



# **Retirement with CPOA, Reassured.**

## **2026 / 2027**



**CPOA**

The Retirement Specialist







Thornton Place Residents



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Eventide Resident

# Introduction to CPOA

Established in 1953, CPOA brings over 65 years of expertise in delivering exceptional care for retirees and the elderly.

While our roots lie in the welfare retirement sector—a commitment we proudly uphold—CPOA has expanded to own and manage over 20 Retirement Communities across Cape Town. From affordable welfare homes to premium developments, we offer a diverse range of living options tailored to different retirement needs and lifestyles.

## Our Offerings at a Glance

- Apartments, cottages and houses
- Life right and rental options
- Independent living solutions
- Care plans, full-time care in our Care Centres, and specialized dementia care in our Memory Care Centres



# Meet the Team



Operations Manager  
Kevin Lewis



Operations Manager  
Karen Janse Van Rensburg



Operations Manager  
Richard Hawkins



# Retirement communities that feel like home

At CPOA, we understand that each person's needs and lifestyle are unique. That's why we offer a variety of retirement communities, each carefully designed to meet the specific needs of our residents. With more choice, flexibility, and peace of mind, our diverse communities ensure that you can find the perfect place to enjoy your retirement.

## Location

Our Retirement Communities are strategically located to enhance your lifestyle. With convenient access to shops, cafés, and scenic walking paths, you can easily enjoy a quick errand, meet friends for coffee, or take a leisurely stroll, all with amenities just moments away.

## Accommodation

From classic, well-established communities to contemporary developments, we offer something for every preference. Choose from apartments, ranging from studios to three-bedroom units, designed for a convenient lock-up-and-go lifestyle. For those seeking more space, our cottages and houses in gated villages offer a peaceful retreat from city life, while remaining close to all essential amenities.

## Wellness

We believe in promoting a "healthy ageing" lifestyle and strive to ensure that your overall well-being is always looked after. Our Residents Committees and Managers see to it that there is always something on-the-go, providing ample opportunities for you to socialise, remain active, and continue doing whatever it is that you love.

## Care

Care is an important consideration when it comes to peace of mind for your retirement years. This is why several of our retirement communities are equipped with an on-site Care Centre for around-the-clock care. A number of these Care Centres also offer specialized Alzheimer's and dementia care.

Should your preferred retirement community not have an on-site Care Centre, you can still rest easy knowing that, should you need it, accommodation in one of these centres will always be made available to you as a CPOA resident.

Residents also enjoy the option of a 15% discount on outside tariffs, as well as five days complimentary sickbay usage each year.

Where assistance with only a few day-to-day tasks is required, many of our facilities offer personalized care plans which support low to mid-care needs.

## Agreement Options

CPOA offers two options when it comes to securing your retirement accommodation: long-term rentals and life right purchases. For further information on CPOA's life right model, please visit our website at [www.cpoa.co.za](http://www.cpoa.co.za) or speak to one of our Managers.

## Basic Levy (includes but not limited to)

- Meals
- Security
- Health & Safety
- Municipal charges
- General Maintenance
- Irrigation
- Common area electricity
- Cleaning services
- Entertainment
- Pest Control
- Facilities
- General support structure
- Recycling
- Window cleaning
- Perimeter
- Emergency services

# Anchusa Court

7 Wren Way, Meadowridge

## *What you need to know*

- 82 Apartments
- All meals included
- Weekly housekeeping
- Regular entertainment
- Close to local amenities
- Wifi connectivity in each unit
- All units are on rental basis
- 24 hour security

## *Pricing*

- Rentals from R15 860 p/m



Nestled in the tranquil, tree-lined suburb of Meadowridge, Anchusa Court offers retirees a peaceful and welcoming environment. Combining classic charm with modern comfort, it provides a safe, clean, and serene setting where residents can enjoy both privacy and a sense of community.



