



338 PANORAMADATA

MAY 2024

ENGLISH



www.panoramaestates.co.za

GPS: 26.09294S 27.82549E

HOME OWNERS

AFTER-HOURS EMERGENCY **071 683 4821**
SECURITY 011 954 4590 / 079 146 2082

OFFICE

011 954 1077/8 011 954 4590 /3670
reception@panoramaestates.co.za

MANAGER	TANIA SMITH	
OPERATIONAL MANAGER	JAN PIENEWALD	
NURSING - OFFICE HOURS	SUNET VILJOEN	072 010 9334
RECEPTION	NELLA MOOLMAN	
FINANCE	LANIE KOTZÉ	
ADMIN / DSTV	NELIE VD BERG	
MAINTENANCE	VIC VICTOR	
DOMESTIC WORKERS - OFFICE HOURS	SUS DIEDERICKS	071 165 8627
MARKETING	BETTIE SENEKAL	082 379 1081
	CHARMAINE ALLEN	082 783 4909
RESTAURANT/ PROTEA	CYNTHIA MINIE brianswarts@mweb.co.za	079 208 6266

HERBERG

24-hours EMERGENCIES HERBERG 1 & 3: 078 523 8926
 HERBERG 2: 073 591 9324
 HERBERG 1, 2, 3 & GUEST ROOMS MARIE COETZER 011 954 5777

FRAIL CARE 011 954 5190

HAIR STRONG SALON SAMANTHA MARAIS 060 924 4596

NEW RESIDENTS - WELCOME

H3/E12	Griet Bester	H3/K2	Bennie & Magdaleen Nel
H2/A3	Dries Pretorius	D216 Dahlia	Mary Jordaan
C82 Karee	Hardie Jordaan	D120 Cosmos	Stoffel van Tonder

HOSPITAL - We wish you a speedy recovery

H2/D42 Linda Potgieter - Frailcare			
H1/D2	Anna Smith	D252 Cosmos	Carol Labuschagné
D223 Dahlia	Annetjie Lourens	D208 Erica	Joey van Helsdingen
C13 Kwikkie	Leonie Hedges	D125 Cosmos	Brian Pitcher
C56 Berg	Marie du Toit	D256 Cosmos	Marlene Tetluk
M294 Passage 8	Elsa van Jaarsveld	C133 Azalia	Hilde Kratochvil
D262 Clivia	Michiel Vorster	C82 Karee	Hardie Jordaan
C59 Berg	Gert van Vuuren	M209 Passage 4	Archie Miller



IN MEMORIAM - Our deepest condolences

C118 Karee	Blossom Horne	H3/K19	Sister of Denise Keyter
H2/B20	Bets Wilkon	D189 Erica	Denise Kerby
C5 Arend	Brother-in-law of Chris Eksteen	D271 Carnation	Son of Frankie Pretorius

CLINIC

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

LIBRARY

	<p>Tuesday, Wednesday, Thursday 10h00 to 12h00 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-May	Herman	Goosen	C4	Arend
3-May	Eljo	Neethling	D179	Gardenia
4-May	Sarie	Harding	Her 3	K29
4-May	Elna	Eksteen	C5	Arend
4-May	Lenie	Holder	D230	Dahlia
5-May	Hennie	De Clerk	C69	Berg
5-May	Amanda	Pretorius	D204	Erica
5-May	Linda	Potgieter	Her2	D42
7-May	Hester	Dörfling	C117	Karee
7 May	Annatjie	Brill	Her 3	K17
9-May	Schalk	Van Schalkwyk	C21	Loerie
9-May	Meisie	Vorster	D255	Cosmos
9-May	Susan	Neethling	D265	Clivia
10-May	Peter	Mc Gaw	D79	Azalia
10-May	Maureen	Pitcher	D125	Cosmos
10-May	Etresia	Van Der Walt	C82	Karee
10-May	Gretchen	Fuchs	D213	Dahlia
11-May	Mervyn	Wolmarans	C14	Kwikkie
11-May	May	Hanwith-Horden	C51	Berg
12-May	Carien	De Waal	D127	Cosmos
12-May	Baba	Joubert	C1	Protea
13-May	Anton	Botha	D53	Azalia
14-May	Koekoes	Wessels	C48	Tarentaal
15-May	Willem	Boshoff	M207	Gang 4
15-May	Martie	Wardaugh	C76	Berg
15-May	Gerda	Du Toit	D261	Panorama
16-May	Femmy	Esterhuizen	C37	Tarentaal
17-May	Magel	Van De Venter	C78	Karee
17-May	Engela	Brune	C124	Karee
17-May	Margie	Nicolaou	D249	Cosmos
18-May	Nick	Loggenberg	C93	Kiepersol
18-May	Gerrie	Riekert	M291	Gang 7
19-May	Gideon	Pretorius	C30	Mossie
19-May	Chrissie	Victor	Her 3	K1

20-May	John	Joubert	C135	Azalia
22-May	Leon	Ferreira	C66	Taaibos
22-May	Annemarie	De Swardt	Her 3	K16
23-May	Brian	Paoliello	C147	Protea
23-May	Annalie	Du Plessis	D220	Dahlia
24-May	Greg	Miller	C113	Berg
25-May	Charlie	Pinto	D56	Azalia
26-May	Tom	Lawrenson	C70	Berg
26-May	Niesje	Van Kaam	D64	Azalia
27-May	Helene	Louw	C3	Berg
28-May	Ida	Du Plessis	Her 3	K21
29-May	Hanneke	De Haan	D49	Azalia
30-May	Jorge	Antunes	D203	Erica
30-May	Maria	Botha	D53	Azalia
30-May	Rina	Kruger	C79	Karee
30-May	Anna	De La Rey	C98	Kiepersol
31-May	Nola	Gray	M206	Passage 4
31-May	Mariki	Van Der Walt	C63	Taaibos
31-May	Riekie	Labuschagne	C74	Berg



**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



Rocco de Villiers visits Panorama Estates: Thank you to all who attended this event. It was a great success and enjoyed by many of our residents and some visitors. Thank you too, to Piet van Rensburg, a resident of Panorama, who kept us entertained with his beautiful piano playing before Rocco arrived.

Please accept our apologies for the few hiccoughs during the afternoon, but unfortunately, sometimes things happen which are beyond our control.



Monthly Braai: After feedback received from some residents, it was decided to go ahead with our monthly braais during the winter months. However, should the weather be too cold to braai, residents will be informed via WhatsApp of cancellation of the event. Our next braai takes place on Friday, **3rd of May at 16:00**. As usual, bring your own meat, salads, tablecloths, crockery and cutlery, etc. and join us for an evening of fun and laughter around the braai fires. **Remember, braais will be lit at 16:00. The Taphuis will be open for your convenience.**

Join us for a morning of **LIVE MUSIC** and **FUN**, when **Ivan Livingstone** will entertain us from **10:00 to 12:00**



DATE: Saturday 18 May
TIME: 10:00
VENUE: Recreation Hall



Delicious home-made soup and bread/bread rolls will be on sale at **R20,00.**

Please bring your own soup mug and soup spoon!

If you have a gazebo or umbrella, please bring it along for some protection from the sun.

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

JUMBLE SALE

We are still collecting second-hand clothing, linen, shoes etc which we sell to the workers of Panorama.
Any donations will be gladly accepted.



GOODWILL



It's always so nice to be able to share good news. Unfortunately, there is also the sad news that one of our members, Denise Kerby, passed away unexpectedly. Such a pleasant person will truly leave a great void.

In this newsletter we would like to once again encourage residents to get involved in the activities of the Goodwill Committee. You may be the only person who can make a difference in someone else's life. In short, this involves serving people in a number of homes with birthday cards, sickness support as well as welcoming new residents. Those interested can call Shirley Theron on 082 451 7683.

We are now very excited about the **Christmas carol service on 21 November 2024** and the guest artists who have been booked for the event. More information will be given on a later occasion - this is only to stimulate curiosity.

Maxi van Heerden: Goodwill News

CARE FRIENDS

Well, believe it or not, winter is here and we are very busy. We have made large donations again, respectively to Jolly Jakkies and Cross Connection - from beads, materials (items we will no longer use), knitting and crochet needles, as well as crockery and linen. They are very grateful for it because now they can keep the children busy during the holiday.

We are currently busy with a project to raise funds for our schoolbag-project that takes place at the end of the year. We have cut material into 15x15cm squares with which we make blankets. We plan to sell them and thus generate more funds. One of our members has a Quilting machine and processes the squares into the most beautiful blankets. She does a huge job in this regard and we are very grateful to her.

I must also tell you that Thursdays' knitting and crochet day is the highlight of the week, especially to have a cup of tea.

Fundraising Project:

Raffle tickets are for sale at Reception - Nella, at R10.00 each to be able to win this beautiful quilt blanket.

Lucky draw will take place on Thursday 2nd June.



KIND CARE GREETINGS, Marie Goosen

GARDENING TIPS

As can be seen in our surroundings and felt by our bodies, winter is here (or almost)! I hope that your frost-sensitive plants have already been protected from the winter frost.



ROSE CARE: Roses now need little care and they will continue to bloom into June/July. "Just Joey" remains a favourite rose that rewards with clusters of flowers for a long time. Water roses thoroughly once a week. To prevent black spot, aphids, thrips, and red spider mites, spray monthly with Chronos mixed with Ludwigs Insect Spray. All flowers benefit from the regular removal of dead blooms. Roses can now be transplanted/moved if necessary. Dig the hole, add plenty of compost and kelp when transplanting.

CALLA LILIES can now be seen everywhere in a variety of colours.

PROBLEM SOLVING AND GENERAL TIPS

- Wilting flowers: Excessive moisture can lead to root rot, which makes stems limp. Water less.
- Yellowing leaves: This is a sign that the plant is not getting enough nitrogen: feed with nitrogen fertilizer.
- If flowers lose colour, it may be that they are not getting enough light.
- Divide Daylilies. Try not to damage the roots while doing this.
- Keep an eye on your plants for scale insects, they are sap-sucking and can kill your plant. The secretion from heavy infestation can lead to sooty mold and black fungus. To prevent scale insect attacks, keep plants dust-free in a moist atmosphere. When you notice it, wipe off leaves and remove heavily infested parts.
- Cut Canna stems and leaves to the ground.
- Keep an eye out for snails as they are now looking for a place to hide during winter. Clean under containers and pots of perennial plants where snails clump together. Place fresh snail bait among young seedlings.
- Water your spring bulbs that are coming up in the garden every four days, don't forget about them.



Enjoy your garden, watch out for unwanted residents in your beautiful garden, and stay warm during the cold days ahead.

Friendly Garden Greetings, Marie Goosen



TAPHUIS



We are planning an “Oktoberfest” on the 25th of October, from 14:30 until “the last one leaves” with “oompah” music and other South African music and songs.

German food, frankfurter rolls and Eisbein will be on sale. Please note, the Eisbein will be by order only, as it is quite a costly item and we don't want to be left with unsold food and unnecessary expense.

It would be appreciated if you could let me know during May if you would be interested in attending the event for us to continue with arrangements. **Contact Piet Marais at 083 379 3703.**

Piet Marais 083 379 3703

SECURITY

“Panic Buttons” - “What a waste of time?” Rest in peace in the drawer because I will never need you. That's what some residents feel about panic buttons, until it is too late! I would like to highlight two incidents which will prove my statement beyond any doubt.

- A resident, whose wife had already gone to bed, was watching television until around 21:00. As he got up to turn the television off, he fell, and lay on the floor until about 06:00 the following morning. His wife's phone had been turned off so he could not get her attention. He lay there until the following morning when he heard his neighbour in her kitchen and was able to get her attention.
- Another resident, who also did not like or think she would even need a panic button, fell while outside, breaking her hip. Despite her shouts for help, no-one heard her and she was only assisted when someone came past. Both residents are quite elderly and both needed hip operations, enduring a lot of unnecessary pain and trauma.

No one can be assured that they will never be in the same or similar situation as above. Even though the panic button is a nuisance to carry, it can save your life or at least spare you unnecessary trauma. Test your panic button regularly. Just call the office informing them that you will be testing it and voila, it's done within a minute. Please wear the button on your person in case you need to use it.

Before we know it, we will be dusting off our heaters for use in the cold winter months. Remember, our heaters have been packed away for almost a year and the wiring needs to be checked before use. Cords sometimes become brittle if the appliance is not in use.



Gas heaters also need to be checked, especially the seals on the connections as well as the valve on the gas bottle. Please, get a knowledgeable person to assist you and check both your gas and electric heaters before you use them again. Remember your life may depend on it!

Enjoy the few warm days we still have, but also enjoy the winter under a nice warm blanket in front of the TV.

Until we talk again - Panorama Greetings
Piet Marais (011) 954 1561 - 083 379 3703

**URGENTLY
WANTED**

**Automatic vehicle
for a disabled person**

Contact :
Etresia: 082 457 7747 | Kareestraat 82



LIFE FILE ORIENTATION

**Join us for a 15 minute session where
you will receive your FREE life file and
where we will discuss:**

- **Planning for unexpected situations
and emergencies.**

Date: 24 May 2024

Time: 10:30 AM

Venue: Recreational Hall



HEAD STRONG @ PANORAMA

DON'T FORGET WE HAVE A
BLOW WAVE
OR SET MONTHLY PACKAGE.
4 X BLOW WAVES OR SET
R560.

5 X BLOW WAVE OR SET
R700.

THAT WORKS OUT TO R140 PER BLOW WAVE OR
SET.

PAY ONCE OFF AT THE
BEGINNING OF THE MONTH OR
WHEN YOUR
4 OR 5 WEEK BOOKINGS BEGIN

call or what's app for your
appointment

060 924 4596

Made With
Flyerwiz.app

IMPORTANT INFORMATION

Biblioteek Library	Dins-, Woens-, Donderdag / Tues-, Wednesday- Thursday	10h00 - 12h00	Admin Gebou Admin building	Monika Fourie 082 876 4765
Bingo	Maandag Monday	17h00	Ontspanningsaal Recreation Hall	Jacky Billmann 082 372 5683
Braai	Gedurende somer - 1ste Vrydag vd maand During summer - 1 st Friday of the month	16h00	Ontspanningsaal Recreation Hall	Tom van Rooyen 083 528 9456
Bybelstudie Bible Study (Afrikaans)	Donderdag Thursday	9h00	Ontspanningsaal Recreation Hall	
Gim Gym	Doen aansoek by Ontvangs vir sleutels en reëls		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	
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 Ontvangs vir sleutels en reëls		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 donasies 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