



# 341 PANORAMADATA

## AUGUST 2024

## ENGLISH



[www.panoramaestates.co.za](http://www.panoramaestates.co.za)

GPS: 26.09294S 27.82549E

### AFTER HOURS: HOME OWNERS

**AFTER-HOURS EMERGENCY 071 683 4821**

**SECURITY 011 954 4590 / 079 146 2082**

### EMAIL ADDRESS

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NURSING - OFFICE HOURS	SUNET VILJOEN	072 010 9334
MAINTENANCE	VIC VICTOR	
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### HERBERGE

<b>24-HOURS EMERGENCY</b>	HERBERG 1 & 3:	078 523 8926
	HERBERG 2:	073 591 9324
HERBERG 1, 2, 3 & GUESTROOMS	MARIE COETZER	011 954 5777

# 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**

10h00 - 13h00 Call 011 950 9000

**Dr Hans Nel - Only by appointment at Panorama**

**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**



# HOSPITAL

*D250 Cosmos*

*Con Botha*

*D203 Erica*

*Jorge Antunes*

*C40 Mossie*

*Rina Pienaar*

*C52 Berg*

*Tas Erasmus*

*D204 Erica*

*Amanda Pretorius*

*C7 Arend*

*Hester Roets*

*C77 Berg*

*Wilna Geldenhuys*

*D267 Clivia*

*Lienie Slabbert*

*C111 Berg*

*Sophie Nel*

*C103 Kiepersol*

*Miemie de Necker*

*C104 Kiepersol*

*Wayne Lewis*

# IN MEMORIAM - Our deepest condolences

*M155 Passage 1*

*Ben de Lange*

*C31 Mossie*

*Lien Theron*

*Former resident*

*Annamarie Webb*

*Herberg 1 P2*

*Wim Reinecke*

*D152 Disa*

*Daughter of Sarah Harding*

*C89 Kiepersol*

*Son of Debbie Cornelissen*

*Herberg 2 A2*

*Eddie Levin*

# NEW RESIDENTS - WELCOME

*M255 Passage 6*

*Hans & Tienkie 'tLam*

*C2849 Protea*

*Patrick & Anthea McRae*

*Herberg 1 F2*

*Moyra Janse v Rensburg*

# BIRTHDAYS



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

***Goodwill Committee***

1-Aug	Moyra	Scheepers	D217	Dahlia
1-Aug	Hans	't Lam	M255	Gang 6
2-Aug	Lavonda	Goosen	C130	Azalia
2-Aug	Elna	Van Rooyen	C105	Kiepersol
3-Aug	Annemarie	Barth	D167	Gardenia
3-Aug	Nita	Conradie	C115	Kiaat
3-Aug	Ursula	Van Schalkwyk	C21	Loerie
6-Aug	Mélanie	Engelbrecht	D62	Azalia
6-Aug	Hilde	Kratochvil	C133	Azalia
6-Aug	Juliana	Labuschagne	D159	Hibiscus
8-Aug	Marietjie	Biagio	C101	Kiepersol
8-Aug	Stephanie	Harvey	C86	Karee
8-Aug	Sannie	Kritzinger	M257	Gang 6
8-Aug	Shirley	Theron	C33	Loerie
8-Aug	Lynette	White	M208	Gang 4
9-Aug	Izak	Conradie	C115	Kiaat
9-Aug	Hammie	Hamersma	C54	Berg
10-Aug	Pieter	Van Der Walt	C63	Taaibos
11-Aug	Rina	Jonker	D237	Dahlia
11-Aug	Elzabe	Randles	D257	Cosmos
12-Aug	Janny	Meijer	D178	Gardenia
12-Aug	Alex	Lancaster	M205	Gang 4
17-Aug	Bertie	Richards	C65	Taaibos
17-Aug	Christo	Rossouw	C140	Iris
18-Aug	Rose	Stanley	C112	Berg
18-Aug	Trevor	Page	C41	Mossie
18-Aug	Madge	Liebenberg	E7	Herberg 1
19-Aug	Sunet	Viljoen	Office	
21-Aug	Carlien	Marais	D187	Erica
21-Aug	Mercia	Zeelie	D260	Cosmos
22-Aug	Petro	Fourie	C34	Loerie
22-Aug	Corrie	Snyman	M159	Gang 2
22-Aug	Steffie	Van Den Berg	C24	Kwikkie
24-Aug	Meisie	Kruger	D51	Azalia
25-Aug	Faan	Lourens	D223	Dahlia

