



339 PANORAMADATA

JUNE 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

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.

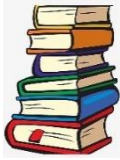
THURSDAY

10:00 – 13:00 Call 011 950 9000
Dr Hans Nel - By appointment only at Panorama Clinic

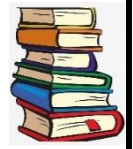
MONDAY

11h00 in Clinic (Admin building)
Hearing Services - Cordelia 011 954 0856
Dates available at the office

LIBRARY



Tuesday, Wednesday, Thursday
10h00 to 12h00
Monika Fourie 082 876 4765



NEW RESIDENTS - WELCOME

C104 Kiepersol	Wayne & Sharon Lewis	D73 Azalia	Mariet Potgieter
Her 1 D1	Anton van Wyk	Her 1 F5	Anne Zangel
Her 3 K6	Le Roux Brümmer		

HOSPITAL *We wish you a speedy recovery*

D65 Azalia	Anne Vorster	C65 Taaibos	Martie Richards
D178 Gardenia	Janny Meijer	M296 Gang 8	Elsa van Jaarsveld
D213 Dahlia	Gretchen Fuchs	C148 Protea	Joan Venter
M209 Gang 4	Archie Miller	C130 Azalia	Lavonda Goosen
D169 Gardenia	André Corbett	D122 Cosmos	Des Baker
D252 Cosmos	Carol Labushagné	C100 Kiepersol	Margie Tourle
Her 1 D4	Sheila Henning	Her 1 D2	Anna Smith in Frailcare
Her 3 K15	Paul van Schalkwyk	Her 3 K26	Ria de Meillon
Her 3 K34	Reg Thomas	D262 Clivia	Michiel Vorster
C12 Kwikkie	Ria Malan		

IN MEMORIAM - *Our deepest condolences*

D217 Dahlia	Fanie Scheepers	D121 Cosmos	Brother of Chris van Wyk
Office	Sister of Sunet Viljoen	Her 2 B13	Pieter Aucamp

BIRTHDAYS



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

Goodwill Committee

2-Jun	Dimples	Neethling	D60	Azalia
2-Jun	Cecily	Oates	C123	Karee
3-Jun	Rina	Fourie	M294	Passage 8
3-Jun	Eddie	Corbett	D124	Cosmos
5-Jun	Mariet	Potgieter	D73	Azalia
5-Jun	Nic	Verster	M253	Passage 5
6-Jun	Jan	De Jong	C58	Berg
8-Jun	Elsa	Brink-Claase	C29	Mossie
9-Jun	Jan	Pienewald	Office	
9-Jun	Marietha	Coetzee	D197	Erica
9-Jun	Maxie	Van Heerden	C88	Kiepersol
10-Jun	Nelie	Van Den Berg	Office	
10-Jun	Val	Dell	C9	Kiaat
10-Jun	Ingrid	Walton-Rudd	M149	Passage 1
10-Jun	Lou	Hein	C23	Loerie
11-Jun	Zelda	Lombaard	D170	Gardenia
12-Jun	Willem	Van Schalkwyk	C67	Taaibos
13-Jun	Esther	Dyer	C67	Taaibos
14-Jun	Sus	Diedericks	Office	
14-Jun	Erika	Müller	C64	Taaibos
14-Jun	Cassandra	O'Riley	M151	Passage 1
14-Jun	Danie	Coetzee	D194	Erica
14-Jun	Johan	Du Toit	C56	Berg
14-Jun	Jan	Engelbrecht	D188	Erica
15-Jun	Ansie	Basson	D232	Dahlia
15-Jun	Rae	Dreyer	M292	Passage 7
15-Jun	Mercia	Gericke	D273	Carnation
15-Jun	Janie	Van Wyk	D121	Cosmos
15-Jun	Berta	Jordaan	M253	Passage 5

