

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Living with an invisible disability

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Introducing Pam Henson, new  
environment columnist

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Habitat for Humanity – new  
premises, new vision

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A companion driving service  
enlarges the world

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Plus food, books, club and event  
listings and more

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# EDITOR'S *Letter*

This strange and tumultuous year is nearly at an end, but its legacy will linger for years to come.

In spite of New Zealand's relative success in limiting the spread of Covid-19, the disease has still brought illness and even death in its wake, as well as unemployment for many and economic uncertainty for us all.

For those who have been deeply affected by Covid, Christmas is unlikely to be merry or festive. The prospect of a new year like this one, is likely to inspire nothing but weariness and anxiety.

My mother was fond of lines by American poet, Ella Wheeler Wilcox. "So many gods, so many creeds / so many paths that wind and wind" she'd quote to me "while just the art of being kind / is all the sad world needs."

Practicing the art of being kind while also doing good is the philosophy of Habitat for Humanity. In this issue we visit the organisation's new

community Hub in Tahunanui and find out how older volunteers contribute to the kindness and the goodness.

Our new environment columnist Pam Henson introduces herself and promises to view the environment through a very wide-angle lens. In her contribution to this month's magazine, Raeonie Ellery focuses on a very specific subject - what it's like to live with an invisible, but debilitating disease.

We can all practice the art of being kind, and kindness is the gift we can all afford. Give generously this Christmas.

Warm wishes

*Ro Cambridge*



## Mudcakes & Roses available from these outlets:

Mudcakes & Roses is available at all Nelson City and Tasman District Council offices and libraries, as well as the following locations:

### Richmond

- Oakwoods Retirement Village
- Tasman Medical Centre
- Night 'n Day Richmond
- Richmond Aquatic Centre
- Boulevard Café
- Summerset Richmond Ranges

### Stoke

- Countdown
- Summerset in the Sun

### Nelson

- New World
- Morrison Square
- Fresh Choice

### Wakefield

- Four Square

## Contact the editor

For topic suggestions and submissions:

E: [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)  
Post: Mudcakes and Roses,  
PO Box 688, Nelson.

## On the cover

Photo by S&B  
Vonlanthen on Unsplash.

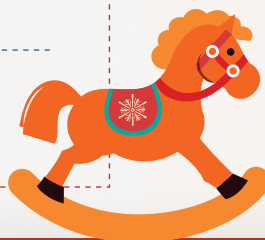
## In this issue

**04** Habitat for Humanity has new premises and a broader vision supported by older volunteers.

**06** A leg in plaster brings plenty of sympathy but as Raeonie Ellery explains, it's different when you have a disability that is less visible.

**08** Introducing Pam Henson our new environment columnist.

**10** A companion driving service gets you going when you can't bike, walk or drive.





# Gardening tips and tricks

## Finding happiness in the garden

I'm doing a major happy dance as I'm writing this, because we've finally had some decent rain on our property in early November. Summer is here and I'm hoping we continue to get regular rainfall to keep another predicted drought at bay.

I've been thinking a lot about some of the ways our lives have changed this year – from Covid-19 rearing its head in February, the subsequent lockdown during which my mother died in New Plymouth (and my coming to terms with not being able to be with her or attend her funeral), and how international travel has changed.

Something positive can always be found in any situation and there is one thing this virus has done – many of us are focusing on our homes, gardens and families more than ever before. During the

lockdown we were forced to look inwards, spending a lot of time on our properties and subsequently there's been a huge resurgence in gardening, with plants and seeds flying from garden centre shelves.

I work at gorgeous Bay Landscapes in Bateup Road on Saturdays and I've really noticed a big increase in the number of families shopping together, especially for the vegetable garden. This warms my heart because it's encouraging another generation of gardeners.

Speaking of vegetable gardens there is still time to plant courgette, eggplant, capsicum, chilli, all manner of herbs, leafy greens and brassicas. If you don't have a large vegetable garden all of these will grow well in large pots or even 10L buckets. If using the latter, it's best to drill about 5 drainage holes and place some stones over the holes before filling with potting mix.

Christmas is almost upon us so I thought I'd share some gift ideas. Plant up a hanging basket with colourful annuals such as petunias and lobelia. A perfect edible gift would be a hanging basket filled with a combination of lettuce and herbs such as chives, oregano, thyme or marjoram.

If the recipient loves sowing seeds – put together a selection of seeds, a seed raising tray and seed raising mix – as you know I swear by Dalton's Premium Seed Raising Mix which is the best by far.

Gardeners always need garden gloves and tools. Or in my case, sheep manure pellets, my idea of the perfect gift. If all else fails – vouchers are always very much loved – it's the anticipation of visiting a garden centre, perhaps purchasing a plant you've had your eye on for ages.

Have a wonderful holiday season and here's to a brighter 2021.

## Columnist: Philippa Foes-Lamb

*Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at [foeslamb@xtra.co.nz](mailto:foeslamb@xtra.co.nz) for further information.*





## Being kind and doing good

Habitat for Humanity has a new home base in Tahunanui. It's a place where being kind and doing good happens every day and older volunteers play a crucial role.

For years, canny shoppers have known about Habitat for Humanity's ReStore op shop in Quarantine Road, Nelson. Last month, as part of its plan to create a community hub, Habitat moved the shop, and many of its other operations, to 166 Tahunanui Drive which was once the home of the Suburban Club.

Bargain hunters will be thrilled by the large, airy new shop within the Habitat Hub. It still stocks everything from second-hand clothing, furniture, household appliances, tools, craft supplies and bric-a-brac at great prices and has much more parking. The shop now also boasts a café, so it's possible have a coffee while bargain-hunting.

Although proceeds from the ReStore shop are used to support Habitat's Assisted Home Ownership Programme and other community activities, The Habitat Hub is about a lot more than just op-shopping.

The Nook Café, for example, is intended to encourage community groups to get together and provide training

and upskilling opportunities for young people, former refugees and people with disabilities.

The Nook is also the home of the Silver Service Repair Café, a neighbourhood initiative started by St Stephens Community Church which promotes repair as an alternative to throwing things away. It's run completely by a team of older volunteers called, unsurprisingly, "Repairers".

"Our goal is to create a welcoming and inclusive space where people come not just to 'shop, donate and volunteer' but also to learn, create, contribute and be a part of our community," says ReStore Manager Rebekah Wyatt.

Access to support and services such as food parcels, budgeting advice, affordable housing, and space for meetings and classes are available through the Hub which Habitat shares with other community organisations.

Rebekah says that over time "We hope to create areas to process e-waste, upcycle furniture, repair bicycles and recycle textile waste. We also aim to create an



environment where people can learn valuable skills from each other, for example a sewing room and a workshop area.”

Older volunteers play a crucial role in the running of the ReStore shop. Sue, one of Habitat’s older volunteers, has been with Habitat for 4-years and joined the team because she believes everyone has the right to decent,

affordable housing. “I just love volunteering!” says Sue, “It’s a great way to give back and meet new people – I recommend it to anyone.”

**Habitat for Humanity are currently looking for more volunteers to help in their ReStores in Nelson and Motueka. They also accept donations of good quality second-hand goods.**



## Contact Habitat For Humanity for more information

Nelson ReStore:

- Email: [nelson@restore.org.nz](mailto:nelson@restore.org.nz)
- Phone: 03 546 4626

Motueka ReStore:

- Email: [motueka@restore.org.nz](mailto:motueka@restore.org.nz)
- Phone: 03 528 9441

## Habitat For Humanity volunteers

*Page 4, top image: Sue.*

*Page 5, top image: Clare and Jerri; Top image on left: John and Jed; Bottom image on left: Bev and Fred.*



## Living with an invisible health condition

If you saw me one afternoon enjoying an enthusiastic conversation over a turmeric latte, you wouldn't think that I have a chronic illness. I look like a healthy, silver-haired lady of leisure. But in fact, I have an autoimmune disease which affects my life profoundly.

My kick-butt immune system is so overactive that it attacks my body's healthy, as well as diseased, cells. The many different types of autoimmune illnesses trigger a huge range of symptoms. My particular illness is called undifferentiated connective tissue disease (UCTD). This makes it sound as if it can't make its mind up which illness it wants to be. And that's pretty much it in a nutshell!

My initial symptoms five years ago, mimicked coronary heart disease – chest pains, fatigue, shortness of breath and an abnormal ECG, so I had tests which showed my ticker was quite OK. This was a great relief, but also led to lots of other tests to rule out other possible causes.

By the time my blood test results revealed extremely high levels of the antibodies that indicate autoimmune problems, I was experiencing lots of other symptoms – multiple joint pains, alopecia and what I now know is quaintly termed brain fog.

At my worst, I could do just one thing per day. I could have a shower, but then wouldn't have the energy to cook dinner. I might be able to get the groceries, but wouldn't be able to unload them from the car. I couldn't walk far or stand for long. Any exertion at all would leave me breathless – even just getting from the couch to go to the bathroom! I felt as if someone had let the air out of my tyres and I slept up to 16 hours a day.

The brain fog was particularly cruel. An avid reader, I suddenly found that even after painstakingly reading two or three pages of a book I had no idea what I had just read. My husband described it as "processing but not recording." The same thing happened when I watched TV or a movie and even during conversations.

Strangely, I was hugely relieved when I received the diagnosis of UCTD from my rheumatologist: my symptoms were validated. However, the relief and excitement of finally knowing what was wrong quickly wore off and the reality of chronic illness sank in.

I'm a big fan of alternative therapies and I had never needed to take many conventional medicines so the drugs I was prescribed sounded pretty scary. The more I learned about autoimmune conditions though, the more I understood the dire consequences of not treating

it properly. I was delighted and grateful that these chemotherapy drugs eventually had the desired effect. It took many months for them to kick in, but I slowly began to feel more functional. Pacing myself was challenging, but was the most important thing I could do for myself. Obtaining a mobility parking permit has made a huge difference. It makes it possible for me to go to an event or restaurant and do my shopping, although I often feel awkward using it as my disability is invisible.

When this disorder took hold, I had to give up a full-time job which I really loved, but with the support of my wonderful husband, I have been able to utilise my skills to create part-time self-employment. I can now work mostly from home and rest when necessary. Ironically, I was well prepared for the Covid lockdown when it came. I was already a dab hand at social isolation and working from home!

I had to choose whether to continue to mourn my old life, or live life to the full while acknowledging my new situation and the uncomfortable but now manageable symptoms of my disease.

With some ups and downs, I'm now able to handle part-time paid work, some volunteer work and even a social life although this is much reduced. Sadly, I still struggle with events involving standing, walking, or dancing but a movie, seated show or dinner out are all perfectly doable. I also look forward to a weekly gentle yoga class and am a big fan of daily swimming in the sea during the summer.

With the love and support of my husband and family, I can embrace my new reality and even feel grateful that my autoimmune condition has taught me to slow down, pace myself, and most of all, treat my body with patience and kindness. My life is no longer bustling but I have time to smell the roses. Their scent is delicious!

## About the contributor

*Raeonie has a background in business ownership, administration, sales, volunteer and event co-ordination, fundraising, belly dancing, African drumming and belting out a tune or two – not necessarily in that order! She is currently serves on the board of Hearing Nelson and operates a busy Airbnb at the home she shares with her husband and their big, lazy cat.*



# This little test helps find bowel cancer early



Free bowel screening is available in the Nelson Marlborough region.

Eligible people aged 60-74 will be sent a test kit in the mail.

The test is simple, hygienic and you can do it at home.

Make sure your doctor has your correct address so you don't miss out.

**Done it once?  
Do it again.**

**You'll receive a second test kit two years after you returned your first, negative test if you are still eligible.**

**Time to  
screen**

National  
Bowel  
Screening  
Programme



New Zealand Government



# Our environment

## A window on the world

When I was asked to write a regular column on the environment for *Mudcakes and Roses* I agreed with alacrity. Then I started wondering ... who will my readers be and how to define the term environment?

I decided to assume that the over 60 readers of this magazine are not losing verve as age eats into their brains and bones. Instead, they are maintaining a lively interest in the world around them.

I also decided to interpret environment very broadly to include much more than the weather, climate, ecological systems, natural resources and habitats, rocks, water, land and air. The environment also includes the built environment – the way humans have changed the planet, creating cities and urban spaces and extract produce from the countryside.

This view of the environment gives me a huge range of topics to explore! The local environment alone provides a wealth of avenues to wander down, poking around to find out what is happening and why: the Brook Waimārama Sanctuary, the Maitai river, sea level rise, estuarine environments, wild fires and the five national parks that surround us. I can also consider housing development, night-time photography, bird migration, the movement of tectonic plates, local caves and springs.

Like many New Zealanders I've travelled extensively and will bring that perspective to this column. I have a special interest in Iceland, Pakistan, Bulgaria and Spain. Rather than trying to visit every country in the world, I've preferred to make repeat visits, in particular to Spain and Pakistan.

In Spain I walked the Camino de Santiago several times, learned some of the language, and walked 18 – 25 kilometres a day to cover the 800

kilometres route from Roncesvalles to Finisterre.

I've made six trips to a remote Pakistan village in the Karakoram mountains. In 2000 it took an English friend and me three days to walk into the village where we lived for five months. We taught in local schools, adapting to village life which meant lighting a fire if you wanted a cup of tea.

Back in New Zealand, a series of talks I gave to Wellington tramping clubs generated the money which enabled me to return to the village with friends in 2002, bearing educational books, craft materials and sports equipment. Ever since, with a small group of friends, I've been raising money and helping local students to go to university.

Many of you will also have travelled or taken part in development projects overseas. If you know of any seniors with an interesting environment-related story to tell, I'd love to hear from you via my email below.

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## Columnist: Pam Henson

*Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at [e.henson@gmail.com](mailto:e.henson@gmail.com)*





## Food for thought



### Delicious and good for your immune system

The risk of Covid-19 infection has been a big concern this year, but even in more usual times, it's good to maintain a strong immune system. So, in this column I'm offering some recipes which will help support your immune system. Here's a healthy dip to use with raw vegetables or spread on toast or croissant.

### Roasted Broccoli Dip

#### Ingredients

- 1 small head of broccoli
- 1 whole unpeeled garlic clove, cut in half horizontally
- 60 ml (4 tbsp) olive oil, plus extra for the garlic and broccoli
- 175 gm cooked white beans e.g. butter or cannellini
- 25 gm parsley (small bunch)
- 25 gm coriander (small bunch)
- 60 ml goats or cow's milk yoghurt (or coconut yoghurt for a non-dairy option)
- Sea salt and black pepper

#### Method

- Preheat oven to 160 degrees Celsius
- Rub both sides of cut garlic bulb with olive oil. Season with salt and pepper and wrap in tin foil. Roast for 45-60 minutes
- Toss the broccoli florets in olive oil, salt and pepper. Roast for 20-30 minutes until just cooked.
- Put all the other ingredients into a blender or bowl, if using a stick blender (or food processor).
- Add the roasted broccoli. Squeeze out the pulp from the garlic bulbs and add to blender.
- Process until smooth. Season with salt and pepper. If you prefer it more liquid, add a little hot water or yoghurt with the motor running.

Try different herbs to vary the flavour.

### Columnist: Sally Rees

*Sally Rees, a qualified chef, and Home Economics teacher, loves working with raw food and fermented foods. She teaches food classes in Nelson and enjoys no-dig gardening at the Waimarama Community Gardens. Website: [www.naturalnosh.nz](http://www.naturalnosh.nz). Facebook: Natural Nosh.*



# Companion driving services give freedom and independence



The world can shrink in an instant. Temporarily after an accident, or more permanently if it is age or ill-health which robs a person of their accustomed ability to get around on foot, bike or car.

Entirely ordinary activities like shopping, visiting friends, taking an animal to the vet, going to the movies, getting a haircut or attending meetings become difficult. The consequent loss of social contact and independence can lead to loneliness and loss of self-confidence.

This is something which Tracey and Rob McConnachie, joint owners of the Nelson West franchise of Driving Miss Daisy, understood well from previous work with the elderly and people with mental health needs. Therefore, she and husband Rob leapt at the chance to own a local Driving Miss Daisy franchise. They saw it as a way to utilise their experience in the health sector and their relationship-building skills, while also offering a very practical service to the community. After two years in the business, they are still hugely enthusiastic.

As they explain, "Driving Miss Daisy is more than just a taxi service. It gives back to our passengers the freedom, independence and security that they've lost."

Miss Daisy's drivers are more than just safe drivers. They act as a trusted friend and helper who get you where you want to go, and home again. All drivers are police vetted and have Advanced Driver, first aid, and dementia-friendly training. They don't expect passengers to wait on the kerbside for pickup. They will escort passengers from the vehicle into doctor's surgery or theatre and be there to pick them up afterwards. Drivers can help manage awkward extras like coats, brollies and supermarket shopping bags and

are happy to make multiple stops en route. Clients can even request their favourite driver.

Tracey and Rob's vehicles are chosen specifically for their accessibility, safety, and reliability. One can even carry a passenger in their wheelchair.

Lest you assume that only women use the service, Rob is quick to point out that he's often called upon for a "man shopping" expeditions to hardware or gardening supply stores. Parents also use the service as a safe way to get youngsters to and from after-school activities like sports and music lessons.

Cost-conscious clients needn't keep an anxious eye on the meter as the price of each outing – based on time and distance – are advised up-front, and it's possible to share the ride with a friend and split the cost.

With Christmas just round the corner, a Daisy gift voucher might make the perfect Christmas present to someone you know.

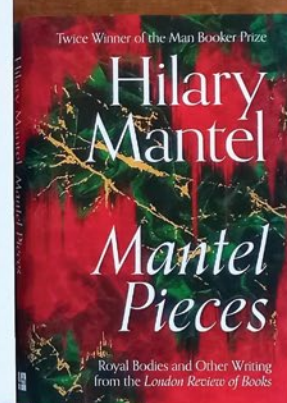
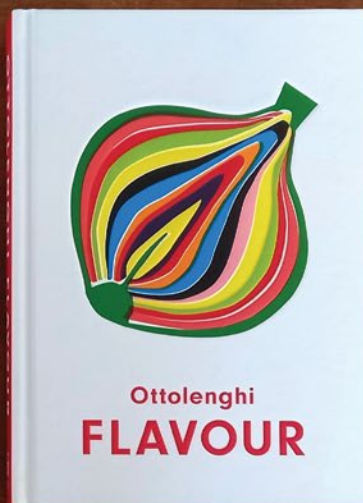
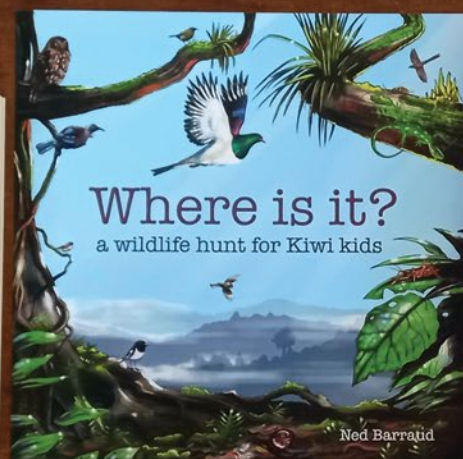
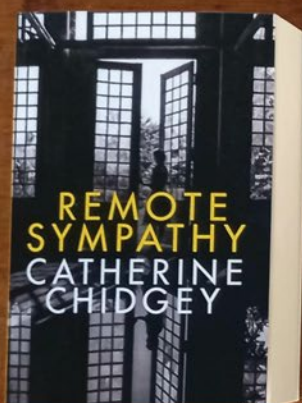
## Contact Driving Miss Daisy in your area:

### Nelson West

- Tracey McConnachie
- Phone 03 541 0020
- Mob: 021 504 856
- Email: [nelsonwest@drivingmissdaisy.co.nz](mailto:nelsonwest@drivingmissdaisy.co.nz)

### Nelson East

- Jane Taylor
- Phone 03 547 2133
- Mob: 021 319 397
- Email: [nelstoneast@drivingmissdaisy.co.nz](mailto:nelstoneast@drivingmissdaisy.co.nz)



## Thinking volumes

*VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.*



### Remote Sympathy by Catherine Chidgey

In this compelling new novel from the author of *The Wish Child* (winner of the 2017 Acorn Prize), the eyes of the wife of the new Buchenwald concentration camp administrator are opened to the actualities of her situation when she forms an alliance with one of the inmates, the inventor of a machine he claimed would cure cancer. Whether the machine works or not, it may yet save a life. A subtle and insightful novel.

### Where is it? A Wildlife Hunt for Kiwi Kids by Ned Barratid

In this enjoyable and pleasantly informative book, children – alone or sharing the book with a chosen adult – can find the animals in the various habitat scenes and almost incidentally learn a large amount about New Zealand fauna and flora. This knowledge will soon spill over from the page into the wild, making

it easy for children to be engaged, curious and informed — and passionate about the environment.

### Flavour by Yotam Ottolenghi and Ixta Belfrage

Ottolenghi has become a household name for his flavour-forward, vegetable-positive recipes, which bring Mediterranean, Middle Eastern and other interesting cuisines within easy reach without compromising their authenticity. In *Flavour*, Ottolenghi's signature approach is broken down into three factors: Process (ways of treating vegetables to maximise their impact), Pairing (using the four basic pairings that are fundamental to maximising flavour), and Produce (identifying which ingredients to use, and when and how to use them). This cookbook will soon become the first one you turn to.

### Mantel Pieces by Hilary Mantel

Although best known for her fiction, especially the 'Wolf Hall' trilogy, Hilary Mantel also writes some of the sharpest essays on historical and contemporary political and social matters. *Mantel Pieces* assembles thirty years of incisive essays from the *London Review of Books*, including 'Royal Bodies', 'In Bed with Madonna', and ruminations on Jane Boleyn, Robespierre, the murder of James Bulger, Britain's last witch, the Hair Shirt Sisterhood, and numerous other (sometimes surprisingly) compelling topics.

#### VOLUME:

15 Church Street, Nelson  
books@volume.co.nz  
Phone 03 970 0073  
Text 021 197 0002





# The Webanaut

News and stories from the internet

Our webanaut

Ro Cambridge searches cyberspace for interesting news and ideas on age, ageing and the lives of older people.

## Living with M.E. or chronic fatigue

This essay by Julie Rehmeyer about her experience of Chronic Fatigue Syndrome is an interesting counterpoint to Raeonie Ellery's piece on living with an invisible disability in this issue of Mudcakes.

Rehmeyer, a science journalist, ran marathons, biked regularly, and even built her own straw-bale house before she was stuck by the disease which caused her to lose most of her strength, endurance, and confidence, along with the ability to live a normal life.

**Read more:**  
<https://bit.ly/2HYISLe>

## Writing letters for people who feel sad

Brandon Woolf, a performance artist who is also a professor at New York University sits beside a letterbox with a 1940s typewriter and a sign that reads "Free Letters for Friends Feeling Blue".

**Read more:**  
<https://nyti.ms/3kH4hGB>

## Bring Fido!

Although it's focused on the US the Bring Fido website includes NZ and Australia in its resource of everything doggy. There's certainly plenty of ideas to inspire dog-lovers to develop locally. How about dog-friendly events like Yappy Hour or Woof Wednesdays followed by a doggy treat from the Woof Gang Bakery? Or, for the more enquiring doggy mind, dog-friendly museums and classes in truffle hunting?

**Read more:**  
<https://www.bringfido.com/event/>



## Old dogs, new research and the secrets of aging

And, while we are on the subject of dogs, recent research has used dogs as a "model" for human aging. The canine species is similar to humans in important ways, including their behaviour during adolescence and old age, and the changes to their DNA as they get older.

**Read more:**  
<https://nyti.ms/32rsOst>

## Businesses run by older people – for older people

The entrepreneurial spirit is alive and well! Many older entrepreneurs are creating business to service the needs of their peers. They are using this knowledge and their lifelong skills to create new products and services.

**Read more:**  
<https://nyti.ms/3j1pARB>

### How to use these links to find out more

Open the web browser on your computer, mobile phone or other device, and type the 'bit.ly' link for the topic you're interested in into the search bar.



## That's life

### From ashes to beautiful keepsake

Many people choose cremation over a traditional burial these days and so more of us now have to decide what to do with a loved one's ashes.

Investing in a handsome urn of some kind, and giving it pride of place on the mantelpiece or windowsill, is an option which might appeal to those of us who want to keep them in a place central to the family's life. However, it's not uncommon for ashes to be kept in a more modest container which is then tucked away in a cupboard.

There are other options. You could have a small portion of the ashes incorporated into a beautiful piece of memorabilia. Local hand-blown glass artist extraordinaire Anthony Genet, who owns the Flamedaisy gallery at 324 Trafalgar Square, will take some of your loved one's ashes and create an exquisite glass piece of your choosing, be it a paperweight, vase, lamp base or something larger.

Anthony began by trialing the process using some of his grandfather's ashes. "The family gave me a Tupperware container with some of his ashes and I did a few experiments," he says.

The results were very successful. The pieces which Anthony created were not only beautiful objects, but they now serve to show as examples to anyone who might be interested in preserving a cherished family member's ashes in this unique way.

As a glassmaker he uses just about every material on the periodic table to add specific properties to a piece. Different additives create different effects. When melted into glass, calcium phosphate or bone ash, gives an opalescent quality.

It's not a service that Antony actively promotes, but he receives regular referrals from funeral directors and, of course, recommendations from satisfied customers. "I think the main reason why people ask me to make these pieces is because they are

tangible, they give family members something to hold, which gives them a physical connection with their loved one."

The amount of ash used in each piece can vary enormously. Mostly it depends on the project, but often just a very small amount, literally a fingernail-sized portion of ash is all that's needed. "It's really just about the essence of the person," notes Anthony.

And for those of mourning the death of a beloved pet, Anthony is also happy to create a piece incorporating their ashes. It's a service that he has been offering on an unofficial basis for some years now.



### Columnist: Renée Lang

*Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dog.*

# Our Community News and Information

## Community news – Age Concern

### Donations sought for our Christmas care packages

A key focus of our work at the moment is supporting older people who need extra assistance at this time of year. We are looking for donations of non-perishable foods, toiletries and treats to put into our Christmas care packages. They are packages are very warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. If you would like to contribute please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street by Friday 11 December 2020.

### Carer Relief Volunteers needed

Age Concern Nelson Tasman needs volunteers to help with our Carer Relief Service. Demand for the service has grown rapidly in the past year, and we are looking for people in the Nelson, Richmond and Motueka areas to help provide company for older people while their primary carer gets some well-deserved respite. We provide all the necessary training, supervision and support for volunteers. We also carefully match the volunteer to the client to ensure compatibility, and facilitate the introduction process. If you would like to know more about this rewarding role, please contact Susan Arrowsmith on (03) 5447624 Ext 3 or email [coordinator@ageconcernnt.org.nz](mailto:coordinator@ageconcernnt.org.nz)

### What to expect next year

We have a busy start planned for 2021 with our Summer Activity Programme, Monday Information Sessions, and Staying Safe Workshops. The Summer Activity programme, starts on Monday 15 February and provides many wonderful opportunities to get out and about, possibly try something new and enjoy beautiful parks and reserves in Nelson Tasman. Popular activities such as Tai Chi, SpinPoi and Sing-a-Long in the Park will be



back and a number of walks including Heritage, Edibles and Guided Art walks. Move Good Now, and Sit & Be Fit exercise classes will be on offer next year too.

Our first Staying Safe Driving Workshop for 2021 will be held on 15 February at 9.30am in the Age Concern Hall, 62 Oxford Street, Richmond. This workshop supports older drivers to keep their road knowledge current and remain confident drivers.

We've already scheduled more of our popular Monday Information Sessions for March next year:

- 1 March: Healthy Hearts with Averil West, Heart Foundation
- 8 March: Pilates for Older Adults with Tania Huddart, Pilates Teacher
- 15 March: About Dementia with Heather Lackner, Alzheimers Nelson
- 22 March: Just Cook 4 Healthy Ageing with Sally Rees, Natural Nosh
- 29 March: Sleep Better with Chris Allison, Health Action Trust

All sessions run from 10am – 11.30am in our refurbished hall in Richmond and are free for Age Concern members (although a koha is always welcome!) Please register if you intend coming along.

We wish you all a very merry Christmas and New Year. Our offices will be closed from 12pm on Thursday 24 December and reopening on Tuesday 5 January at 8.30am.

**Get in touch with Age Concern Nelson Tasman**

**Phone 03 544 7624** 62 Oxford St, Richmond 7020

**Email** [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)

**Website** [www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

# Our Community News and Information

## Community news

### Grey Power

Since lockdown ended Grey Power Nelson has been extremely busy. Our National AGM was successfully held in Auckland after Covid side-lined it a number of times. We hosted public meetings for representatives from all political parties, although some did not take up our invitation to attend.

The Stoke Banking Hub is being officially opened on 3 December and will be particularly welcomed by older people who rely on local banking services. Our thanks to Nelson Mayor Rachel Reese, Nick Smith MP and our former President Christine Tuffnell for enabling this outcome. The Hub is operating on a 12-month trial base.

Sue Sara, President, Grey Power Nelson.

**The Grey Power office at 33 Putaitai Street Stoke, is open 10am – 3pm Monday to Friday.**

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### Cheaper bus fares for seniors – link your SuperGold Card to your Bee Card

Nelsonians have embraced the Bee Card which allows bus passengers to pay for their ride more conveniently and makes it easier to access the city's cheapest bus fares. More than 12,000 cards have been issued and around three quarters of bus journeys are now paid for using the electronic travel card.

Seniors can travel free travel at off peak times and at a reduced cost at peak times if they have a Bee Card linked to their SuperGold card.

The introductory period during which SuperGold Card holders are able to obtain concessionary travel without a Bee Card comes to an end on 1 January 2021. From then on, SuperGold Card holders must link their SuperGold Card linked to a registered Bee Card.

Once you have a registered Bee Card, you can link your SuperGold Card by going to [BeeCard.co.nz](http://BeeCard.co.nz), clicking on 'Manage Card' and then choosing SuperGold in the menu on the right-hand side of the page.

If you find this too tricky to manage online, help

is available at the Council's Customer Service Centre, or the libraries in Nelson, Stoke, or Richmond.

"Our message to anyone who needs help, is to come and speak with our staff at the Customer Service Centre," says Nelson City Council Infrastructure Chair Brian McGurk. "We are more than happy to help someone register a card and link it to their SuperGold."



 **Nelson City Council**  
Te Kaunihera o Whakatū



# Our Community News and Information

## Community news – Tasman District Council

### The Positive Ageing Expo is back

*Stallholder registrations open until Sunday 21 March 2021.*

The Positive Ageing Expo will be back in 2021, showcasing the recreational, health and social services available in Nelson-Tasman to make ageing a positive experience. It will be held on Friday 16 April 2021 from 10.00am – 3.00pm at the Headingly Centre, Richmond.

If you are a community group, agency or organisation that can make a positive impact on our ageing population, register for a stall now and make your presence felt at the Positive Ageing Expo.

The Positive Ageing Expo has run annually since 2008 and attracts about 2,000 people each year.

Register your organisation at [www.tasman.govt.nz/link/positive-ageing](http://www.tasman.govt.nz/link/positive-ageing) to book a stall or contact Gary Alsop, Community Partnerships Coordinator [gary.alsop@tasman.govt.nz](mailto:gary.alsop@tasman.govt.nz) or phone 03 543 8980.

### Enjoy the festive spirit in Tasman

Free family-friendly Christmas events in Tasman in December include:

- Country Christmas Market, Saturday 5 December, Moutere Hills Community Centre, Upper Moutere.
- Golden Bay Santa Parade, Saturday 12 December, Commercial Street, Takaka.

- Carols by Candlelight, Sunday 20 December, Washbourn Gardens, Richmond.
- Carols on the Green, Thursday 24 December, Village Green, Commercial Street, Takaka.

See our local events website for the full details and any late changes – [www.itson.co.nz](http://www.itson.co.nz).

### Summer events around our region

There's plenty of fun and entertainment for visitors and locals of all ages in the region this summer. The full programme appears in the printed Summer Events Guide produced by Nelson City and Tasman District Councils.

Highlights include the Al Fresco Summer movies, Teddy Bears' Picnic, Richmond Market Day, Wakefield Country Fete, Higgins Heritage Park Steam Museum & Craft Fair, Jazz on the Green, Golden Bay A & P Show and many more. Pick up a copy of the full Summer Events guide at all Council offices and libraries, or check Council websites.

### Roadworks on the Salisbury Road/Champion Road roundabout

Work starts this month and continues after the New Year break to make changes to the roundabout on the intersection of Champion and Salisbury Roads, by the Caltex station.

- We're putting extra lanes on the roundabout to cater for increased traffic as our region grows.

- We're making it safer for cyclists and pedestrians (especially the many school children in the area) by adding raised crossings.
- We'll be making some changes to water supply and storm water at the same time.

The first part of the project will focus on changes to water services and won't affect the traffic flow too much.

From January, you will always be able to go straight through the roundabout between Stoke and Richmond, but you won't be able to turn right from any entrance. The work will happen in four stages and the lanes will be clearly marked out so you know where you can go.

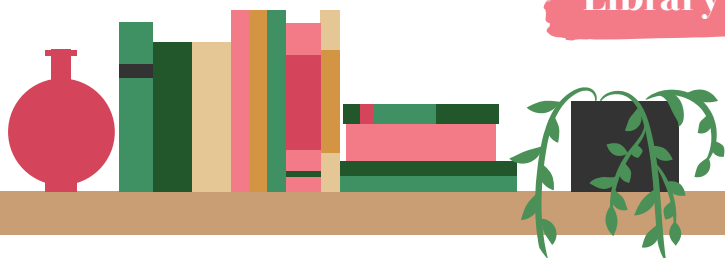
Access to businesses and the Aquatic Centre in Champion Road will be maintained via a slip road off the state highway. They will all remain open for business so please show your support.

We'll do everything we can to reduce disruption but there will be delays at times and you can consider taking a different route if you can.

Keep up to date with any traffic changes on our website [www.tasman.govt.nz/projects](http://www.tasman.govt.nz/projects). We understand this work will be disruptive, so we appreciate your patience and understanding, and we'll aim to get it done as smoothly and safely as possible.



## Tasman District Libraries



### Summer in the Library

Your library is the best place to be this summer and we can prove it! Our fabulous Summer at The Library booklet is chock full of events, activities, and fun for all ages. Pick up a copy at any one of our four Tasman District libraries from Monday 14 December onwards. This full calendar of events will carry you through the entire summer from December to February whatever the weather.

### Christmas workshops

Are you already wondering what wonderful hand-crafted gifts you could make for your family and friends this Christmas? Motueka Library can help with that! They have a free Christmas Mosaic Pot and Plant workshop on Monday 14 December from 5.30pm – 7.00pm. You can also pick up free Take and Make Christmas Tag kits from Motueka Library from 1st to 22nd December to create your own special personalised gift tags.

### School holiday programme

Kids, set off on a North Island Summer Road Trip with our Summer Reading Programme. For every five books you read, you'll earn rewards – such as an activity booklet and a book to keep. We also have fashion challenges for teens, a workshop on making a hedgehog out of an old book, a Christmas Storytime and more. Check out our website [tasmanlibraries.govt.nz](http://tasmanlibraries.govt.nz), or pick up a Summer at The Library booklet, for the full kit and caboodle of information you need about our fun Summer Holiday Programme.

### MORE INFORMATION

Phone: 03 543 8500

Website: [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)



## Nelson Public Libraries



### A book-filled summer of travel

We are excited to present the Nelson Summer Reading Challenge for 2020. Sign up for the challenge, read and be in to win prizes. We're packing our bags and taking a trip to our favourite continents, via the pages of a good book. Will you join us?

In the children's library we're heading to Romania for a history lesson and some sight-seeing (if you dare!). If you have younger family members visiting this summer, bring them into the library to join our popular children's reading challenge where they will make their way through a map of Romania by reading for 20 minutes a day. You can also pick up a grab bag of books and check out the new children's park beside the library.

We don't want our older patrons to miss out, so collect your passport, book a ticket and take a world tour with



Book Your Summer. Destination? You decide! Each book you read enters you into the prize draw. We've retired our old Bingo Challenge, so this year you decide how many books to read. We've got heaps of recommendations for a book-filled summer.

Enrolments open for all challenges on Friday 11 December and run through until the 11 February.

For more information, pick up the summer edition of our print newsletter in the library, subscribe to the e-newsletter on our website, or follow us on Facebook.

### MORE INFORMATION

Phone: 03 546 8100

Website: [www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz)



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www.heirloomplantnursery.co.nz

www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook



## Maureen Pugh

National List MP based in West Coast – Tasman

0800 628 7336

f wct.maureenpugh

**National**

Funded by the Parliamentary Service. Authorised by Maureen Pugh MP, Parliament Buildings, Wellington.



## Thinking ahead for peace of mind

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services – Here to help with any questions you may have about options available.



**WR**  
**WaimeaRichmond**  
FUNERAL SERVICES

03 544 4400

Phone us today for a **FREE INFORMATION PACK** on pre-planning or pre-paying.

03 544 4400 · 24 Champion Road, Richmond · www.wrfs.co.nz · support@wrfs.co.nz



## Services as unique as you

Today's families are bringing new values, preferences and opinions that are changing the world of funeral service. They are thinking differently about how they want to honour their loved ones and have new perceptions of the funeral service profession. Your requests and wishes are important to us at Marsden House. We reflect the changing cultural landscape by listening and actioning your requests and wishes.

**Give us a call. We're available to help, anytime.**



marsdenhouse.co.nz

03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



I needed help to feel confident in my home again - Access was there.

Janet

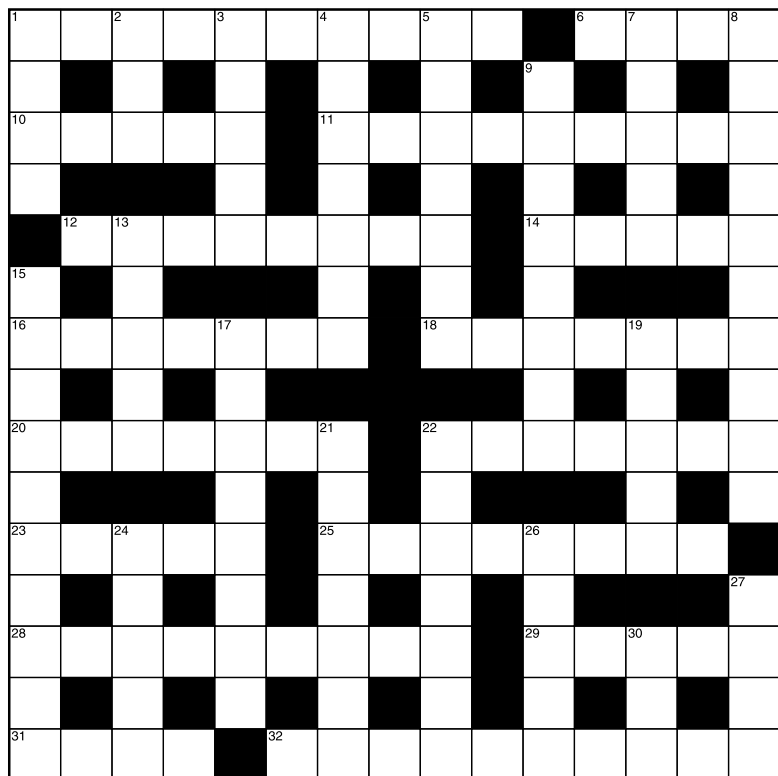
  
**Access**

## Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on 0800 284 663.

# Crossword



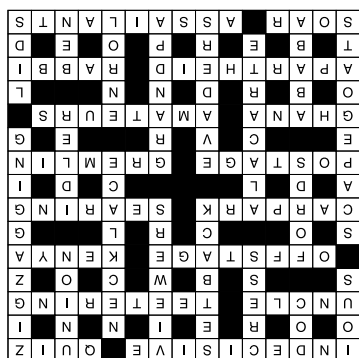
## ACROSS

- 1. Doubtful
- 6. Game (show)
- 10. Aunt & ...
- 11. Wobbling (on brink)
- 12. In theatre wings
- 14. Nairobi's republic
- 16. Vehicle area (3,4)
- 18. Very hot
- 20. Letter delivery fee
- 22. Production glitch
- 23. W African land
- 25. Nonprofessionals
- 28. Racial policy
- 29. Synagogue minister
- 31. Rise
- 32. Aggressors

## DOWN

- 1. Favours owed (1,1,2)
- 2. GP
- 3. Salad garnish
- 4. Hindrance
- 5. Film audience
- 7. Flag, ... Jack
- 8. Tacking to & fro
- 9. Choker or pendant
- 13. River crossings
- 15. Blame-takers
- 17. From the menu (1,2,5)
- 19. Lounger
- 21. Travel cheats, fare ...
- 22. Grandma & ...
- 24. Ethiopia's Addis ...
- 26. Register
- 27. Jar tops
- 30. Actor, ... Stiller

# Crossword solution



# Sudoku solution

5	9	7	8	1	4	2	9	3
5	3	9	1	6	2	7	4	8
4	2	8	3	5	9	1	6	7
6	1	4	2	8	5	3	7	9
8	6	2	4	7	3	9	1	5
7	5	3	1	9	6	8	2	4
4	1	5	9	3	2	7	8	6
3	8	9	7	6	4	1	5	2
2	7	6	5	4	1	9	3	8

# Sudoku

Each row, column and 3 x 3 square should contain the digits 1 – 9

1	3							
				6			8	
			2					1
			8			1		5
			6		7		2	
			7		5		4	
7						3		
			4			2		
							6	5

Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles

## TASMAN AND NELSON DISTRICT

### Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street. [www.ageconcernnz.org.nz](http://www.ageconcernnz.org.nz).

### Alzheimers Society

Supporting all those living with dementia in our community. Phone 0800 004 001 / 03 546 7702.

### Arthritis New Zealand

Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. An arthritis educator is also available. Free phone 0800 663 463.

### Asthma Society (Better Breathing Classes)

New Better Breathing Circuit at Club Waimea. Phone 03 544 1562. Email [asthma.nelson@xtra.co.nz](mailto:asthma.nelson@xtra.co.nz). [www.nelsonasthma.co.nz](http://www.nelsonasthma.co.nz).

### Brook Sanctuary

Volunteer with Brook Waimarama Sanctuary! We need Visitor Centre volunteers, hosts for public events, track cutting, invasive plant control, trapping and lizard monitoring volunteers. [www.brooksanctuary.org.nz/support](http://www.brooksanctuary.org.nz/support). Phone 03 539 4920.

### Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month. New faces very welcome. Phone Virginia 5440814.

### Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. [www.found.org.nz](http://www.found.org.nz). Phone 03 546 7681. Email [admin@volunteemelson.org.nz](mailto:admin@volunteemelson.org.nz).

### Friends social club

Welcomes single men and women (50+). If you are active, enjoy life and making new friends, join one of our weekly events. Includes walks, restaurants, movies, and pot luck dinners. Contact Rose on 021 128 3405.

### Hearing Association Nelson

One in six people are hard of hearing. There is a link between untreated hearing loss and wider health issues which include dementia, falls and social isolation. Early intervention is recommended. Contact us at Hearing House, 354 Trafalgar Square, Nelson. Phone 03 548 3270. [office@hearingnelson.nz](mailto:office@hearingnelson.nz).

### Hearing Therapy Services Life Unlimited

Free MOH service. Understand your hearing levels, tools for hearing loss management including tinnitus. Clinics Nelson, Takaka, Motueka. Phone 0800 008 011 to book.

### Mobile Nail Care

Toenail and fingernail cutting service at home or at your residential care facility. Phone 021 050 2373 (Dianna).

### Nelson Public Libraries

Free library services at Stoke, Tahunanui and Nelson. Including free computer use, computer

classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

### Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. Uniforms supplied. Phone 03 548 9527 (Diana). Email [dianatony@xtra.co.nz](mailto:dianatony@xtra.co.nz).

### Steampunk - Hickey Pic Southern Steamers

Nelson meets every second Wed, Prince Albert Hotel. Motueka meets every second Tues, Paper Nautilus Cafe. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook [www.facebook.com/groups/721005124614168](http://www.facebook.com/groups/721005124614168)

### Senior Net (Nelson)

Computer instruction (50+). Clubrooms at Pioneer Park, Hastings Street. Phone 03 548 9401.

### Stroke Foundation

Enquiries to Anne-Marie, Community Stroke Advisor; Phone 03 545 8183 or 027 455 8302.

### Upright and Able for Falls Prevention – for over 65's

2.5-hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. Email [marnie.brown@nbph.org.nz](mailto:marnie.brown@nbph.org.nz)

### Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. Phone 03 546 7681. Email [admin@volunteemelson.org.nz](mailto:admin@volunteemelson.org.nz), [www.volunteemelson.org.nz](http://www.volunteemelson.org.nz).

## GOLDEN BAY

### Astanga Yoga

Golden Bay Community Centre, Tuesdays 5.45 pm (Doris or Keryn). Phone 03 525 9525, Thursdays 9.00 am. Phone 03 525 9033 (Michelle or Pam).

### Friends of Golden Bay

Phone 03 524 8130 (Don).

### Genealogical Group

St John Rooms, A&P Showgrounds, Phone 03 525 8086 (Sally). Email [pands@gaffneys.co.nz](mailto:pands@gaffneys.co.nz).

### Gentle Exercise Class

(Through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 am – 11.00 am (Free). Phone 03 525 0105 (Erica). Email [ericaphysiogoldenbay.co.nz](mailto:ericaphysiogoldenbay.co.nz).

### Golden Bay Contract Bridge Club

Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka Wednesday, 7.00 pm. Friday, 1.00 pm. Phone 021 567 221 (Lori).

### Golden Bay Garden Club

Phone 03 525 8455 (Anne).

### Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

### Grey Power Golden Bay

Contact Michael Delceg (President). Phone 03 5259530. Email [greypowergb@gmail.com](mailto:greypowergb@gmail.com).

### Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 5258464 (Klazien).

### Marble Mountain Country Music Club

Fourth Sunday of each month at the Senior Citizens Clubrooms. Phone 03 525 9966 (Margaret).

### Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper and games for \$3. Phone 03 525 9491 (Nancy).

### Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

### Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

### Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention and private sessions. Learn how to use your breath and gentle movements to calm the body and mind. Phone 03 525 7422 (Terry).

### SeniorNet (Golden Bay)

Beginner courses in home computing, based in clubrooms at Takaka Showgrounds. Phone 03 525 9569 (Sally). Phone 03 525 7465 (Morfydd).

### Sit and Be Fit (\$2 donation)

Golden Bay Community Centre: Tuesday, 10.15 am – 11.15 am. Phone 03 525 8770 (Jacinda). Collingwood Memorial Hall: Thursday 10.00 am – 11.00 am. Phone 03 525 8770 (Jacinda) or phone 03 525 9728 (Jo).

### Takaka Golf Club

Phone 03 525 9054.

### Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

### Takaka Spinning Group

Phone 03 524 8146 (Margaret).

### Takaka Table Tennis

Phone 03 525 7127 (Rene).

### U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

### Uruwhenua Women's Institute

Second Tuesday each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

### Wednesday Walkers

Meet at Information Centre Carpark, Takaka – depart 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Phone 03 525 7440 (Piers Maclaren).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

### Nelson Veterans Tennis Club

Hope Tennis Courts, every Thursday. Phone 03 547 6916 (Leona).

### Hope Social Indoor Bowls Club

Held at Hope Recreation Hall, Tuesday 1.30pm – 3.30pm. \$3.00 per session. We are a fun social group catering for everyone. New members welcome. Contact Robin 03 544 3116.

## MĀPUA

### Sioux Line Dance

Tuesday – Māpua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Phone 03 528 6788. Email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au).

### Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Māpua. Phone 03 543 2268 (Lynda).

### Māpua Craft Group

Every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Enjoy guest speakers, demonstrations and group outings. Morning tea provided. Phone 03 540 3602 (Julie Cox). Email [juliecox@xtra.co.nz](mailto:juliecox@xtra.co.nz).

### Māpua Creative Fibre Group

Second Tuesday of each month, 10.00 am at Māpua Hall. All welcome, bring your work, learn or perfect your spinning, crochet, weaving, felting, knitting skills. Bring own lunch. Weaving group meets fourth Tuesday of each month, 10.00 am in each other's homes. Phone 03 528 4935 (Barbara).

### Māpua Friendship Club

Māpua Public Hall. Phone 03 540 3685 (Valerie).

### Māpua Bowling Club

Phone 03 540 2934 (Dave).

### The Coastal Stringers

Meet at the Boat Club rooms, Māpua Wharf, Fridays 1.30 pm – 4.00 pm. Phone 03 540 3010 (Colleen) or 03 540 2627 (Diane).

## MOTUEKA

### Cycling

Thursday night social biking group, 5.45 pm out the back of Coppins Cycles (New World car park). No fancy lycra, no expensive gear required, no fees. Rides about 12 km.

### Motueka Senior Citizens Hall Activities

\$2 per session. Coffee, tea and biscuits provided. Indoor Bowls Mondays and Wednesdays 1.15 pm – 3.00 pm. Phone 03 528 7104 (Terry). Rummikub Thursdays 1.00 pm – 4.00 pm. Phone 03 528 8960 (Dylis). Cribbage Every first and third Tuesday of the month 1.00 pm – 3.30 pm. Phone 03 528 4260 (Judy).

Activities Afternoon Cards, darts, quoits. Every second Friday of the month 1.30 pm – 3.30 pm. Phone 03 526 8796 (Mavis).

Housie 1.30 pm – 3.00 pm.

Phone 03 528 7703 (Ethel).

### Marching

Motueka Veteranettes Marching Team. Phone 03 528 9125 (Bev).

## Motueka District Museum

Opening Hours:

**April – November:** Tuesday – Friday, 10am to 3pm. Sunday, 10am to 2pm.  
**December to March:** Monday – Friday, 10am to 3pm. Sunday, 10am to 2pm.  
 Email: savepast@snap.net.nz  
 www.motuekadistrictmuseum.org.nz  
 Phone 03 5287660.

## Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm. Phone 03 528 5363 (Gary).

## Riwaka Bowling Club

School Rd, Riwaka. Phone 021 123 5974 (Pauline) or 021 263 3441 (Vince).

## Riwaka Croquet Club

Play Monday and Wednesday morning from 9.30 am summer. 10.00 am winter. Phone 03 528 9139 (Eileen).

## Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut, Lower Moutere Hall. Phone 03 526 6842 (Alison).

## Social Recreation

Kiwi Seniors (Motueka).  
 Phone 03 528 7817 (Vonnice).

## Yoga

Dru Yoga classes in Upper Moutere.  
 Phone 03 527 8069 (Jill).

## MURCHISON

### Murchison Sport, Recreation and Cultural Centre

Find out what is happening:  
 www.murchisoncentre.co.nz  
 Email muchison.centre@clear.net.nz  
 Phone 03 523 9360.

### Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

## NELSON

### Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thursday 9.15 am – 10.15 am, Tahuna Presbyterian Church, Muritai Street, \$6.  
 Phone 03 547 0198 (Angie).

### Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

### Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com.

### Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke. Phone 03 547 5378 (Helen Clements). www.classiccontours.co.nz.

### Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237. Any Cancer, any question. Phone 03 539 1137.

Email: info@cancernelson.org.nz.

www.cancernelson.org.nz.

www.facebook.com/Cancer-Society-Nelson

### Cardiac Support Group

Information and support to people affected by cardiovascular disease.  
 Phone 03 545 7112 (Averil).

## Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.  
 Phone 03 543 7836 / 021 409 552 (Bee Williamson). Free phone 0800 731 317.

## Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month throughout Nelson and Richmond. New faces very welcome. Phone 03 544 0814 (Virginia).

## Nelson Hinemoa Croquet Club

Saltwater Lane off Halifax Street. Social play Sunday and Tuesday afternoons from 12.30pm. Ph 03 548 3977.

## Government Superannuitants Association

Phone 03 538 0233 (Margaret).  
 Email nelson@gsa.org.nz.

## Grandparents Raising Grandchildren

Phone 021 062 6583 (Paula Eggers).  
 nelson@grg.org.nz / www.grg.org.nz

## Marching

Silveraires Leisure Marching.  
 Phone 03 548 9527 (Diana).

## Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm, Broadgreen House, Nayland Road, Stoke. Informal, informative, friendly and fun. Bring along your treasures.  
 Phone 03 545 2181 (Judy).  
 Email randjpitman@gmail.com.

## Nelson Blood Cancer Support Group

Coffee every second Monday of the month at Honest Lawyer in Stoke, with added information meetings at the Cancer Society offices in Nelson. We are here for each other when support or understanding is most needed. Phone 03 544 3037 (Graham Sturgess) or 03 544 2636 (Lloyd Kennedy).

## Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2 Supper provided. New members welcome. Phone 03 540 3288 (Valerie).

## Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+. Phone 03 547 2457.  
 Email nelsongreypower@xtra.co.nz.

## Nelson Male Voice Choir

Rehearsals: Reformed Church, Enner Glynn, Monday, 6.45 pm. Phone 03 548 4657 (Dick).  
 Phone 03 544 3131 (John).

## Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.  
 Phone 03 546 6562 (Roger or Shirley).

## Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (Summer) 7.30 pm. Second Sunday (Winter) 1.30 pm, Stoke School.  
 Phone 03 547 7516 (Len).

## Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz.

## Nelson Social Dancing Club

Dance at Club Waimea, Queen Street, Richmond, 7.30 pm to 11.15 pm the second Saturday of each month. Ballroom, Latin, Rock n Roll and sequence dancing, live music. Members \$10, non members \$15. No stiletto heels please! Phone 03 544 8052 (Lynn).

## Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi Toi St, Nelson. Phone 03 547 5721 (Kelly) or 03 547 7226 (Ian).

## Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson Suburban Club/Nelson City Club, Kinzett Terrace, Nelson. No charge for playing, but please buy a drink at the bar. Beginners welcome and we will train you to play competitive Scrabble.  
 Phone 03 545 1159 (Tony).

## Nelson Senior Citizens Social Indoor Bowling Club

Phone 03 546 6562 (Roger or Shirley).

## Nelson Table Tennis Club

Saxton Stadium, Monday and Friday 9.00 am – 12.00 pm. All welcome.  
 Phone 03 544 8648 (Glenda).

## New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm (February – October) at Nick Smiths Rooms, Quarantine Road, Stoke.  
 Library, 67 Trafalgar Street, Nelson: Monday, 1.00 pm – 4.00 pm. Thursday, 10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm. All welcome.  
 Email nelson@genealogy.org.nz.

## Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Phone 03 539 6402 (Roger) or 03 547 7690 (Alan).

## Pottery

Nelson Community Potters, 132 Rutherford Street, Nelson. Social group; Thursday mornings or Twilight Pottery; Mondays, 7.00 pm – 9.00 pm. Free to members, \$7 casual. Phone 03 548 3087 (Annie).  
 Phone 03 548 1488 (Elizabeth).  
 Email ncpotters@gmail.com.

## Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided. Phone 03 548 8245 (Jo Ann).  
 Email nzsilveryogis@gmail.com.  
 www.silveryogis.co.nz.

## SeniorNet Nelson

SeniorNet Nelson supports people aged over 50 to learn to use and enjoy computers and other technology in their everyday lives. Help sessions, courses, interest groups and one-on-one tutoring available. Contact Peter Thompson, Phone 03 5489401 (leave message). Email contact@seniornetnelson.org.nz. Website www.seniornetnelson.org.nz

## Stoke Tahunanui Ladies Club

Meets third Wednesday every month.  
 Phone 03 547 5238 (Pauline).

## Super Seniors (65+)

Meets third Friday each month, 10.30 am – 12.30 pm. All Saints Church Foyer, 30 Vanguard Street (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation, \$5.  
 Phone 03 548 2601 (Anne-Marie).

## Support Works

Assesses the needs and co-ordinates services for people affected by disability. For a free assessment, free phone 0800 244 300.

## Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 208 Bridge Street, Nelson. Phone 03 548 4699.

## Tahunanui Bowling Club

Welcomes summer and winter bowlers. Phone 03 547 7562 (Barry).

## Tahunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling.  
 Phone 03 548 6036 (Katie or Jacqui).  
 www.tahunanui.org.

## Tai Chi and Qigong with Gretchen

Classes in Nelson, Stoke and Richmond.  
 Phone 03 548 8707 (Gretchen).  
 Email kitesfun@gmail.com.

## Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better health. Suitable for all ages.  
 Phone 03 545 8375.

## The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the second Thursday of each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui.  
 Phone 03 544 0494 (Helen).

## Ukulele with Gretchen

Nelson and Richmond, groups or private.  
 Phone 03 548 8707. Email: kitesfun@gmail.com

## USA Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings at Nelson Golf Club, 38 Bolt Road, Tahunanui. Phone 03 544 3057 (Nan). Email: davnian23@gmail.com. Next meeting: Wednesday 28 October at Nelson Golf Club, 38 Golf Road, Nelson. Speaker: Nathan Fa'ave, a professional athlete and adventure racer.

## Victory Community Centre

Offers a variety of classes during term-time. Phone 03 546 8389.  
 Email reception@victory.school.nz (for a programme brochure).  
 victorycommunitycentre.co.nz.

## Victory Laughter Yoga Club

Stretch, breathe, laugh, relax.  
 Phone 03 546 8389 (Gareth).

## Victory Senior Support

Cards and games. Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard Street, Nelson.  
 Phone 03 546 9057 (Jan).

## Victory Sit and Be Fit

Thursdays 10.00 am – 10.45 am, at Anglican



# SERVICE DIRECTORY

## Sport Tasman Motueka

Monday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

Tuesday: Sit n Be Fit, 10.30 am – 11.30 am.

Wednesday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm..

Thursday: Sit n Be Fit, 10.30 am – 11.30 am.

Friday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

\$5 per session or concession card or 10 for \$40. Phone 03 528 8228 (Wendy).

## Tai Chi for Health

Phone 03 538 0072.

Email stadium@sporttasman.org.nz.

## Stoke Bowling Club

Phone 03 547 1411 (Allen).

## Stoke Central Combined Probuss Club

Welcomes both men and women as new members. Meet 10am, 4th Tuesday of each month (except December and January) at 10:00am, at The Stoke Methodist Church Hall, 94 Neale St, Stoke. Contact Rosemary Tel 03 9706872.

## Stoke Old Time Country Music Club

Stoke School Community Hall. Every second Sunday, 6.30 pm. All welcome to a lovely evening of singing, and musical instruments. Phone 03 542 3527 (Dick Knight).

## Stoke Tahunanui Men's Club

A club for active retirees. Activities include a

regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 03 547 7841 (Ian).

## Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke. Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz.

Regular activities at Greenmeadows:

Art Class: Mondays 10.00 am, Cost: \$3.

Art tutorial once a month, \$5.

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit and Be Fit exercises to music: Tuesday and Wednesday at 11.00 am, \$3

500 Club: Wednesdays at 1.00 pm, \$3.

Scrabble Club: Mondays 1.00 pm, \$3.

Weekly afternoon entertainment: Tuesday – Thursday. Contact the office for programme details.

Tuesday – Thursday meals: A two course midday meal for \$10 (members) \$12 (non-members). Please book (preferably by 9.30 am the day before).

Housie: \$5 a card. Please ring 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from 10.50 am – 11.50 am. Contact Anne.

Special trips: Monday outings – café lunch/picnic. Thursday – out and about local tiki tour

from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday

## The Stoke Central Combined Probuss Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10am, at The Stoke Methodist Church Hall, 94 Neale St, Stoke. Phone 03 9706872 (Rosemary).

## Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8

Strength 'n Stretch: Mondays 10am, \$8.

Both above classes suitable for adults who want to stay agile, flexible and strong. Contact Leigh for more info on 021 547 811 or email leighsdream@gmail.com.

## TAPAWERA

### MENZSHED

Phone 03 522 4616 (John).

Email menzshedtawera@gmail.com.

### Visual Art Society

Phone 03 522 4368 (Kay)

### Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

## WAKEFIELD

### Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 03 541 8176 (Sonja) or

03 541 8124 (Sandra).

## Higgins Heritage Park

Pigeon Valley Road, Wakefield.

Open first and third Sunday of each month (September to May). Monthly 'Steam Up' and other event days.

www.higginsheritagepark.co.nz for details.

Email info@higginsheritagepark.co.nz

Phone 544 7096 (Diane).

## Waimea Area Quilters Biennial Quilt Show 2020

Postponed earlier in the year due to COVID-19. Will now take place on Saturday 17 and Sunday 18 October 20 at Wakefield School Hall 10.00 am – 4.00 pm.

Refreshments available – in aid of the School Pool Refurbishment Fund.

Phone 03 541 9689 or 027 364 0773 (Sue)

## Wakefield Bowling Club

Outdoor bowls, summer and winter.

Phone 021 220 1289 (Margaret).

Email wakefieldbowlssecretary@gmail.com

www.sporty.co.nz/wakefieldbowls

## Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

## Willowbank Heritage Village

In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Café, 50s Burger Bar and 70s Milk Bar.

www.willowbankwakefield.co.nz

# Need support and professional care in your own home?



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Richmond  
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Email: nelson.office@healthcarenz.co.nz  
Website: www.healthcarenz.co.nz



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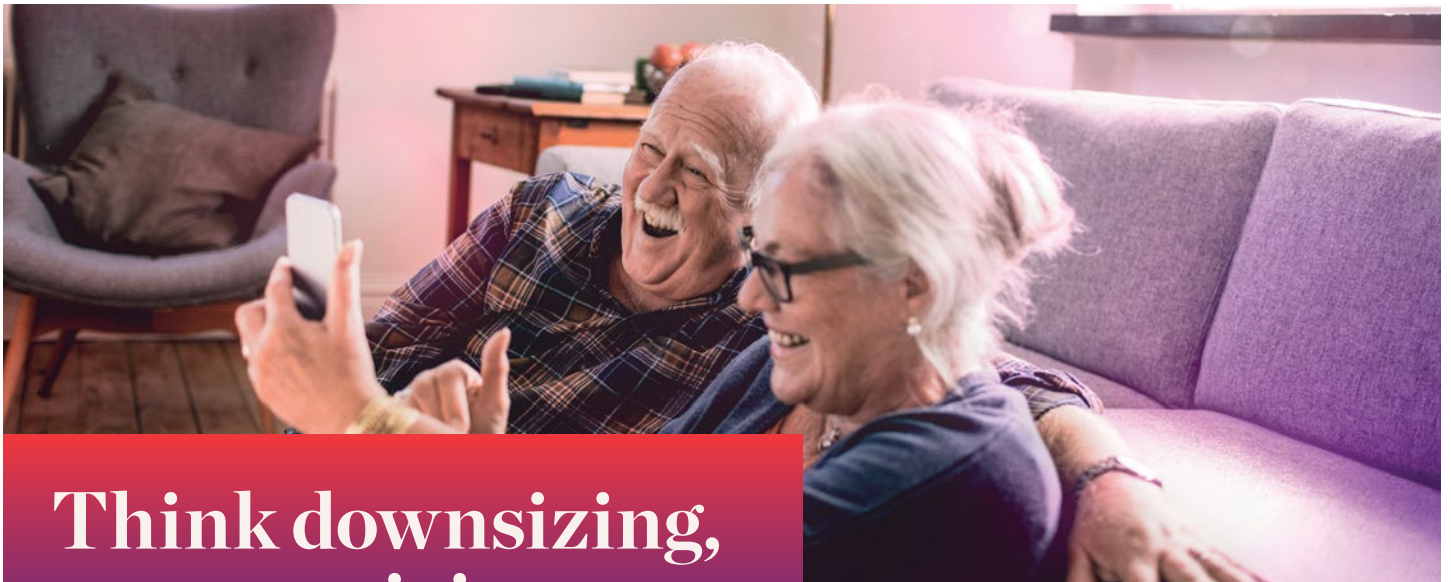
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