“

As the manager of Anchusa Court, my team and I are dedicated to fostering a safe, secure, and welcoming environment where residents feel truly at home. We believe that everyone who arrives as a stranger soon becomes a friend. Our residents' well-being is our top priority because we believe that a fulfilling retirement is the well-earned reward for a life well lived.

”

Charmaine earned her Diploma in Business Management from UCT and a Certificate in Office Management from Intec. With 13 years of experience in elderly care, she brings a wealth of knowledge and dedication to her role.

For more information please contact the Manager, Charmaine Matthee  
Tel: +27 21 712 9205 Email: CMatthee@cpoa.org.za

# Avondrust Court

20 Rouwkoop Road,  
Rondebosch

## What you need to know

- 119 Units
- All meals included in levy
- Laundry & cleaning once a week
- Wi-fi available
- Bright and cheerful gardens
- Weekly shopping trips
- Hairdresser on site
- 24- hour medical access
- Time - based Care Service available for independent residents at a fee
- Not a pet - friendly facility

## Pricing

- Rentals from R7 335 p/m
- Life Right units starting from R 690 000 with a monthly levy of R 6 074 p/m



Avondrust provides an exceptional retirement experience at an affordable price, making it an ideal choice for seniors seeking comfort and happiness in their golden years. Conveniently located in Rondebosch, next to St. Michael Catholic Church and just a short walk from the Baxter Theatre and Newlands Stadium, Avondrust offers the perfect balance of independence and a fulfilling lifestyle.



“

My team and I are dedicated to making life at Avondrust a fulfilling and enriching experience. We listen, care, and support our residents every step of the way, ensuring they embrace this incredible journey with dignity, joy, and peace of mind.

”

Michelle has been a valued member of CPOA for 12 years, making significant contributions to both Sub-Economic and Upmarket facilities. Recently appointed as the Manager of Avondrust, she finds working with the elderly to be an incredibly fulfilling and rewarding experience.

For more information please contact the Manager, Michelle Paulse  
Tel: +27 21 689 8346 Email: [MPaulse@cpoa.org.za](mailto:MPaulse@cpoa.org.za)

# Berghof

44a Hof Street, Gardens

## *What you need to know*

- 62 Apartments
- Residents TV lounge with tea and coffee station
- 16 meals included in the levy
- Wifi available
- Laundry & cleaning services offered
- Beautiful gardens with mountain stream
- 24 hour security
- Organised outings with CPOA Transport

## *Pricing*

- Life Right from R 791 641 with monthly levy from R 5 274 p/m



Situated on the slopes of Table Mountain, Berghof offers breathtaking views of Lion's Head, Devil's Peak, Signal Hill, and the bay. The property is conveniently located within walking distance of De Waal Park, with the Cape Town Mediclinic and Gardens Shopping Centre nearby.



“

At Berghof, our goal each day is to ensure the happiness of our wonderful residents by meeting their daily needs and encouraging them to foster friendships, stay active, and age gracefully. We provide a safe living environment with 24/7 security, allowing residents to enjoy peace of mind and a fulfilling lifestyle.

”

Florence has been with CPOA since 2008, bringing a rich background in hospitality. She feels it is a true privilege to care for senior citizens alongside the amazing team she works with. Florence and her team are dedicated to listening to residents, offering them their time, patience, and love to ensure they feel valued and supported.

For more information please contact the Manager Florence Yonamu  
Tel: +27 21 423 4383 Email: [FYonamu@cpoa.org.za](mailto:FYonamu@cpoa.org.za)

# Constantia Place

Southern Cross Drive, Constantia

## What you need to know

- 61 cottages for independent residents
- 10 assisted living apartments
- 30 bed care centre on-site
- All lunches & suppers included in monthly levy
- Every cottage is refurbished to suit the new resident's unique style and individuality – according to CPOA specifications
- 24-hour medical access
- 24-hour security
- In-house cleaning services available
- Weekly garden service

## Pricing

- Life Right cottages from R6 300 000 with a monthly levy from R13 500 p/m
- Life Right assisted living apartments from R 2 250 000



Nestled in the picturesque suburb of Constantia, Constantia Place is a well-established and distinctive retirement village offering retirees a variety of independent living options, all available on a Life Right basis. With its tranquil surroundings and exceptional amenities, it provides the perfect setting for a fulfilling and worry-free retirement.