25-Aug	Danie	Retief	C45	Berg
26-Aug	Johan	Pretorius	C39	Tarentaal
27-Aug	Kathleen	Barrable	D69	Azalia
27-Aug	Lizette	Retief	C45	Berg
27-Aug	Christine	Taylor	D195	Erica
27-Aug	Frikkie	Marais	D218	Dahlia
27-Aug	Ben	Van Niekerk	D175	Gardenia
27-Aug	Glynis	Esterhuizen	K10	Herberg 3
29-Aug	Biffy	Paoliello	C147	Protea
30-Aug	Cicely	Dorgan	C143	Iris
30-Aug	Karin	Jacobsz	C8	Kiaat
31-Aug	Elaine	Joubert	C135	Azalia
31-Aug	Dinah	Otto	D202	Erica
31-Aug	Leonie	Potgieter	C149	Protea
31-Aug	Marie	Uys	D225	Dahlia
31-Aug	Johan	Dippenaar	D162	Hibiscus
31-Aug	Penny	De Beer	K22	Herberg 3



Photo taken by Nelie vd Berg

**July Full Moon 2024: Buck Moon**

The Full Moon will occur on July 21, at 10:17 GMT (6:17 a.m. EDT). Native Americans call it the Buck Moon, because, in July, the young male deer (buck) are sprouting new antlers. The July Full Moon will be unusually low above the horizon in the Northern Hemisphere sky and higher than usual in the Southern Hemisphere. (Starwalk Space)





# GOODWILL



What a party! I have never seen so many 'shades' of "Kommengheit" and this from the people of our town - Panorama.

Saturday 20 July was the brainchild of Kotie Jooste. We thank her very much for all the organisation and patience with which she handled the arrangements. It was a morning filled with fun, conversation and just good laughs. An extraordinary and special tea party!

To Shirley, one of our own "*Real Housewives of Panorama*" who had to pull all the strings, thank you very much. She also had to be 'madam of ceremonies', despite all the witty remarks. But it's not easy to get this redhead down!

There was no shortage of originality and creativity at our hostesses' tables. Each one was unique and different.

Then to our guests who participated with such enthusiasm: Thank you very much for the spontaneous participation which contributed to a successful morning. Thanks to Brenda and Dorothea who, at the expense of themselves, shared their Panorama Dramas with everyone!

We wish to extend our sincere thanks Christa Chidrawi who addressed us on Creative Aging. I think we are in that phase of life where encouragement is needed to still believe in our skills, as well as to take on new challenges. Many thanks also to Rienie Prinsloo for reading a beautiful poem by C. Louis Leipoldt which appears elsewhere in this issue of Panorama Data.

Amidst all the merriment, our hearts go out to residents who have experienced illness or grief. Thank you very much to Elma and the ladies of the Goodwill Group who assist her with the organisation of memorial services. It is a service of love that is truly appreciated by all.

## Maxie van Heerden: Goodwill News

### Versamelde gedigte (1980)-C. Louis Leipoldt-restenstatus Auteursrechtelijk beschermd

Ballade van Broer Blindeman

Die lelie wat trots op sy steel  
Sy sierlike blomblare krom,  
Met die skyn in sy kleur soos ferweel  
Is bly om te bloei as 'n blom.  
Jy sê vir my, vrind, dit is dom  
Om 'n lelie as voorbeeld te kry;  
En tog, as die brombye brom,  
Dan juig hy; sy lewe was bly!

