

HOSPITAL - We wish you a speedy recovery

H1/E12	Stien Pretorius	D189 Erica	Denise Kerby
H2/C30	Nita van Niekerk	D230 Dahlia	Eddie Holder
C125 Karee	Rina Trumpelmann	C111 Berg	Sophie Nel
D124 Cosmos	Hester Corbett	M295 Gang 8	Hentie Sloet



IN MEMORIAM - Our deepest condolences

C19 Kwikkie	Sister of Johan Smit	D205 Erica	Gerald Corns
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CLINIC

MONDAY & FRIDAY	Home visits
TUESDAY	<p style="text-align: center;">9:00 – 11:00 in Clinic (Admin building) Injections (own stock) will only be administered on Tuesdays at the clinic</p>
WEDNESDAY	<p style="text-align: center;">9:00 – 11:00 in Clinic (Admin building) Routine examinations e.g., blood pressure, blood sugar, etc.</p>
THURSDAY	<p style="text-align: center;">10:00 – 13:00 Dial 011 950 9000 Dr Hans Nel - By appointment only at Panorama Clinic</p>
MONDAY	<p style="text-align: center;">11h00 in Clinic (Admin building) Hearing Services - Cordelia 011 954 0856 Dates available at the office</p>

LIBRARY

	<p>Tuesday, Wednesday, Thursday</p> <p>10h00 to 12h00</p> <p>Monika Fourie 082 876 4765</p>	
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BIRTHDAYS



May every moment of your special day be filled with the same joy and happiness you bring to others.

Goodwill Committee

1-Apr	Johan	Koekemoer	D181	Gardenia
1-Apr	Willie	Billmann	C28	Mossie
2-Apr	Hetta	Meyer	D81	Azalia
3-Apr	Ansie	Ferreira	C66	Taaibos
3-Apr	Lynda	Fisher	D168	Gardenia
4-Apr	Manie	Fick	D191	Erica
4-Apr	Betty	Manyani	C85	Karee
5-Apr	Francie	Van Zyl	D212	Erica
5-Apr	Martie	Smith	Herberg 1	F1
7-Apr	Lizzie	Bierman	Herberg 2	C31
7-Apr	Kitrien	Begemann	D266	Carnation
8-Apr	Barbara	Hilson	M153	Gang 1
9-Apr	Nita	Van Niekerk	Herberg 2	C30
10-Apr	Ria	De Meillon	Herberg 3	K26
10-Apr	Cathy	Gordon	D229	Dahlia
11-Apr	Jeanette	Potgieter	D215	Dahlia
12-Apr	Marie	De Clerk	C69	Berg
14-Apr	Harry	Van Der Westhuizen	C73	Berg
14-Apr	Koos	Dippenaar	D200	Erica
14-Apr	Hettie	Grové	M199	Gang 3
14-Apr	Stienie	Basson	D198	Erica
15-Apr	Chris	Potgieter	C149	Protea
15-Apr	Leny	Engelbrecht	D188	Erica
16-Apr	Martin	Janse van Rensburg	D190	Erica
16-Apr	Annette	Pienaar	D164	Hibiscus
17-Apr	Johan	Redelinghuys	D73	Azalia
18-Apr	Storme	Wouda	Herberg 2	C29
18-Apr	Latie	Bootha	C106	Kiepersol
19-Apr	Yvonne	De Swartdt	Herberg 3	K16

19-Apr	Hendrien	Van Wyk	Herberg 2	B16
19-Apr	Johan	Helberg	C90	Kiepersol
19-Apr	Cecilia	Smit	D157	Hibiscus
21-Apr	Marie	Coetzer	D123	Cosmos
23-Apr	Gerda	Oldknow	D165	Hibiscus
23-Apr	Jacky	Billmann	C28	Mossie
23-Apr	Joey	Pieterse	D63	Azalia
23-Apr	Marie	Wolfaardt	M198	Gang 3
24-Apr	Hanlie	Knoetze	D74	Azalia
25-Apr	Brian	Carty	M201	Gang 3
26-Apr	Dolf	Breytenbach	Herberg 1	D3
27-Apr	Desire	Van Rensburg	D160	Hibiscus
27-Apr	Henriette	Joubert	M251	Gang 5
28-Apr	Graham	Rennie	D174	Gardenia
28-Apr	Brenda	Van Der Bergh	C62	Berg
29-Apr	Jeanette	Van Wyk	C151	Protea
30-Apr	Brian	Pitcher	D125	Cosmos
30-Apr	Ché	Diab	C51	Berg
30-Apr	Lien	Theron	C31	Mossie