16-Jun	Hilly	Fokkema	D176	Gardenia
16-Jun	Wilna	Geldenhuys	C77	Berg
17-Jun	Engela	Swarts	D117	Cosmos
18-Jun	Annette	Lemmer	Her 3	K7
19-Jun	Betsie	Bruwer	Her 1	F6
19-Jun	Trudie	Du Plessis	D227	Dahlia
20-Jun	Celeste	Antunes	D203	Erica
20-Jun	Lettie	Van Rooyen	D177	Gardenia
20-Jun	Math	Bettings	C36	Tarentaal
21-Jun	Mart	Kotzé	C10	Berg
22-Jun	Bessie	Ehrke	Her 3	K3
22-Jun	Nella	Moolman	Office	
22-Jun	Susan	Van Rensburg	M248	Passage 5
22-Jun	Hannes	Kloppers	D172	Gardenia
23-Jun	Bennie	Nel	Her 3	K2
23-Jun	Stella	Grobler	D251	Cosmos
23-Jun	Hester	Roets	C7	Arend
23-Jun	Johan	Smith	C19	Kwikkie
23-Jun	Heepco	Van Kaam	D239	Dahlia
23-Jun	Fred	Viljoen	C122	Karee
24-Jun	Esther	Coetzer	D214	Dahlia
24-Jun	Sophia	Krüger	D72	Azalia
24-Jun	Lienie	Slabbert	D267	Clivia
24-Jun	Elna	Van Wyk	C15	Kwikkie
24-Jun	Fred	Dorgan	C143	Iris
25-Jun	Rita	Bootha	D52	Azalia
25-Jun	Richard	Jennet	M287	Passage 7
26-Jun	Jacques	Bezuidenhout	D221	Dahlia
26-Jun	Zambia	Coetzee	C75	Berg
27-Jun	Carole	Marais	Her 3	K5
30-Jun	Kampie	Kamffer	D254	Cosmos
30-Jun	Rouette	Le Grange	Her 3	K33
30-Jun	Lappies	Labuschagne	D252	Cosmos

NEW RESIDENTS FUNCTION



A function for residents new to Panorama Estates (March 2023 to April 2024) was held on the 8th of May.

Tania Smith, manager, welcomed all present and gave them an opportunity to meet the board, office staff and chairpersons of the various committees.



Mr Chris Eksteen, ACTING CHAIRMAN OF THE BOARD, informed residents of the role of the Board and the various activities available at Panorama Estates. The Chairman and staff were individually introduced to the residents where they explained their portfolios.

The morning concluded with a cup of coffee/tea and refreshments and new residents could chat to the various people present to gain clarity and information.

SOCIAL CLUB



Remember, during the winter months, the monthly braai starts at **16:00**. If the weather on the day is too cold to braai, residents will be informed via WhatsApp of the cancellation.

We were sent this delightful photograph of two of our residents on their way to the braai last month. Welcome, we hope you both enjoyed every minute. Looking forward to seeing you again!



Due to an event being held at the Recreation Hall on Saturday 8th of June, we have had to change the date of our next braai to the **31ST 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, BRAAI FIRES WILL BE LIT AT 16:00**. The Taphuis sells liquid refreshments at a very reasonable price, and will be open for your convenience.

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.

Contact Latie 011 954-0763 &
Gretchen 082 321 0745

Believe it or not, but we are already starting to collect good second-hand items to sell at the White Elephant table at the Morning Market next year! Please contact us if you would like to donate anything towards this fundraising drive!

GOODBYE BUT NOT FAREWELL

Dear Residents, Staff, my Ladies and Gentlemen. In each of our lives comes a time to say goodbye. It is now my time to bid farewell to you all as I retire at the end of June.

All I wish to say is thank you so much for 25 years of growth at Panorama. For every altercation, hug, smile, joke and much more. My prayer for you all is good health, love and peace.

Although you will still see me at Panorama from time to time, I will miss you very much.

Shalom
Sus Diedericks



From the staff

We extend our heartfelt thanks to Sus Diedericks for her exceptional dedication and service over the past 25 years and 7 months. Her unwavering dedication and outstanding contributions have been invaluable to our organisation. We wish her all the best for her retirement at the end of June.

Tania Smith, Manager

Dearest Sus,

When I think of you, I hear "Good morning, Panorama Staff". Thank you so much for the 4 years I was able to work with you and for always going out of your way to ease my workload. I'm going to miss your chuckles and chats. Prosperity for the future and may the Lord bless you richly in the next part of your life journey. You will always hold a very special place in my heart. Much love, Lanie xxx

Sus

For 17 years, I have had the privilege of walking a path with you. Some days it was laughter and other days it was tears, but most of the time it was good! You worked hard and did a lot for your residents, sometimes a lot more than was expected of you. Enjoy every minute of your retirement, I grant you the rest. It's time for you to be spoiled. We're going to miss you. Love Nelie

Sus, may the years ahead hold only much health and happiness for you. I am going to miss your large presence and personality in the office very much, but you deserve the rest!

Love Nella

Dear Sus, I wish you a happy retirement. You worked very hard at Panorama and meant a lot to me. It is now your turn to rest. I wish you only health and happiness and that God blesses you always. Enjoy the time with your family and friends. We are definitely going to miss you and your wonderful sense of humour in the office.

Love Bettie



GOODWILL



At our meeting held on the 24th of April, it was a pleasure to welcome some new ladies. I am sure that they will make a meaningful contribution to our group.

It was also great to see so many new residents at the Welcome/Information Meeting on the 8th of May. You are all most welcome to become involved in the activities of the Goodwill Committee.

The flu season has struck again and quite a few of our residents are not well. Please remember to notify the office in the event of illness so that the relevant Goodwill service worker can contact you.