“

The most rewarding part of my role is meeting new residents and ensuring that each one receives outstanding, personalized service that caters to their unique needs and preferences. Creating a welcoming and tailored experience for every resident is at the heart of what I do, ensuring they feel valued and supported throughout their journey with us.

”

Alongside his team, Adam takes great pride in assisting and welcoming residents and their visitors to Constantia Place. With extensive management experience in both hospitality and retirement, he brings the perfect blend of skills to his role. His keen attention to detail ensures that residents enjoy their time at Constantia Place to the fullest, while their overall well-being remains a top priority.

For more information please contact the Manager Adam Mullins - Munga  
Tel: +27 21 794 9020 Email: [AMunga@cpoa.org.za](mailto:AMunga@cpoa.org.za)

# Eventide

25 Atlantic Road, Muizenberg

## What you need to know

- 44 individual apartments
- All with built-in kitchens
- No meals provided
- Bright and cheerful communal areas
- Residents' Library
- Wellness calls every morning
- Cleaning service once a week
- Coin-operated laundry available
- On-site clinic once a week
- 24 hour security

## Pricing

- Rentals from R 6 094 p/m
- Life Right units from R 542 867 with a monthly levy from R 3 174p/m



Eventide is ideally located in the heart of Muizenberg, just a two-minute walk from the beach. Residents can enjoy a daily stroll to one of the many waterfront cafés or restaurants, and in the evenings, they can take in the stunning sunsets over the beach. Essential amenities, including shopping and medical services, are nearby, with a library located directly across from Eventide.



“

Since Eventide opened, I have had the privilege of being deeply involved in creating a welcoming and supportive atmosphere for our independent residents. I take great pride in being the go-to person for their needs, ensuring that each resident enjoys a comfortable, fulfilling experience within our community. It's truly rewarding to contribute to making Eventide a place where residents feel valued, at ease, and right at home.

”

Iris has been with CPOA since 2004 and has been a part of Eventide since its opening. With her extensive knowledge of the property, she is able to provide residents with expert advice on local activities and amenities. Her passion for her work shines through in everything she does, making her a truly invaluable part of the team.

For more information please contact the Manager Iris Roux  
Tel: +27 21 709 6800 Email: [Eventide@cpoa.org.za](mailto:Eventide@cpoa.org.za)

# Fairmead Court

6 College Road, Rondebosch

## What you need to know

- 69 spacious bedsitter units
- All units with en-suite bathrooms
- 3 meals each day, dietary requirements catered for
- Daily cleaning and bed-making service
- Assistance with daily living if required
- In-house call button for emergencies
- 24-hour medical access
- 24-hour Security

## Pricing

- Rentals from R16 500 p/m
- Life Right from R 750 000 with monthly levy from R 10 500 p/m



Fairmead Court is set within serene, well-maintained gardens and offers stunning views of Table Mountain. Originally a hotel in the 1950s, it has been beautifully renovated to provide secure, comfortable accommodation for the elderly in a calm and peaceful environment.

“

I've had the privilege of interacting with a diverse range of individuals. This has significantly enriched my life skills, particularly in managing retirees, allowing me to better understand their unique needs and provide the compassionate care they deserve. My journey has not only deepened my professional expertise but also reinforced my commitment to making a positive impact in the lives of those I serve.

”



Noluthando started with CPOA in 2007 at Fairmead Court and completed her manager training in 2009. She gained valuable experience working at various facilities before becoming the Manager at Pinelands Place in 2015.

