
CAISTER CHAT

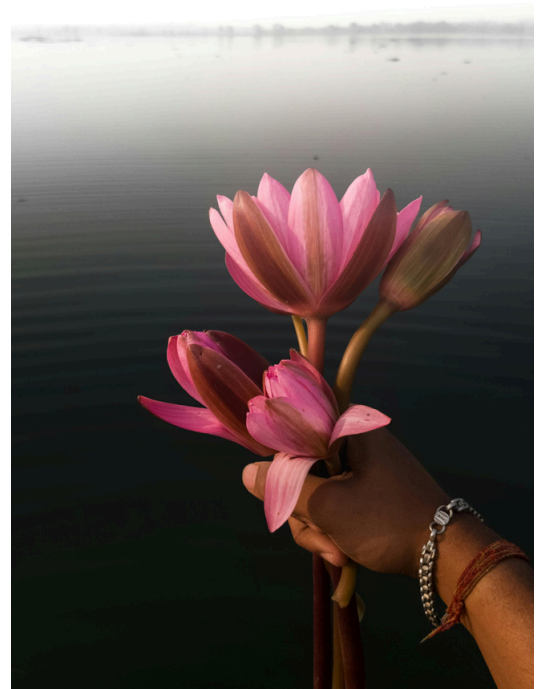
MEDITATION ✦ JULY HANDICAP ✦ BOTANIC GARDENS ✦ HAPPY HOUR ✦ SANTA SHOEBOX

THE PERFECT ANTIDOTE

June has been an exhausting month for sports fanatics - the Football World Cup, the Comrades Marathon, cricket, rugby and tennis, tennis with the French Open, Queen's, the Hamburg Open and now Wimbledon.

We offer the perfect antidote for all that action. Slow down, explore gentle meditation, and learn the secrets to happiness with Satyam a well-travelled Netherlander, now living in South Africa.

VENUE	Caister Lounge
DATE	Wednesday, July 1st
TIME	10.45 - 11.30 (45 minutes)
Full details are on the Notice Board.	



QUIZ NIGHT

Quiz Night returns on Wednesday, July 8th at 6 pm. Gather a team and put your wits to the test.

THE JULY HANDICAP



Saturday, July 4th – the main race is at 4.20. Have a flutter; you may be the big winner! Sweep tickets at R5 each are available from Reception.

The sweepstake draw takes place on Friday, 3 July 2026 at 10:00 am, prior to morning tea service. On Saturday the race will be live in the Bar from 4 pm - enjoy the excitement together and cheer the runners home.

DURBAN BOTANIC GARDENS

Following an enjoyable outing, it was agreed that a visit to the Durban Botanic Gardens will take the place of the Thursday Beach Walk more frequently. It is accessible for the less agile, features a glorious new Tropical Orchid & Plant House, and offers plenty of benches around the tranquil lake to sit, relax and take in the prolific bird life.

You can experience a magical 30-minute golf-cart tour with the charismatic guide, Vishnu. This lets you explore further into the oldest existing Botanical Gardens in Africa — and the oldest public institution in Durban.

You will be amazed by what you see and learn in such a short time! The tour takes only three people and costs R100 each. No booking necessary. There is a Coffee Cart, Book Stall and small curio shop — what more encouragement do you need to join the expedition?



THE CAISTER BUS

Please note the Caister Bus timetable is on the board. The bus goes directly to and from the venues listed for each day, and the driver is not permitted to make unscheduled stops or deviations. Your co-operation is appreciated.



THURSDAY HAPPY HOUR

Happy Hour in the Pub has a fun new twist. Come and sip a “Phewe Special Cocktail” – delicious, attractively served, and at a bargain price.

Don't forget the lucky draw at 5 pm for first prize of a meal voucher, with chocolate bars for two runners-up.

A NOTE ON BAR TICKETS

From July 4th, books of bar tickets will increase from R180 to R200 per book. **The drink prices will NOT increase**, but will be adjusted accordingly. This means you will need fewer tickets to pay for your regular tippie!

DECORATIVE ARTS SOCIETY

The Decorative Arts Society meeting is on Tuesday, July 21st. The Caister bus will operate if there is sufficient interest. The meeting subject and description, plus the bus notice, will be posted closer to the time.

THE SANTA SHOEBOX PROJECT

The Santa Shoebox project is ongoing until the end of September. Make up your own box, or donate individual items to a communal box, and spread Christmas cheer to needy children. Full details are on the board, or ask at Reception.



LIBRARY AMNESTY

A big thank you to those who donated or returned books to the library. Please check your bookshelves- there are lots of titles which have been AWOL for months! No questions asked. No fines applicable!

WITH GRATEFUL THANKS

We thank those residents who volunteer their time and effort in so many ways. You do not go unnoticed and are much appreciated. More thanks to residents who generously donated knickknacks for the new shelves in the foyer - we hope you agree it makes the entrance more welcoming.

A NEW BOARD, A LEANER MODEL

To streamline costs, the new Board investigated the running model of other retirement complexes. They were surprised to learn that none employed two managers — and that the manager did not usually reside on the property.

IN SAFE HANDS

Changes have been made to ensure the smooth operation and safety of all when David Mason is off duty. The Clinic staff and DSG Security are on duty 24/7. Board and House Committee members are residents. Fire Marshals and resident staff are fully briefed on their responsibilities. You are in safe hands and there is no need for concern.

A MEDICAL EMERGENCY?

If you need help when in your apartment, simply **press the RED BUTTON on your house phone**. This goes directly to the Clinic - they can see your apartment number on their screen and will send help immediately.

PETS NOW WELCOME AT CAISTER

We're pleased to share that the Board has approved residents bringing a dog into Caister Lodge, on a Special Consent basis and subject to a set of conditions — including breed size, enclosed garden access, lead/carry requirements on common property, and owner responsibility for cleaning up and costs.

This isn't a change to our No Pets Policy, but a case-by-case approval for residents who'd like to apply. If you're considering a dog, please contact [reception/management] for the full conditions and consent form.

FIND US ONLINE

Please Google the Caister website, or look for us on Facebook and Instagram. If you have an appropriate photograph, please send it to our Marketing expert, Yolandi Williams 072 236 9370. This is still a work in progress, but a great deal of hard thought has gone into getting the message across that Caister Lodge is the best retirement option in Durban.

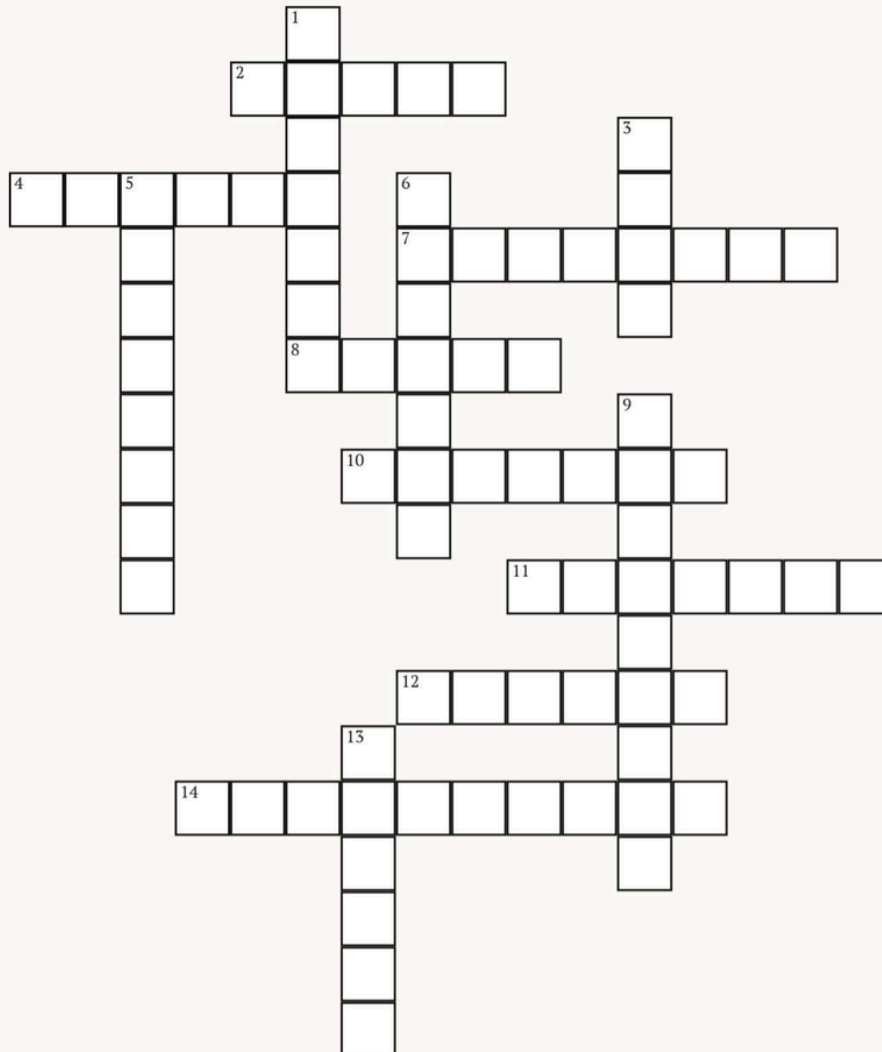
COMINGS & GOINGS

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| IN MEMORIAM | Harold Raikin (#112) passed away on 11 June 2026. |
| MOVED ON | Rosemary Scheepers (#53) has moved to Essenwood Residential Home. |
| WELCOME | Fredrick (Willie) Streak (#21) and Pru Kerr (#130) have joined the Caister family. |

Enjoy the glorious Durban winter weather but be aware that colds and flu are making the rounds. See the clinic or a doctor if you feel poorly.

CAISTER CROSSWORD

"Winter Days at Caister" · June 2026



ACROSS

2. Thursday ____ Hour in the Pub (5)
4. The glorious new Tropical ____ House (6)
7. The July horse race you can have a flutter on (8)
8. Tickets at R5 each for this race draw (5)
10. The Durban ____ Gardens, oldest in Africa (7)
11. Please return your overdue books to the ____ (7)
12. Enjoy the glorious Durban ____ weather (6)
14. Satyam guides this gentle practice to slow the mind (10)

DOWN

1. Vishnu's golf-cart tour explores these (7)
3. Wednesday-night brain-teaser at 6 pm (4)
5. The new 'Phewe Special' ____ at Happy Hour (8)
6. The Santa ____ project spreads Christmas cheer (7)
9. The grass-court tennis Grand Slam now underway (9)
13. The charismatic golf-cart tour guide (6)

CROSSWORD — ANSWERS

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