratitude to everyone in our Auria communities - both residents and our Auria Team, who have collectively ensured that life in our communities is as vibrant as it is supportive and caring. Wherever you are and wherever you are going, I wish you Happy Holidays, and everything of the very best for 2024. Our Auria Teams will do their very best to make sure that next year is one of good health and happiness for us all.

We hope you enjoy this edition of LIVING by Auria.

Warm regards,  
**Barry Kaganson**  
CEO, Auria Senior Living



# Getting to know our Auria Team



Gabriella  
*Matthews*

## FRONT OF HOUSE MANAGER

We are excited to welcome Gabriella Matthews as our new Front of House Manager. Grateful for the opportunity to combine her love for nature and hospitality she was able to complete her training at Sondela Nature Reserve in Bela Bela, Limpopo. Partial to a good cup of coffee and many a conversation, we are confident that she will bring her warmth and fresh approach to our front-of-house operations. Gabriella is looking forward to getting to know our residents and is committed to adding value to our Royal View community.

R  
ROYAL VIEW

S  
SAN SERENO

Pearl  
*Mophuthing*



## FRONT OF HOUSE

Pearl initially was employed as a hostess relief at San Sereno, but her hard work and charming nature quickly gained her a full-time position as a waitress in the Main Dining Room. Pearl is now a waitress at Café Auria. Pearl's love for learning and commitment to self-improvement is admirable. Her teammates value her work ethic, positive attitude and the ease with which she connects with people. We consider Pearl a true asset to our San Sereno Team.

W  
WOODSIDE



Ntombi  
*Halam*

## CONCIERGE

We are delighted to welcome Ntombi Halam, a seasoned professional with a rich background in hospitality, to our Auria Concierge Team. Ntombi, who grew up in the Eastern Cape, started in the hospitality world in Kenilworth's restaurants after high school. She achieved her cooking diploma from the Silwood School of Cookery and a hospitality management certificate from the Cape Peninsula University of Technology. Before joining us, she spent over ten years with the Feedem Group, making a difference in senior living communities around Cape Town. Her multifaceted experience and warm approach make her an invaluable addition to our team and great fit for us!

M  
MELROSE MANOR



Davie  
*Chikhalika*

## CAFÉ AURIA BARISTA

Meet Davie Chikhalika, the first person you are likely to meet at Café Auria. Davie was born in Malawi and has lived in South Africa for more than twenty years. His welcoming smile and hearty laughter are as much a part of Café Auria as the aroma of coffee. With a knack for brightening days, Davie embodies Melrose Manor's community spirit. His commitment to going above and beyond for our Café Auria patrons is more than service. We are truly fortunate to count Davie as a key member of our Café Auria Team.

# Happy Holidays

and a joyful  
New Year from  
our Auria Team!

As the holiday season unfolds, we wish you moments filled with warmth, joy, and cherished memories. May this special time bring you closer to those who matter most, sprinkling your days with laughter, love, and a dash of festive magic.





WOODSIDE  
—  
Rondebosch



## Sip and paint and sip some more...

A little sip to bring out  
the creative genius!

**Some more wine please!**





WOODSIDE  
—  
Rondebosch

# Warm WELCOMES!

Woodside frequently hosts resident socials to welcome residents to our warm and vibrant community.

Ken Andrew, our Woodside ResCom Chairman, leads the introductions with such charm!



# My Fair Lady

Woodside resident's Bev Fair on piano and Aletta Loopuyt on vocals lead our residents in a sing-a-long, opera style!



# FLORAL ARTISTRY



Jenny led our residents in a morning of camaraderie and creativity- transforming blooms into stunning arrangements.

**Fun, friends and flowers!**







# Celebrating Creativity

The Woodside Art Exhibition was a festive display of our residents' creative passions. With an array of diverse and vibrant artworks, the event showcased the remarkable talents within our Woodside Community, paying tribute to the spirit of artistry that thrives among our residents.



# WELCOME

Woodside has recently welcomed residents to our community. We wish them many happy years with us.

## ALISON & ANDRÉ BERRANGÉ

**What are you most excited about right now?**

**Alison:** Travel, life, grandchildren, and being so privileged to be well together with my partner.

**What are the most rewarding things about getting older?**

**Alison:** Sharing so many years with my partner and being well together.

**What's the best place you've travelled?**

**Alison:** The bush (we go yearly).

**Do you have any daily or weekly rituals?**

**Alison and André:** We go to the gym every day.

**Are you the oldest, middle or youngest child?**

**André:** Oldest

**What do you think is the most essential life skill?**

**André:** To be able to communicate well.

**What is your favourite season?**

**André:** Summer.

## JUDY & RON FRIEDERICKSEN

Recently moved from San Sereno

**Are you a youngest middle or older child?**

**Ron:** I'm an only child.

**What do you think is the most essential life skill?**

**Ron:** Common sense.

**What is the most beautiful place you have ever seen in person?**

The Great Barrier Reef - we have been three times!

**Do you have any children? Grandchildren?**

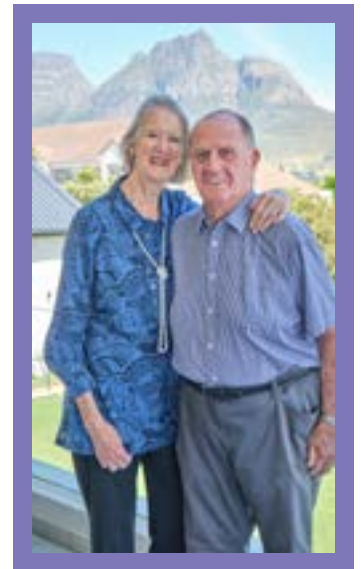
**Judy:** We have three sons, six grandsons and one granddaughter.

**If you could re-live any decade of your life, which one would you redo?**

**Ron:** 1983 to 1993. I had many business successes before, but this was the year Judy and I started our jumping castle business. I enjoyed working for myself for the first time and working with Judy. This was how we realised that we work very well together. I had the entrepreneurial skills to make the ideas work and Judy has an eye for opportunity and great vision.

**What was your favourite toy as a child?**

**Ron:** Mecanno.



## MARY VAN SELM

**What is your mantra in life?**

Living and enjoying each day and being thankful for each day.

**Where are you from?**

Gqeberha (previously Port Elizabeth), Eastern Cape.

**Do you have any children? Grandchildren?**

Two children and seven grandchildren.

**If you could have dinner with anyone, living or dead, who would it be?**

My late husband.



# Woodside's Ultimate Braai Master **CROWNED**



Marking International Chef's Day, Woodside residents fired up their grills in a sizzling competition to win the title of 'Ultimate Braai Master'. Alongside the main accolade, awards were also handed out for Best Team Spirit, Most Creatively Themed and Best Decorated Tables. The title of the Ultimate Braai Masters of Woodside went to the Delhi Devils!



**OUR WINNERS**  
Thalia and Graham Lindemann & Jo and Roy Cheesman



SAN SERENO  
—  
Bryanston



**OUR  
ANNUAL  
BOWLS  
DINNER  
HAD OUR  
RESIDENTS  
BOWLED  
OVER!**

**Our Auria Team did it again!  
5-star dining coupled with  
magnificent décor and live  
music made for a night  
to remember!**

*"The bowling fraternity of San Sereno can stand proud after putting on such a marvellous display of well-organised excellence last night. From the 'secret fairies' who planned and orchestrated the evening down to the most exquisite detail, to the catering wizards for a truly five-star experience and support staff for attentive service and the transformation of a lounge into an elegant ballroom. A truly outstanding achievement that deserved the enthusiastic rapture of guests and dignitaries alike. Simply enchanting."*

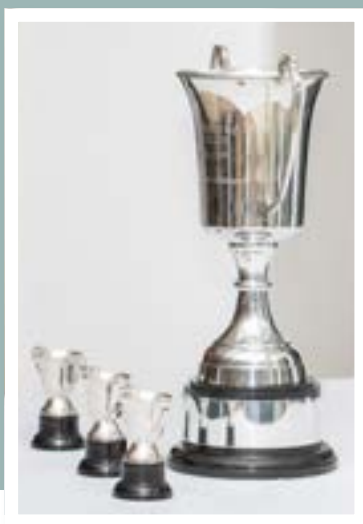
**ROB SCHMIDENBERG**

*"An outstanding evening.  
Thank you so much to  
all involved."*

**DOT AND JP WILLIS**

*"Such a stunning evening.  
Well done Mo Brown and all  
involved in making the Bowls  
dinner such a lovely evening."*

**SANDY SMITH**



**Mike Williams - Chairman of  
San Sereno's Bowling Club**





SAN SERENO  
—  
Bryanston

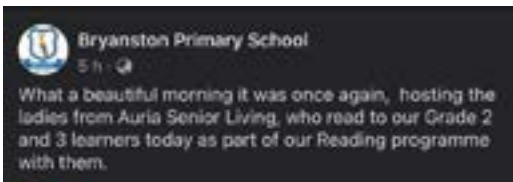
# Our Bookworm Volunteers

In honour of World Literacy Day, our San Sereno's crew of resident volunteers rocked Bryanston Primary School for World Literacy Day, sharing epic tales with the excited Grade R and Grade 1 children.

The little ones loved it so much, they want these 'Bookworm Volunteers' back every month for more awesome story times and fun learning together! The principal was overjoyed, saying that there are many children who do not have grandparents, so this is especially meaningful for them.



"It feels so good to do something that matters!"  
**Mrs Hughes,**  
San Sereno resident



"Next year, we plan to extend a homework programme and literacy effort with some additional impoverished schools."  
**Jess Rylance**

# Wine flies when you're having **FUN**

Time flew by at San Sereno as residents indulged in a relaxing afternoon of wine pairing and tasting of some of South Africa's finest wines!



# **HALLOWEEN** is a community affair

San Sereno together with the Mill Hill Residents Association put their heads together culminating in a fun afternoon of tricking and treating. Our San Sereno residents volunteered to man and decorate tables, with the sweets supplied by Auria!

**San Sereno and Auria are serious about creating a vibrant community spirit within the walls of our Auria communities.**





SAN SERENO  
—  
Bryanston

# Heritage Braai: San Sereno Style!

In celebration of Heritage Day, our residents and their families attended our San Sereno braai. With a proudly South African menu to boot. Homemade Chakalaka, Boerepap, Milktert and Koeksisters – South African Style!







# San Sereno **SERENADE**

Duncan Fourie's Youth Choir charmed our residents with a splendid musical soir ee. A spirited display of grace, energy and melody filled the dining room and delighted all who attended!



SAN SERENO  
—  
Bryanston

# WELCOME

San Sereno has recently welcomed residents to our community. We wish them many happy years with us.

## SUE OOSTHUIZEN

### What do you believe is an important life skill to have?

Looking after one's health and well-being (self-care).

### What is on your bucket list

I would love to travel to Israel with my two daughters.

### What prompted the move from Knysna to San Sereno?

I wanted to be closer to my daughters and grandchildren.

### How would you describe yourself?

I am a social person. I enjoy people, painting and spending time in nature - specifically the Kruger.

## PETER & JEAN JONES

### Greatest life skill?

Living kind-heartedly.

### What are you looking forward to at San Sereno?

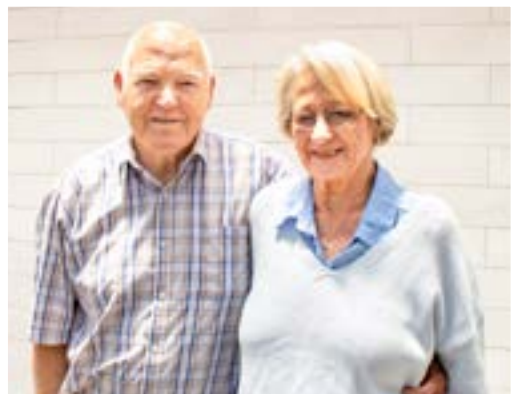
The wellness programme, friendship bridge and bowls.

### How long have you been married?

53 years.

### What do you love to do recreationally?

We love spending time outdoors in nature. We are both avid 'birders'.



## SHIRLEY LAZAROU

### What is your mantra for life?

To be faithful, helpful, kind and true to almighty God at all times.

### What is the most beautiful place you have ever seen in person?

The Greek Isles. It's the most beautiful place, as are the people and the culture.

### What do you think is the most essential life skill?

Maintaining a connection with one's faith, having loving and caring contact with others and speaking from a place of kindness.

# The History of the Emery Garden

BY MARCELLE FRANCK,  
SAN SERENO RESIDENT

**When Iain Thornton and his wife, Carol, recently joined our Auria Senior Living community, it didn't take long to discover Iain's deep-rooted passion for gardening. He has a particular love for tree orchids and cymbidiums. After chatting with them, it became clear that Iain wanted to lend his green thumb to enhancing the corner at Brenthurst Drive and Neon.**

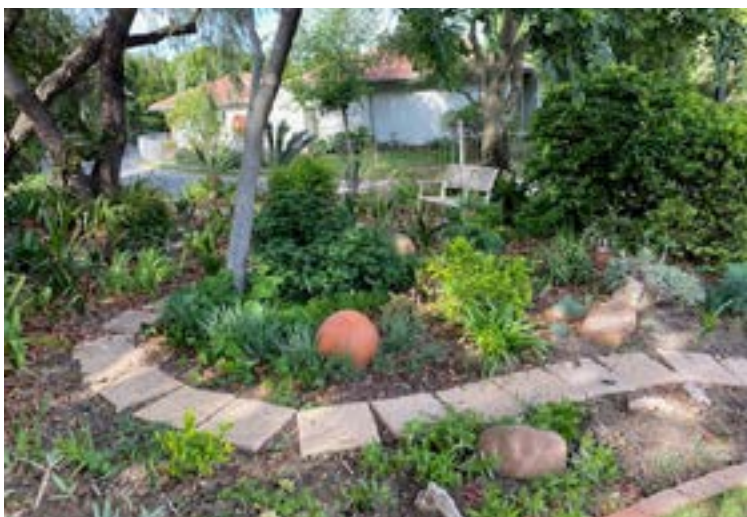
Iain also shared stories about the historical significance of the land we now know as San Sereno. Back in the day, it was part of an estate called Silvaplane, which was owned by the Emery family. Picture an idyllic landscape off Main Road in Bryanston, with tall pine trees and stables. As a 12-year-old, Iain became friends with Laurie Oates, Margie Emery's nephew. They were classmates at St Stithians and would spend their Sundays at Silvaplane, indulging in delicious lunches and horseback riding.



Fast forward to 1988, Margie Emery sold 34 acres of this picturesque estate to Sanlan, paving the way for our lovely retirement village, San Sereno. Margie didn't stray too far; she moved into a cosy cottage near the bowling green. Later in life, she transitioned to High Care and passed away in 2006 at the age of 95, thoroughly content with her life here.

Inspired by this rich tapestry of history, we thought it would be fitting to dedicate a newly revitalised garden to Margie Emery. With a thumbs-up from management and a generous R7000 donation from the Margie Emery Trust Fund, we've kickstarted the project. Margie's son, Chester, added to the community spirit by donating two books titled 'Bend in the River' to our library; these books include a section on Silvaplane.

A big shoutout to Iain for spearheading this initiative and to Rosemary, Heather, Natasha, Harry, Anton, Simon, Raedani, and Jeffrey for their contributions. Many thanks also go out to our residents who've donated plants for the garden.



*So, take a moment to walk by this budding sanctuary, have a seat on the bench, and let yourself be enveloped by the beauty of the garden and the accompanying birdsong.*



MELROSE MANOR

Melrose



## EASY LIKE SUNDAY MORNING

Melrose Manor residents all hung out for a super chill family lunch with delicious lamb on the spit and a laid-back vibe. Soaking up the sunshine and joy of Sunday vibes!





MELROSE MANOR  
—  
Melrose

# OUR GOLDEN GIRL TURNS 100!

Ada Rubin was born in Poland and moved to South Africa when she was four years old with her family.

She has been a resident at Melrose Manor for eight years and is a member of Melrose Manor's close-knit circle of friends known as the Golden Girls.

Ada's relatives travelled from the United States and Europe to celebrate and share this incredible 100th birthday with her.



# COCKTAILS & *Dreams*

Residents sipped and socialised at Melrose Manor's Cocktail Evening, where fine drinks met even finer company.



# SHADES OF SUMMER

A menu of summer flavours each representing one colour, kept our residents and families enthralled at our dine-out this week. Our culinary team did an incredible job creating dishes such as pea & mint soup, orange crusted salmon and strawberry cheesecake to name a few.







# Heartbeats & healthy eats

## MELROSE MANOR CELEBRATES WORLD HEART DAY IN STYLE

Our residents participated in a morning dancing session to raise awareness about the benefits of exercise on cardiovascular health followed by a discussion on healthy eating with dietitian, Danya Falkson.

## BRAINPOWER UNLEASHED: Melrose Manor's Quiz Afternoon

Intellect meets enjoyment at Melrose Manor's recent quiz afternoon, where residents donned their thinking caps for an evening full of engaging trivia and laughter. A fun-filled rendezvous that proved there's no age limit to being quiz-savvy.





ROYAL VIEW  
—  
Sandringham



# CELEBRATING

## A YEAR OF ROYAL MEMORIES!

Royal View's First Anniversary Bash was a hit with Andy Klee and her saxophonist bringing the vibes and turning up the energy.

Residents got their groove on, singing along and dancing through the party that toasted to their first year together.





ROYAL VIEW  
—  
Sandringham

# Brain Games

Our residents experienced their first fun-filled night of trivia revealing the brainiacs amongst them!



Royal View  
welcomes

# Spring

Our residents put their gardening gloves on and enjoyed a morning of collective planting turning their community green and gorgeous!





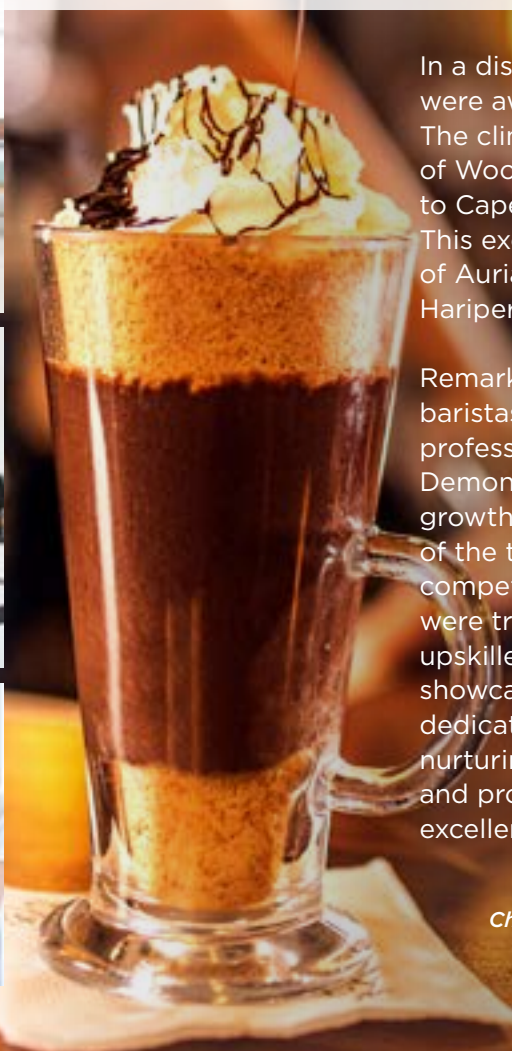
*Noel wins first place for Woodside!*



# AURIA'S ULTIMATE **BARISTA** **SHOWDOWN!**

**The atmosphere was electric at the inaugural 'Ultimate Barista Showdown' hosted by Auria.**

Baristas from Auria communities across South Africa converged at Royal View for a thrilling competition, eagerly watched by live-streaming residents and colleagues rooting for their teams. The stakes were high, with expert judges from Avanti Coffee evaluating based on international coffee standards, setting a challenging bar for all participants.



In a display of skill and passion, prizes were awarded across various categories. The climax was the triumphant victory of Woodside's Noel, who, upon returning to Cape Town, was greeted as a hero. This exceptional event was the brainchild of Auria's Group HR Manager, Charlene Haripersad.

Remarkably, out of the 13 talented baristas who participated, only five were professional baristas before joining Auria. Demonstrating Auria's commitment to growth and skill development, seven out of the thirteen competitors were trained and upskilled by Auria, showcasing our dedication to nurturing talent and promoting excellence.

*Charlene Haripersad*



# WELCOME

Royal View has welcomed residents to our community. We wish them many happy years with us.

## ALINE & LIONEL FRIEND

### What is the most beautiful place you've seen in person?

**Aline:** A holiday trip to Antarctica, I went down the Argentina glaciers nearly 50 years ago.

**Lionel:** During the Six-Day War I was a volunteer in Israel and I hitch-hiked to the north and landed up at the Tel-Dan dam.

### Where are you moving from and why did you choose Royal View?

Moving from a big flat in Fairways, we chose Royal View due to the views and facilities. The signage also didn't say old or retirement but rather senior living, which was very appealing.

### Life advice?

**Aline:** Trust your instinct.

**Lionel:** Always think ahead.



## HELENA PERERIA

### Where you from?

I was born in Madeira and lived there till I was 13, when we moved to South Africa for a better life. Madeira wasn't what it is today!

### Where's the most beautiful place you've visited?

I have visited so many beautiful places, but my top ones are Rio, Monte Carlo and Croatia.

### What is your life motto?

To be a good wife and mother.



## ZELMA & SIGGY MEINSTEIN

### What is your life motto?

To be kind to people, we have given a lot and did a lot of charity work. You always need to try to give and be kind.

### Where is your favourite holiday?

We love Plett, it has the beach and the mountain.



## SONIA ELLIS

### How many children and grandchildren do you have ?

I have four children, 16 grandchildren, four grandchildren in-laws, and three great grandchildren.

### What is the most important life skill?

Being nice to everybody, treat others as you want to be treated and ignore confrontations. Always be your genuine self.

### Most important thing in your life?

Being with family. I have a big family and spending time with them is a priority.





# Mix, Shake, Stir!

## COCKTAIL CREATION 101

Residents stirred up some fun at our cocktail workshop, led by the ever-charming, Gift. They learned the art of mixing drinks and crafted some exquisite concoctions. Cheers to Nick Assimacopoulos, who mixed his way to the top with the best Rock Shandy of the day!

# Much Ado About Nothing

Our residents spent a morning soaking up some sun and culture for a show by J.A.M; a group of 10 former homeless men who performed extracts of Shakespeare prose and poems by T.S Elliot.

This was a first – but certainly not the last!





CORAL COVE  
—  
Sheffield Beach

# CORAL COVE UPDATE

**Coral Cove, located on the stunning KZN North Coast in the Zululami Luxury Coastal Estate presents its residents with an extraordinary lifestyle set against the backdrop of Sheffield Beach's natural beauty.**

**Auria's Coral Cove Senior Living Community offers residents the added benefit of access to the luxurious amenities of both Seaton Estate and Zululami Luxury Coastal Estate.**





**Residents of Coral Cove will have direct private access to the serene Christmas Bay Beach and enjoy exclusive access to the following:**

- The Seaton Beach Clubhouse, a beachfront retreat featuring a restaurant, bar, and swimming pool, all thoughtfully designed to complement the scenic beauty of the coast.
- Running, walking and cycling trails, providing a perfect setting for exercise enthusiasts.
- A rejuvenated natural forest and parks, offering peaceful havens for relaxation and leisure.
- Modern sports facilities like padel courts, tennis courts, and a well-equipped gym.
- Nature lovers will appreciate the Wetland clubhouse and boardwalk, providing a unique opportunity to engage with the local ecosystem.
- Birdwatchers can find solace in the estate's bird hides, while Citrus Park and the outdoor gym promote a healthy, nature-centric way of life.

Adding to the allure of this location is the recent announcement of Southern Africa's first Club Med resort in nearby Tinley Manor. This development signals a strong confidence in the area's growth potential and boosts its appeal as a prestigious destination.

Zululami Luxury Coastal Estate is quickly becoming a globally renowned coastal destination, offering a vibrant and dynamic lifestyle that caters to all ages. Its appeal lies in the perfect blend of luxury living, year-round sunshine and the untouched beauty of the KZN North Coast.

For Coral Cove residents, this means a life of unmatched luxury and convenience. The promise of world-class facilities, coupled with the natural beauty right at their doorstep, as well as a private beach club, defines a senior living experience that we believe is unmatched throughout the world.

# THINK PINK

## at San Sereno's Breast Cancer Awareness Day

*Chef Werner weaved his genius and themed the food - chicken mayo never looked so sweet!*



**A glorious brunch was held at San Sereno in honour of Breast Cancer Awareness.**

Through such initiatives, Auria Communities exemplify the power of meaningful partnerships in enriching lives beyond their own community.



San Sereno has joined hands with the Oncology Department at Netcare Milpark

# “The Knitted Knockers Initiative”



**BY JESS  
RYLANCE,  
SAN SERENO  
COMMUNITY  
MANAGER**

**The ‘PINK TOGETHER, STRONGER FOREVER’ slogan for Breast Cancer Awareness beautifully encapsulates the idea that unity and collective action can make a significant difference in the fight against breast cancer.**

It’s heart-warming to see how the residents and staff of Auria have taken this to heart and found a meaningful way to contribute to the cause through the Knitted Knockers initiative.

The initiative, suggested by one of our San Sereno residents, is a wonderful way to support breast cancer patients and survivors.

Knitted Knockers provide a tangible and heartfelt form of support for those who have undergone mastectomies. The fact that San Sereno has kits on hand to cater to specific patient needs is a testament to the thoughtfulness and dedication of the community.

It is inspiring to read about the commitment of Professor Carol-Ann Benn and her passion for making healthcare accessible to everyone. Her leadership at the Breast Cancer Centre of Excellence unit in Netcare Milpark Hospital is commendable, and the ongoing partnership with the Knitted Knockers campaign ensures that patients have

access to these prostheses when needed.

The challenges faced with the pattern and how our residents came together to figure it out is a testament to their determination and the support they provide each other. This initiative truly exemplifies the spirit of women helping women, and it’s heartening to see the hand crafted prostheses being made with love and care.

The collective efforts of the residents and staff at San Sereno and Auria in supporting this campaign are truly heart-warming and serve as a reminder of the strength that comes from unity and collective action in the fight against breast cancer.

Knitted Kocker kits are available at the San Sereno Concierge, making it easier for more residents to get involved in this meaningful initiative. The collaboration with Dr. Victor to ensure that the right sizes are provided to patients in need is a great way to make a direct impact on those facing breast cancer.

Gratitude to all who have already supported the campaign and to those who will continue to do so in the future is well-deserved. Each of you is a beautiful example of how a community can make a meaningful impact in the lives of those affected by this disease.



*Donation for Milpark’s Breast Cancer Care Centre*

# WELLNESS AT AURIA

**Physical activity and fitness are of paramount importance as the emotional, physical and mental benefits are fundamental to quality of life as we age.**

Our Auria Communities offer a wide range of beneficial exercise classes to all of our residents, which are curated and delivered by our skilled practitioners across all of our communities. Aqua aerobics, stretch and tone, step aerobics, walking clubs,

pilates, Zumba, yoga, balance and gait, all offer our residents opportunities to participate in achieving their individual fitness goals in a relaxed and sociable environment.

**Read on for a deep dive into our Aqua Aerobics classes on offer - as part of our extensive exercise offering within our Auria Communities.**

## What is Aqua Aerobics?

BY NICOLE DUNN,  
WOODSIDE'S BIKINETICIST

**Aqua aerobics, focusing on cardiovascular fitness, involves exercises that increase heart rate and breathing, enhancing oxygen and nutrient flow to muscles and supporting heart, lung, and circulatory health. Dating back to 2400 BC for therapeutic benefits, it gained popularity in the 1950s when fitness coach Jack LaLanne developed water-based exercises to counteract gravity's pressure, becoming more widespread in the 1970s and 1980s.**

### **WHAT ARE THE BENEFITS OF AQUA AEROBICS?**

Previously, ageing was believed to cause strength and mobility decline, but research shows it's more due to disuse. After 60, muscle strength, size, and flexibility decrease mainly due to reduced muscle fibre production. However, regular exercise can significantly improve muscle strength, endurance, and the size of existing fibres. It also enhances mitochondrial oxidative capacity in muscles, which in essence makes the muscles more efficient at producing energy which is beneficial for both physical performance and overall health.

Warm water exercise relaxes muscles, increasing flexibility and joint mobility. Ageing can reduce heart function and blood circulation, but aerobic exercise improves circulation, lowering blood pressure and resting heart rate, and maintaining arterial elasticity. Bone mass declines after 30, but exercise, including water-based activities, helps prevent osteopenia and osteoporosis and maintains bone strength.

As people age, reaction time and balance may decrease, increasing fall risk. Water exercises strengthen core muscles, essential for balance and posture while reducing fall risk. Regular exercise also aids in healthy weight loss, glucose control, mood improvement, stress reduction, energy boost, and better sleep, making it crucial for all ages.



**Nicole Dunn, a Stellenbosch University alumna, earned a BA in Sports Science and a BScHons in Biokinetics in 2017. After an internship at Stellenbosch, she joined the Fish and Field Biokinetics team in Johannesburg, working in two Bryanston practices, including San Sereno. In 2021, she returned to Cape Town to lead at Woodside. Nicole is passionate about working with older adults and those with chronic conditions. Her background in water sports and training in Advanced International Aquatic Therapy Techniques influence her biokineticist career, focusing on aquatic therapy. She finds helping people overcome challenges and achieve goals the most rewarding aspect of her work.**



*Aqua Aerobics at San Sereno*



*Aqua Aerobics  
at Woodside*

## STILL THINKING ABOUT JOINING A GROUP CLASS?

Starting an exercise regime may feel daunting for some, but group classes offer a structured, supportive, and friendly environment to learn and progress. Studies suggest group workouts are more effective than solo sessions. Woodside offers 11 aqua aerobics and multiple land-based classes weekly. Benefits include motivation, structure, variety, accountability, social interaction, and health improvements. Group classes push you beyond your limits, fostering a collective goal-achievement spirit under the watchful eye of a qualified instructor. They are pre-planned, covering warm-ups, cardio, strength training, and cool-downs,

eliminating the need for personal exercise planning.

Having a qualified instructor such as a biokineticist who plans your sessions means that each session will differ, offering variety in terms of the exercises and routines each week. They will also provide you with reassurance that you are doing the exercise correctly, and if not, can offer cues and guidance on how to correct it.

If you are new to your Auria community and are looking for a way of meeting people, what better way than by joining one of the group exercise classes? Besides being great for your health, it provides a platform to meet like-minded people. Let's face it, it's always more fun exercising in a group than on your own anyway.



*Aqua Aerobics  
at San Sereno*

## SWIMMING POOL FACILITIES AT AURIA

Auria showcases beautiful and easily accessible wellness centres and swimming pool facilities which offer ample space for exercise and rehabilitation, for both land-based exercise and aqua therapy. Indoor, heated swimming pools are maintained at approximately 32°C throughout the year and are equipped with railings to allow for safe and easy access in and out of the pool.



We often get asked, "Why 32°C?" In our experience, we have found that is a good compromise between what is needed for therapeutic rehabilitation, without becoming uncomfortably warm for our more vigorous style group class exercises.



**If you aren't convinced yet...  
Just listen to what our regular  
Aqua Aerobic convertees have to say.**

*“Aqua Aerobics - a life changer! Walking for an hour to an hour and a half in beautiful places, three to four times a week, has been part of my life for the past 45 years! Due to spinal deterioration and a bad fall this all changed. Adjusting was not easy. When someone suggested aqua aerobics, I was, as a non-water person, a little sceptical and resistant. However, after a few weeks of private lessons with our biokineticist, I joined the group classes. That was 10 months ago. It has been life-changing for me, with stressless, enjoyable movement in warm water. In addition to the physical benefits, it is a whole lot of fun and a pleasure following the instructions of our outstanding teacher!”*

**WENDY PRAETORIUS**

*“Before Auria introduced aqua aerobics, I was starting to become a couch potato. Now with multiple classes to choose from, I have managed to go from being a couch potato to being a fairly active resident. The sessions are energetic and fun without the danger of pulling a muscle or hurting oneself. Nicole and Stephani are sensitive to each one of their participants' health conditions and ensure that they do not try any of the exercises that may cause them harm.”*

**HUGH WROE-STREET**

*“I injured my back on a mountain walk which aggravated a lower back condition I already had. This did not require surgery but meant a change in lifestyle and hastened our move to Woodside. Shortly after moving in, I was assessed by Nicole, our Woodside biokineticist. I had been doing minimal exercise in fear of pain. It was suggested I do a three-month period of aqua aerobics, with individual guidance, to build my fitness and confidence. This would enable me to join the regular aqua aerobics classes. The result was life-changing. The warm water and professional help in this supportive medium, allow one to exercise without injury and progressively improve strength, mobility, and fitness. I have settled into a routine of four classes a week and continue to enjoy and improve.”*

**GARTH HUTTON**



**Nicole Dunn**



# BLUE ZONES, LONGEVITY & LIVING THE AURIA WAY

## WHAT ARE BLUE ZONES AND WHERE CAN YOU FIND THEM?

The notion of 'Blue Zones' refers to various places across the world noted for their extremely high number of centenarians, or people who live very long lives.

Dan Buettner invented this concept after doing considerable research into locations with exceptional life expectancy.

**ICARIA** is a Greek island where residents consume a Mediterranean diet rich in olive oil, red wine, and cultivated veggies.

Sardinia's **OGLIASTRA** area in Italy is home to some of the world's oldest men. They dwell in mountainous areas, where they often work on farms and consume copious amounts of red wine.

**OKINAWA** in Japan has the world's oldest ladies, who consume a lot of soy-based foods and practise tai chi, a contemplative type of exercise.

The cuisine from the **NICOYA** Peninsula in Costa Rica is focused on beans and corn tortillas. People in this area work physically until they are elderly and have a feeling of life purpose called as "plan de vida."

The Seventh-day Adventists from **LOMA LINDA**, California in the USA are a religious organisation. They are devout vegetarians who live in small groups.

Buettner identified nine key lifestyle habits common across all five Blue Zones.

These include:

1. Moderate and consistent physical exercise
2. Having a sense of purpose in life
3. Stress-reduction techniques
4. Moderate calorie consumption
5. A predominantly plant-based diet
6. Moderate alcohol consumption, with a preference for wine
7. Active participation in spirituality or religion
8. Strong family ties and participation
9. Involvement in social activities

These variables all contribute to the increased lifespan and general health found in these Blue Zone populations.

**Inspired by these principles, Auria Senior Living communities have embraced a similar ethos, understanding that longevity is not just about adding years to life but also life to years. This holistic approach prioritises physical, mental, and emotional well-being, focusing on thriving, not just surviving.**

## EMBRACING ACTIVITY IN DAILY LIFE

In Blue Zones, residents incorporate natural movement into their day through walking, gardening, or manual labour. Similarly, Auria communities encourage regular physical activities such as walking, swimming, and gardening, and offer an array of exercise classes - recognising the vital role of staying active and in aging gracefully.







## FOSTERING A POSITIVE OUTLOOK

A key aspect of Blue Zone living is a positive life view, often nurtured through spiritual practices and a deep sense of purpose, like the 'ikigai' in Okinawa or 'plan de vida' in Nicoya. At Auria, this is mirrored through various spiritual and mindfulness practices, including Taiji, Qi Gong, yoga and community gatherings centred around gratitude and meaningful conversations. These practices help residents find joy and purpose at every stage of life.

## CULTIVATING COMMUNITY AND CONNECTION

Blue Zones prioritise family and meaningful relationships, and Auria's communities reflect this through diverse social activities and clubs. These include a variety of clubs, activities and a varied, and exciting event calendar, that foster a strong sense of community and belonging.

## CONTRIBUTING TO A GREATER GOOD

Engaging in philanthropic activities, such as the Knitted Knockers Campaign and the Bookworm Volunteers School initiative, adds a sense of shared purpose within Auria communities. These activities not only contribute to society but also enhance the communal bond among residents.

Auria Senior Living communities resonate deeply with the Blue Zones' philosophy, cultivating environments that nurture longevity, well-being, and a strong sense of community. This alignment with Blue Zone principles is a testament to Auria's commitment to fostering lifestyles that are not only longer but richer and more meaningful.

**As the global trend towards creating more Blue Zones grows, Auria's approach stands out, reflecting its alignment with these life-enhancing principles and its promise to ensure that our residents live their best quality of life, every, single day.**



# BROKEN TILES, WHOLE HEARTS

with  
Royal View's  
**Jen Sweidan**

BY ADI GELBART  
FOR ROYAL VIEW

**Born and bred in Johannesburg, Jen is one of three sisters. Married in 1968 she was blessed with three amazing sons. The Sweidans emigrated to Toronto in 1988 but returned 18 months later; it was then that Jen entered the Real Estate Industry.**

She joined Martin Charney Estates where her innate ability to understand and connect with people, coupled with her adept negotiation skills, brought her immense success. She balanced her professional achievements with her home life, demonstrating a remarkable capability to manage both spheres. Her transition to Jessie K Estates was a continuation of this success, further solidifying her reputation as a skilled negotiator and empathetic professional.



*Jen and her family*

When her children graduated and left home, Jen's career took a significant turn. In 2005, she joined Akeso Clinics, initially as an intake consultant. Her role soon evolved, allowing her to work closely with addiction, where she facilitated counselling groups. Over 15 years, Jen's tenure at Akeso became a fulfilling journey. She describes this period as her most purposeful, where she served as an agent of healing and connection. Her high emotional intelligence found a new, deeply impactful avenue.

The intense nature of her work at Akeso led Jen to seek a creative outlet, and she found it in the art of mosaics. This form of art, involving the breaking and rearranging of glass pieces, resonated deeply with her, serving as a metaphor for the healing process. It reflected the journey of her clients at Akeso, symbolising the breaking down and rebuilding inherent in the path to recovery. Jen's skill in mosaics went beyond a hobby, becoming a crucial part of her life and work.

One notable instance of Jen's impact at Akeso involves a policeman struggling with alcoholism. Through her mosaic classes, he discovered a passion that not only aided his recovery but also set him on a new professional path. He went on to create mosaics commercially, showcasing the profound and far-reaching effects of Jen's guidance and the therapeutic power of creative expression.

Jen's life has been marked by both joy and loss. The passing of her youngest son at 26 was a profound tragedy. Having recently returned from visiting another sister in Toronto, Jen's appreciation for Royal View has only deepened. "I couldn't wait to get back to Royal View, I feel like I am living my life in fresh air!" Jen emphatically insists that she cannot find one fault with living here. She feels blessed with her close-knit family, all in Johannesburg. Her two amazing sons and

her six grandchildren are her life. Her sister and husband moved into Royal View three months after Jen which has added another joyful dimension to her life at Royal View.

Jen actively contributes to the community, hosting mosaic classes for all residents, sharing her passion and expertise, and fostering a sense of unity and healing through art. Just like the making of a mosaic doesn't need perfection. It is about finding beauty and perfection in the imperfect, acknowledging the gaps, broken pieces, and accidental designs. Resonating with the Japanese philosophy of wabi-babi - appreciating the beauty that hides beneath the surface that is broken and flawed.

Jen Sweidan's life at Royal View is a reflection of her journey - a blend of emotional intelligence, skilful negotiation, and a deep affinity for creativity. Her experiences, from real estate success to impactful addiction counselling, and her passion for mosaics, have all converged to make her life a beacon of resilience, and healing. Jen's newfound sense of freedom at Royal View has sparked more than just joy; it's in a nutshell in her words, "Living My Best Life."

***"Royal View has given us all the opportunity to meet new people and socialise in a warm, safe, beautiful and luxurious environment. I feel so blessed and privileged to wake up each morning, anticipating a fun, social and independent lifestyle, that is just remarkable."***



*Jen with her sons, Allan and Richard*

# BENEATH THE SURFACE

---

with  
Vivienne  
Budlender



**BY ADI GELBART  
FOR MELROSE MANOR**



*Vivienne celebrating her birthday*

**Melrose Manor's Vivienne Budlender characterises herself as an easygoing individual who has always aspired to develop herself and make a positive contribution to society. Her honest and affable demeanour is palpable, and her distinctive joie de vivre leaves an indelible impression that endures long after one has met her. Yet, beneath her glamorous and fun-loving exterior lies a depth of character and a journey that is both extraordinary and deeply human.**

Born under the rare sign of a caul in Saxonwold, Johannesburg, Vivienne has always felt that this marked her for a special path. A caul birth is auspicious and is believed that the baby will be lucky and protected in life and have psychic or intuitive gifts. Vivienne's life has been a testament to this belief. She attributes her keen intuition as her guiding light, a gift she has honed and relied upon throughout her journey.

Vivienne's early years may seem uneventful on paper, but her experiences at Parktown Girls and later at Wykeham

Bard were foundational. These years were not just about academics; they were about shaping a young woman's understanding of the world and herself.

After matriculating, Vivienne began working at the local pharmacy. The pharmacist happened to be an extremely good-looking man, Ken Budlender, who clearly felt the same way about Vivienne. They fell in love and got married. The Budlenders relocated to Bulawayo, where they welcomed the birth of Tessa and Michelle. However, the pull of Johannesburg's community and familial warmth brought them back, highlighting Vivienne's deep-rooted values in family and connections.

Vivienne's pursuit of a Bachelor of Social Work and an Honours degree from Wits was not just an educational endeavour but a step towards fulfilling her intrinsic drive for self-improvement. Her career at TARA Hospital, culminating in a decade as Head of Social Work, showcased her profound empathy and understanding of human nature.

Vivienne veered off into private practice, from her home in Parkhurst where she was able to be a hands-on mom to her daughters. Throughout the years Vivienne's appetite for life attracted important relationships and friendships which have all played a significant role in her quest for self-actualisation and celebration of life.

Vivienne mentions one person with whom she has shared an extraordinary bond since childhood; Mary Kalane, who was an integral member of her childhood home. Vivienne



Manor as a perfect fit for her, which was a place where she could thrive and get the exceptional care required to heal. Vivienne noted that she fell in love with Melrose Manor and felt immediately at home. She has found a lovely group of friends at Melrose Manor.

Even now, Vivienne continues to see clients, sharing her insights and experiences, while embracing every moment of life at Melrose Manor. Vivienne enjoys wonderful relationships with her family, daughters and grandkids- who absolutely adore her.

Her story is not just about the places she's lived or the roles she's played; it's about the connections she's made, the lives she's touched, and the unwavering grace with which she's navigated her journey. Vivienne Budlender's life at Melrose Manor is a beautiful reminder of the power of intuition, the strength of human connections, and the endless possibilities that life offers, no matter the stage.

describes Mary as her 'lifeline to peace' and as her calm and pillar in helping her to navigate the 'stormy waters' of periods within her life.



*“One day I will write a book about Mary,” insists Vivienne. Mary’s simple words to Vivienne “Don’t cry Miss Viv,” were always effective in centring Vivienne in times of emotional upheaval.*

Mary taught Vivienne ‘just to love’ and live with grace. Mary’s daughter Miriam Simango later became a beloved member of Vivienne’s Parkhurst household and helped her raise Michelle and Tessa.

Vivienne joined our Melrose Manor community after she had an accident on an escalator, causing her to walk with difficulty. Her daughter, Michelle and son-in-law Billy, suggested Melrose



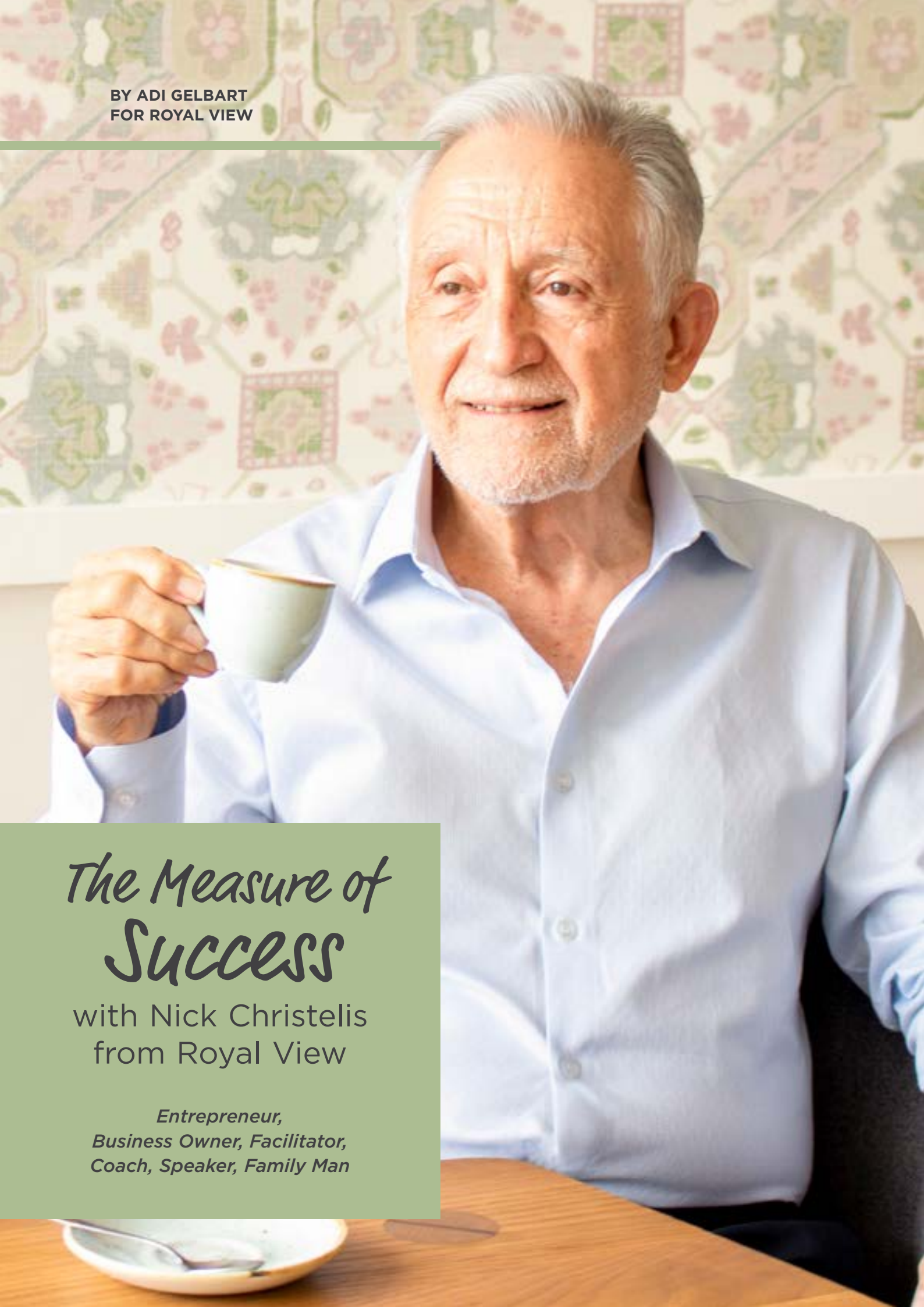
*Vivienne with her daughter and granddaughter at the Italian Club for Mother's Day*

BY ADI GELBART  
FOR ROYAL VIEW

# *The Measure of Success*

with Nick Christelis  
from Royal View

*Entrepreneur,  
Business Owner, Facilitator,  
Coach, Speaker, Family Man*





**Meet Nick Christelis, a standout figure in our Royal View Community. A psychology graduate from Wits and a native of Germiston, Nick's early career was a sprint through the entrepreneurial world, where he founded five companies in just over a decade. By his mid-30s, it seemed like he was living the dream, but a closer look revealed cracks in the facade. His health and personal satisfaction weren't keeping pace with his professional accomplishments.**

Nick came to a realisation; one he sums up like this: "We don't get burned out because of what we do; we get burned out because we forget why we're doing it." This insight triggered a major pivot. He sold off his existing businesses and took some time to realign his life priorities. That led to the birth of Nick Christelis & Associates, a consultancy focused on strategic business alignment. Unlike his earlier ventures, this one was built around his own well-being and core values. Nick found his calling as 'a source of inspiration and a catalyst for growth', and discovered that with purpose came not just success, but also happiness.

Nick distils his philosophy into clear terms: "It's fine to climb a mountain if that's your vision, so you can relish the sense of achievement and enjoy the view. It's not okay to climb the mountain just so everyone can look at you."

Over the years, Nick's wisdom found another outlet: he authored a book called 'The Art of the Arrow, How Leaders Fly', a tome drawn from his 35 years of personal and professional experiences. "You cannot achieve real success without the support of other people, and you're not entitled to it; you have to earn it," Nick says, always quick to credit those who've been part of his journey.

Nick also attributes much of his success to disciplined daily routines. Research shows willpower and self-discipline trump IQ when it comes to achieving success, and Nick's routine, starting at 4 am with exercise, mindful meditation, and reading, proves the point.

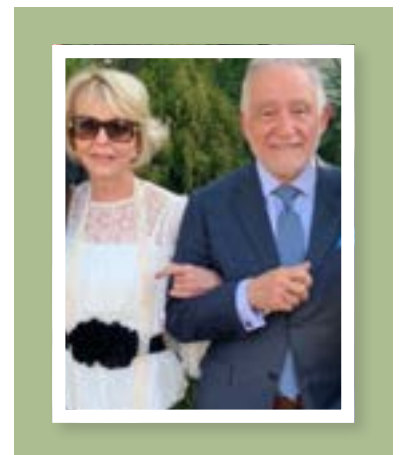


His consultancy work has taken him globally, from the USA to the United Kingdom, Europe, and the Middle East. But nowadays, thanks to the power of remote work, Nick consults internationally without ever having to leave home.

Nick and Audrey joined our Royal View community this February, a move prompted by Audrey's health needs. The transition from their cherished home on Linksfield Ridge was filled with uncertainty. However, nine months in, Nick confirms that life at Royal View has only enriched their life journey. It has provided an environment for new diverse relationships, ongoing mental stimulation, and an opportunity for renewed purpose. He even shares his leadership insights through workshops for fellow residents and staff.

*Summing it up, Nick says, "Life is like playing a violin solo in public and learning the instrument as you go along," reminding us that the journey never ends, and neither does the learning.*

Nick's story underscores a powerful lesson: success is not a one-size-fits-all formula. It's about knowing yourself and structuring your life in alignment with that self-knowledge. Nick Christelis has clearly found his own measure of success, showing us all that "If you get the inside right, the outside will fall into place."



# RALLYING THROUGH THE YEARS

The game of tennis sparks 60-year friendship among San Sereno residents

BY BASIL BAGG (SAN SERENO RESIDENT)



*From left: Rodney Leech, Basil Bagg, John Savage, Colin McMurdo*



“I would suggest that it’s not too probable that five former tennis players, spanning over 30 years of playing regular social tennis together all end up in the same Retirement Village, having lived across different parts of Sandton and Johannesburg for most of their lives.”

**However, this extraordinary story has unfolded at San Sereno. The five are, (in alphabetic order, but certainly not in tennis abilities, as our floating trophy indicates) Basil Bagg, Rodney Leech, Colin McMurdo, John Savage and Louis van Aswegen.**

The origins of this group, relative to the above residents, started in Bryanston in the early 1970s. John was part of this original group at a colleague’s home in St Audley Road, where Basil joined them in 1975. Rodney joined in around 1980, where these three continued to play with several others until July 1982, when the Bryanston hosts moved to Cape Town.

Fortunately, in 1980/1981 Basil and Joy were building a new home in Hurlingham and had a tennis court built at the same time. Thus, with John, Rodney and Basil plus three other players, this social tennis group continued to be active until early 2003.

Louis had joined the group in the early 1980s and Colin had been introduced by a fellow player in the mid 1990s. This group, with a few players coming and going, saw us through into the new millennium.

A group photograph, taken in the mid-1980s at Hurlingham shows John, Rodney, Louie and Basil; regrettably Colin had not yet joined this prestigious club! Do you like the short shorts?

It is rumoured that neither Joy, John, Colin or Rodney ever forgave Basil for daring to sell the ‘Hurlingham Country Club’ without any consultation with this illustrious group. However, as Basil and Joy were first to move into San Sereno, they all appear to have followed their good choice and

have made their homes in our wonderful community at San Sereno.

At least once a year, usually towards Christmas time, the wives and families would join in at the Bagg’s home for a splendid and sumptuous gathering. Mixed doubles games were the order of the day. Play would start around 10 am and on many occasions with the floodlights brightly burning, would go on well into the evening. John recalls that these family gatherings had started in the 1970s at the Bryanston venue, with the result that many of the young children meeting up for these days, became friends and remained so for many years. John also remembers that, with these family gatherings and especially after the usual Wednesday/ Thursday evening’s tennis and several beers, the group would burst into song with one of Neil Diamond’s (very popular at that time) great hits, ‘Song, Sung Blue’ - not sure what the neighbours might have thought but we all enjoyed these occasions.

A meticulous score sheet was maintained after each night’s session. At the annual family gathering in Hurlingham, the floating ‘Brass Ball’ trophy was awarded; On this trophy, two dominant names appear, John Savage and Colin McMurdo. Basil was a distant third, not even playing at a ‘Home Venue’ helped him get close to John or Colin!

*Rodney was always the butt of plenty of banter; he wore a knee brace which squeaked most of the time because he never brought his Q20 with him. He claims that he ruined his ACL playing volleyball at an office Christmas party; we always wondered just what kind of party it really was.*

*The team with the Brass Ball floating trophy*



**Do you like  
the short  
shorts?**

Now, they find themselves as dedicated armchair tennis enthusiasts, feeling immensely grateful for the countless joyful hours spent on the tennis courts over the years.

**Today, their camaraderie continues at San Sereno where they convene as 'retired tennis players'. Every couple of months, they gather for a delightful Sunday lunch at San Sereno, where they share stories and reminisce about the past. More often than not, they are the last to depart from the dining room, their laughter and memories lingering in the air.**

# THE MECHANICS OF THINGS

## WITH ROAL VAN ZYL-SMIT

**Born in Bloemfontein, Roal's passion for understanding complex systems was evident from his early days. He attended Grey College, where his innate curiosity found its first outlet. Under the tutelage of his uncle, Roal's youthful explorations in his home workshop laid the foundation for a lifetime of learning and innovation. Whilst at school he did a correspondence course with The College of Engineering of South Africa. Subsequently one of his models was awarded a diploma of merit by the Rand Society of Model Engineers. This was just the beginning of a remarkable journey.**

Choosing to pursue medicine, Roal attended Witwatersrand University, where he qualified as a medical doctor. It was here that he met and married his wife, Jean, a fellow medical doctor trained at UCT.

Their shared passion for medicine took them to the Royal Postgraduate Medical School in London for two years, where he engaged in ground breaking research. This period was a mutual journey of discovery and growth.

*Woodside's Roal van Zyl-Smit is a remarkable individual whose life story is a tapestry of intellectual curiosity, professional excellence and creative mastery.*

Upon returning to Cape Town, Roal completed his specialisation in renal medicine. He joined the esteemed Grootte Schuur Hospital, becoming the Head of the Renal Unit. His 23-year tenure was marked by significant contributions to the field, reflecting his deep commitment to medical science, teaching and patient care. Meanwhile, Jean, equally dedicated to her profession, returned to full-time medicine after raising their children. She achieved a PhD in lipid disorders at the age of 63, an incredible feat that speaks volumes about her tenacity and intellect.

Both their children, following in their parent's footsteps into the medical profession, and their granddaughter, currently studying medicine in the UK, underscore the profound influence Roal and Jean have had as role models. Roal's periods of sabbatical leave took him around the world, from London to Boston and Washington DC. His experiences abroad culminated in an MD and the publication of a book on kidney disease, adding yet another feather to his cap of achievements.

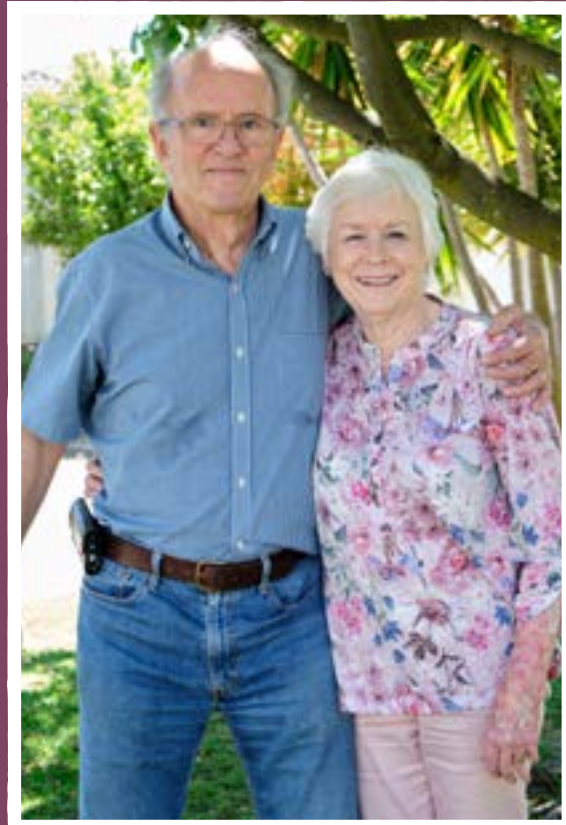


Retiring at the age of 65 as an Emeritus Associate Professor of UCT did not mean a slowdown for Roal. He embraced it as an opportunity to explore a multitude of hobbies and part-time consultancy in medicine.

His pursuits ranged from clarinet playing and bee-keeping to model helicopter flying, experimental engineering, violin and violin bow making and restoration - each hobby a testament to his endless quest for knowledge and mastery of new skills.

The move to Woodside just six months ago, after being on the Woodside waiting list for 17 years, coincided with Roal's official retirement and marked a new chapter in Roal and Jean's life. They brought with them a selection of cherished items from their Rondebosch family home signalling the start of a new era.

Roal embraced the craft of violin making and restoration. This venture, originally sparked by the inheritance of two damaged violins, showcased his incredible ability to restore and rejuvenate. His meticulous work gave new life to these instruments, now cherished by a young grade 6 violin student at a local school and a semi-professional musician in the family.



*Roal and his wife Jean*

***Roal's journey is a compelling narrative of a life dedicated to the pursuit of excellence across diverse fields. From engineering to medicine and violin restoration, his story is a testament to the power of lifelong learning and adaptability. His ability to transition seamlessly from one discipline to another, while excelling in each, is a rare quality that sets him apart.***

At Woodside, Roal and Jean continue to live a life enriched by learning, exploration, and creativity. Roal's enduring curiosity and commitment to excellence are not just admirable but deeply inspiring.

He exemplifies the idea that one's life journey can be as varied as it is fulfilling, proving that the pursuit of knowledge and skill is a never-ending adventure that enriches not just the individual but also those around them.



*Roal's violin restoration presentation at Woodside*





BY DOT WILLIS  
(SAN SERENO)

## San Sereno goes **ROADTRIPPING!**

**At 9 am on Tuesday, 5 September a cheerful group of 39, left San Sereno in a luxury bus, bound for a 3-night adventure at The Nest. Leading this flock of 'Nestlings' was our fearless Captain Fantastic, Stuart Lee.**

**With a barrage of reminders, deadlines, and not-so-idle threats, Stuart had us so well-drilled that by 8 am, luggage was already lined up outside doors, waiting for pickup like well-behaved kids on the first day of school. Individual bowls were tagged and stowed, and even the group members of this journey were efficiently ticked off and boarded!**

To keep our tummies from rumbling, Stuart had purchased lunches, complete with water bottles from Auria. The original battle plan stated NO PIT STOPS. But with a busload of seasoned citizens, youthful in spirit, if not in bladder, that 'no stops' rule was rightfully adjusted. Despite Stuart's attempt to hawk water bottles at prices that would make a theatre concession stand blush, no one was buying, literally. Instead, we enjoyed a rollicking ride, peppered with Stuart's inimitable comedy stylings.

The bus wasn't strictly a bowlers-only zone; the invite was extended to any and all adventure enthusiasts. Soon enough, seats were claimed by bridge players, avid hikers and a few chilled-out loungers.

Christine and Jim Laing organised the bridge, while Hugh Moffat sorted out logistics for a night with the Drakensberg Boys Choir. Owen Liebbrandt even donated the bus service for the Bird Show.



For the hikers, a compass, a map and the aroma of freshly baked bread pointed the way to the bakery and for those who signed up for 'Me Time', got precisely that.

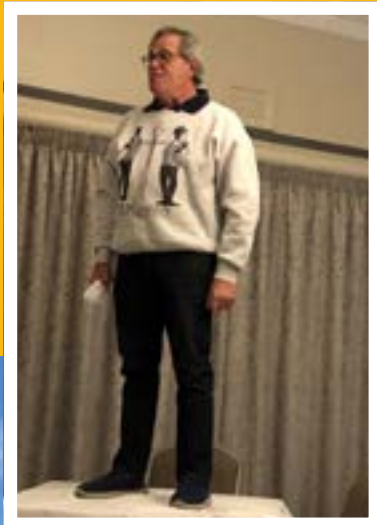
Stuart wasn't about to let anyone gather moss and arranged for bowling tutorials, bowls games, and outings catering to both the industrious and the idle. The food was delicious and the pre-dinner gathering at the pub was a sure highlight - thanks to Stuart's knack for keeping us engaged, entertained, and, believe it or not, in line.

The trip to the breathtaking Drakensberg was a countryside escapade for the books. Kudos to Stuart for the flawless orchestration of this ensemble of Nestlings.

**Thank you, Stuart, from your fellow Nestlings! Local is lekker, especially with this group of San Sereno-ians!**



*Captain Fantastic, keeping us all in line*



# THE NEST HOTEL

This is the second of a regular column where we will be featuring older adults who have 'still got it' and are engaged in interesting pursuits, which add positively to their personal meaning and purpose in life. **We hope to be inspired by these people who are, at the end of the day, just ordinary older people, doing extraordinary things.**

**BY ADI GELBART**

Adapted from the original article in the Sunday Tribune News

# STILL GOT IT!



**Leonard Baumann** at 100 years old and has still got it! He is the man behind the much-loved South African brand of Choice Assorted biscuits, notably the Strawberry Whirl!



**Though technically retired, Leonard continues to drive to his office daily in his cherished Mercedes Benz SL, a family heirloom from his grandfather, John Baumann, who started the company which created the Choice Assorted range of biscuits, which is still ever present in South African households.**

"I wake up every day and go to 'work.' This is my safe space. I still have to see how far the business has come," Leonard explains.

Born in the quiet town of Empangeni in northern KwaZulu-Natal, Leonard moved to Durban where he was schooled, eventually moving to Johannesburg to pursue a degree in accounting. However, it wasn't long before he returned to his roots, joining the family business.

"We had 80 trucks going out every morning,

delivering freshly baked bread and biscuits across the city," he fondly recalls.

Through the years, Baumann's influence grew alongside the family business and it was at this juncture that he created the beloved addition to the Baker's biscuit line, the Strawberry Whirls - a round biscuit filled with cream and strawberry jam. "I always loved the taste of strawberry jam," he says, "and wanted to share that in a way that could become another family tradition."

Despite the demands of a thriving business, Baumann graciously accepted the role of chancellor at the then Natal Technikon, where he served for 10 years. His entrepreneurial spirit led him to explore other avenues as well, including a partnership with Fino Foods and supporting Lifeline, an organisation dedicated to mental health.

His wisdom for the younger generation of entrepreneurs is simple yet profound:

*"Being humble and remembering why you're in the business will guide you towards success. Once humility is lost, it's difficult to make true progress."*

As if his life isn't already an open book of accomplishments and enduring values, Baumann is literally writing a book, slated for release later this year. It's another milestone in a life richly lived, a life that continues to touch so many others.

**His enduring vigour and daily commitment to his lifelong work are genuinely inspirational. This centenarian has still got it!**



# Garden Talk

## BOKASHI THE ART OF COMPOSTING



BY NATASHA  
ALEXANDER,  
AURIA'S  
HORTICULTURIST



For further enquiries please email me and I will be happy to assist in helping you set up your own system: [theflowerstation084@gmail](mailto:theflowerstation084@gmail)

**Building on the foundation laid in our September issue, which delved into the realm of waterwise plants and sustainable gardening practices, this edition of LIVING pivots towards a theme that's just as integral to eco-friendly horticulture: the art of composting and the recycling of household waste into garden gold.**

With the rising urgency for efficient food waste management, it's imperative to acknowledge the compostable wealth that we, often inadvertently, discard as trash. The kitchen, a hub of daily activity, provides a bounty of organic materials that, through simple and effective methods, can be transformed in a compost bin. This process not only diverts waste from landfills but also conjures a rich, self-made fertiliser to enrich our gardens. Let's explore the transformative journey from kitchen.

Bokashi is a fermentation process used to break down kitchen waste in a way that is odourless and free of mess. This makes it a more pleasant experience to compost your food waste at home, including cooked food, meat products, and dairy, without worrying about the negative impacts on your living space.

The process is simple where alternating layers of food waste and Bokashi Bran are added to a bucket. Once the bucket is full, it is closed and allowed to ferment for 2-3 weeks. A liquid is produced during this process which escapes to the bottom of the bucket and is removed through the tap at the base of the bucket. This liquid is 'Bokashi tea', which is high in nitrogen, one of the most important nutrients needed by plants and is often deficient in the soil. This can be used to fertilise house plants or the garden.

### DECOMPOSITION VS PRESERVATION

Fermentation is far more beneficial than composting, as it retains more of the original nitrogen than compost does. It is more of a preservation process where oxygen is eliminated, and the correct pH is achieved with the right organic acids.

Composting is a process where microbes are encouraged to break up organic matter into small molecules including nutrients. This is a decomposition process. Different organisms are used for Bokashi and composting.

## THE BOKASHI PROCESS

### STEP 1

When preparing your meals, keep a bowl nearby to add all scraps and leftovers from the meal preparation, this reduces the number of times you need to open your Bokashi bucket. It's important to make sure that the bucket is kept closed, to reduce oxygen and keep flies out. This simple step can help maintain a clean and hygienic fermenting environment, ensuring that your composting efforts are effective and hassle-free.

### STEP 2

To achieve the best results from the bucket, it's advisable that the layers of food waste are not more than about 7cm thick. On top of each layer of food, sprinkle about ½ cup or 100ml of Bokashi Bran over the waste. Repeat the layering until the bucket is full, making sure to add extra bran on layers that contain bones or meat, to promote effective fermentation. Always make sure the lid is tightly sealed.

Once the bucket is full, place it out of the direct sunlight and leave it for two weeks until fully fermented.

It's helpful to have two buckets so you can continue your recycling while the full bucket is fermenting.

### STEP 3

The Bokashi Bran buckets are equipped with a straining tray and tap. As the fermentation process takes place, the

liquid from the food waste gathers at the bottom of the bucket. You can gently shake the bucket to see if there is some liquid ready to be tapped off. This is the nutrient-rich Bokashi tea, which is a concentrated organic plant food. The amount of liquid depends on the moisture content of the food waste. This concentrated liquid/Bokashi tea, should be diluted at 1 cup to 25 litres of water. This should be applied to the roots and provides a potent boost to the soils' nutrients. It can be diluted further in a spray bottle as a foliar feed.

Bokashi tea is highly concentrated so must be diluted 1:3 in water so that it doesn't cause plants to burn. Bokashi tea, undiluted, can be used to pour down drains to eliminate bacteria and bad odours.

The remaining food waste, after all the liquid has been tapped off, can be added either to a compost heap or buried in your garden beds, in trenches between plants. Using this and the fermented Bokashi tea on your garden is a highly nutritious form of fertiliser.

Overall, the Bokashi bucket and Bokashi Bran provide a clean, effective, and easy-to-use solution for eco-conscious individuals looking to compost their food waste in a more sustainable way.

***“Enjoy the benefits of a sustainable composting method and don't let your food go to waste. Within the Auria communities, we can create beautiful surroundings through our own sustainable waste management.”***





# LIVING OUR CORE VALUES

**At Auria Senior Living, we adhere to a set of core values that guide all aspects of our operations.**

**These values are more than just words on a page; they serve as the foundation for our company culture, relationships with our residents, and commitment to excellence.**

**Our Star Performers who have exemplified these core values are nominated each month.**

For this issue of LIVING we recognise our Star Performers at each Auria community over the last quarter. Well done to you all! Thank you for your kindness, respect, friendliness, communication, teamwork and excellence!

**Our core values and what they mean to us are listed below.**



## **KINDNESS**

We show care, consideration, and generosity to all those with whom we interact.



## **RESPECT**

We have regard for the feelings, dignity, wishes, rights of others as well as awareness and understanding of everyone's needs, circumstances, and diversity within our Auria communities. We are polite and courteous at all times.



## **FRIENDLINESS**

We are engaging and pleasant and show interest in all those within our community.



## **COMMUNICATION**

We value clear, concise, and timeous communication, good listening skills and honesty.



## **TEAMWORK**

We collaborate within our communities to work cohesively, take ownership, celebrate successes, and take individual and collective responsibility for results.



## **EXCELLENCE**

We strive to do our best at all times by continually learning, consciously improving, making clear choices, anticipating changes, being innovative and planning for the future.





## MELROSE MANOR STAR PERFORMERS

**Hazel Kekana,**  
Food and Beverage Waitress  
👉 Friendliness and 👉 Teamwork

**Emmanuel Muzunda,**  
Caregiver  
👉 Communication

**Lesego Mosenogi,**  
registered nurse, shift leader  
👉 Excellence and 👉 Teamwork

## ROYAL VIEW STAR PERFORMERS

**Zandile Mnengisa,**  
Care  
👉 Communication

**Amos Popela,**  
Maintenance  
👉 Excellence and 👉 Teamwork

**Amber Gordon,**  
Community Manager  
👉 Teamwork



## WOODSIDE STAR PERFORMERS

**Vumile Sanqela,**  
Houseman  
👉 Excellence

**Unathi Robert,**  
Front of House Supervisor  
👉 Communication

**Thobile Luzipho,**  
Food and Beverage  
👉 Teamwork



## SAN SERENO STAR PERFORMERS

**Phepsile Sibozu,**  
Housekeeper  
👉 Teamwork

**Cetro Mncube,**  
Concierge  
👉 Friendliness

**Tavashne Sookdew,**  
Stock Controller  
👉 Excellence



# Letters

from residents and families

**We have received so many thoughtful letters this year, but due to space we can only share a few of them. Please keep writing to us. Your feedback, opinions and gratitude are always appreciated and valued. Permission will always be obtained before printing.**

Dear Danielle

I would like to take this opportunity to thank you and all your staff for the excellent care I received in Respite. I was treated with kindness, compassion and good nursing. The two weeks I spent in Respite was the perfect bridge between the operation in Linksfield Hospital and coming home to my cottage.

Please thank Nurse Kosi, Nurse Betty and the whole care team.

I would also like to mention the very tasty food I received.

**MARLENE VARCOE**

## PRESENTING OUR BRAND NEW AURIA SENIOR LIVING CARE TEAM UNIFORM!

To us, it's more than just an attire; it's a reassuring message to our elderly residents that we're here to walk this journey with them. This uniform symbolises our pride and dedication to our role, promising to make a positive impact on families and ensuring their loved ones are in caring hands.

Wearing this uniform is a statement of our commitment to spreading love, empathy, and top-notch care for our residents. It proudly reflects our team's diversity and individuality, tailored to meet the unique needs of each resident.

So, the next time you spot someone in this uniform, give them a high five and remind them of the incredible work they are doing!

**SINAZO VAMBE**  
Care Worker at  
Auria Senior Living  
(on the left)



# Get involved with our magazine

We invite all our residents (and their families) to get involved with our magazine, and to send us your stories, jokes, poems, photos... anything that our communities may like to read about.

There is so much to share: hobbies, interesting people you may have met, travels you have experienced, recipes you may have tried.

Perhaps you have had an interesting career, or there was a particular event within your career that others may like to read about.

Sons and daughters could write about their parents from their perspective.

Or proud grandparents could share their grandchildren's achievements.

**IT DOESN'T HAVE TO BE GRAND.  
IT ONLY NEEDS TO BE FROM THE HEART.**

*Disclaimer: This newsletter does not represent Auria or those who contributed/put together this publication. In addition, every effort will be made to attribute content to the rightful author/owner. Should omissions inadvertently be made, we tender our apologies.*

**For San Sereno,  
please contact:**



**DOT WILLIS**

011 463 7013 / 083 676 5925  
dotstruwig@mweb.co.za



**MARIE-LOUISE VAN NIEKERK**

011 463 5694 / 083 252 7595  
josvanniekerk@mweb.co.za

**For Melrose Manor,  
please contact:**



**EVA APOLLONATOS**

010 443 6334  
eva@auria.co.za

**For Woodside,  
please contact:**



**MARISKA VAN DEN BERG**

021 681 2600  
mariska@auria.co.za

**For Royal View,  
please contact:**



**AMBER GORDON**

084 999 9414  
amber@auria.co.za

**For general enquiries,  
please contact:**

**ADI GELBART**

072 378 6533  
adi@auria.co.za

Editor and Content  
Co-ordinator of  
LIVING by Auria



# THIS IS NOT RETIREMENT. THIS IS LIVING.



SAN SERENO  
—  
Bryanston



MELROSE MANOR  
—  
Melrose



WOODSIDE  
—  
Rondebosch



ROYAL VIEW  
—  
Sandringham



CORAL COVE  
—  
Sheffield Beach

Internationally Awarded



[info@auria.co.za](mailto:info@auria.co.za) • [www.auria.co.za](http://www.auria.co.za)

Auria Senior Living Support Office • +27 87 654 8833  
Suite 802, The Firestation, 16 Baker Street, Rosebank