For more information please contact the Manager **Noluthando Mokoena**  
Tel: +27 21 689 5752 Email: [NMokoena@cpoa.org.za](mailto:NMokoena@cpoa.org.za)



*Tranon*



*Pinelands Place Resident*



*Sea Point Place Residents*



*Riverside Place Resident*



*The Somerset Retirement Village*

*Fairmead Court*



*The Manor*



*Quadrant Gardens*



*Avondrust Resident*



*Eventide Resident*



# Ivan Hampshire Place

231 Main Road, Newlands

## What you need to know

- 29 spacious apartments
- 24-hour security
- Approved pets welcome on ground floor
- Facility includes modern lounge, small library, lush gardens and rooftop terrace

## Pricing

- Rentals from R 17 908 p/m
- Life Right from R 2 483 622 with a monthly levy from R 5 311 p/m



Situated at CPOA's Head Office building, the upscale CPOA Ivan Hampshire Place offers the perfect environment for an active and independent retirement lifestyle. With Newlands Cricket Stadium, Newlands Swimming Pool, and a variety of other local attractions and amenities just a short walk away, residents have everything they need right at their doorstep.



“

CPOA Ivan Hampshire Place offers the perfect lock-up-and-go lifestyle, allowing residents to experience the freedom and convenience of secure, independent living. To me, Ivan Hampshire Place is more than just a retirement community—it's a place where residents can truly feel at home, surrounded by a safe and supportive environment. It's about giving them peace of mind, so they can fully embrace and enjoy every moment of their retirement.

”

Kevin has been with CPOA for 31 years, bringing a wealth of experience from his roles across various facilities and departments. He thrives as a team player and currently manages Yvonne Parfitt Place, Harfield, and Ivan Hampshire.

For more information please contact the Operations Manager Kevin Lewis

Tel: +27 21 686 7830 Email: [KLewis@cpoa.org.za](mailto:KLewis@cpoa.org.za)

# Kronendal Retirement Village

Victoria Road, Hout Bay

## What you need to know

- 47 Apartments
- Beautiful Communal Areas
- Lounge, bar, coffee shop and dining room.
- 15 meals per month
- Wi-Fi access in communal areas
- Regular housekeeping and laundry service available
- 24- hour medical access
- 22 - room on site Care Centre
- 24- hour security.
- Weekly shopping trips

## Pricing

- Rentals from R 14 125 p/m
- Life Right from R1 231 243 with a monthly levy from R 6 901 p/m



Kronendal Retirement Village is an exclusive retirement community located in the picturesque seaside area of Hout Bay, offering breathtaking views of the Cape Town mountains. Its beautifully manicured gardens provide the perfect setting for residents to enjoy peaceful morning or evening strolls along well-maintained paths.

“

My passion for people makes my role at Kronendal incredibly fulfilling. I take great pride in creating the best possible environment for 'my' residents, ensuring they receive the highest level of care and feel truly valued. It's a privilege to be part of their lives and contribute to making Kronendal a place they can call home.

”



Nkosi believes he has found his true calling in managing Kronendal Retirement Village. Alongside his dedicated team and colleagues in the Care Centre, he prioritizes delivering exceptional care and service while cultivating a strong sense of community among residents. With a focus on supporting their independence and attentively meeting their needs, Nkosi always ensures their best interests are at the forefront of everything he does.

For more information please contact the Manager Nkosi Moyo  
Tel: +27 21 791 7318 Email: [NMoyo@cpoa.org.za](mailto:NMoyo@cpoa.org.za)

# The Manor

Cnr Howard Drive & Sheldon Way Pinelands

## What you need to know

- 50 Apartments
- 30 meals per month ,
- Wi-fi & telephone included in monthly levy
- Resident Parking available
- Bright and cheerful communal areas
- 24 -hour security
- 20 - bed Care Centre on site
- Personalised Care plans available
- Laundry & Domestic service available
- Library
- 24- hour medical access

## Pricing

- Life Right from R 695 000 with a monthly levy from R 6 513 p/m
- Rental from R 9 500 p/m



The Manor is a highly sought-after facility, ideally situated near the Howard Centre and the Public Library in Pinelands. Residents can enjoy bright, welcoming communal areas perfect for relaxation and socializing, or unwind on the outdoor patio. With an on-site care centre, support is always readily available if needed.



“

As the manager of The Manor, alongside our dedicated team, we strive to uphold a standard of living that feels familiar and comfortable for our residents. Our focus is on delivering exceptional service in an environment that is not only safe and secure but also warm and welcoming, ensuring that every resident feels right at home.

”

Petro has been with CPOA since 2018 and was recently appointed as the Manager of The Manor. She works closely with her team to foster a safe and secure environment, ensuring that all residents receive the highest level of care and support.

For more information please contact the Manager Petro Nhlebeya

Tel: +27 21 531 9188 Email: [PetroN@cpoa.org.za](mailto:PetroN@cpoa.org.za)



*Fernbridge Residents*



*Thornton Place Resident*



*Anchusa Court*



*Kronendal Retirement Village Residents*



*The Manor Resident*

# Pinelands Place

Londsdag Way, Pinelands

## What you need to know

- Two meals per day.
- Domestic services once a week.
- Telephone & Wi-Fi included in monthly levy
- 24- Hour Security.
- 24- Hour Emergency Response
- Profit Share

## Pricing

- Rentals from R9 094 p/m
- Life Right from R617 079 with monthly levy from R6 124 p/m



Pinelands Place is a well-established retirement facility located in the heart of Pinelands, surrounded by lush gardens and shady trees. We offer both long-term rental and Life Right options, along with a fully equipped Care Centre. Residents can enjoy bright and inviting communal areas, while the Care Centre provides 24-hour nursing care, respite services, and time-based care to ensure the comfort and well-being of all our residents.



“

I thoroughly enjoy connecting with each of our residents on a personal level and strive to ensure that Pinelands Place meets and exceeds everyone's expectations for an active and fulfilling retirement. To me, Pinelands Place is more than just a retirement facility—it's a home where residents feel a true sense of belonging, security, and community.

”

Laurence has been a dedicated manager with CPOA since 2016. With his strong interpersonal skills, he leads a committed team that prioritizes the well-being of independent residents. He strives to create a safe, comfortable, and welcoming environment where each day brings new opportunities for engagement, connection, and a fulfilling retirement experience.

For more information please contact the Manager Laurence Albertus  
Tel: +27 21 531 6438 Email: [LAlbertus@cpoa.org.za](mailto:LAlbertus@cpoa.org.za)

# The Rathfelder

Alnwick Road, Diep River

## What you need to know

- 94 Apartments
- Option of 16 meals per month
- Wi-fi included
- 24- hour security
- The beautiful gardens bring nature to your doorstep
- Facility includes lounge/dining room/library area

## Pricing

- Life Right from R 900 000 with a monthly levy of R 5 180 p/m



The Rathfelder, situated off Alnwick Road in Plumstead, offers retirement accommodation with convenient access to a wide range of shops, medical facilities, and services. The facility provides a peaceful, calming atmosphere, ensuring a safe and secure environment in the heart of the Southern Suburbs.



“

As the dedicated team at The Rathfelder, we are passionate about delivering the highest standard of service and ensuring an exceptional retirement experience for our residents. Our commitment is to create a warm, vibrant community where each resident can enjoy their retirement to the fullest, with care and support tailored to their individual needs.

”

Angela Turner holds a qualification in Management and brings with her 27 years of invaluable experience in the retirement sector. Throughout her career, she has developed a deep understanding of the needs of retirees and is dedicated to providing exceptional care and support. Angela's extensive experience allows her to foster a community where residents feel truly at home, supported, and well-cared for in all aspects of their retirement.

For more information please contact the Manager Andrea Abrahams  
Tel: +27 21 763 7300 Email: [AAbrahams@cpoa.org.za](mailto:AAbrahams@cpoa.org.za)

# Riverside Place

Alnwick Road, Diep River

## What you need to know

- 56 Independent Apartments
- Optional 15 meals and cleaning services
- Bright and cheerful communal areas
- CPOA Care Centre on-site
- 24- hour medical access
- Personalised Care Plans available
- Small pets allowed
- Library, hairdresser, swimming pool on premises

## Pricing

- Life Right from R 1 278 625 with monthly levy from R8 018 p/m



Riverside Place is a vibrant and welcoming residence, featuring lush gardens and a refreshing pool. Designed for active retirees, it offers the perfect blend of independent living and convenience. With a variety of on-site amenities and services that encourage both relaxation and an active lifestyle, residents can enjoy life at their own pace. Plus, the nearby Constantiaberg Mediclinic and the many amenities along Main Road provide added peace of mind and accessibility.



“

I am deeply passionate about people and dedicated to ensuring the smooth and efficient operation of Riverside Place. My top priority is meeting the needs of our residents, creating a warm and welcoming atmosphere where they feel valued and at home. Together with my team, we take great pride in providing a safe, supportive, and friendly environment that enhances their quality of life.

”

With a decade of experience in the retirement industry, Andrea is dedicated to ensuring that residents at Riverside Place enjoy a vibrant and fulfilling retirement lifestyle. Her commitment to their well-being creates an environment where they feel supported, engaged, and truly at home.

For more information please contact the Manager Andrea Abrahams  
Tel: +27 21 763 7300 Email: AAbrahams@cpoa.org.za

# Sea Point Place

183 Beach Road, Three  
Anchor Bay

## What you need to know

- 154 Life Right and Rental Units
- Main meal (lunch) included in monthly levy with (optional breakfast and supper)
- Wifi included in monthly levy
- 24-hour medical access
- 24-hour security
- Facility includes lounge/dining room/library area
- Care Centre on-site
- Outings with CPOA transport
- Weekly cleaning service
- Vibrant, new coffee shop

## Pricing

- Rentals from R 12 500 p/m
- Life Right from R1 390 000 with monthly levy from R 7 600 p/m



Sea Point Place offers an exceptional retirement experience in a prime location. Overlooking the iconic promenade, it provides the perfect setting for a refreshing 5 km walk, where residents can enjoy the crisp sea breeze and revitalizing ocean air. With breathtaking views of Signal Hill and Lion's Head, as well as the popular Green Point Urban Park right on the doorstep, there are endless opportunities for relaxation and outdoor enjoyment. A wide range of attractions, amenities, and sporting facilities are also within easy reach, making Sea Point Place an ideal choice for an active and fulfilling retirement.



“

With a deep passion for people, I am dedicated to creating a warm, welcoming environment where everyone feels at home. My goal is to foster a friendly and supportive atmosphere, ensuring that each resident feels valued, comfortable, and truly part of the community.

”

Under the leadership of manager Razier, the Sea Point team is committed to providing a homely environment for independent, active residents. They maintain a comfortable, well-kept setting, offering lock-up-and-go convenience and 24-hour security for peace of mind.

For more information please contact the Manager Razier Stegmann  
Tel: +27 21 434 9521 Email: [RStegmann@cpoa.org.za](mailto:RStegmann@cpoa.org.za)

# The Somerset

Cnr Sir Lowry's Pass Road &  
Bizweni Avenue, Somerset  
West

## What you need to know

- 1- and 2- bedroomed apartments
- 1- and 2- bedroomed cottages
- Purpose built houses
- Spacious stunning Club House
- 8 meals included
- Gym, Library, Boardroom and Chapel on site
- 24-hour advanced Security
- Home based care available
- 17 -bed Care Centre on site
- 24- hour medical access

## Pricing

- Life Right from R 2 078 000 with monthly levy from R 7 345 p/m



The Somerset is a luxurious retirement village located in Somerset West, offering a tranquil and secure environment with breathtaking views of False Bay. Conveniently close to local amenities and sports facilities, The Somerset has earned international recognition from the Luxury Lifestyle Awards for its exceptional quality and elegance.



“

I feel privileged to work at The Somerset, and alongside my dedicated team, we are committed to meeting the needs of our residents while fostering a warm, friendly environment where they can feel truly at home.

”

With a background in hospitality management, Nicholas prioritizes his residents' needs in everything he does. He has a genuine love for working with people, and his kind and compassionate nature is deeply appreciated by residents, creating a welcoming and supportive atmosphere.

For more information please contact the Manager Nicholas Paul  
Tel: +27 21 810 3501 Email: [Info@thesomerset.co.za](mailto:Info@thesomerset.co.za)

# Thornton Place

Manatoka Road, Thornton

## What you need to know

- 45 Cottages
- 1 and 2 bedroom options
- Lunch included (Mon-Fri)
- Bright and cheerful communal areas
- Weekly entertainment in dining room
- Communal laundry available
- Weekly cleaning service
- Nurse on duty once a week
- 24 - hour security
- Alarm system in each cottage

## Pricing

- Life Right from R 1 036 000 with monthly levy from R 6 584 p/m



Located in the heart of Thornton and within walking distance of local shops, Thornton Place is surrounded by lush gardens and towering mature trees. The village provides a peaceful, calming atmosphere, offering a safe and secure retirement option with the convenience of a lock-up-and-go lifestyle.



“

Thornton Place is where I truly enjoy working. I value the people here, and alongside my team, we are fully committed to ensuring that every resident feels happy, comfortable, and safe. We are always ready to provide support whenever it's needed, fostering a caring and supportive environment for all.

”

Yvonne is deeply passionate about people and their well-being. As an experienced manager, she is always eager to assist and support residents in any way she can. She is committed to creating a happy, comfortable, and safe environment for everyone at Thornton Place.

For more information please contact the Manager Yvonne Snyders  
Tel: +27 21 535 0237 Email: [VSnyders@cpoa.org.za](mailto:VSnyders@cpoa.org.za)

# Trianon

Francis Road, Plumstead

## What you need to know

- 86 apartments
- Daily lunch served
- Coffee shop
- Comfortable communal spaces
- Beautiful gardens
- Library and hairdresser available
- Clinic available during the week
- Organised weekly activities
- Outings with CPOA Transport
- 24 hour security
- Care Centre on-site
- 24- hour medical access

## Pricing

- Life Right from R 857 590 with a monthly Levy from R 6 109 p/m



Located in the heart of the Southern Suburbs, Trianon Village is surrounded by lush, green gardens teeming with vibrant birdlife. The village offers a welcoming and peaceful atmosphere, with mature trees creating a tranquil setting, all while being conveniently close to a variety of amenities.



“

Every day brings a unique experience, and it is both a pleasure and a privilege to care for the residents at Trianon. I am truly honored to be part of their journey and to help create a supportive and enriching environment for them.

”

Donna Howe brings a wealth of experience in both care and counselling, and she finds great joy in her work at Trianon. Alongside her dedicated team, she ensures that every resident receives exceptional care, feeling both safe and secure in a supportive and nurturing environment.

For more information please contact the Manager Donna Howe  
Tel: +27 21 797 2760 Email: [DHowe@cpoa.org.za](mailto:DHowe@cpoa.org.za)

# Fernbridge

Alnwick Road, Diep River

## What you need to know

- 68 Apartments
- One and two-bedroom apartments
- Modern lounge, library, entertainment area with pool table
- Fitness area with gym and indoor swimming pool
- Outdoor braai area
- Housekeeping services at a cost
- Coin-operate laundry room
- Transport available for shopping trips
- Take –away meals available at a cost
- Emergency response device with each apartment for 24-hr assistance
- Weekly clinic health checks
- Small pets allowed (ground floor)

## Pricing

- Life Right from R 1 458 560 with monthly levy from R 5 567 p/m



Fernbridge is a contemporary retirement community designed for an active, independent lifestyle. Conveniently located near Main Road, residents enjoy easy access to a variety of services and amenities. The Constantiaberg Mediclinic is just around the corner, and neighbouring CPOA facilities are within a short 5-minute walk.



