

Ron Smith Care Centre @ Elphin Lodge



RAND AID
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SEPT 2025 No. 115



Golden Games

Red danger as River Lodge 3 claims the top spot

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SPECIAL RESIDENT AWARDS:



Best over-90 competitor:
Beryl O'Donnell (WL).



Most spirited/positive attitude:
Vivien Michler (LS).



Best effort made:
Margaret Wright (RL2).



Best Sportsperson:
Charles Power (WL).



Champion Skyscraper builders:
Carol Murphy and Hans Fikkert (CP).

SPECIAL STAFF AWARDS:



Most spirited sportsper-son:
Jennifer Silubane (WL).



Most passionate team member:
Lerato Pebane (RL2).



Most memorable moves:
Lucy Kgafela (CP)



Best team supporter:
Iris Radebe (WL).



Champion skyscraper builders:
Precious Mlimo & Susan Esbend (WL)



Best team leader:
Maro-peng Mawasha (LS)



THE WINNERS!



ABOVE AND BELOW: Dance Champions 2025: River Lodge 3, group 2.



Champion Golden Gamer Staff: Prudence Sengoengeng.



Champion Golden Gamer Resident: Helmut Gschnaidtner.

Residents prove you are never too old to have fun!

The halls of Ron Smith Care Centre (RSCC) were alive with laughter and friendly rivalry as the annual Golden Games returned for its fourth year from August 11 to 15. With energy and team spirit, residents and staff embraced a week packed with challenges, performances and celebrations.

In the weeks leading up to the Golden Games, anticipation was palpable. Staff practised their dance routines to Meghan Trainor's Better when I'm dancing, preparing to earn points for their wings while adding a festive flair to each afternoon's activities. Simoné Botha, RSCC's manager of OT and recreation, notes that the rehearsals were 'a wonderful way for staff and residents to bond before the competition even began..

Banners were another highlight of the preparations. Residents and staff worked tirelessly to create colourful displays representing their wings, each reflecting the values of The Rand Aid Way's HEART initiative.

Once the games began, all six wings competed in a series of fun and spirited challenges, each aiming to claim the coveted Golden Games Championship. Monday kicked off with Bocce-ball, followed by fingerboard on Tuesday. Wednesday brought a nail-biting skyscraper-building challenge using Jenga blocks, with the tallest resident tower reaching 133cm and the tallest staff tower an astonishing 145cm. The week concluded with beanbag throws at golden bottles, a crowd-pleasing event that had everyone cheering for every successful hit.

Afternoons were reserved for the highly anticipated staff dances. Dressed in colourful outfits and tutus, teams filled the stage with energy and joy. For the second year running, River Lodge 3's second dance group defended their title as Dance Champions, scoring an impressive 68/70.

Friday's award ceremony was a celebration of not just victories, but participation, teamwork and spirit. Residents and staff received awards for their efforts, and the event concluded with a final group dance featuring all performers – including nursing manager Leanie Bessinger. River Lodge 3 emerged as the overall Golden Games 2025 champions, ending Cedar Park's two-year winning streak.

The week brought smiles, pride and a sense of community. One family member remarked on how impressed she was with River Lodge 3 residents and staff, while resident Vivien Michler was delighted by her award, joking that her grandchildren would be jealous. Echoing the week's sentiment, another resident shared, "We are never too old to have fun!"

Gert Coetzee, the CEO of Rand Aid Association, thanked everyone for their enthusiasm and dedication, especially highlighting the staff's creative banners and spirited participation. He said, "It's the staff who make RSCC more than a place to stay – they make it a home."

The 2025 Golden Games reminded all that success is measured not only in wins but in teamwork, encouragement, kindness and joy.



Birthdays

RESIDENTS

03 Sept	Carole Pieterse (RL1)	80
05 Sept	Carol Murphy (CP)	80
05 Sept	Josephine Kew (RL1)	94
08 Sept	Joy Smith (RL2)	93
08 Sept	Irene Watson (RL1)	104
11 Sept	Elizabeth Trinder (LS)	95
13 Sept	Vivien Michler (LS)	78
16 Sept	Catherine Basterfield (RL2)	100
21 Sept	Joan Gelman (CP)	90
21 Sept	Jan Miller (CP)	82
22 Sept	Elizabetha Morgia (RL3)	87
24 Sept	Fred Shaw (RL1)	91
27 Sept	Maria Jose' Macedo (RL2)	89
28 Sept	Esme Joubert (RL1)	88

STAFF

02 Sept	Masegata Mamabolo
06 Sept	Ntombikhona Maphasa
09 Sept	Amanda Ndlovu
11 Sept	Lungile Mhlongo
11 Sept	Makgabo Baloyi
13 Sept	Nhlalala Mavunda
14 Sept	Iris Radebe
14 Sept	Siyakubonga Nazo
17 Sept	Khazamula Hobyani
17 Sept	Nomizana Pili
17 Sept	Thivhonali Rananga
22 Sept	Refilwe Ratema
23 Sept	Nothile Vilakazi
23 Sept	Hlumela Anderson
25 Sept	Nonstiki Ngwenya
25 Sept	Sedya Malatji
26 Sept	Ulricka Beukman
26 Sept	Carol-Ann Mckenzie
26 Sept	Mmamose Maphoso
27 Sept	Nicky Ponco
30 Sept	Mmathapelo Magwete
30 Sept	Portia Mulaudzi

* Staff members must please remember to collect their birthday chocolates from reception.

FONDLY REMEMBERED

Bob Tonnesen	Ursula Northern
Joy Quinn	

WELCOME TO...

Francis Kock	Irene Hensen
Sarah Mintz	

