

343 PANORAMADATA

OCTOBER 2024

www.panoramaestates.co.za

GPS: 26.09294S 27.82549E

ENGLISH

AFTER HOURS – HOME OWNERS

AFTER HOURS EMERGENCY: 071 683 4821

SECURITY 011 954 4590 / 079 146 2082

Email: reception@panoramaestates.co.za

CONTACT NUMBERS: 011 954 1078 / 4590 / 3670

| | | |
|-----------------------------|--------------------|--------------------------------------------------------------------|
| MANAGER | TANIA SMITH | |
| OPERATIONS MANAGER | JAN PIENEWALD | |
| RECEPTION / SWITCHBOARD | NELLA MOOLMAN | |
| FINANCE | LANIE KOTZÉ | |
| ADMIN / DSTV | NELIE VAN DEN BERG | |
| CLEANERS & BUS | ISABELLA VAN WYK | 071 165 8627 |
| NURSING – ONLY OFFICE HOURS | SUNET VILJOEN | 072 010 9334 |
| MAINTENANCE | VIC VICTOR | |
| MARKETING | BETTIE SENEKAL | 082 379 1081 |
| MARKETING | CHARMAINE ALLEN | 082 783 4909 |
| RESTAURANT/PROTEA | CYNTHIA MINNIE | 079 208 6266 |
| | | brianswarts@mweb.co.za |
| FRAIL CARE | ORPHA VILJOEN | 011 954 5190 |

HERBERGE

| | | |
|-------------------------------|----------------|------------------------------------------------------------------------|
| 24-uur NOOD | HERBERG 1 & 3: | 078 523 8926 |
| | HERBERG 2: | 073 591 9324 |
| HERBERG 1, 2, 3 & GASTEKAMERS | MARIE COETZER | 011 954 5777 |
| | E-POS ADRES: | herbergmanager@gmail.com |

CLINIC

MONDAY AND FRIDAY

Home visits

TUESDAY

9:00 – 11:00 at the clinic (Admin building)

Injections (own supply) **only on Tuesdays at the clinic**

WEDNESDAY

9:00 – 11:00 at clinic (Admin building)

Routine procedures e.g. blood pressure, sugar, etc.

THURSDAY

10:00 – 13:00 Call 011 950 9000

Dr Hans Nel – Only by appointment at Panorama

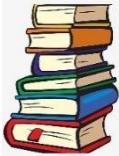
Hearing Services - Cordelia 011 954 0856

MONDAY

14 & 28 October 11:00

at the clinic (Admin building)

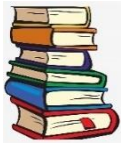
LIBRARY



Tuesday, Wednesday, Thursday

10:00 – 12:00

Monika Fourie 082 876 4765



HOSPITAL

| | | | |
|-----------------------|--------------------|-------------------|-----------------------|
| <i>D236 Dahlia</i> | Marina Celliers | <i>H1/ F5</i> | <i>Ann Zangel</i> |
| <i>D235 Dahlia</i> | Mara da Silva | <i>H1/D4</i> | <i>Sheila Henning</i> |
| <i>D209 Erica</i> | Attie Beekman | <i>C113 Berg</i> | <i>Greg Miller</i> |
| <i>C10 Kwikkie</i> | Elma Seymore-Smith | <i>C138 Iris</i> | <i>Hennie Pieters</i> |
| <i>C103 Kiepersol</i> | Miemie de Necker | <i>D199 Erica</i> | <i>Rina Schubotz</i> |

IN REMEMBRANCE

| | | | |
|------------------------------------|-----------------|-------------------------------------------------------------|----------------------|
| <i>D256 Cosmos</i> | Marlene Tetluk | <i>H2/C21</i> | Seun van Fia Putter |
| <i>D230 Dahlia</i> | Eddie Holder | <i>Former resident D179 Gardenia</i> | <i>Jan Neethling</i> |
| <i>Former resident D267 Clivia</i> | Lienie Slabbert | <i>C4 Arend Nephew & sister-in-law of Herman Goosen</i> | |

NEW RESIDENTS

| | | | |
|----------------------|-------------------------|---------------------|------------------------|
| <i>D157 Hibiscus</i> | Mossie & Monica Mostert | <i>C2849 Protea</i> | Patrick & Anthea McRae |
| <i>C126 Karee</i> | Theuns & Ina de Beer | <i>H3/K17</i> | <i>Chris Knoessen</i> |
| <i>H1/E11</i> | Pat Slater | <i>H3/K8</i> | Cecilia Smit |
| | | <i>H1/F10</i> | Julia Steenekamp |

BIRTHDAYS



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



Goodwill Team

| | | | | |
|--------|-----------|----------------|-----------|-----------|
| 02-Oct | Rina | Grové | C116 | Kiaat |
| 02-Oct | André | Grové | M199 | Passage 3 |
| 03-Oct | Matty | Els | C139 | Iris |
| 03-Oct | Fanie | Van Zyl | HERBERG 3 | K4 |
| 04-Oct | Bettie | Senekal | Kantoor | Office |
| 04-Oct | Elsa | Van Jaarsveld | M296 | Passage 8 |
| 04-Oct | Willemien | Wienekus | D50 | Azalia |
| 05-Oct | Bernard | Kuyper | D119 | Cosmos |
| 05-Oct | Martin | Trumpelmann | C125 | Karee |
| 05-Oct | Elize | Roets | M150 | Passage 1 |
| 06-Oct | Lorraine | Davidson | C6 | Arend |
| 06-Oct | Magdaleen | Nel | HERBERG 3 | K2 |
| 07-Oct | Mara | Da Silva | D235 | Dahlia |
| 07-Oct | Klein | Van Wyk | C142 | Iris |
| 07-Oct | Colleen | Hill | HERBERG 2 | C35 |
| 08-Oct | Rina | Schubotz | D199 | Erica |
| 09-Oct | Francois | Greyling | M157 | Passage 2 |
| 10-Oct | Michiel | Vorster | D262 | Clivia |
| 11-Oct | Hettie | Boshoff | M207 | Passage 4 |
| 11-Oct | Evert | Joubert | C1 | Protea |
| 11-Oct | Roze | Rothman | C81 | Karee |
| 12-Oct | Okkie | Lombaard | D170 | Gardenia |
| 13-Oct | Rentia | Greyling | M157 | Passage 2 |
| 13-Oct | Santa | Campher | C38 | Tarentaal |
| 14-Oct | Ria | Van Staden | HERBERG 2 | B20 |
| 16-Oct | Pieter | Briel | M288 | Passage 7 |
| 16-Oct | Dina | Van Den Berg | D211 | Erica |
| 17-Oct | Amanda | Venter | C35 | Mossie |
| 17-Oct | Billy | Harding | D152 | Disa |
| 17-Oct | Lenie | Hatting | HERBERG 1 | F8 |
| 18-Oct | Flip | Kahn | C99 | Kiepersol |
| 18-Oct | Phillip | Kotzé | C10 | Berg |
| 19-Oct | Ria | Koekemoer | D181 | Gardenia |
| 20-Oct | Johan | Van Der Schyff | D75 | Azalia |
| 20-Oct | Louw | Fourie | C92 | Kiepersol |
| 20-Oct | Joyce | Van Blerk | D156 | Hibiscus |
| 21-Oct | Richard | Brune | C124 | Karee |
| 22-Oct | Ralie | Coetzee | C87 | Karee |
| 22-Oct | Jackie | Jacobs | D54 | Azalia |

| | | | | |
|--------|----------|---------------|-----------|-----------|
| 22-Oct | Francis | Vorster | HERBERG 2 | C33 |
| 23-Oct | Rina | Pienaar | C40 | Mossie |
| 23-Oct | Anita | Van Der Merwe | D126 | Cosmos |
| 25-Oct | Humphrey | Farrer | D245 | Cosmos |
| 25-Oct | Mary | Nel | D205 | Erica |
| 27-Oct | Irene | Coetzee | D194 | Erica |
| 28-Oct | Fanie | Schoeman | D48 | Azalia |
| 28-Oct | Tobie | Weeber | M203 | Passage 3 |
| 29-Oct | Miemie | De Necker | C103 | Kiepersol |
| 29-Oct | Bettie | Engelbrecht | D247 | Cosmos |
| 30-Oct | Louis | Van Der Walt | D207 | Erica |



SPRINGDAY

HERBERGE



OFFICE



MEDICAL OPEN DAY – 22 NOVEMBER

It's almost that time of year again – Panorama will once again host a Medical Open Day from 09:00 – ± 13:00

The following people will be represented:

- LV Nutritional products – Aanvullings / Supplements
- Dynamic Vision – Oogkundiges / Optometrists
- Noordheuwel Apteek / Chemist
- Cordelia – Oudioloog / Audiologist
- Natasha Smit – Dieëtkundige / Dietician
- Pathcare – Bloeddruk, Cholesterol toetse / Blood pressure
- Statusmark – Panorama Bemarking / Marketing
- Alzheimers Vereniging / Association
- Mosaic Begrafnisdiens / Funeral services
- Dischem Valleyview
- Ecomed



COMMUNITY
HEALTH
NURSING

The following goodies will be on sale:

- Social Club – Boerewors rolls
- Goodwill Club – Cool drinks

We look forward to seeing you there.

For more information, please contact Sunet Viljoen 072 010 9334 or 011 954 1078/4590



GOODWILL



Many thanks to members of the Goodwill Group who regularly reach out to residents of Panorama and share their joys and sorrows. Some of our members have experienced some health challenges themselves. May Spring bring beautiful promises of a blessed year for everyone.

At the time of writing, we are still awaiting the first summer rains. However, if you walk around in the resort, you become aware of some plants that are already blooming exuberantly. The Azalias, Clivias and Petrias stand in full color while the Jasmine and the Yesterday, Today & Tomorrow spread their delicious fragrance. Soon we will have the pleasure of a lavish environment again within Panorama's walls. Then we can agree with what the Afrikaans poet C Louis Leipoldt writes (freely translated): "*This is the month of October, the most beautiful, most beautiful month*".

Please do make a note of **Thursday 21 November 2024**. Francois and Elizabeth Fourie will be performing here as part of our Christmas program. Further details and arrangements will be communicated during October.

-Maxie van Heerden, Goodwill News.

WHO LEADS THE PACK?

***Two dozen roses and a fistful of thorns
Half a dozen posies and a man-pack of pawns Men think
they're leaders – with women one step back
But women are what's needed they should lead the pack!
Henry Spencer***

POTPOURRI HOME & GARDENING CLUB

I hope you're all still here too (just kidding), it feels like you need skates to keep up for the year. I thought last year was fast, but this year is faster. Hope the rain has already brought good relief. The work in the garden awaits us and must be done and remember the fruit cakes must be baked.

GARDENING TIPS

Water deeply twice a week if it hasn't rained. Pull out weeds and cover with mulch.

If you grow your own vegetables, you can now plant beans, carrots and radishes. Thin out seedlings in trays as soon as they make their first true leaves. Watch out for snails and put out bait.

Remove dead flowers from spring bulbs and annuals, support perennials as their stems lengthen, watch for insects and control with correct insecticide. Prune plants neatly, scrape out the top layer of old potting soil and replace with a fresh layer of compost, then feed with a slow-release granular fertilizer.

After the first spring rain, apply mulch around all shrubs and trees to retain moisture. Continue to feed Christmas roses, the secret to healthy Geraniums that bloom for a very long time, is to constantly remove dead flowers and not to over-wet, feed twice weekly with a liquid fertilizer.

Examine all members of the Lily family such as Agapanthus, Crinum, Clivias, Nerine, Amaryllis for lily borers - a caterpillar with yellow/black transverse bands around the body. They are especially active at night and can be treated with contact insecticide.

ROSECARE

Water deeply twice a week depending on rain. Spray twice weekly with Ludwigs Insect Spray mixed with Picanto (adhesive) to treat against aphids, small beetles and thrips. Fertilize at the end of October with Vigorosa or other fertiliser, this encourages the formation of the next flower set. Remove wilted growth to keep bushes tidy. Keep roots cool with a light mulch. Do not cut too many long-stemmed roses at once, because this reduces the leaves on the bush and thus puts pressure on the roots.

Enjoy your garden.

MARIE GOOSEN

SOCIAL CLUB

Join us for our monthly braai at the Recreation Hall on **FRIDAY 4th OCTOBER 17:00**. Bring your own meat, salads, tablecloths, crockery and cutlery, etc. and join us for an evening of fun and laughter around the braai fires.

WE ARE BACK TO SUMMER TIMES, SO FIRES WILL BE LIT AT 17:00. 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



What are silent seizures.
It's... your brain is working overtime
your eyes shoot fire
your lips are tight
your facial expression is like a thundercloud
your posture says: leave me alone OR.....
And all this without a single word.

CARE TEAM

This busy year's hour glass is running out, can't say now, I'm sorry, but we are so grateful because we are very blessed.

We were able to make quite a few people's and children's hearts happy in the middle of blankets, beanies, gloves, sleep socks, headbands and food, if it wasn't for all the donations, donations and other means, it wouldn't be possible, and for that we say thank you very much

One of our members learned to crochet from a family member in the Cape and she gave us 24 beanies that she crocheted, so we share our knowledge with others. There are also a few ladies in the hostel who get together and knit teddy bears like this. they have given us the most beautiful teddy bears several times We will be handing over Jolige Jakkies and Cross Connection packets of goodies with one of our homemade toys in Nov.

Our hearts remain full and our Thursday meeting remains the highlight of the week.

Nice to be busy.

Marie Goosen

TAPHUIS

We are planning an **October Fest**, complete with "Oompah" music and other South African music and songs on the **25th of October** from **16:30** until the last person leaves!

We will be selling German fare – German sausages on rolls as well as Eisbein. The Eisbein will only be sold to those who have pre-ordered it as they cost quite a bit more than German sausages.



The normal liquor and beer, as well as German beer, will be on sale.

Piet Marais - 083 379 3703

JUKSKEI

Jukskei in Panorama Landgoed started about 10 years ago. We are ±12 active members who play on a regular basis on Mondays, Wednesdays and Fridays. In the winter months we play from 14h30 to 16h00 and in the summer months from 15h00 to 16h30. The players are divided into two teams and each team chooses a captain.

What is the purpose of Jukskei? Throwing a split from a tight line to a pin in a sand pit. The distance from the thrower to the pin varies from 9 to 16 meters and it is determined by the thrower's age.

The score of a Juskei game is determined as follows: The goal is to get a score of 23 points to win the game. Three points are scored if the pin is overturned and one point for a break that lies within a radius of 460 mm from the pin (This is then also called a "lay").

Pins and lays are also counted on a cancellation basis and if a team scores more than 23 points then the team "bursts" and they start again at zero.

When a team scores 23 points and the opponents cannot cancel it, the team scores a "shift" with 23 points.

Hein Louw



JUKSKEI BRAAI 23 SEPT 2024



Retirement Matters

The three phases of retirement



John Kennedy, director and regional head for the Western Cape at Citadel said that retirement can be segmented into three phases: the active phase, the passive phase and the supported phase, each with its own unique financial needs and challenges.

- **Active phase:** In the early years of retirement, many people remain active, engaging in travel, hobbies, and other leisure activities. This period is characterized by higher discretionary spending as retirees fulfill their bucket list dreams.
- **Passive phase:** As retirees enter their seventies to eighties, their lifestyles often become more subdued. Travel and large-scale activities may decrease, your lifestyle may become more frugal and you may consider 'right-sizing' your living arrangements.
- **Supported phase:** The final phase involves increased health care and support needs. Expenses shift significantly towards medical care and assisted living.

Key risks in retirement

He points out that there are three key risks and making plans to mitigate them to maintain a good, steady standard of living is a good idea for people who are newly retired or approaching retirement.

- **Longevity risk:** With people living longer, there is a real danger of you outliving your savings. Planning for at least 30 years post-retirement is essential. That means if you retire at 65, plan to live until you are 95.
- **Inflation risk:** Inflation erodes purchasing power over time. What costs R100 today might cost significantly more in the future, affecting your standard of living. Therefore, it is wise to get professional advice on how to ride out inflation safely in the future through sensible and suitable investments that have a track record of delivering inflation beating growth.
- **Medical risk:** Healthcare costs typically increase faster than general inflation, demanding a larger portion of your budget as you age. It is important to set aside funds for future medical needs, including enough to cover rising medical aid costs as you get older.



Be Prepared

Amended and shortened from an article in *The Citizen* by Ina Opperman

Next Page

Name: _____ Date: _____

Flower Shop

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- | | | |
|-----------|---------------|--------------|
| APRON | FLORIST | RIBBON |
| BOUQUET | FLOWERS | ROSE |
| BUD | GARLAND | SEEDS |
| CARNATION | GLOVES | SHOP |
| CASHIER | GREETING CARD | STEM |
| CLIPPERS | LILY | TISSUE PAPER |
| DAFFODIL | ORCHID | VASE |
| DAISY | PETAL | WATERING CAN |
| DELIVERY | POTS | WREATH |



WHEN WAS THE LAST TIME YOU HEARD THAT CHEERFUL SONG OF THE BIRDS ON AN EARLY SPRING MORNING?

Don't keep procrastinating,
make this spring an unforgettable audible one!!
During the lovely spring month, we want to bring back the
happy sounds to you and are our gift to you:

- Spring promotion on hearing test for only R350 for all pensioners,
- Receive R1000 off when you buy a new set of hearing aids.
- Receive 3 FREE follow-up sessions.
- And a month's battery supply when you buy a new hearing aid.

Your hearing loss affects your quality of life, it
causes you to isolate yourself.

**CONTACT US TODAY
TO MAKE AN APPOINTMENT**

 **(011) 954 0856 / 072 414 9348**

We beat any written quote!

(All funds contribute to hearing aids, remember to use your hearing aid benefits).



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 st 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 | Maandag (vanaf 9 Sept) Monday (from 9 Sept) | 14h00 | Swembad Swimmingpool | Anne Baker 066 340 7613 |
| Jukskei | Maandag & Woensdag Monday & Wednesday | 15h00 | Jukskeibaan | Lou Hein 076 474 2763 |
| Kerkdiens AFR Church Service AFR | Sondag Sunday | 9h00 | Ontspanningsaal Recreation Hall | |
| Kerkdiens ENG Church Service ENG | 1ste Maandag vd maand 1 st Monday of the month | 10h00 | 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 066 340 7613 |
| 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 Bootha 011 954 0763 |
| Welwillendheid Goodwill | | | | Shirley Theron 082 451 7683 |

ONTHOU OM VOLTOOIDE BRIEFIE TE GEE SAAM MET ITEMS

REMEMBER TO GIVE COMPLETED LETTER WITH ITEMS



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:

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

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

1.

1.

2.

2.

3.

3.

4.

4.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE

ONTHOU OM VOLTOOIDE BRIEFIE TE GEE SAAM MET ITEMS

REMEMBER TO GIVE COMPLETED LETTER WITH ITEMS



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:

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

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

5.

5.

6.

6.

7.

7.

8.

8.

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
HANDTEKENING / SIGNATURE DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE

.....
SEKURITEIT / SECURITY DATUM/DATE