Die klimop daar bo die prieel  
Skyn goud, soos die doringboomgom  
In trosse van skoenlapper-geel  
Wat reik waar die ranke kan kom;  
Die geur van die bloeisels alom  
Deur sagte, soet winde versprei  
Dit sing vir die wind en vir hom:  
'Ek juig, want my lewe is bly!

Die dartelende waterman speel  
Oor die vlak van 'n kloof-waterkom;  
Hy kriel en spartel en streef  
Die water en vlug om en om  
Die donker kan slaan op sy trom,  
Die weerlig kan flikker verby –  
Hy sing, eer die skadu's verkrom:  
'Ek juig, want my lewe is bly!

O vriend, eer die blindeman kom  
Om ons voort in die donker te lei,  
Sing, sing, voor jy stemloos verstom:  
'Ek juig, want my lewe was bly!



# Kômmin Tee Paartie Commin Tea Party

1ste / 1<sup>st</sup>  
Eljo Neethling



2de / 2<sup>nd</sup>  
Nola Gray



3de / 3rd  
Tersia du Plessis





# POTPOURRI HOME/GARDENING CLUB

Winter is coming to an end, which I am not sorry about, because whether my blood is thick or thin, I've been feeling the cold this winter and it is also very evident in our gardens. The wind is also blowing earlier this year, and coupled with the fact that water is scarce, the gardens are suffering. However, we won't let this get us down as we enjoy beauty and colour in our gardens, so there is a lot of planning and work in store for us.

- Start feeding hydrangeas with a nitrogen-rich fertilizer - blue for blue flowers and pink for pink flowers.
- Fertilize Fuchsias with nitrogen-rich fertilizer and replant those in pots using fresh potting soil.
- Feed acid-loving plants such as Azaleas and Catnip with micro-element mixture to correct yellowing leaves and mulch around the stem with pine needles or bark.
- Summer flowering bulbs such as Gladiolas, Cannas, Spider Lilies and Watsonias and can now be planted for colour. Plant them in garden beds in rich soil containing lots of added compost as well as a few handfuls of slow-release fertilizer. They like full sun, and regular watering is essential.
- Water soil, not the flowers or leaves, pinch off dead flowers and keep an eye out for slugs.

**Pelargoniums** enjoy full sun. Certain varieties like shade, so read labels carefully before buying. Plant only after danger of frost has passed or plant in containers that can be protected. They like fertile, well-drained soil, moderate water in spring and summer. Feed every two weeks in growing season with liquid fertilizer. Pinch growth tips back in early spring to encourage bushy plants and pinch out dead flowers regularly to encourage more blooms.

## TIPS FOR HOUSE PLANTS

During the winter, feeding can be stopped as plant growth slows down. In warmer weather (during spring), new sprouts will be encouraged and feeding can be resumed. Keep plants dust-free by wiping leaves with a wet cloth. Remove dead leaves. Water plants thoroughly before feeding.

Crush eggshells between 2 sheets of paper and add to your potted plants on a monthly basis. The calcium in eggshells is a nutrient that encourages cell formation and healthy root growth.

**Cyclamens** bloom profusely in winter. Early spring is loved for its colourful flowers. These are bulbous plants available in many hybrids. Place indoors, but not in direct sunlight. They will bloom for many weeks if kept cool and moist. Continue to remove dead flower stems and decaying leaves at the base of the plant. As the plant goes dormant in the summer, the leaves will yellow and die which is a good indication that you can replace them with something else.

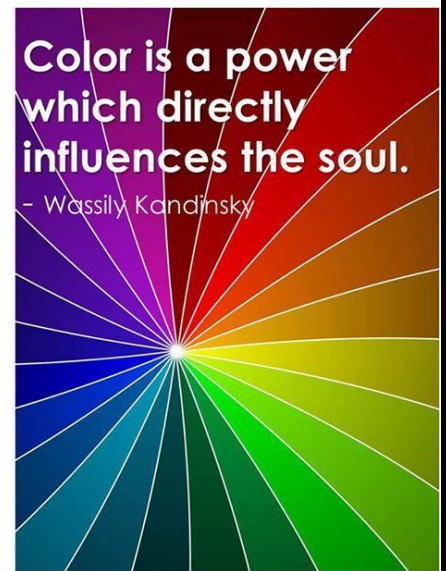
Wait until leaves start to wilt slightly before you start watering the plant. Always water cyclamens from the bottom by placing the base of the pot in water for about 10 min. Drain first before you put it in a drip tray, never allow water on the flowers and leaves as this causes rotting.



**COLOUR THERAPY - HOUSE PLANTS:** Each colour has its own unique effect on people which promotes physical, emotional and mental well-being. The list below explains what different colours do for one's emotional wellbeing. Choose the one that you feel will be good for you!

- **Yellow:** positivity and happiness.
- **Green:** nature, calm and balance.
- **Blue:** peace and competence.
- **Orange:** enthusiasm and warmth.
- **Purple :** elegance and inspiration.

Gardening greetings,  
Marie Goosen



## SOCIAL CLUB

We had a most enjoyable and very well attended Soup and Sherry evening at our last monthly get-together! The hall was full, the glasses were full and the soup bowls were filled to the brim with delicious soup! By the looks of it, we will have to make more pots of soup for our next soup and sherry evening!

Thank you so much to the residents who attended and also to the committee who made the soup, it is greatly appreciated.

Our next get-together is the monthly braai at the Recreation Hall on **FRIDAY 2<sup>nd</sup> AUGUST AT 16:00.** 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.



If you have any second-hand clothing, linen, shoes etc and don't know what to do with it, please contact us as we sell this to our Panorama workers and in this way raise funds for specific Panorama projects! A win-win situation for all. All donations will be gladly accepted.

Contact Latie 011 954-0763 &  
Gretchen 082 321 0745

We require good, second-hand items to sell at the White Elephant table at the Morning Market next year! Please contact us if you wish to donate anything towards this fundraising drive!

# CARE FRIENDS

Our team has been, and still is, very busy. We knitted a number of scarves for a bowling club and were delighted to receive quite a few donations of groceries, clothing, blankets and beanies.

We are currently knitting/crocheting beanies for newborn babies, gloves and bed socks for the elderly.

We were celebrated our 5th birthday on the 11<sup>th</sup> of July with sherry, soup and rolls.

I would like to thank everyone for their support, as well as Panorama management for making the Terrace available to us. Our membership is growing exponentially and many close friendships are formed while the knitting needles and crochet hooks are busy.

It is with great sadness that we ask for prayer for one of our beloved members who has weakened to such an extent that she can no longer attend our meetings. We miss her very much.

One of our founder members fell and broke her femur and was admitted to the Frail Care Unit. We wish her a speedy recovery.

Well, there is a lot to do, and as the saying goes, the devil makes work for idle hands.

Kind, caring regards,

**Marie Goosen**



## MOTIVATIONAL QUOTES

- "Self-doubt kills talent." Edie McClurg.
- "Believe you can and you're halfway there." Theodore Roosevelt.
- "You get what you give." – Jennifer Lopez.
- "Your life only gets better when you get better."- Brian Tracy.
- "Happiness is not by chance, but by choice." – Jim Rohn.

**List of birds seen in Panorama Estates**

Arend	Witkruisarend	Verreaux's Eagle	198
Arend	Roofarend	Tawny Eagle	194
Bergwagter	Bergwagter	Mountain Wheatear	356
Bokmakierie	Bokmakierie	Bokmakierie	420
Bontrokkie	Gewone Bontrokkie	African Stonechat	362
Byvreter	Europese Byvreter	European Bee-eater	276
Dassievoël	Dassievoël	Mocking Cliff Chat	354
Diederikkie	Diederikkie	Diderick Cuckoo	238
Dikkop	Gewone Dikkop	Spotted Thick-Knee	156
Draaihals	Draaihals	Red-throated Wryneck	302
Duif	Rooiborsduifie	Laughing Dove	226
Duif	Gewone Tortelduif	Cape Turtle Dove	226
Duif	Grootringduif	Red-eyed Dove	226
Duif	Kransduif	Rock Pigeon	230
Fisant	Natalse Fisant	Natal Francolin	174
Fiskaal	Fiskaallaksman	Common Fiscal	412
Fiskaal	Suidelike Waterfiskaal	Southern Boubou	414
Flap	Rooikeelflap	Red-Collard Widowbird	456
Flap	Langstertflap	Long-tailed Widowbird	458
Fret	Gewone Fret	Bronze Mannikin	470
Gans	Kolgans	Egyptian Goose	112
Glasogie	Kaapse Glasogie	Cape White-eye	442
Hamerkop	Hamerkop	Hamerkop	104
Hoepoep	Hoepoep	African Hoopoe	288
Houtkapper	Kuifkophoutkapper	Crested Barbet	296
Houtkapper	Rooikophoutkapper	Black-collared Barbet	296
Ibis	Hadida	Hadida Ibis	108
Ibis	Skoorsteenvēer	Sacred Ibis	108
Janfrederik	Gewone Janfrederik	Cape Robin-Chat	364
Kakelaar	Rooibekkakelaar	Green Wood Hoopoe	288
Kanarie	Geeloogkanarie	Yellow-fronted Canary	476
Kanarie	Streepkopkanarie	Streaky-headed Seedeater	478
Kanarie	Bergkanarie	Black-throated Canary	478
Katlagter	Pylvlekkatlagter	Arrow marked Babler	348
Kiewiet	Lelkiewiet	African Wattled Lapwing	150
Kiewiet	Bontkiewiet	Blacksmith Lapwing	150
Kiewiet	Kroonkiewiet	Crowned Lapwing	150
Koekoek	Piet my vrou	Redchested Cuckoo	240
Koekoek	Swart koekoek	Black Cuckoo	242
Kraai	Witborskraai	Pied Crow	338
Kwelia	Rooibekkwelia	Red-billed Quelea	442
Kwêvoël	Kwêvoël	Grey Go-away-bird	236
Kwikkie	Gewone Kwikkie	Cape Wagtail	332
Langstertjie	Bruinsylangstertjie	Tawny-flanked Prinia	398
Lewerik	Rooi nek lewerik	Rufous-naped Lark	308
Loerie	Gewone Vleiloerie	Burchell's Coucal	244



		Newman se Voëls – Gedenk uitgawe 2010	
Lyster	Geelbeklyster	Karoo Thrush	350
Lyster	Gevlekte Lyster	Groundscraper Thrush	350
Lyster	Kaapse Kliplyster	Cape Rock-Thrush	352
Lyster	Rooibek Lyster	Kurrichane Thrush	350
Mossie	Gewone Mossie	Cape Sparrow	446
Mossie	Gryskop mossie	Southern Grey-headed Sparrow	444
Mossie	Huismossie	House Sparrow	444
Muisvoël	Gevlekte Muisvoël	Speckled Mousebird	274
Muisvoël	Rooi wang muisvoël	Red-faced Mousebird	274
Naguil	Donker naguil	Freckled Nightjar	254
Neushoringvoël	Grysneshoringvoël	African Grey Hornbill	290
Parkiet	Ringnekparkiet	Rose-ringed Parakeet	232
Reier	Bloureier	Grey Heron	98
Reier	Swartkopreier	Black-headed Heron	98
Reier	Veereier	Cattle Egret	96
Rooibekkie	Koningrooibekkie	Pin-tailed Whydah	472

Speg	Kardinaal Speg	Cardinal Woodpecker	300
Spekvreter	Gewone Spekvreter	Familiar Chat	360
Sperwer	Gebande Sperwer	Shikra	206
Sperwer	Kleinsperwer	Little Sparrowhawk	206
Sperwer	Ovambo Sperwer	Ovambo Sparrowhawk	206
Sperwer	Swartsperwer	Black Sparrowhawk	210
Spookvoël	Spookvoël	Grey-headed Bushshrike	420
Spreeu	Indiese Spreeu	Common Myna	424
Spreeu	Kleinglansspreeu	Cape Starling	426
Spreeu	Rooivlerkspreu	Red-winged Starling	422
Streepkoppie	Klipstreepkoppie	Cinnamon-breasted Bunting	482
Suikerbekkie	Groot-rooiband suikerbekkie	Greater double-collared Sunbird	432
Suikerbekkie	Jangroentjie	Malachite Sunbird	430
Suikerbekkie	Swartsuikerbekkie	Amethyst Sunbird	436
Suikerbekkie	Witpensuikerbekkie	White-bellied Sunbird	434
Swael	Grootstreepswael	Greater Striped Swallow	258
Swael	Klein windswael	Little Swift	270
Swael	Kransswael	Rock Martin	266
Swael	Palm windswael	Palm Swift	270
Swael	Windswael	Swift	271/2
Swartmees	Gewone Swartmees	Southern Black Tit	346
Tarentaal	Tarentaal	Helmeted Guineafowl	176
Tinktinkie	Luitinktinkie	Lazy Cisticola	396
Tiptol	Swartoogtiptol	Dark-capped Bulbul	344
Troupant	Gewone Troupant	Lilac-breasted Roller	286
Uil	Gevlekte Ooruil	Spotted Eagle-Owl	250
Uil	Nonnetjie uil	Barn Owl	246
Uil	Reuse-ooruil	Giant Eagle-Owl	250
Valk	Akkedisvalk	Lizard Buzzard	204
Valk	Kaalwangvalk	Gymnogene	214
Vink	Bandkeelvink	Cut-throat Finch	468
Vink	Rooikopvink	Red-headed Finch	468
Vink	Rooivink	Southern Red Bishop	456
Vink	Swartkeelgeelvink	Southern Masked-Weaver	452
Visvanger	Bontvisvanger	Pied Kingfisher	280

20 Julie 2022 Newman se Voëls – Gedenk uitgawe 2010

Visvanger	Bruinkop visvanger	Brown-hooded Kingfisher	284
Vlieëvanger	Paradysvlieëvanger	African Paradise Flycatcher	408
Wewer	Dikbekwewer	Thick-billed Weaver	450
Wewer	Kaapse Wewer	Cape Weaver	448
Wielewaal	Swartkop wielewaal	Black-headed Oriole	340

20 Julie 2024 Newman se Voëls – Gedenk uitgawe 2010

Voëls bygevoeg sedert vorige lys van 12 Julie 2022.

Parkiet	Ringnekparkiet	Rose-ringed Parakeet	232
Sperwer	Gebande Sperwer	Shikra	206
Sperwer	Swartsperwer	Black Sparrowhawk	210
Tinktinkie	Luitinktinkie	Lazy Cisticola	396
Troupant	Gewone Troupant	Lilac-breasted Roller	286

Should a resident see a bird in Panorama which does not appear on this list, please call Lou Hein on 076 474-2763.

Any bird identified by a resident of Panorama must be confirmed by a second person.



# ADULT

# Ballet

## BALLET CLASSES FOR SENIORS



Did you do ballet when you were young, or ever wish that you had?

Rekindle the joy of dancing in gentle classes designed for the older adult.

---

Research shows that ballet stimulates creativity and improves posture, balance, co-ordination, flexibility, memory, strength and general well-being. Ballet is a social activity and you can enjoy yourself in a relaxed and friendly class.

---

The classes are offered by Alice-Ann, who has been a dancer, a ballet teacher and a ballet examiner for six decades.

**Interested? Contact me on WhatsApp or SMS: 082 683 6541**

Let me have your name and that of the retirement village at which you reside.

**Alice-Ann | 082 683 6541 | [aliceanncassell@gmail.com](mailto:aliceanncassell@gmail.com)**

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# HEARING LOSS SHOULDN'T SILENCE YOUR LIFE

**“Of all our senses, hearing is one of the easiest to take for granted. But when you or someone you love experiences difficulty hearing, it can affect daily life just as dramatically as diminishing sight. Millions of people all over the world have impaired hearing to some degree. If you think you might be one of these, help is within easy reach”**

Because most hearing impairment comes about gradually, it’s easy to overlook symptoms or simply attribute them to the ageing process. But early recognition improves your chances for assisting the problem:

- 👂 Do high-pitched sounds, such as the voices of women and children, and telephone dial tones disappear?
- 👂 Is it difficult to hear or understand others in public places such as restaurants, theatres, or shops?
- 👂 Do people seem to mumble more than they used to do?
- 👂 Do you often need to ask others to repeat themselves?
- 👂 Do you need to turn up the volume on the TV, radio, or Hi-Fi when others do not seem to have a problem hearing it?

**If you answered “yes” to any of these questions, your hearing may be impaired!**

**Cordelia Fairlie, an Audiologist from the Family Therapy and Hearing Centre visits Panorama on the following Mondays from 11:00 in the Panorama Clinic:**



<b>JULY</b>	8, 22 July	<b>AUGUST</b>	5, 19 Aug
<b>SEPT</b>	2, 16, 30 Sept	<b>OCTOBER</b>	14, 28 Oct
<b>NOVEMBER</b>	11 Nov 22 November Annual open day		
<b>DECEMBER</b>	2 Dec		

<p>Do not hesitate. Make that appointment today. <b>Family Therapy &amp; Hearing Centre</b> <b>011 954 - 0856</b></p>	<p><b>We will beat any written quotation!</b> <b>BATTERIES AVAILABLE AT RECEPTION @ R60 per pair.</b></p>
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# IMPORTANT INFORMATION

Biblioteek Library	Dinsdag, Woensdag, Donderdag Tuesday, Wednesday, Thursday	10h00 - 12h00	Admin Gebou	Monika Fourie 082 876 4765
Bingo	Maandag Monday	17h00	Ontspanningsaal Recreation Hall	Jacky Billmann 082 372 5683
Braai	1ste Vrydag vd maand 1 <sup>st</sup> Friday of the month	16h00	Ontspanningsaal Recreation Hall	Tom van Rooyen 083 528 9456
Bybelstudie Bible Study	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	Sam Marais 060 924 4596
Hidroterapie Hydrotherapy	Gesluit Jun - Sept Closed Jun - Sept	14h00	Swembad Swimmingpool	Anne Baker 072 524 0489
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 Caring Friends- Crochet & Knitting	Donderdag Thursday	9h00 - 11h00	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	Piet Marais 083 379 3703
Sosiale klub Social Club				Sybil 082 851 3208 Dalene 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	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 Booth 011 954 0763 Gretchen Fuchs 082 321 0745
Welwillendheid Goodwill				Shirley Theron 082 451 7683





NAAM / NAME .....

NAAM / NAME .....

EENHEID / UNIT .....

EENHEID / UNIT .....

Gee die volgende item/s aan:

Gee die volgende item/s aan:

Give the following item/s to:

Give the following item/s to:

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NAAM VAN PERSOON / NAME OF PERSON

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NAAM VAN PERSOON / NAME OF PERSON

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SEKURITEIT / SECURITY      DATUM/DATE



NAAM / NAME .....

NAAM / NAME .....

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