Just a reminder, the Goodwill Committee offers help and support to residents before and after the death of a loved one. Also, Panorama's Recreation Hall is available for memorial service events should it be required.

To chase the winter blues away, on 20 July, Kotie Jooste is organising a proper "Kômmin Paartie" in Tant Stienie-style as a light-hearted get-together for residents. Residents who are willing to be a table hostess or just want to attend the event can contact Kotie on 082 923 7169. Tickets @R50 per person will be available from 1 July.

Maxie van Heerden - Goodwill News

CARE FRIENDS

Before we wipe our eyes out, it will be Christmas again! It feels as if we need to wear roller skates to keep up with life! However, our team is very calm and full of plans while keeping busy!

Recent donations made by us are as follows:

- Beanies to the Goodwill-group
- Food to Jolige Jakkars
- Quilted blankets to Luipaardsvlei Old Age Home
- Scarves and bed socks to Roodepoort Old Age



We received a letter from West Rand Bikers' Church thanking us for our donations to them.

It is with sadness that we need to report that one of our members is very ill and we are keeping her in our prayers.

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 6th June.

We took out one of the quilt blankets to raise funds for our year-en backpack project, as well as to sell some.





As part of our fundraising project, we now make and sell these lovely bags in which you can carry your cell phone and panic button with you at all times.

Only R30,00!

As you can see, we are very busy, and Thursdays are the highlight of our week when we get together to chat, work and exchange fundraising ideas.

Caring Greetings, Marie

GARDENING TIPS

Winter is here in all its glory! I trust that all your frost susceptible plants have already been protected.

Now is the time to fill those bare and drab spots in our gardens with colour, and Fairy Primulas, which come in many colours, are the ideal plant to use here. When buying seedlings, do not buy those already in full bloom. Choose the ones with healthy deep-green leaves, pinch off the wilting flowers in order to develop the plants. Plant in moist, well-prepared soil using plenty of compost, superphosphate or bonemeal.



Pansies make such a pretty show with many different varieties and colours available. They can also be planted in hanging baskets, or anywhere that there is an empty spot in your garden. If the weather is very hot, they can bloom into November, giving more pleasure for a longer time. They are easy to plant and maintain but require regular dead-heading of flowers. They also require at least four hours of sunshine daily. Fertilise once a month.

Violets are another delightful plant but prefer shady spots, and, what's more, they are edible and can be used to decorate cakes and desserts, as well as used in salads.

You can also plant snapdragons daisies, lobelias, phlox, buttercups, poppies, petunias, foxglove and many more. There is no reason why your garden should be drab.

Now is also the time to make hardwood cuttings from, iceberg roses, snowballs, frangipanis as well as fruit trees etc. Cuttings can be made from the new shoots. Cut about a pot shoot thickness ± 20 to 25 cm thick and ± 6 mm under last "eye", new shoot. Fill a pot with good potting soil, use a pencil and make a hole in soil, and, after dipping it in growth powder, push the cutting about two-thirds into soil, ± 5 cm apart, keep in moist soil during winter, and, at the first signs of growth above the soil, you will have ample root growth.

Nutrition and Pampering Checklist

Aloes: Add a layer of old cow manure or compost as mulch to the root system.

Bulbs: Begin feeding your winter and spring-flowering bulbs with specialized bulb food this winter, and make sure the soil around them does not dry out.

Sweet peas: Feed every 2 weeks.

Pansies: If they struggle to grow well, feed them with a trace element mixture such as Trelmix, or a product containing seaweed.

Geraniums and Pelargoniums: These plants like well-drained soil, and very little water. Allow the soil to dry out, before watering. Fertilize often as these are "hungry" plants.

Take Care of the Birds in your Garden

Choose an old branch with cracks and crevices and tie a rope on either side of the it. Fix the branch high up in the tree, filling the cracks and crevices with pieces of bacon and peanut butter, mixed with wild bird seed. Sit back in a sunny spot and enjoy the birds in your garden while enjoying a delicious cup of coffee or tea.



Garden greetings, Marie Goosen

SECURITY EMERGENCY PLAN

WHAT MUST I DO IN AN EMERGENCY SITUATION?

- Determine the nature and location of the danger. If possible, switch off all power switches on the DB board (located behind the front door, in the kitchen or in the garage). If you have a gas stove or a gas bottle connected to any appliance, switch off the safety valve (**shut off valve**) immediately.
- Close all doors and windows behind you as you move to safety.
- Press the panic button (which should be around your neck) so that the red light displays for ± 10 to 15 seconds.
- Should a pot or pan catch fire on the stove, remain calm and place a lid on the pot to smother the flames and immediately turn the stove off. Then press the panic button.
- Wet towels or other cloths to smother the flames should the fire still be small.
- Get everyone out of the house.
- If possible, phone the office or security at the gate and explain clearly and firmly what the problem is so that proper information can be relayed.
- If possible, take your walker and walking sticks with you (you might find them necessary to move more easily).
- Time is essential for survival, damage/loss.

WHAT MUST I NOT DO IN AN EMERGENCY SITUATION?

- Do not waste time if you cannot get to within half a metre of the danger, move outside immediately and raise the alarm.
- Never throw water on an electric or oil flame.
- Do not look for items of sentimental value, get out of danger as quickly as possible. The longer you remain inside, the greater the danger.
- Do not hang curtains or dishcloths near the stove (they can catch flame while you are cooking).
- Never keep any flammable liquids (petrol/diesel/paraffin) in the house.



WHAT MUST I TAKE WITH ME IN CASE OF AN EMERGENCY?

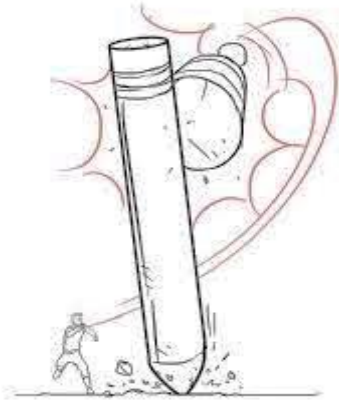
- Panic button (should be around your neck).
- Should the danger not be too great, take your immediate personal possessions.
- Should the danger be too great, do not look for anything but help any other family members or visitors to leave the house with you immediately.
- Your cell phone, but do not go and look for it, it could cost you your life.
- Move to the assembly point nearest to your house.

DRAFT BY JAN PIENEWALD 19/11/2019

JUKSKEI

Jukskei is played on Mondays, Wednesdays, Fridays, from 15:00 to 16:30 in summer and 14:30 to 16:00 in winter. At present, we have sixteen active members.

A little bit about the game: Jukskei is a traditional folk sport developed and played in South Africa. It is believed to have originated around 1743 in the Cape of Good Hope. The game involves throwing wooden pegs (separators) at a stick planted in the ground. Here are the basic rules:



- The object of the game is to knock over a peg planted in a sandpit over a distance of between 10 and 16 meters (depending on age and gender).
- It is played in teams, usually with four members each.
- Each member has two skeis (and thus two turns).
- The playing field consists of two pits facing in opposite directions, allowing play in both directions.
- Every time a team member knocks the pin over, three points are earned.
- If the pin isn't knocked over, the team closest to the pin earns points based on their referees' proximity.

Article as sourced from CoPilot

MOSAIC FUNERAL GROUP



A very interesting and insightful talk was presented to Panorama residents by Mosaic Funeral Services. It was highlighted that it is of utmost importance to know what steps to take and what documents to have ready when a loved one passes on. Thank you to Mosaic Funeral Services.

Father's Day Lunch
16 JUNIE 2024 @ 12:00
PROTEA RESTAURANT PANORAMA

Live Entertainment
Small Gift For Dad
R250pp

3 Course Meal:
Starter: Shrimp Cocktail
Main: Beef Wellington, Orange Glazed Chicken, mashed Potatoes with Red Wine Garlic Gravy, Sav Rice, Cheezy Cauliflower Roasted Pumpkin
Dessert: Trio of Special Desserts

For Bookings
Outside Bookings Welcome @ our Special Lunch
brianswarts@mweb.co.za
079 208 6266



HEARING LOSS SHOULDN'T SILENCE YOUR LIFE

We understand the profound impact that hearing loss can have, especially in the later stages of life. That's why we're committed to providing comprehensive Audiology and hearingaid services tailored to the unique needs of seniors, right at Panorama Retirement Resort

Cordelia Fairlie, an Audiologist from the Family Therapy and Hearing Centre visits Panorama on the following

Mondays from 11:00 in the Panorama Clinic



JUNE	3, 10 June	JULY	8, 22 July
AUGUST	5, 19 Aug	SEPTEMBER	2, 16, 30 Sept
OCTOBER	14, 28 Oct	NOVEMBER	11 Nov
22 November		Annual open day	
DECEMBER	2 Dec		

Do not hesitate. Make that appointment today.
Familie Therapie & Gehoorsentrum
011 954 - 0856

We will beat any written quotation!

BATTERIES AVAILABLE AT RECEPTION @ R60pp.



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
Hidroterapie Hydrotherapy	Gesluit Jun - Sept Closed Jun - Sept	14h00	Swembad Swimmingpool	Anne Baker 072 524 0489
Jukskei	Maandag, Woensdag, Vrydag Monday, Wednesday, Friday	14h30 - 16h00	Jukskeibaan	Lou Hein 076 474 2763
Kerkdien 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:

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

- 1.
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.....
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.....
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NAAM / NAME

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NAAM VAN PERSOON / NAME OF PERSON

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

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE