

January 5, 2026

Cape Peninsula - North

Barnard	Joseph & Ingrid, Corrine, Faghan, <i>Protea Hoogte</i> Jurina; 40 Hannetjie Horn street, Koelenbosch Country estate, Stellenbosch 7650; barnard337@gmail.com(J) , merc081@gmail.com(I) , swartbooicorreo1@gmail.com(C) ; (-33,8766385, 18,8135451)	078 095 3365(J) 082 674 7934(I) 061 454 2206(C)
Basson	Besmie; Huis Uitsig, 15 M E Rothman St, <i>Ridgeworth</i> Parow North, Cape Town, 7500 (Dimentia /Frail care 2nd room left)	073 873 1960 021 919 7951
Benjamin	Cecil & Thelma, Claudia, Gia; <i>Kasselsvlei Rd</i> 111 Chestnut Way, Belhar, 7490; claudiabenjamin88@gmail.com(Cl) ; (-33.948260,18.623754)	078 989 4507(Cl) 078 479 0075(T)
Benjamin	Eddie & Antoinette, Nathan; <i>Kasselsvlei Rd</i> 46 Kasselsvlei Rd, Bellville South, 7530; anniebenj@gmail.com(A) , teddybenj@gmail.com(E)	083 707 0712(E) 073 357 0705(A) 021 951 5278
Bernardo	Isaac & Magdalene, Bonita; 5 <i>Pinehurst</i> Flamink Close, Durbanville 7550; isaacbernardo2007@gmail.com(I)	0844068063(M) 0604835151(I) 021 975 4758 0730356732(B)
Blom	Dalene; 15 Glen Choral, Beethoven <i>Bethanie 2</i> Cresc, Sonstraal Hoogte, Durbanville; blomdalene@gmail.com	082 824 4194
Botha	Yolandie & Chris, Christian, Leah; 28 Falcon <i>Bethanie</i> Street, D'Urbanvale, 7550	082 560 4716(Y)
Botha	Lucian & Nicolene; 94 Gladioli <i>Protea Hoogte</i> St, Kuils River, Cape Town, 7580; lucianbotha10@gmail.com(L) , nbotha50@gmail.com(N)	083 507 9291(L) 073 494 7523(N)
Bown	Christelle, Aimee, Oliver; 68 Alison <i>Bethanie</i> Rd, Kenever, Cape Town, 7550; chrystal@intekom.co.za	0825727733(C)
Campbell	Shelto & Candice, Courtney, Cassidy, <i>Kenridge</i> Kendal; 6 Jacaranda St, Valmary Park, Durbanville; candice@freightfocus.co.za(C) , shelto@freightfocus.co.za(S)	082 843 9367(S) 082 928 8006(C) 021 824 3374

Cloete	Traudie; Edelweiss ACVV Diensbak C111, 072 432 3472	Kentridge Hoeke van Edelweiss en Mountain View rylaan, 021 917 1110
Coetze	Elsabe; 56 Waterbessie Str, Sandalwood Kuils River, Mews, Kuilsriver, 7580	Everardsdal, DURBANVILLE, 7550; traudie@gnmail.com
Coetzee	Sandrie & Gerhard; 12 Amanda Protea Hoogte St, Morgenzuster, Brackenfell, 7560;	sandra.coetze24@gmail.com(S)
Combimilk	Kathy; 38 Gazania Way, Behar 4, 7490 Highbury	sandra.coetze24@gmail.com(S)
Damnes	Cyril & Shirely; 24 Helderberg, Evergreen 062 714 8244(C) Highbury Lifestyle Retirement Village Strat Country 072 675 2181(S)	Estate, Cypress Walk, Macassar, Somerset West; communitynurals@gmail.com(C);
De Beer	Bets; Huis Ariete room 58, 5 Queen str, Pinehurst Durbanville, 7550	(-34.0541450, 18.7774160)
Deppert	Enda; 6 Arendse St, Highbury, Cape Town, Kuils River 7580	076 699 4099
Dhunrajah	Rebekah & Theron, Kai; 8 Vlei Street, Kasselvlei Rd Parow Valley, 7560	067 370 8748(R)
Dippenaar	Maryna; 67 Malibu St, Oak Glen, 7530 Ridgeworth	083 553 2857 021 910 2294
Du Plessis	Pieter & Estelle; 21B Kastanje Beethamite 2	082 906 3275(P) Street, Kleinbron Estate, Durbanville, 061 541 2894(E) 7551; dup5862@gmail.com(P), Estellemedupl@outlook.com(E)
Du Plessis	Lindy & Andries; 4 Loleloeraai St, Kuils River, Kuilsriver, 7580; lindydutiot@gmail.com(L)082 772 0869(A)	021 906 3843 084 770 0466(L)
Du Tot	Joey; Slick Bay, George & Anne WC - North - Slick Bay Stark Homes, 2 Willow Lodge,	076 483 7414 johanna.dutiot42@gmail.com Frans Conradie Drive, Bellville;

Ewertse <i>Protea Valley</i>	Mervyn & Alrene, Lauren; 6 Prinizia Avenue, Welgedacht, Bellville, 7530; alrene@bedking.co.za(A) , mervyn@bedking.co.za(M)	082 324 3580(M) 082 874 3914(A) 021 913 2598
Faul <i>Protea Hoogte</i>	Christo & Sanel, Eugene; 1 Maree Close, Protea Hoogte, Brackenfell, 7560; christofaul@gmail.com(C) , sanelfaul@gmail.com(S)	082 378 0621(C) 071 869 8362(S) 071 530 1299(E)
Fortuin <i>Kuils River</i>	John; Room no 48, Sarepta AGS Oue Tehuis, Sarepta Street, Kuils River; jhfortuin1@gmail.com	021 592 8235
Fouché <i>Ridgeworth</i>	Muriel; D21, Wilger Park, 2 Stellenberg St, Oak Glen, Bellville, 7530; fouchemuriel@gmail.com	084 548 1414
Foye <i>Ridgeworth</i>	Andrew & Illana, Laura-Lee, Julia; 5 Artillery Road, Door de Kraal, 7530; andrew.foye@gmail.com(A) , illana.foye@gmail.com(I)	082 809 6651(A) 083 415 8246(I) 021 913 1782
Fritz <i>Kasselsvlei Rd</i>	Gerald & Patricia; 37 Brand St, Bellville South, 7530; rosetrishcoe@gmail.com(P)	082 743 4068(P) +27 82 571 3711(G) 021 951 4414
Fritz <i>Kasselsvlei Rd</i>	Shirley; 34 Railway St, Corner of MacKenzie St, Bellville South, 7530; shirleyfritz100@gmail.com	079 448 4780 021 951 5182
Froude <i>Protea Hoogte</i>	Sarie; Room 101, Huis Ravenzicht, 161 9th Avenue, Kraaifontein, 7570; sariefroude@gmail.com	082 334 1386
Gillfillan <i>Bethanie 2</i>	Barbara; 56 Ascot Street, Windsor Estate, Kraaifontein, 7580	067 169 2984
Gilles <i>Protea Valley</i>	Jannes & Anne; 1 Featherhead St, Protea Valley, 7530; apic@mweb.co.za	060 713 0479(J) 083 708 1393(A)
Goliath <i>Highbury</i>	John & Susan; 46 Plover Walk, Sunbird Park, Kuils River, 7580	072 184 0833(J) 076 362 4297(J) 064 203 2981(S)
Grobbaelaar <i>Pinehurst</i>	Dirk & Cecily; 32 Seinne Crescent, Thornwood Estate, Pinehurst, Durbanville, 7550; dirkg7@telkomsa.net(D)	+27 78 880 3310(D) 083 375 0408(C) 021 975 9351

Protea Valley W@19h30;Hermans, L

Ewertse (*SunPM*) Mervyn & Alrene, Lauren
Hermans (*Wed*) Leslie & Michelle
Myburgh Carla

Protea Valley WedAM@10h30;Stafford, N

Fortuin John
Gilles (*SunAM;Elder*) Jannes & Anne
Stafford (*Wed*) Norman, Patsy
Walker Allan & Dorothy
Walker Jonathan & Monia, Amelia, Lea, Elijah

Ridgeworth W@19h30;Foye, A

Basson Besmie
Du Plessis Visser
Foye (*Wed*) Andrew & Illana, Laura-Lee, Julia
Van Rensburg (*SunAM,SunPM;Elder*) Nico & Belinda, Bianca
Van Wyk Gene - Eugené

Welverdiend WedAM@10h30;Hall, H

Dippenaar Maryna
Fouché Muriel
Froude Sarie
Gillfillan Barbara
Hall (*Wed;Elder*) Harry & Lorna

Grootboom Mary; 35 Garret Rd, Highbury, Kuils River, 078 469 4448

Grootboom Melchior & Sharene; 35 Garmet Highway Rd, Highbury, Kuils River, 071 718 6586(MC)

Grootboom Melvyn & Sharene; 35 Garmet Highway Rd, Highbury, Kuils River, 073 526 7186(MV)

Grootboom Melvyn & Sharene; 35 Garmet Highway Rd, Highbury, Kuils River, 060 463 0048(S)

Grootboom Milli; 7 Hendrik Smith St, Highbury, Kuils 084 041 3436

Hall Harry & Lorina; Unit no A05, Highway Rivier, 7580

Harms James & Frederique; 6 Onze Molen, 072 233 2246(J)

Harms Protea Valley, High St, Durbanville, Cape Town, 7550

Harms Protea Valley, Protea St, Protea Valley, 7530, 082 871 6283(L)

Harms Protea Valley, Protea Valley, 7530, 021 913 4616

Hermann Andre & Ilona; 28 Schabot Drive, Beethamie 2, 7536; andreherman2@gmail.com(A)

Hermann Andre & Ilona; 28 Schabot Drive, Beethamie 2, 083 270 8051(A)

Holtzhausen Louis (nr); 32 Schabot Drive, Everardsdal, 073 169 6968

Holtzhausen Louis (nr); 32 Schabot Drive, Everardsdal, 021 976 7208

Holtzhausen Louis (nr); 32 Schabot Drive, Beethamie 2, 078 090 9092(L)

Huisamen Neels & Samie; Marjorie, WC - North - Stick Bay George & Annie Stark Home, marie.holtzhausen@gmail.com(M), 076 875 8448(E)

Jacobsen Louis; 16 Huis Verdi, lis St, Sonstrala, 084 586 0609

Jacobsen Charles & Sonja; 10 Denhume Way, 082 490 2135(C)

Kerridge Kerridge Ext 3, 7530, chabou@gmail.co.za 082 806 0842(S)

Koetze Sandra (SunaM;Elder)Christo & Sanele Botha Lucian & Nicoline Barnard Joseph & Ingrid, Corrine, Faghan, Jurina

Murry (SunaM,Wed;Elder)John & Esther Jacobsen Luisa Grobbelaar Dirk & Cecily De Beer Bets Pinehurst W@1930;Bernardo, J Murry (SunaM,Wed;Elder)John & Esther Jacobsen Luisa Grobbelaar Dirk & Cecily De Beer Bets Pinehurst W@1930;Bernardo, J

Myers (SunPM)Lester & Edwina, Emilly, Lucy

Nordje Lawrence & Phyllis Botha Lucian & Nicoline Barnard Joseph & Ingrid, Corrine, Faghan, Jurina

Pieterre (Wed)Graeme & Gisele, Matthew, Maunia

Jansen	Otniel & Laurika, Chloe, Noah; 10 Denhume Kenridge Way, Hume, 7530	082 494 4069(O) 082 899 5985(L)
Kruger	Ruth; 21 Forest St, Voëlvlei, Kuils River, 7580; Kuils River rkruger2011@gmail.com	072 836 4050 021 903 2851
Lewis	Patrick & Lynn, Kirsten, Carl; 9 John Kuils River Jansen Road, Charlesville, 7940; lynnbrendalewis@gmail.com(L) , patrickcharleslewis@yahoo.com(P)	083 732 7904(P) 083 499 3419(L)
Lomas	Graham & Magda; 11 Duff St, Parow Protea Valley, 7500; jmalomas@gmail.com	072 309 0298(G) 072 769 1507(M) 021 931 6530H
Louw	Piet; 2 Luckhoff St, Durbanville, 7550; Bethanie pieter.louw@outlook.com	083 366 9268 021 975 6427
Maasdorp	Phyllis, Chrischar Rock WC - North - Sick Bay (Daughter); Meerenbosch Frail Care. 68 Falcon St, D'Urbanvale, Durbanville 7550. Press code 297 for frail care. Keep right.	074 979 9850(C)
Marais	Naas & Sonja, Sebastian, Stefan; Kuils River 6 Serena Close, Kuilsrivier, 7580; naashtc@gmail.com(N) , sonjamarais@oldmutual.com(S)	083 498 2425(S) 021 903 1293 +27845484659(N)
Mathias	Justin & Jessica, Sofia, Michael; Block Kuils River 3, 31 Cederberg Estate, Haasendal Road, Haasendal, Kuils River, 7580; rockafella.wp@gmail.com(Ju)	061 586 6712(Ju) 072 298 4679(Je)
Matthews	Joseph & Cynthia, Anthea; 4 Highbury Cassia Link, Belhar 1, 7490; antheamatthews440@gmail.com(A)	083 500 5188(A) 073 702 9972(J) 021 952 5045
Meadows	Joseph & Heather, Heidi, Benjamin; 37 Bethanie 2 Rosendal St, Glen IVE, Cape Town, 7550	083 452 9986(J) 0603559960(H)
Mullam	Maurice & Carol, Megan, Chad; Kasselsvlei Rd 17 Clover Rd, Belhar 17; maurice@axxess.co.za(M)	083 648 2648(C) 084 909 9365(M) 021 952 2723
Murray	John & Esther; 8 Mayenne Road, Pinehurst Thornwood Estate, Pinehurst, Durbanville 7550; jmurray.2504@gmail.com(J) , esthermurray2307@gmail.com(E)	083 270 4127(J) 083 375 0508(E)

Ridgeworth S@17h30;Van Rensburg, N

Foye (<i>Wed</i>)	Andrew & Illana, Laura-Lee, Julia
Van Rensburg (<i>SunAM,SunPM;Elder</i>)	Nico & Belinda, Bianca
Van Wyk	Gene - Eugené
Bethanie 2 W@19h30;Meadows, J	
Blom	Dalene
Du Plessis (<i>SunPM</i>)	Pieter & Estelle
Holtzhausen	Louis (jnr)
Holtzhausen (<i>SunAM;Elder</i>)	Louis & Marie
Meadows (<i>Wed</i>)	Joseph & Heather
Toerien	Heidi, Tanya
Bethanie W@19h30;Louw, P	
Botha	Yolandie, Christian, Leah
Bown	Christelle
Herman (<i>SunAM;Elder</i>)	André & Ilona
Louw (<i>Wed</i>)	Piet
Schlemmer	Iliona
Victor	Eleanore
Visagie	Eunice
Wise	Robert
Highbury W@19h30;Goliath, John	
Combrinck	Kathy
Daames	Cyril & Shirley
Goliath (<i>Wed</i>)	John & Susan
Grootboom	Mary
Grootboom	Melchior & Laiken
Grootboom (<i>SunAM;Elder</i>)	Melvyn & Sharlene
Grootboom	Milly
Matthews (<i>SunPM</i>)	Joseph & Cynthia, Anthea
Kasselsvlei Rd W@19h30;Benjamin, E @ Fritz, S	
Benjamin	Cecil & Thelma
Benjamin	Eddie & Antoinette, Nathan
Dhunrajah	Rebekah & Theron, Kai
Fritz	Gerald & Patricia
Fritz (<i>SunPM,Wed</i>)	Shirley
Mullam	Maurice & Carol
Simpson	Zelda
Snyder (<i>SunAM;Elder</i>)	Dan & Audrey

Stafford	Norman, Patsy; 94 Duncan Rd, Parow <i>Protea Valley</i>	079 610 8084(N) 021 933 4329(N) 079 466 8510(P) 021 203 7884(P)
Toerien	Heidi & Michael, Charles, Tanya; <i>Bethanie 2</i> Wessel Lourens Rylaan 60, Vredekloof, 7560; heiditoerien@mweb.co.za(H)	083 243 6803(H) 021 981 8199 +27 78 642 8253(T)
Van Rensburg	Nico & Belinda, Bianca; 21 <i>Ridgeworth</i> Hibiscus Ave, Ridgeworth 7530; nico2vr@gmail.com(N) , belindavr66@gmail.com(B)	083 270 9608(N) 072 208 7736(B) 0834148073(BI)
Van Wyk	Gene - Eugené; 18 Berkley St, Oakglen, <i>Ridgeworth</i> 7530; genevw@gmail.com	082 878 6030 021 919 9927
Van der Merwe	Frans; Unit C118, La <i>Protea Hoogte</i> Recolte Retirement Village; louise.fransvdm@gmail.com	076 847 5465 021 982 0942
Victor	Eleanore & Raymond; 22 Cecilia St, <i>Bethanie</i> Chrismar, Bellville, 7530; eleanorevic-tor@gmail.com(E)	082 517 3219(E) 021 919 4121
Visagie	Eunice; Capolavoro Mountain Es-tate, Dwarsvallei St, Kylemae, 7600; <i>Bethanie</i> eunice.visagie@eikestadnuus.com	076 382 7754
Vlok	Joan; 6 Serena Close, Kuilsrivier, 7580 <i>Kuils River</i>	076 765 1097
Walker	Allan & Dorothy; 10 Esper-ance Street, Avondale, Parow; <i>Protea Valley</i> dot47.walker@gmail.com(D)	063 400 5805(A) 078 578 5494(D)
Walker	Jonathan & Monia, Amelia, Lea, Elijah; 10 Esperance Street, <i>Protea Valley</i> Avondale, Parow	067 401 0470(J) +2782 324 3384(M)
Windvogel	Sean & Evanitha, Gershwin, Wesley; <i>Kasselsvlei Rd</i> 9 Reynolds St, Thalmen, Cape Town, 7530; seanwindvogel@yahoo.com(S)	064 931 8656(S) 021 917 1120
Wise	Robert; 1 Hewitt Street Aurora Durbanville; <i>Bethanie</i> pjwise48@gmail.com	066 093 1319 +27 21 975 4302

Victor	Eleanore
Visagie	Eunice
Wise	Robert
Highbury S@17h30;Matthews, J	
Combrinck	Kathy
Daames	Cyril & Shirley
Goliath	(Wed)John & Susan
Grootboom	Mary
Grootboom	Melchior & Laiken
Grootboom	(SunAM;Elder)Melvyn & Sharlene
Grootboom	Milly
Matthews	(SunPM)Joseph & Cynthia, Anthea
Kasselsvlei Rd S@17h30;Windvogel, S @ Fritz, S	
Benjamin	Cecil & Thelma
Benjamin	Eddie & Antoinette, Nathan
Dhunrajah	Rebekah & Theron, Kai
Fritz	Gerald & Patricia
Fritz	(SunPM,Wed)Shirley
Mullam	Maurice & Carol
Simpson	Zelda
Snyder	(SunAM;Elder)Dan & Audrey
Windvogel	Sean
Kenridge SunPM@17h30;Jansen, Q	
Campbell	(Wed)Shelto & Candice, Courtney, Cassidy, Kendal
Cloete	Traudie
Hall	(Wed;Elder)Harry & Lorna
Jansen	Charles & Sonia
Jansen	(SunAM,SunPM)Otniel & Laurika, Chloe, Noah
Philander	Deon & Toekie
Kuils River S@17h30;Lewis, P @ Kruger, R	
Cloete	Elsabé
Delport	Edna
Du Toit	Lindy
Fortuin	John
Kruger	(SunAM,SunPM)Ruth
Lewis	Patrick & Lynn

Schlemer Ilona

Louw (Wed)Piet

Bermaan (SunAM;Elder)André & Ilona

Botha Yolandie, Christian, Leach

Bethanie S@17h30;Herman, A

Toerien Heidi, Tanja

Meadows (Wed)Joseph & Heather

Holtzhausen (SunAM;Elder)Louis & Marie

Gilliilan Barbara Louis (Jnr)

Du Plessis (SunPM)Pieter & Estelle

Bloom Dalene 2 S@17h30;Du Plessis, P

Van Wyk Gene - Eugenie

Foye (Wed)Andrew & Illiana, Laura-Lee, Julia

Fouché Muriel Visser

Dippenaar Marlynna

Basson Besmie

Ridgeworth;Van Rensburg, N

Walker Jonathan & Monia, Amelia, Lea, Eliyah

Stafford (Wed)Norman, Patsy

Myburgh Carla

Lomas Graham & Magda

Hermans (Wed)Leslie & Michelle

Gilles (SunAM;Elder)Janneke & Anne

Everse (SunPM)Merlyn & Alrene, Lauren

Protea Valley;Gilles, J

Vander Merwe Frans

Pieters (Wed)Graeme & Gisele, Matthew, Maluina

Norje Lawrence & Phyllis

Faul (SunAM;Elder)Christo & Sanele

Wyngard Allan & Undean, Shannan; 5 Minister 0784806675(A)

Cape Peninsula - NorthWC - North - Sick Bay**Du Toit** Joey**Huisamen** Neels & Sannie**Maasdorp** Phyllis, Chrischar Rock (Daughter)**Rezant** ChristopherBethanie;Herman, A**Botha** Yolandie, Christian, Leah**Bown** Christelle**Herman** (*SunAM;Elder*) André & Ilona**Louw** (*Wed*) Piet**Schlemmer** Ilona**Victor** Eleanore**Visagie** Eunice**Wise** RobertBethanie 2;Holtzhausen, L**Blom** Dalene**Du Plessis** (*SunPM*) Pieter & Estelle**Gillfillan** Barbara**Holtzhausen** Louis (jnr)**Holtzhausen** (*SunAM;Elder*) Louis & Marie**Meadows** (*Wed*) Joseph & Heather**Toerien** Heidi, TanyaHighbury;Grootboom, Melvyn**Combrinck** Kathy**Daames** Cyril & Shirley**Goliath** (*Wed*) John & Susan**Grootboom** Mary**Grootboom** Mellchior & Laiken**Grootboom** (*SunAM;Elder*) Melvyn & Sharlene**Grootboom** Milly**Matthews** (*SunPM*) Joseph & Cynthia, AntheaKasselsvlei Rd;Snyder, D**Benjamin** Cecil & Thelma**Benjamin** Eddie & Antoinette, Nathan**Dhunrajah** Rebekah & Theron, KaiKasselsvlei Rd;Snyder, D**Fritz** Gerald & Patricia**Fritz** (*SunPM,Wed*) Shirley**Mullam** Maurice & Carol**Snyder** (*SunAM;Elder*) Dan & Audrey**Windvogel** SeanKenridge;Hall, H @ Jansen, O**Campbell** (*Wed*) Shelto & Candice, Courtney, Kendall**Cloete** Traudie**Hall** (*Wed;Elder*) Harry & Lorna**Jansen** Charles & Sonia**Jansen** (*SunAM,SunPM*) Otniel & Laurika, Chloe, Noah**Philander** Deon & ToekieKuils River;Marais, N @ Kruger, R**Cloete** Elsabé**Delport** Edna**Du Toit** Lindy**Fortuin** John**Kruger** (*SunAM,SunPM*) Ruth**Lewis** Patrick & Lynn**Marais** (*Wed;Elder*) Naas & Sonja, Sebastian, Stefan**Mathias** Justin & Jessica, Sofia, Michael**Simpson** Zelda**Snyder** Barbara, Marlene**Snyder** Noelene & Kenneth**Vlok** Joan**Wyngaard** Allan & UndeanPinehurst;Murray, J**Bernardo** Isaac & Magdalene, Bonita**De Beer** Bets**Grobbelaar** Dirk & Cecily**Jackson** Louisa**Murray** (*SunAM,Wed;Elder*) John & Esther**Myers** (*SunPM*) Lester & Edwina, Emily, Lucy**Snyders** CatherineProtea Hooge;Faul, C**Barnard** Joseph & Ingrid, Corrine, Faghan, Jurina**Botha** Lucian & Nicolene**Coetzee** Sandra