“

Old age is a delicate phase of life, and seniors require care and comfort to live without worries or anxiety. The team at Fernbridge understands these needs and concerns, and we are committed to providing the care and support you deserve during your golden years.

”

For the past 25 years, Ruan has dedicated himself to helping others. He is passionate about his work and truly enjoys what he does every day. Ruan believes in leading by example and strives to connect with all staff, ensuring they feel appreciated and valued in a positive and uplifting work environment.

For more information please contact the Manager Ruan Nakin  
Tel: +27 21 710 5400 Email: [Ruann@cpoa.org.za](mailto:Ruann@cpoa.org.za)

# Quadrant Gardens

Wilderness Road, Claremont

## What you need to know

- 75 Apartments
- Beautiful lounges and leisure areas
- Courtyard and Roof top Gardens
- Breakfast, Lunch & Supper meals available on request
- In-house coffee shop serving gourmet coffees and light meals
- Free Wi-Fi access
- 24 hour security
- Valet laundry service included
- Care Centre on-site
- 24- hour medical access
- Library and cinema room

## Pricing

- Life Right from R 2 600 000 with a monthly Levy from R 7 340 p/m



Located near the Claremont precinct, Quadrant Gardens enjoys a private setting around Library Square on Wilderness Road. The 75 modern, spacious apartments offer comfort and many boast stunning views. A serene, private courtyard garden extends from the dining room and coffee shop, while the rooftop garden provides breathtaking views of the surrounding mountains.



“

Home is where my heart lies. Together with my dedicated Quadrant team, we've cultivated a loving and welcoming environment for our residents. We truly consider ourselves one big, happy family, where everyone feels valued and at home.

”

Cindy has been with CPOA for the past six years, starting as an Administrator at The Somerset in 2017. Over the years, she has undertaken various levels of Development Training, gradually growing within the company. Today, Cindy serves as the Manager at Quadrant Gardens, where her dedication and expertise contribute to creating a welcoming and nurturing environment for all residents.

For more information please contact the Manager Cindy- Leigh Davis  
Tel: +27 21 205 8600 Email: [CLDavis@cpoa.org.za](mailto:CLDavis@cpoa.org.za)

# Yvonne Parfitt Place

Westridge, Cape Town

## What you need to know

- 96 Cottages
- Independent living
- Applicants must be 55 years and older
- Manicured lawns and gardens
- Coin operating laundry facility
- Resident Hall
- Library
- CPOA Transport available (at resident own cost)
- Excludes meals and electricity
- Income between R 4000 - R 4500 would be considered

## Pricing

- Rentals from R 3 251 p/m Bedsitter
- 1 Bedroom apartment from R 3 892 p/m
- 1 Bedroom Cottage from R 5 045p/m
- 2 Bedroom Cottages from R 4 494 p/m



This independent complex in Westridge offers a variety of living options, including bedsitters, 1-bedroom apartments, and 1- and 2-bedroom cottages. Please note that there is no healthcare available on-site, and applicants who rely solely on their State pension as an income are not eligible to apply.



“

Lock-up-and-go living offers the perfect blend of convenience and security, allowing residents to enjoy their independence with the peace of mind that comes from knowing they are in a safe and secure environment, always ready to come and go as they please.

”

Kevin has been with CPOA for an impressive 31 years, gaining a wealth of experience across various facilities and departments within the organization. A true team player, Kevin takes great pride in his work and currently manages Yvonne Parfitt Place, Harfield, and Ivan Hampshire, ensuring that each location operates smoothly and meets the needs of its residents.

For more information please contact the Operations Manager Kevin Lewis

Tel: +27 21 686 7830 Email: [KLewis@cpoa.org.za](mailto:KLewis@cpoa.org.za)

Disclaimer: Prices and availability of vacant units as well as information on facilities are subject to change without notice. Kindly note that our prices do increase annually every April.



**CPOA**  
**The Retirement Specialist**

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