**Sunday 12 May Mothers' Day
Lunch 12:00 @ Protea
Restaurant Panorama Estates**

3 Course Menu, Welcoming Drink and Live Entertainment. R250,00 pp - Bookings Essential. Limited space. To book, email brianswarts@mweb.co.za or call 011 954 4946 - menu to be advised closer to the time

SOCIAL CLUB

Morning Market – 2024

The annual Morning Market, held on the 2nd of March has come and gone, and we wish to thank every single person who contributed to making it the success it was! By all accounts, this was the biggest market held in Panorama with many more people attending.

We woke up to a bright, cloudless, and hot day. The hall was set up, the exhibitors started arriving and unpacking their wares, the kettles and urns were boiling, and we were all set. A feeling of excitement was in the air! Because of the heatwave we were experiencing, and most of the stalls being inside, it was extremely hot in the hall and many people enjoyed just sitting down at the tea tables to enjoy either their cake, pancakes, boerewors rolls or pudding while chatting and relaxing. We were so pleased to hear one of our new residents, Piet van Rensburg, entertaining us throughout the morning with his wonderful piano playing. Thank-you Piet, you contributed to making the morning the success it was!

We would appreciate any feedback from both residents and exhibitors, positive or negative, on what you would like to see done differently in future.

Monthly Braai: Our next braai will be held on **Friday 5th of April** at the recreation hall and we look forward to seeing you there! Bring your own meat, salads etc, tablecloth, cutlery and crockery.

Braai fires will be lit at 17:00, tables and chairs are provided, the Taphuis will be open, (or you can bring your own liquid refreshments). For those who would like to attend, (both male and female) but are not comfortable braaiing their own meat, there are people who will be more than willing to assist you.

There have been requests that we continue with the monthly braai in the winter months, lighting the fires at 16:00. If you would like to see this happen, please let Sybil know.

Remember our musical afternoon on **WEDNESDAY 10 APRIL** when Rocco de Villiers will be performing for a short while. To book your tickets, please contact Sybil.

Sybil Exton: 082 851 3208 / Latie Boothea: 083 556 4176 / Dalene Cronje: 082 460 6928





GOODWILL



What stalwarts! Thank you to everyone who gave so willingly to our pudding table at the Morning Market. Thank you, too, for the welcoming friendliness shown to our committee members who visited you asking for donations.

Every pudding and/or financial contribution was very welcome and that is why we were able to collect almost R21 000,00 on the day! In particular, a big thanks to the Goodwill workers who worked so hard arranging the smooth-running of our stall as well as your hard work on the morning of the event.

Without your support, residents of Panorama, this would not have been possible. **THANK YOU!**



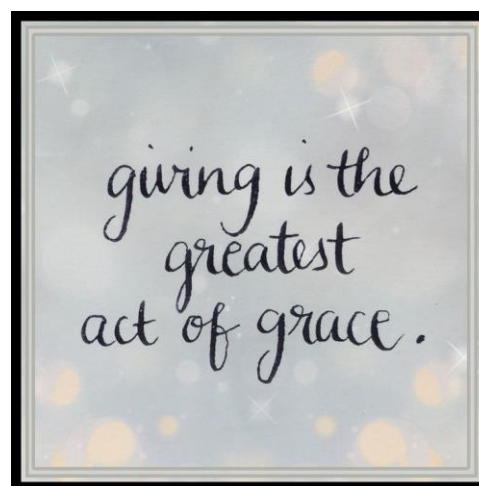
CARE FRIENDS

Winter is slowly but surely creeping closer. Our group of friends are very busy bees, and we have already made, or received quite a few items which we have donated to the Shelter on Shannon Road. Among these were blankets, clothes, shoes and toys.

We have also donated blankets, clothes, shoes, toys, and 300 tiles to Jolige Jakkies, along with food parcels. These donations were gladly received.

We have a grandmother who has again become a grandmother to a baby girl, with another one due in June. We will soon have to teach these children how to knit, otherwise grandma will be too busy to knit for us! Our group share in each other's joys, tears, and lives and enjoy spending time over a cup of tea.

Many thanks to everyone for donations of wool, furniture, clothes, etc. Without these donations, we could not do what we do. These donated items may mean nothing to the person who donated them but mean the world to those less fortunate.



Kind Regards,
Marie Goosen

GARDENING TIPS

Winter is on its way back and we need to protect our plants from the impending cold.

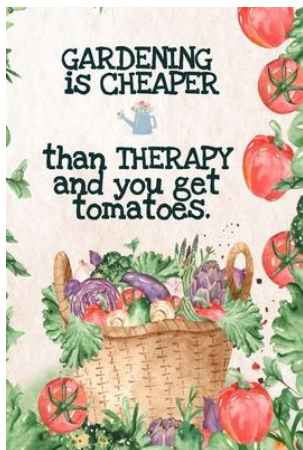
April is sowing time. There's a wide variety of seeds and seedlings available, so do visit your nursery and brighten up your winter garden.

You can also collect seeds from your plants that have already bloomed and store them in a labelled paper bag, for example, Namaqualand Daisies.

I hope you have already bought the bulbs that you wish to plant in your garden. Don't plant them now, wait until the temperature cools down – around mid-May. If you wish to use bulbs that are still in your garden, dig them up, divide them, and replant. E.g. Anemones, Irises, Arum Lilies, Daylilies, Agapanthus, Lily Grass, Bearded Irises, etc.

≡MY≡
GARDEN
(((FEEDS)))
MY SOUL

- Use leaves to create a thin layer around your plants to protect the roots from heat and cold. Put the remainder of the leaves into a black bag to decompose into leaf mould.
- Keep your Clivias well-watered now, even though they bloom in summer. They still produce new buds that develop on the plant and open once the temperature rises. If they're in this phase and don't get enough water, the buds won't open.
- Feed roses this month for the last time. They'll go into their dormant period from May onwards, but by feeding them now, they'll have enough nutrients to keep blooming until June. Reduce watering to once a week.
- To prevent black spot, which is common, spray monthly with Chromos or Rose Protector. Keep removing dead flowers to encourage blooming.



- Petunias love full sun, only water when dry, and protect against snails. Feed monthly with Nutrifeed or Multigro.
- Support Chrysanthemums and pinch outside shoots to encourage strong, healthy growth.
- Continue treating Conifers for Italian Cypress Aphids, which are active in cooler months.

- Move frost-sensitive plants to sheltered spots and cover them with frost cloths.

Enjoy your garden.

Kind regards,
Marie Goosen

SECURITY

"It will never happen to me"



We all tend to believe that certain things will never happen to us. However, this is perhaps the biggest mistake, or rather, the worst assumption one can make, because we can never control everything.

A few days ago, I watched two videos on my cell phone. Video number 1 was posted by the owner of a house (not far from Panorama) and it shows a man crawling underneath her property's infrared sensors (security beams) to prevent triggering the alarm. He gained access to the house and searched through almost every bedroom where people were sleeping, before taking the TV, amongst other items, and walking out with it under his arm through the gate.

Video number 2 was captured by a bystander at a petrol station in Noordheuwel. A person parked his BMW on the forecourt and goes into the shop. When he came out, there was a man behind him who quickly walked past him to an unknown vehicle also parked at the garage. As the BMW driver gets into his vehicle, the unknown vehicle speeds up and two men jump out, pull him out of his car, and drive away, followed closely by the unknown vehicle. Despite the people on the premises, nobody could prevent the theft or hijacking.

Vehicle thefts are currently prevalent at various shopping centres in Krugersdorp and even at Hoërskool Noordheuwel. The most popular models are the Toyota Fortuner, Toyota Etios, Toyota Hilux bakkies.

Nobody can watch over you all the time, and you largely remain responsible for your own safety and belongings. Please be vigilant when parking and make sure that your car is locked and be aware of remote jamming. After locking your car, ensure that it is properly locked before walking away. Pay attention to who is standing around when you are leaving a shop, see if there's anyone near you who was also close to you in the store.

If you're confronted at any point, use the easiest method and **SHOUT, SHOUT, SHOUT**. It attracts attention, and criminals don't like that, it might just save you. **PLEASE, BE VIGILANT AND BE AWARE AT ALL TIMES!!!!**



Until we speak again - Panorama Regards,
Piet Marais (011) 954 1561 - 083 379 3703

VEELS GELUK

CHRIS EKSTEEN

Baie geluk met jou 83^{ste} verjaarsdag wat plaasgevind het op 25
Maart 2024.



Chris en Elna Eksteen

HAPPY BIRTHDAY

Betty Mansfield: 99 years young on 28 March 2024



"*Keep busy, don't be a Busy Body*". This sound advice comes from Betty Mansfield on the eve of her 99th birthday. This lovely lady, reflecting on her life, radiates a spirit of enthusiasm and contentment of a life well lived.

Betty, the eldest of eight children grew up in Ladysmith, in KZN. For her first job she had to cycle from home to the mine where she worked and earned £6 per month, of which 5 shillings were deducted for a medical fund. Of the rest she gave half to her mother and with the rest managed to buy her own clothes and toiletries.

Betty and her husband, Leslie, met each other when both of them worked for a mining company on the East Rand. They got married when she was 18 and he was 22. A "*flop*", some people predicted. They only had £10 in the bank. Well, those prophets of doom were proved wrong: they were very happily married for 64 years with twin daughters, Maureen and Estelle and later another daughter, Colleen. She has five grandchildren and five great-grandchildren.

Often needing to relocate due to her husband being transferred, they stayed in Brakpan, Rustenburg, Marievale and even Northern Rhodesia. Betty was an active member of the Ladies Club who worked for charity and catered for events such as the New Year's Ball. She played bowls and loved life in the close-knit community.

At the age of 80, after her husband died, Betty moved into her home in Erica Street, Panorama where she stayed for 14 years before moving to the Herberg. Betty's day begins with coffee and her Bible. She makes her own bed (although turning the mattress poses a challenge!). She keeps busy with reading, crossword puzzles and other brain games. Technology is a challenge, but she manages, (with the help of a friend now and then) and enjoys spending time with her daughter who lives nearby. Please don't bother her on a Saturday - that is her own time to catch up with her household chores such as washing her own clothes and dusting her home.

She is blessed to have been allowed and able to make all her own decisions. She is content with the fact that one has to make do with things and circumstances around you as you can't just have everything your own way.

"I haven't done anything marvellous or set the world of fire. But it's been a wonderful life. I am so blessed and happy to be in my own home. The past 19 years in Panorama have been some of the happiest years of my life. Everybody has been so good to me and when my time comes, I'll go happily."



Dear Betty, we wish you a very happy 99th birthday. May you experience God's grace, love and presence on your birthday and every day to come. You are truly an example and inspiration to everyone privileged to have crossed your path.

THANK YOU HOËRSKOOL NOORDHEUWEL

On behalf of the residents and staff of Panorama Estates I wish to express our heartfelt gratitude for the incredibly thoughtful gesture of delivering goody bags to our Estate.

The arrival of these bags was met with joy and surprise by the residents. Many of them were deeply touched by the kindness and generosity displayed by the students of Hoërskool Noordheuwel. It was truly heartwarming to witness the smiles on their faces as they received these gifts.



Your initiative not only brought happiness to our residents, but also served as a reminder of the importance of intergenerational connections within our community. The interaction between the students and our residents has left a lasting impact on both parties, fostering a sense of companionship, and understanding across generations. The contents of the goody bags were not only appreciated but also catered perfectly to the preferences and needs of all who received them.

We would like to extend our sincerest thanks to the staff, and students of Hoërskool Noordheuwel for organizing and delivering these wonderful goody bags. Your thoughtfulness and compassion have made a significant difference on the lives of all at Panorama Estates.

Please know that your efforts have made a lasting impression on our community, and we are immensely thankful for your support.

With warm regards

**Tania Smith
Manager**



Head Strong @ Panorama

Easter Madness

ladies hair cuts R150
Blow Waves & Sets R150
Gents cuts R50
For the entire month of April

Call or what's app to book your appointment
060 924 4596

Made With Flyerwiz.app

Head Strong @ Panorama

*For the month of April
Come for any colour
service and receive a free
hair cut .*

060 924 4596

*call or what's app
for your
appointment*

Made With Flyerwiz.app

Join us for a time of Music & Fun

When: Wednesday 10 April
Where: Protea
Time: 14:30
R50,00 per person, includes
Tea/Coffee & a Muffin



Rocco de Villiers
will be there!

Contact Sybil
to book :
082 851 3208

IMPORTANT INFORMATION

Biblioteek Library	Dins-, Woens-, Donderdag / Tues-, Wednesday- Thursday	10h00 - 12h00	Admin Gebou Admin building	Monika Fourie 082 876 4765
Bingo	Maandag Monday	17h15	Ontspanningsaal Recreation Hall	Jacky Billmann 082 372 5683
Braai	Gedurende somer - 1ste Vrydag vd maand During summer - 1 st Friday of the month	17h00	Ontspanningsaal Recreation Hall	Tom van Rooyen 083 528 9456
Bybelstudie Bible Study (Afrikaans)	Donderdag Thursday	9h00	Ontspanningsaal Recreation Hall	
Gim Gym	Doen aansoek by sleutels en reëls		Ontvangs vir	Apply at Reception for keys and rules
Haarsalon Hair salon	Dinsdag - Vrydag Tuesday - Friday	8h00 - 16h00	Per afspraak By appointment	Sam Marais 060 924 4596
Jukskei	Maandag & Woensdag Monday & Wednesday	15h00	Jukskeibaan	Lou Hein 076 474 2763
Kerkdiens Church Service	Sondag Sunday	9h00	Ontspanningsaal Recreation Hall	
Koerante en tydskrifte Newspapers and magazines				Johan du Toit 082 498 6771
Omgee Vriende Hekel & Brei Care Friends - Crochet & Knitting	Donderdag Thursday	9h00 - 12h00	Terrace	Marie Goosen 082 324 9652
Pilates	Dinsdag, Tuesday Donderdag, Thursday	15h00 14h00	Ontspanningsaal Recreation Hall	Anne Baker 072 524 0489
Potpourri Huis- Tuinbouklub Potpourri Home-and Garden Club	2de Saterdag vd maand 2nd Saturday of month	10h00	Ontspanningsaal Recreation Hall	Marie Goosen 082 324 9652 Rita Viljoen 082 378 7017
Snoeker Snooker	Vrydag Friday	15h00	Snoekerkamer Snooker Room	Piet Marais 083 379 3703
Sosiale klub Social Club				Sybil 082 851 3208 Dalené 011 954 3961 Latie 011 954 0763
Swembad Swimming pool	Doen aansoek by sleutels en reëls		Ontvangs vir	Apply at Reception for keys and rules
Tennis	Woensdag Wednesday	8h00	Tennisbaan Tennis Court	Johan Helberg 076 406 2040
Taphuis Pub	Elke Vrydag Every Friday	15h00		Piet Marais 083 379 3703
Wit Olifanttafel White Elephant Table			Vir enige skenkings For any Donations	Sybil Exton 082 851 3208 Latie Bootha 011 954 0763 Gretchen Fuchs 082 321 0745
Welwillendheid Goodwill				Shirley Theron 082 451 7683



NAAM / NAME

EENHEID / UNIT

Gee die volgende item/s aan:

Give the following item/s to:

.....
NAAM VAN PERSOON / NAME OF PERSON

- 1.
- 2.
- 3.
- 4.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE



NAAM / NAME

EENHEID / UNIT

Gee die volgende item/s aan:

Give the following item/s to:

.....
NAAM VAN PERSOON / NAME OF PERSON

- 1.
- 2.
- 3.
- 4.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE



NAAM / NAME

EENHEID / UNIT

Gee die volgende item/s aan:

Give the following item/s to:

.....
NAAM VAN PERSOON / NAME OF PERSON

- 1.
- 2.
- 3.
- 4.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE



NAAM / NAME

EENHEID / UNIT

Gee die volgende item/s aan:

Give the following item/s to:

.....
NAAM VAN PERSOON / NAME OF PERSON

- 1.
- 2.
- 3.
- 4.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE