

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Tuku 21 – a month-long celebration
of local history and heritage

The zen of e-biking

Stay healthier in a warmer,
drier home this winter

The Positive Ageing Expo in Richmond

Plus directory of clubs and activities,
food, books, gardening, and more

EDITOR'S *Letter*

How strange it is to think that sooner or later you and I will no longer be alive. To those who come after us, the national and international events, and the social and political movements which shaped our lives will be remembered as history. This fact spurs some of us to record our personal histories which will, in the future, provide fertile material for social historians.

You don't have to have a professional interest in the past to enjoy Tuku 21. Previously known as the Nelson Heritage Festival, Tuku 21 runs for the whole of April with a very full programme of events celebrating the history of Nelson people and places.

While enthusing about her new e-bike in this issue, Ali Brown looks back with a certain amount of nostalgia to her days as a kid on a pushbike and as a young mother. Personally, I'm reserving my nostalgia for the warm days of summer.

This year though, I'm not dreading winter as much as usual. Thanks to the Warmer Kiwi Homes programme, I've had the insulation in my flat upgraded.

And ... I've got a great pair of boots and a cosy puffer jacket on standby in the wardrobe for winter dog walks.

Warm regards

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

- Summerset in the Sun

Nelson

- New World
- Morrison Square
- Fresh Choice

Wakefield

- Four Square

In this issue

4 A well-insulated home is the answer to the winter blues and, thanks to Warmer Kiwi Homes Programme, it may not cost you very much at all.

6 Nelson devotes all of April to a festival which explores the many diverse aspects of local history. This year, in recognition of New Zealand's bicultural history, the Heritage Festival has been renamed Tuku 21.

10 Newly enthusiastic e-bikers, Ali Brown and her husband Rob have found that power-assisted cycling is an almost effortless way to enjoy the outdoors and explore the highways and byways of Nelson Tasman.

12 Disguised as The Webanaut, editor Ro Cambridge hunts out interesting stories relevant to older people, including the retirement village which is home to 100,00 and describes itself as "the Disneyland for Retirees".

Contact the editor

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On the cover

Photo by Clem Onojeghuo on Unsplash.

Proudly
published by:



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Gardening tips and tricks

The special light of autumn

Autumn is in full flight and it is one of my favourite seasons. I love the way the quality of the sunlight changes at this time of the year, softening everything and giving my garden a gorgeous golden glow at certain times of the day.

Now is the perfect time to plant annuals to brighten up your garden throughout winter and into spring. Bellis daisies, calendula, cineraria, dianthus, pansies, polyanthus, primula, stock and violas are just some of the treasures to choose from.

There are several different types of polyanthus and primula available in punnets and these are in fact perennials, which is fabulous. If you plant them in partial shade, they will go semi-dormant during late spring/summer, putting on new

growth next autumn as the weather cools down. Before planting these lovely flowers it's a great idea to dig some dried blood through the soil – the ratio is one teaspoon per plant. This helps to ensure your plants are more vigorous and also intensifies the colour of the flowers, especially polyanthus. It's important to try not to disturb the root systems too much when you plant as this helps reduce transplant shock.

Pansies and violas are such happy flowers and there are so many varieties to choose from. I'm a huge fan of blue, light blue, lemon and antique shades. Mum loved pansies but couldn't stand violas – they really irritated her, which used to make me laugh. I have two hanging baskets filled with violas hanging from the verandah posts of my little summer house and every time I see them, I smile, thinking of Mum's reaction.

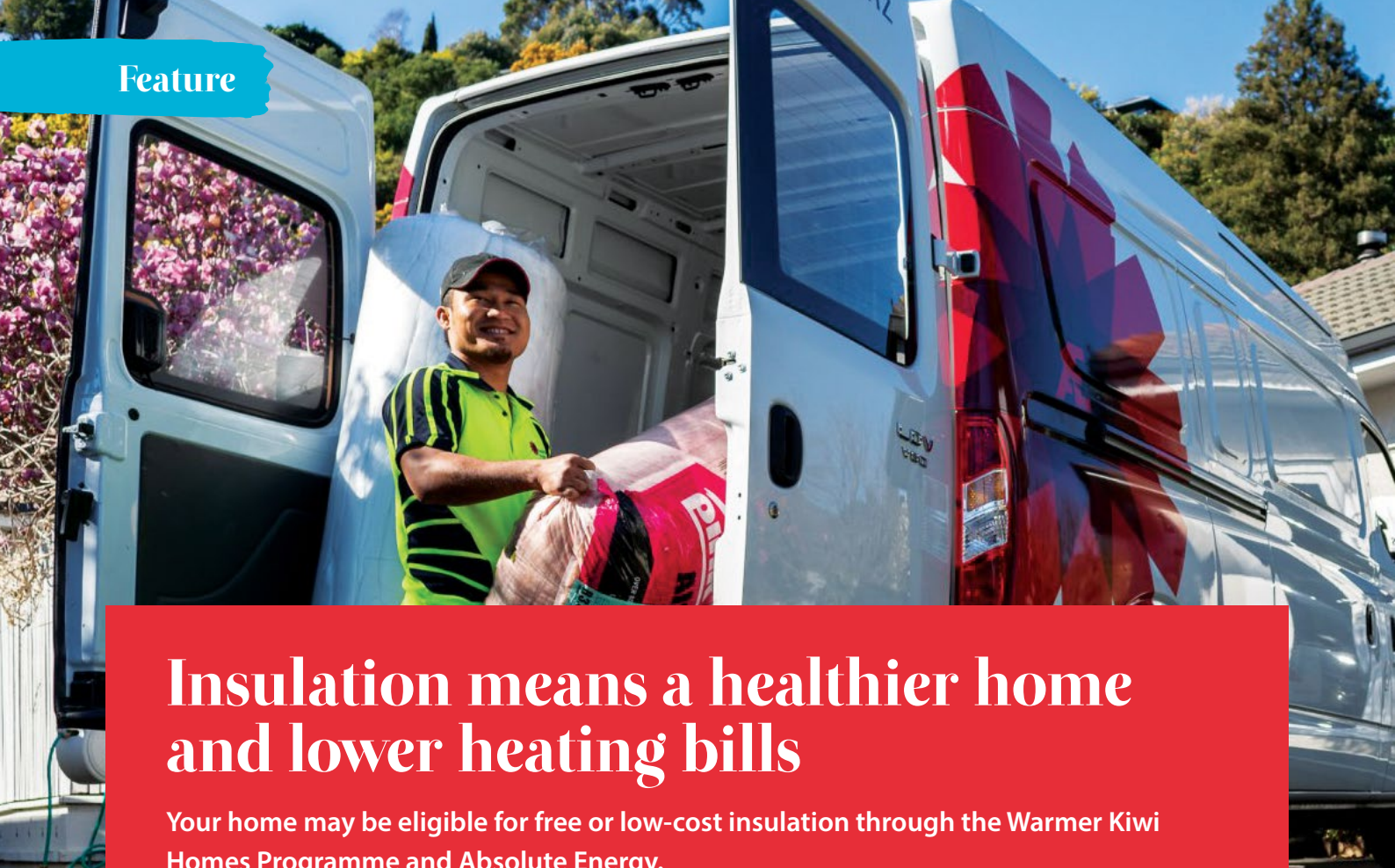
There is still time to get some crops in for mid-winter harvest – leafy greens, all brassicas, spring onions and even a late crop of peas can be planted now. Beetroot and celery struggle in my kitchen garden at this time of year but will do well if you have a sheltered spot. Two things that can be planted with abundance are coriander and rocket – both of these herbs thrive in cooler weather, as does mint.

It's time to stop deadheading your roses as this gives them a chance to rest and build up their energy for the coming season. It can be hard seeing them looking a little ratty but it truly is worth it. You'll thank me when you get good, strong growth after pruning in late winter. If you've had issues with rust or blackspot, it's a good idea to clear away any leaves that fall to the ground as soon as you see them.

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 for further information.





Insulation means a healthier home and lower heating bills

Your home may be eligible for free or low-cost insulation through the Warmer Kiwi Homes Programme and Absolute Energy.

Winter is on its way, so now is the perfect time to ensure your home is adequately insulated.

Absolute Energy which has its head office in Stoke, is an EECA (Energy Efficiency and Conservation Authority) service provider. They are the people to talk to about applying for a Warmer Kiwi Homes grant to make your insulation more affordable. They also offer free home insulation checks.

Paul Brockie of Absolute Energy says that about a third of a home's heat is lost through the roof, a quarter through the walls, and up to a third through the floor.

"A well-insulated house is warmer, drier and healthier," says Paul, "but sometimes the benefits of a well-insulated home extend beyond just health and power savings. We've had countless stories of health conditions such as asthma and winter colds reducing after insulation is installed. But we've also had customers tell us that their family spends more time together because insulation has made their living areas more comfortable."

When considering insulation, begin with your ceiling, as that has the biggest impact. After that, tackle the underfloor and the walls. The best time to install wall insulation is during renovations if you are replacing interior wall linings.

However, if you're not renovating there are retrofit solutions which save the cost, hassle, and mess of removing wall linings to add insulation. Insulation is blown into the wall cavities using small holes drilled either in the exterior cladding or the internal wall lining.

Paul suggests says that even if you already have insulation, it's worth getting it checked to see if it meets current standards, noting that "We've had clients who have been amazed at how much warmer their house is after we've upgraded their insulation."

The Warmer Kiwi Homes programme pays 90% of the cost insulating a home, with the remaining 10% by local third-party funders. To be eligible for a grant you must own and live in a house built before 2008, and live in an eligible area or have a Community Services Card or Super Gold card with a CSC endorsement (conditions apply).

To check your eligibility for a grant or to arrange a free home insulation assessment:
Phone Absolute Energy Ltd on 0800 423 454
Visit www.absoluteenergy.co.nz





That's life

Lonely or alone?

Loneliness. Just three short syllables but a word freighted with deep meaning for a lot of older people these days. Among the definitions provided by my *New Shorter Oxford Dictionary* are “the condition of being alone or solitary” and “sadness at being alone”. There’s a world of difference between the two as many of us can attest.

Let’s look at the first definition. Being alone can be a wonderful thing, especially for those who really enjoy their own company. Binging Netflix into the wee hours with no one around to complain. Eating what you like when you like (fish curry at 10pm anyone?). Staying in your pjs all day. Enjoying the company of a dog or cat (or both) on the bed without a horrified reaction from anyone. The list goes on. It’s absolutely fine

if being alone is a choice, or you enjoy solitude. Most of us know people who are as happy and comfortable on their own as they are in the company of others.

But “sadness at being alone” is a horse of a different colour. And feeling this way can often be the result of finding oneself alone without necessarily having a choice in the matter, such as losing a life partner to death or divorce. Some people feel that loneliness confers an undesirable status upon them and they are therefore reluctant to tell others how they are feeling. This might be because they don’t want to bother friends and family as they perceive themselves not worthy to have others caring about them. For others it might be that they lack the confidence to reach out. While it appears that there are plenty of social agencies to address this issue, they aren’t able to help unless people are willing to expose their loneliness.

It’s not just a matter of joining a club or two, either. For those who are not used to taking the initiative – perhaps they’ve always relied on their partner for social interaction – this can be a fear-inducing scenario.

Maybe the answer lies in those of us who are comfortable in their own circumstances taking time to look around and reach out to others in their community. It might be just a casual suggestion to drop in for a cuppa or a more structured invitation. At the end of the day, it’s about letting people know they don’t always have to be alone if they don’t want to be.



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.

Take a stroll down memory lane this April during Tuku 21 Whakatū Heritage Month

© Tim Cluff

Nelson will be celebrating Tuku 21 with more than 60 events, activities, shows, talks and adventures throughout April, a month devoted to sharing and exploring Nelson's heritage through stories of people and places.

Previously known as the Nelson Heritage Festival, this month of events has been renamed following discussions with iwi, who have gifted the name "Tuku" meaning "to share" or "exchange", in te reo Māori. The festival's new logo features raranga, or a traditional woven design. In combination, the new name and new logo are an expression of New Zealand's biculturalism and our diverse and unique stories, histories and heritage.

The festival is supported by Nelson City Council (NCC) with many different organisations and community groups hosting their own events.

The 2021 programme features everything from an exploration of one of Stoke's influential founding families, stories of Te Tau Ihu, light shows, open days, crafts, cooking demonstrations to, of course the commemoration of Anzac Day near the end of the month.

Tim Skinner, NCC Councillor and Chair of the Community and Recreation Committee, invites Nelsonians to "take this opportunity to embrace the activities on offer and enrich your understanding and appreciation of our city. Tuku 21 Whakatū Heritage Month offers something for everyone, whether you have enjoyed discovering more about Whakatū Nelson's heritage for a long time, or you're just taking your first steps toward learning more."

Some festival highlights

Operation Grapple – We Were There A Photographic Portrait Exhibition of NZ Nuclear Test Veterans

Nineteen photographic portraits of NZ nuclear test veterans who took part in Operation Grapple, a nuclear testing programme in the Pacific in 1957-58. The portraits show these veterans, who they are and where they are now, just over 60 years later, accompanied by stories told in their own words of their time at Operation Grapple.

Looking Back at the Proud Legacy of Port Nelson

Nelson Port is hosting the community on the Coastal Berth to give an insight into the port's past. A mini-museum and legacy talks will take place in marquees set up on the berth. The day will also feature kid-friendly activities plus a BBQ.

Heritage Homes Tour

Organised by the Cancer Society (Nelson), eight beautiful heritage homes are opening their doors to the public. Reservations a must; the ticket includes a Devonshire tea.

Covid Alert Level resilience: Should things change, most events appearing in the Tuku 21 programme will be able to run at Covid Alert Level 2.

More information and full programme at www.itson.co.nz.



TUKU|21

HERITAGE MONTH

WHAKATŪ

APRIL 2021

Experience a month of exciting events celebrating Nelson's unique stories, people and places.

PROGRAMME



DATE – APRIL	TIME	EVENT	LOCATION	CHARGES	BOOKING REQ
Thursday 1	11am–12pm	Tupaia: Voyage to Aotearoa – Meet the Illustrator	Nelson Provincial Museum	Free	Y
	12.10pm–1.15pm	Mike Ward Jewellery Event	The Studio, 3 Morrison Street, Nelson	Free	N
Saturday 3	10am–4pm	Harakeke – NZ Flax Weaving Workshop	Founders Heritage Park	Charges apply	Y
	10.30am–12pm	Casual Conversations	222 Hardy Street	Koha / Donation	Y
Sunday 4	2pm–2.45pm	Operation Grapple – We Were There: Portrait Exhibition Artist Talk	Founders Heritage Park	Free	Y
	10am–3pm	Higgins Heritage Park Open Day	222 Pigeon Valley Road, Wakefield	Charges apply	N
Monday 5	10am–4pm	Harakeke – NZ Flax Weaving Workshop	Founders Heritage Park	Charges apply	Y
	11am–3pm	Open House and Pageant at Broadgreen	Broadgreen Historic House	Free	N
Tuesday 6	5.30pm–7.30pm	The Wider Atkinson Family and their Astronomical Interests	Fairfield House	Koha / Donation	Y
Wednesday 7	10am–11am	Historic NZ Newspapers for Family History Research	Richmond Library	Free	Y
	6pm–8pm	The Boathouse Celebrates Nelson Writers	The Boathouse	Free	Y
Thursday 8	9.30am–11am	Heritage Online – Discover Some Tools	Learning Centre – Elma Turner Library	Free	N
Friday 9	5pm–8pm	Willow Bank Heritage Village Open Day	79 Wakefield-Kohatu Highway, Wakefield	Donation	N
	6.15pm–9pm	Aotearoa and the French 1	NMIT T 309 Lecture Theatre	Charges apply	Y
Saturday 10	10am–12pm	Tohu Whenua Ngāti Kuia Sites of Significance Bus Tour	Ngāti Kuia Office, 192 Rutherford Street	Free	Y
	10am–12pm	Heritage as Tourism – Wikipedia Content and Editing	Richmond Library	Free	Y
	10am–2pm	Cawthron Centenary Open Day	Cawthron Institute Enviro-Tech Wing	Free	N
	10.30am–12pm	Your Today is Tomorrow's History – Writing Workshop with Ro Cambridge	Activity Room – Elma Turner Library	Charges apply	Y
	11am–3pm	Looking Back at the Port's Proud Legacy	Port Nelson's Coastal Berth, by Styx off Wakefield Quay	Free	N
Sunday 11	1pm–3.30pm	The Queen's Quest	Queens Gardens	Free	N
	1.15pm–3pm	Waterways and Place Stories Workshop	Stoke Library	Free	Y
Wednesday 14	10am–1pm	Open Day at the Theatre Royal	Theatre Royal	Free	N
	10am–3pm	Pixie Town Workshop 1 – Mechanical Puppetry Workshop	Community Art Works, Nelson	Koha / Donation	Y
Thursday 15	10am–4pm	Heritage Homes Tour	Various Heritage buildings	Charges apply	Y
	10am–11am & 12pm–1pm	Heritage Apples Demonstrations at the Nelson Farmers' Market	Nelson Farmers' Market 105 Bridge St, Nelson	Free	N
	11am–12pm	Tupaia: Voyage to Aotearoa – Local Connections	Nelson Provincial Museum	Free	Y
	5pm–6pm	Learning Wikipedia – A New Editor Attempts to Improve the Entry for the Cawthron	Elma Turner Library	Free	Y
	5.30pm–6.30pm	Riding the Covid Wave	Richmond Library	Free	Y
Friday 16	6pm–8pm	Nelson Rainbow Pride History	Founders Heritage Park Cafe	Free	Y
	6.15pm–9pm	Aotearoa and the French 2	Richmond Library	Free	Y
Saturday 17	10am–12pm	Happy Birthday Beethoven	Nelson Centre of Musical Arts	Charges apply	Y
	1pm–1.40pm	The Art of Isel House with Dr Anna Crighton	Isel House	Donation	Y
Sunday 18	2pm–3.30pm	Aotearoa and the French 2	NMIT T 309 Lecture Theatre	Charges apply	Y
	12.30pm–1.30pm	Stoke's Roil Family	St Barnabas Church, Main Road, Stoke	Free	N
Monday 26	2pm–4pm	St Barnabas Churchyard Cemetery Tour	St Barnabas Church Yard, Main Road, Stoke	Koha / Donation	Y
	3pm–4.30pm	A Look at Archery in the 100 Year War	Archery Park Nelson, 194 Cable Bay Road	Charges apply	Y
	6pm–10.30pm	Victorian Murder Mystery	Melrose House, 26 Brougham Street	Charges apply	Y
	10am–3pm	Pixie Town Workshop 2 – Photography Workshop	Community Art Works, Nelson	Koha / Donation	Y
	10am–3pm	Higgins Heritage Park Open Day	222 Pigeon Valley Road, Wakefield	Koha	N
Tuesday 20	11am–2.30pm	Founders Heritage Fair and Artisan Open Day	Founders Heritage Park	Charges apply	N
	2pm–3pm	Friends of the Library Talk – Heritage of Nelson's Pottery: a Collector and a Potter in Conversation	Elma Turner Library	Charges apply	N
Wednesday 21	5pm–7pm	Philippine Cultural Celebration	Nelson Boys' College Hall	Charges apply	N
	12pm–1.30pm	Family Search – Hidden Gems	Elma Turner Library	Free	Y
Thursday 22	2pm–3pm	Exhibition Floor-Talk, Nelson Hills: The Group in Nelson	The Suter Art Gallery	Free	N
	10am–11am	Retro Crafts – Hand Sew Your Own Pin Cushion	Elma Turner Library	Free	Y
	10am–11am & 12pm–1pm	Nelson Farmers' Market – The Italian Connection Demonstrations	Nelson Farmers' Market 105 Bridge St, Nelson	Free	N
Friday 23	12.30pm–1.30pm	Inscriptions From Time: A Historical Mystery	Elma Turner Library	Free	Y
	4pm–6pm	Bowman House Tour	Bowman House, Nelson	Free	Y
Saturday 24	10.30am–12pm	Textile Kids: Make a Yarn Friendship Bracelet	Broadgreen Historic House	Free	Y
	7.30am–9am	Nelson City Centre ArtWalk Blessing & Launch	15 Bridge Street, Old Nelson Mail Building	Free	N
Sunday 25	8.15am–9.45am	Heritage Online – Discover Some Tools	Stoke Library	Free	Y
	9.15am–9.45am	Anzac Commemoration	The War Memorial on Piki Mai	Free	N
Monday 26	11am–12pm	Social Unrest: Nelson Riot in 1843	Refinery Gallery, Hardy Street	Free	N
	6.30pm–10pm	"Lest We Forget" Light Projections	Anzac Park	Free	Y
Tuesday 27	7.30pm–9pm	The Wairau Affray – An Open Rehearsal	Suter Theatre	Charges apply	Y
	5.30am–7am	Anzac Dawn Service	Anzac Park	Free	N
Wednesday 28	9am–12pm	WWI Research and the Wall of Remembrance	Founders Heritage Park Wall of Remembrance	Free	N
	10.45am–12.15pm	Anzac Stoke Civic Service	Nayland College Assembly Hall	Free	N
Thursday 29	2pm–8pm	The Pixie Town Arcade Celebration	Community Art Works, 81 Achilles Ave	Koha / Donation	Y
	10am–11am	Nelson City Centre ArtWalk – Guided Walking Tours	Suter Gallery Foyer and Streets	Free	Y
Friday 30	10.30am–11.30am	Pūrākau – Legends of Te Tau Ihu: Stories, Crafts, Waiata	Elma Turner Library	Free	N
	10am–11am & 12pm–1pm	Heritage Cooking Demonstrations	Nelson Farmers' Market 105 Bridge St, Nelson	Free	N
Saturday 3	12.10pm–1.10pm	Nelson City Centre ArtWalk – Guided Walking Tours	Suter Gallery Foyer and Streets	Free	Y
	10am–12pm	Textile Kids: Stitch a Sampler	Broadgreen Historic House	Free	Y
Sunday 4	2pm–3pm	Nelson City Centre ArtWalk – Guided Walking Tours	Suter Gallery Foyer and Streets	Free	Y
	6.15pm–8.15pm	Your Today is Tomorrow's History – Writing Workshop with Ro Cambridge	Stoke Library	Charges apply	Y
Monday 5	10am–11am	Nelson City Centre ArtWalk – Guided Walking Tours	Suter Gallery Foyer and Streets	Free	Y
	10am–11am	Retro Video Games – Nintendo, Pacman and More	Elma Turner Library	Free	Y
Tuesday 6	10.30am–12pm	Family History Friday	Richmond Library	Free	Y
	10am–11am	Heritage Displays / Holiday Programmes / Schools Activities			
29 March – 26 April	Life in the Bubble – Display	Elma Turner Library	Free	N	
1 – 22 April	Community Quilt Project	Richmond Library	Free	N	
All of April	Heritage Buildings Quiz	Nelson Libraries	Free	N	
	Mahitahi Waterway Place Stories Display Community Project	Elma Turner Library	Free	N	
	Operation Grapple – We Were There – A Photographic Portrait Exhibition of NZ Nuclear Test Veterans	Old St Peter's Church, Founders Heritage Park, Nelson	Charges / Locals free	N	
	Thomas Cawthron Legacy Self-guided Walking Tour	Various Locations	Free	N	
	11am–4pm The Tiny Room at Isel House – Closed Mondays	Isel House	Donation	N	
	Poorman Valley Stream Waterway Place Stories Display Community Project	Stoke Library	Free	N	
	Nelson City Centre ArtWalk	Various locations in Nelson CBD	Free	N	
	Make Your Old Slides and Photos Digital	Richmond Library	Free	Y	
	Ngā Manu – Taonga Tuku Iho Birds Treasures Handed Down	Nelson Primary & Intermediate Schools	Free	Y	



Our environment

Nugget Point lighthouse © Pam Henson

The life of a volunteer DOC ranger

I've just spent two weeks staying in the Nugget Point lighthouse keeper's house as a DOC volunteer ranger. My job was to walk up and down from the lighthouse to Roaring Bay, where hoiho nest, chatting to visitors about the wildlife and asking them politely to leave their dogs in the car, when they had just driven past three "no dogs" signs. But mostly we're talking about seals, penguins and seabirds.

The Catlins Coast attracts increasing numbers of visitors each year, as its spectacular landmarks and fascinating wildlife gain more fame. While we're forbidden from travelling overseas, many older people are travelling around their own country. Their campervans amble along while station wagons packed to the roof with camping

gear, belonging to the younger generation of foreign youth on work visas, grumble their way up the hills.

Owaka is the largest town in the Catlins, with a population of about 350. It has a hospitable pub, a great little museum, and useful shops. From there you can visit Nugget Point to see the seal pup playground pools beside the track. On the way you'll pass a spoonbill breeding site, where the Persil-white avians sit on the sheltered side of a cliff. You can also pick out spotted shags lined up on the tops of the Nuggets rocks, and slug-like seals basking in the sun. Other birds you may spot are pied stilts, gannets, white-fronted terns, sooty shearwaters, mollymawks and black petrels.

The Nuggets with their vertically bedded sedimentary rocks contrast with the firmly horizontal rocks of the Cathedral Caves, further south.

They are both part of the Southland Syncline, with its dips and strikes, and sharp and gentle slopes of the hills. Many visitors come at dawn or dusk, when the light on the rocks can be theatrical.

The real star of the Catlins is the hoiho, or yellow-eyed penguin. The hoiho is the rarest penguin on Earth. On a number of beaches in this region they build their nests, far away from each other, and nurture two chicks. Only two pairs nest at Roaring Bay this year, and they can sometimes be seen leaving at dawn, or returning at dusk, on the daily fishing trip. I saw them most evenings that I was watching for them, but they are shy and easily disturbed.

**More info on
DOC volunteering:**

Visit www.doc.govt.nz/get-involved/volunteer

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



Food for thought



Let them eat chocolate!

Do you, like me, often wake up in the middle of the night with painful leg cramps?

What can you do to prevent these night cramps? Eat more chocolate!

Dark chocolate, especially, is full of magnesium as well as antioxidants and feel-good mood-enhancing substances. Raw cocoa (known as cacao) is even better as it contains live enzymes.

Raw cacao chocolate has a slightly different flavour and mouth-feel than ordinary chocolate. However, these easy-to-make cacao bars are delicious and can be made with ingredients available from your supermarket.

Cacao bars

Ingredients

- 170gm cacao butter, chilled
- 100gm coconut oil plus extra for greasing dish
- 170gm raw cacao powder
- 60ml sweetener – honey, brown rice or agave syrup or coconut nectar
- 100gm freeze-dried raspberries and 1 tbsp raspberry powder, optional

Tips

- Grating the cacao butter speeds up the melting process.
- Other freeze-dried fruits can be used instead of raspberries.

Method

- Line a straight-sided 23cm x 13cm baking dish with cling film and grease with coconut oil.
- In a heatproof bowl placed over a pan of simmering water gently melt the cacao butter and coconut oil. Stir occasionally.
- Add the cacao powder to the bowl and stir until smooth. Stir in the sweetener, adjusting the amount to your taste.
- If desired, mix in half the raspberries and half the powder until well combined. Pour the mixture into the prepared dish. Again, if desired, top with remaining raspberries and powder.
- Place in the freezer for 30 minutes or in the fridge for 1 hour. Cut into bars to serve. Store in the fridge.

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. Facebook: Natural Nosh.





Enjoyment and exploration aboard an e-bike

Ali Brown and her husband Rob have discovered the joy of e-biking.

I've never been a keen cyclist. Sure, as a kid I rode a bike to primary and secondary schools and in the 70s I biked to the Cotswolds from London with my husband Rob. In the 80s as a young mum in Christchurch I carried children in a seat (\$20 from St Andrews School fair) on the back of my bike and then in the 90s I biked to work through Hagley Park. However, cycling was more to do with necessity than enjoyment.

An e-bike has changed all that. After moving to Tasman from North Canterbury in 2018, my husband Rob and I rode push bikes for a while, reluctant to use e-bikes because we thought they wouldn't provide enough exercise. Then we tried a friend's e-bike and we were hooked! On my battery-powered e-bike I sail up hills that I used to dread on my push bike, and headwinds are a breeze! Riding is such a pleasure now, that we ride more and go further than we used to.

We regularly ride the shorter cycle routes from our home in Waiwhero Road, Ngatimoti. For example, we often ride from Waiwhero Road across Peninsula Bridge

to Westbank Road, up to the swing bridge and back down Motueka Valley Highway to home. On the way home we often call in at our son and daughter-in-law's place for a cuppa, or alternatively head down Westbank Road to Alexander Bluff Bridge and back, or along Thorp-Orinoco Road.

Longer trips with friends and family have included lunch at the Moutere Inn for lunch. This trip took us along Orinoco Road, up to the Rosedale Saddle Summit (all of 190 metres) and down again across Neudorf Road onto Kelling Road and then the Moutere Highway to the pub. A round trip of about 40 kilometres.

Our longest trip so far has been to Māpua for fish and chips, a round trip of around 70 kilometres. On the return trip we gate-crashed a friend's 70th birthday party at Jesters Café and were sent on our way after we had consumed birthday cake and a glass of champagne. Thanks, Wendy!

Rob did plenty of research before we bought our bikes. We settled on a Magnum Navigator from Electrify Nelson for me: I'm short so I needed to be able to test ride the bike before buying. However, Rob bought his bike online from Road & Trail in Kaikōura.

The battery on these bikes gives us a range of about 90 kilometres, although this can be longer depending on rider, gradient and whether you use solely battery power. I often ride with the power off when we're on the flat to give myself more exercise.

After finding out that our bikes are too large and heavy to take with us when caravanning, we splashed out on a couple of folding e-bikes. These have lower gearing and less power but perfect for doing trips close to our camp site, or for transporting to sections of the Great Taste Trail.

We plan to do plenty more e-bike trips locally and further afield. So many places to go ... it would be great to hear about your e-bike adventures.

Specs for the bikes we bought:

- **Magnum Navigator:** 48v 500-watt hub drive motor, six power assist levels, seven gears
- **Road and Trail mountain-bike style cycle:** 36v 350-watt hub drive motor, nine power assist levels, 21 gears
- **Folding bikes:** 36v 250-watt hub drive motor, three power assist levels plus hand throttle, six gears



About the contributor

Ali Brown writes instructional books on flax weaving, holds flax weaving workshops and studies te reo Māori. She used to manage Catapult Employment Services, a trust which assists people with disadvantages to secure employment. She is now on the trust's Board of Directors. Ali belongs to the NZ Society of Authors. Visit www.alibrown.co.nz for more info.



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

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The Webonaut

News and stories from the internet

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

Heaven or hell? A retirement village that's a "Disneyland for retirees"

A retirement village in Florida dubs itself a "Disneyland for Retirees". The village, which has more than 100,000 residents, is the subject of a documentary film called *Some Kind of Heaven*. Lance Oppenheim spent two years hanging out with residents of the village in order to film the documentary.

Listen to an interview with the film's director: bit.ly/39f7sSj

Gay older people no longer hiding their sexuality

Not Another Second, a recent multi-media exhibition in New York, features photographs and stories about older LGBTQ people, many of whom have spent most of their lives in the closet.

"We're from a generation that you dare not hold your partner's hand in public," explains 82 year-old Ray Cunningham, one of the 12 participants in the exhibition.

Read more: nbcnews.to/3IOyipn

Big investors make even trailer park living unaffordable

The paucity of affordable housing is currently a hot topic in New Zealand as it is in many other countries. In the US, trailer parks have traditionally been a low-cost housing option. However, investment firms have begun acquiring trailer parks and in so doing are undermining one of the country's largest sources of affordable housing.

Read more: bit.ly/31dPISP

Women planners make a difference

Fifty years ago, Jane Jacobs published *Death and Life of Great American Cities*, a book which changed the way the world understands cities, and gave her prominence as one of the few women to be acknowledged as

an important urban thinker. She argued that men and women approach city planning differently because they think differently. Women, she said, think about things close to home – street, neighbourhood and community – and they more easily recognise the big difference small things can make. Men on the other hand, she said, think big, national and global, and they are top-down oriented.

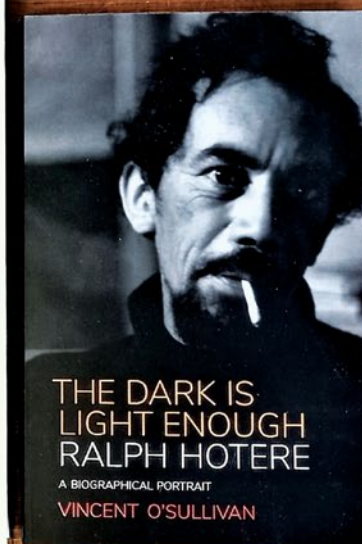
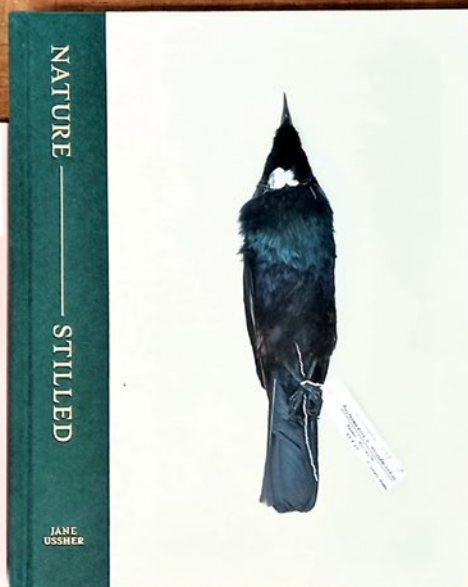
Read more: bloom.bg/39fCUjv

Dump the "bucket list" for other sources of joy and satisfaction

In his thoughtful essay *Treasure Hunt*, Jay Walljasper argues that "bucket lists reinforce a major source of unhappiness in modern society: our pervasive sense of scarcity, the belief that what we really want – need actually – is far out of reach, exotic, extraordinarily difficult to make happen. Something quite apart from what we're doing right now."

He decided to take a much more modest view of what makes our lives enjoyable and satisfying.

Read more: bit.ly/31NVGn2



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.



A selection of books short-listed for the 2021 Ockham New Zealand Book Awards.

Bug Week by Airini Beautrais

A pitch-perfect collection of short stories exploring under-recognised aspects of relationships – and especially the experiences of women – full of unexpected invention, memorable observations and mordant humour springing from unexpected corners. Beautrais brings a poet's sensibility to her supple and precisely calibrated prose.

Nature–Stilled by Jane Ussher

Over the years, Jane Ussher's photographs have captured many aspects of New Zealand life and culture. For this stunning volume, she and her camera were admitted

to the back rooms and storage vaults at Te Papa to record the breadth and wonders of the museum's natural history collections. Full of evocative and surprising images, this book is both a window into the national collection and an intimation of the sheer variety of flora and fauna in Aotearoa.

The Dark is Light Enough: Ralph Hotere by Vincent O'Sullivan

Already well known as one of New Zealand's foremost poets and writers of fiction, O'Sullivan's biography of the remarkable – and remarkably elusive – artist is well written, deeply researched, and sensitive to the deep complexities

of Hotere's personality and persona. Hotere invited O'Sullivan to write his life story in 2005, and the resulting work adds depth and nuance to our understanding of his work.

Funkhaus by Hinemoana Baker

Like a radio station sometimes on- and sometimes off-station, prone to interference from other broadcasts and continually jumping channels, Baker's high-energy poetry stimulates and surprises – not least with its emotional depth. Deeply concerned both with place and displacement, these are poems that look both backwards and forwards at once, seeking always to reconstruct the present. Baker grew up in Nelson and now lives in Berlin.



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

Our Community News and Information

Community news – Age Concern

Become one of the special faces in our upcoming exhibition

One of the things we do at Age Concern is challenge ageism and the stereotyping of older people. We want to show older people in a positive light and ensure that their life experiences, wisdom and skills are properly appreciated.

That's why we are planning an exhibition at the Elma Turner Library called *Beyond the Face*. The exhibition will feature photos of local older people accompanied by a written profile which highlights an aspect of their unique life story. We hope you'll want to contribute to the exhibition.

If you have an achievement or experience which no one would guess when looking at your older self, we would love to hear from you. Please contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz if you are interested in being one of the "faces" in the exhibition.

Tea & Tech

These sessions are aimed at helping older people optimise their use of their smartphone, computer or other digital device. Volunteers from Waimea, Nayland and Nelson Girls colleges are matched with an older person for a one-on-one session. Usually, sessions are held in retirement villages but community spaces are also available. Upcoming sessions:

- Stillwater Lifecare and Village, 15 April and 20 May, 10.15 am – 11.15 am
- Oakwoods Retirement Village, Richmond, 6 May, 10.30 am – 11.30 am
- The Wood Retirement Village, 24 May, 1.45 pm – 2.45 pm
- Otumarama Rest Home, 8 April and 27 May, 3.30 pm – 4.45 pm

SpinPoi

A new SpinPoi class is underway and is highly recommended as a fun way to improve strength, balance and concentration, as well as being a lot of fun.



Members of the first SpinPoi class have become so proficient that they are now in an extension class learning more advance moves. We still have a beginner's class meeting on Thursdays so come along and see if SpinPoi is for you. No need to register – just turn up and have a go.

Introductory class: Thursdays, 1.00 pm – 2.00 pm.

Extension class: Tuesdays, 1.00 pm – 2.00 pm.

Classes are held in the Age Concern Hall, 62 Oxford Street, Richmond and cost \$3. For more information contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz

Confident driving

Be a safer, more confident driver and learn how to cope if you need to stop driving.

Upcoming classes:

- Life Without a Car: 3.00 pm, 8 April at The Wood Retirement Village.
- CarFit Course (an assessment to ensure you fit comfortably in your car): 10.00 am – 3.00 pm, 16 April, at the Positive Ageing Expo, Headingly Centre. Assessments take 15 minutes, bookings are required.
- Safer Driver Workshop: 9.30 am – 12.30 pm, 19 April at The Wood Retirement Village.

For more info about these driving courses contact Marrit on 03 544 7624 ext 4 or community@ageconcernnt.org.nz

Our Community News and Information

It's free and it's all about you!

The Positive Ageing Expo returns this year to the Headingly Centre, Richmond on Friday 16 April from 10.00 am – 3.00 pm. There will be over 70 stands at the expo representing groups, organisations and service providers whose focus is helping older people age well. The expo provides a great opportunity to connect with others and try out new activities including Line Dancing, Dru Yoga and Fit for Fun. Keynote speaker Merryn Gott will talk about the impact of Covid-19 on older New Zealanders and media portrayal of older people during lockdown. Bevan Grant and Mal Drummond will host a discussion on the topic of Elder Abuse. Admission is free, with complimentary tea, coffee and biscuits provided. Lunch is available for purchase.

More information: Contact Gary Alsop, call 03 543 8980 or email gary.alsop@tasman.govt.nz

Nelsonians take the stage to share their pandemic stories

In ways large and small everyone has been affected by Covid-19. Sharing stories of our experience during crises like Covid-19 is a "crucial coping device" according to professors Stephen Dobson and Donna Prendergast of Victoria University. Sharing stories, they say, helps us gain perspective on the human condition and transcend the current moment. "Tales of a Pandemic", the upcoming Couch Stories storytelling show, is therefore likely to be both therapeutic and entertaining. Ten locals will take the stage at the Nelson Centre of Musical Arts (NCMA) on Saturday 24 April to tell true personal stories of their unique experience of the pandemic and its effects on their lives.



Bookings: \$20 at NMCA or www.ncma.nz
More information: www.couchstories.co.nz



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www.absoluteenergy.co.nz

Our Community News and Information

Radio yacht enthusiasts have a new home on Best Island

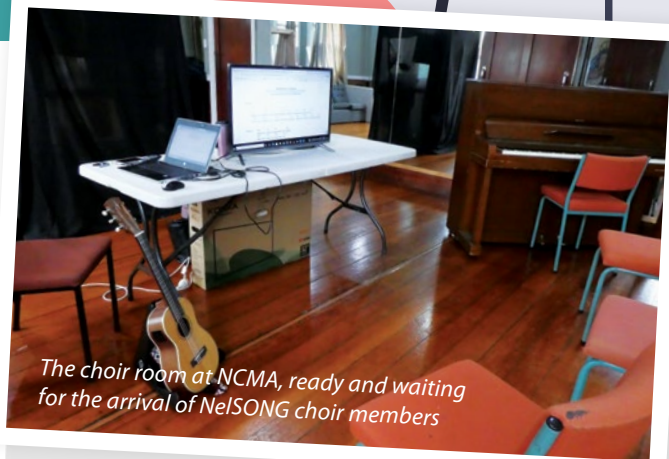
The Radio Yacht Squadron Nelson (RYSN) have at last found a perfect and permanent home for their sport. Irrigation issues, tides or weeds have made previous venues problematic, but their new home on Best Island presents no such difficulties and is completely open, receiving unrestricted wind from all directions.

This gives the club the ability to confidently plan not only its own sailing programmes and competitions, but major regattas such as South Island and New Zealand Championships on behalf of the New Zealand Radio Yachting Association.

Since the introduction of smaller cheaper RG65 / DF65 model yachts, the sport has become one of the fastest growing in the world and RYSN hopes to form a RG65 fleet and attract younger members.

Contact the club if you already have a radio-controlled yacht (any class) or if you'd just like to try your hand at the sport. They'll organise a yacht for you to try, and can advise on the purchase of a new or second-hand yacht. Club members are willing to assist and advise with home builds.

More information: Call Ken 027 299 5505, Basil 021 842 5809 or Denis 027 53 1444, or visit www.radioyachtingnelson.com



The choir room at NCMA, ready and waiting for the arrival of NelSONG choir members

NelSONG – a choir with a difference

NelSong, is not your usual choir. It is a therapeutic choir which encourages wellness through singing.

Run by trained New Zealand registered music therapists, the choir uses planned musical techniques to assist and increase the wellness of people who have experienced stroke, Parkinson's, brain trauma, early dementia or stress and anxiety. NelSONG also welcomes people who are finding the demands of their current choir too taxing, but very much want to continue singing.

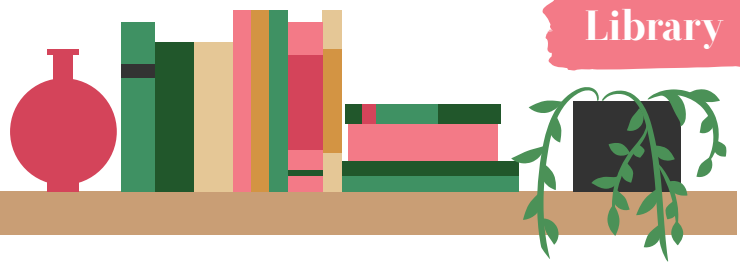
There is no audition to join the choir which sings a wide variety of music, everything from sea shanties to folk, world music and pop songs. The aim of the singing is to encourage breath and vocal control while also increasing brain connectivity, in a fun, social and musical way.

Colette Jansen who leads the choir says she's excited to be able to offer this kind of choir locally, explaining that "It's based on other similar choirs around New Zealand including The Celebration Choir in Auckland, The Brainwave Singers in Tauranga, The Canterbrainers Choir in Christchurch, and Soundswell Singers in Wellington".

Participants enjoy not only the singing, but the sharing and sense of community which singing with others brings.

More information: Contact Colette Jansen, call 021 644 618 or email ntmtcollective@gmail.com

Tasman District Libraries



Help with your digital dilemmas

If your phone is misbehaving or your computer is in a tizz, we can help. During April Teresa Besley, our Digital Learning and Digitisation Specialist is running regular Digi Drop-ins at libraries in Motueka, Tākaka, Murchison and Richmond.

Teresa will give advice and help on how to make the most of your phone or computer. She'll also explain why your phone or computer is acting oddly, and show you how to make it behave!

From the week beginning 5 April, Digi Drop-in sessions will take place at Richmond Library every Tuesday between 11.00 am and 1.00 pm, Motueka Library every Thursday 11.00 am – 1.00 pm, Murchison Library on the first Friday of the month 1.30 pm – 3.30 pm. Commencing on Monday 12 April there will be a Digi Drop-in at the Tākaka Library on the first and third Monday of the month between 11.00 am and 1.00 pm.

Law for lunch

Get some law with your lunch at Motueka Library. Kaye Lawrence of Nelson Bays Community Law Service will be dispensing free legal information from 12.00 pm – 1.00 pm on Wednesdays throughout April. Find out about trusts on 7 April, wills on 14 April, and essential information for residential tenants and landlords on 21 April.

Stories and songs session for your grandchildren

Bring your grandchildren down to Richmond Library on Saturday 10 April at 10.30am for a fun session of stories, songs and rhymes. Suitable for babies and toddlers under the age of two accompanied by a parent or caregiver.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Sarina Barron, Manager of Nelson Public Libraries, reflects on the changes she's seen in her career as a librarian and asks "what makes a good library?"

The Elma Turner Library was my library as a teenager, and it became my library again when I returned to Nelson as an adult 20 years later.

During that time, the library grew in size and in the services it provided. The digital age brought obvious changes like the introduction of computers and WiFi, but there were more subtle changes too, as the demographics of Nelson changed and our understanding of the world around us broadened.

Perhaps most significantly, the library has become a community space, where people and groups can connect with each other. The library's success was no longer measured simply by books checked in and out.

People often ask what makes a great library. I think the answer is that a great library is a place where

social connections are made, intellectual creativities are fostered, heritage is preserved and which offers educational opportunities to all. By proxy, these activities benefit everyone in the community even if they do not actually use the library themselves.

The Elma Turner library building is soon to be redeveloped. The building will not only be bigger, but it will also have spaces within it that will serve everyone in Nelson. The redeveloped building, and what happens within it, will help make Nelson a more interesting, diverse, fun place to live both now and in the future.

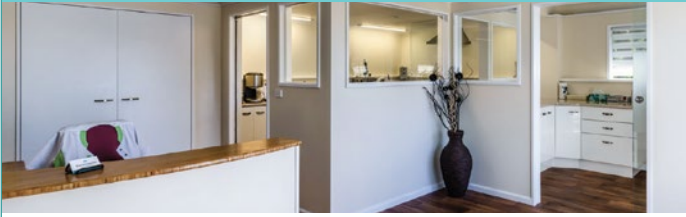
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



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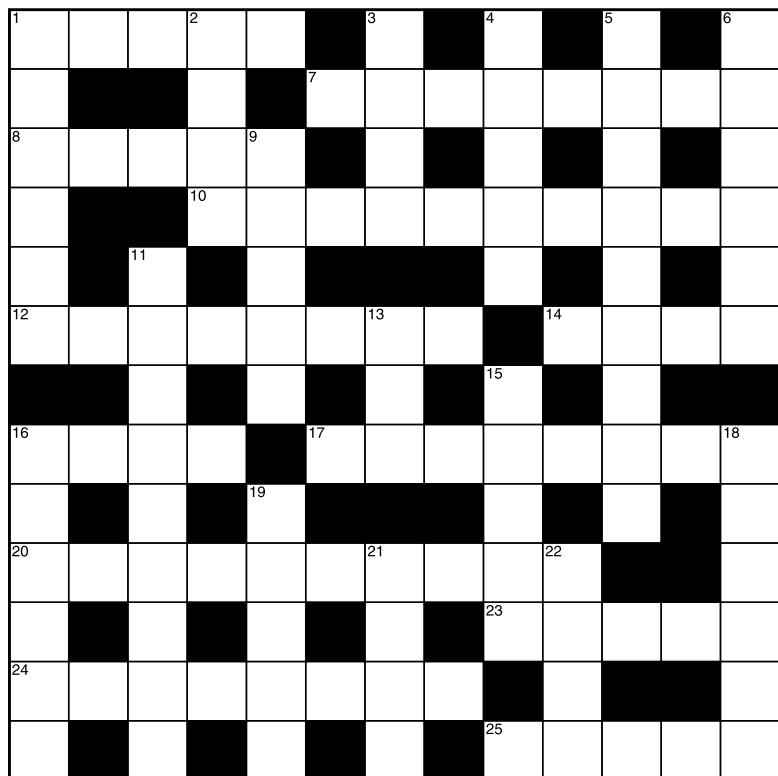
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Crossword

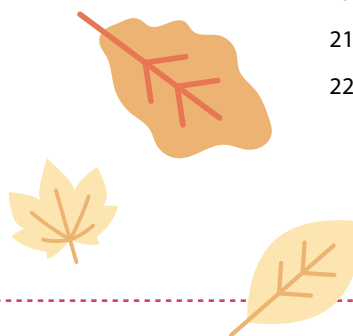


ACROSS

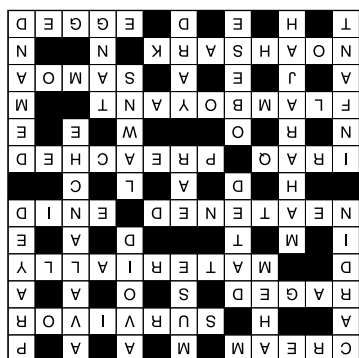
1. Best, ... of the crop
7. One who remains alive
8. Stormed
10. Significantly
12. Tidied up
14. Noddy's creator, ... Blyton
16. Iran's neighbour
17. Delivered sermon
20. Colourful (personality)
23. Polynesian island group
24. Two-by-two craft (4'1,3)
25. Incited, ... on

DOWN

1. Designer, Pierre ...
2. Interrupting cough
3. Ponder
4. Shy away from
5. Ice & rock slide
6. Hoped fervently
9. Outmoded
11. Indian prince
13. Wheat tip
15. Grassy areas
16. Newborn
18. Insist on
19. Too fat
21. Paved enclosure
22. Strong flavour



Crossword solution



Sudoku solution

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

Sudoku

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

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

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.ageconcernmt.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 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 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 03 544 0814.

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz Phone 03 546 7681. Email admin@volunteernelson.org.nz

Fresh Focus Nelson

Meet Mondays 10.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time.

Email ffnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for updates.

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

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

Steampunk – Hickety 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

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

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@volunteernelson.org.nz www.volunteernelson.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

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

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 03 525 9530. Email 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 Macdaren).

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. Phone 03 544 3116 (Robin).

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

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 juliehcoc@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: First and third Tuesday of every month 1.00 pm – 3.30 pm. Phone 03 528 4260 (Judy).

Activities Afternoons. Cards, darts, quoits: Second Friday of every 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 03 528 7660.

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).

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).

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 murchison.centre@clear.net.nz

Phone 03 523 9360.

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

OLDER & BOLDER (50+ years)

Tuesdays, 1pm – 2.45pm, Murchison Sport,
Recreation & Cultural Centre

Older & Bolder is a FREE group get together.

Attendees are asked to bring a plate to share
for afternoon tea. Coffee and Tea provided.

All welcome, but please note that sessions
are designed for ages 50+.

Katerina Neudekova & Julia Sara

Centre Management

Murchison Sport, Recreation & Cultural Centre

P O Box 30, Murchison, 7049

82 Waller Street, Murchison, 7007

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 randjpittman@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

Come and join us for social indoor bowls and a
cuppa every Wednesday and Friday afternoon,
1.15 pm – 4.00 pm. Beginners welcome. Trafalgar
Street Hall in the City. For information phone
03 548 9006 (Maria) or 027 497 9330 (Karin).

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) or 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
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.tahunanuicommunityhub.org.nz

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

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. The next meeting is at Elim Church, Main Road Stoke on 5 May 10.00am – 12.00pm. The speaker is Richard Griffin, former parliamentary press speaker. All welcome. Phone 03 544 3057 (Nan). Email davman23@gmail.com

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 Church, 238 Vanguard Street, Nelson.
Phone 03 546 9057 or 03 547 1433 (Shirley).

Yoga

Dru Yoga classes. Phone 03 543 2125 (Sue).

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.
Tuesday, 10.30 am – 11.45 am
Thursday, 5.30 pm – 6.45 pm

Richmond Headingly Centre
Wednesday 10.45 am – 12.00 noon

Connie Phone 5475331 / 0272976147
Email connie@jnc.co.nz

RICHMOND

Aqualite

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. Mondays and Wednesdays, 8.00 am and 8.40 am. \$5 per session. Increase strength, improve balance and manage pain.

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

Phone 021 078 8609 / 03 546 8444 (Nicola Rae).

Body Power Pilates and Yoga Centre

Richmond Town Hall. Phone 029 281 3735 (Sue).

Hope – Ranzau Women's Institute

First Wednesday of each month, 1.15 pm.
Age Concern Hall, 62 Oxford Street, Richmond, visitors welcome.
Phone 03 544 5872 (Brenda).

Richmond Bridge Club

Sessions Monday and Thursday, 1.00 pm (be seated by 12.45 pm). Wednesday 7.10 pm (be seated by 7.00 pm).
For lessons phone 027 407 0274 (Leigh).

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 03 986 0079 (Margaret).

Chair Yoga

Thursday mornings 11.00 am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room.
Phone 021 2398 969 (Delia).

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions, \$4.
Phone 03 544 3955.
Email club50@sporttasman.org.nz

Richmond Croquet Club

Come and join us at 348 Lower Queen Street, Richmond. Have fun, make new friends, learn new skills. New members welcome. First three visits are free.

Club days: Golf croquet 9.30 am – 12.30 pm
Thursday, 1.00 pm – 3.30 pm
Saturday, and Sunday. Association croquet 9.30 am – 12.00 pm
Wednesday and Saturday.
Phone 021 757 468 (Kaye).

Easy Exercise

For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3 for Arthritis New Zealand.
Phone 03 546 4670 (Maureen).

Sioux Line Dancing

Wednesday – Club Waimea, Richmond.
Beginner Class, 6.00 pm – 7.00 pm.
Improver Class, 7.15 pm – 8.30 pm.
Phone 03 528 6788 (Sue Wilson).
Email sioux.wilson@yahoo.com.au

Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset Street, Richmond offers coffee and lunches. 11.30 am coffee, lunch served at 12.00 pm, first and third Tuesday of each month. Koha admission.

MenzShed Waimea

A&P Showgrounds, Richmond.
Phone 027 289 0185.

Nordic Walking

Taster classes and courses with physiotherapist Jacqui Sinclair. For more information visit www.jacquinclair.com
Phone 03 544 1645.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed.
Email info@craftpotters.org.nz

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1.00 pm.
Bowls provided. Phone 03 544 8060 (Jean).

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre.
Phone 03 544 9982 (Dianne).

Richmond Indoor Bowls

Mondays 1.30 pm – 3.30 pm, Richmond School Hall, Oxford Street. All welcome.
Phone 03 544 7953 (Gwen).

Richmond Ladies Friendship Club

Meetings 1st Thursday of month at Richmond Church of Christ. Meet new friends, hear interesting speakers, share morning tea monthly outings. Contact 03 544 4833 (Marion) or 03 544 1854 (Joan).

Richmond Physiotherapy

Knee classes: Wednesday, 10.00 am – 11.00 am, \$10.
Pilates: Tuesday, 12.00 – 1.00 pm, \$15.
Pilates: Thursday, 5.00 pm – 6.00 pm, \$15.
Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15.
Phone 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening, 7.30 pm. Methodist Church Hall, Neale Avenue, Stoke. Phone 03 544 0902 or 03 541 8211. C Stanton, Sec RSCD club.
Email cstanton@actrix.co.nz

Richmond Slimmers Club

Meet every Wednesday at the Richmond Town Hall, fun meeting. Phone 03 544 7293 (Margaret).

Richmond Waimea Community

Whānau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea and coffee provided).
Phone 03 544 7624 (Sue Tilby, Age Concern).

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford Street Richmond. Tuesday and Thursday Cards, 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 pm.
Phone 03 544 5563 (Kath).

Sit and Be Fit

Mondays, 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5 per person.

Sioux Line Dance

Wednesday – Club Waimea.
Beginner Class, 6.00 pm – 7.00 pm.
Improver Class, 7.00 pm – 8.30 pm.
Phone 03 528 6788.
Email sioux.wilson@yahoo.com.au

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non expiry concession cards available.
Club60+ Senior Adventures: (under 60s welcome too). Active fun, social recreation with weekly planned outings and activities. Every Tuesday 9.30 am. Car-pooling available.

Richmond Tennis Club

Social tennis Tuesday mornings, 9.30 am beside the Badminton Hall, Gladstone Road.
www.tasmantennisclub.info



Tasman Aquarium Club

Meetings held second Monday of the month at 7pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome.
Phone 03 544 3116 (Robin).

Veteran's (55+) 9 Hole Golf

Greenacres Golf Club, Best Island, Richmond. Last Monday of every month.
Phone 03 544 6441.

Yoga Classes for stiff and sore spots

Visit www.jacquinclair.com for more information. Phone 03 544 1645.

Waimea Combined Friendship Club

Interested in making new female or male friends of a similar age and interests? We invite you to monthly meetings, 3rd Thursday 9.45am at Hope Church Ranzau Road with interesting speakers, outings and group activities. For more information phone 021 134 1013 (Claude).

Waimea Music Club

Alternate Sundays from 1.15 pm – 4.00 pm at Loney Hall, 4 Wensley Road, Richmond. Anyone is welcome to join in with a song etc or just come along and listen.
Phone 03 544 5766 (Pat).

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge.
Phone 021 239 8969 (Delia)

Clogging/Tap Dancing

Nelson Sun City Cloggers.
Phone 03 545 1037 (Georgina).

Dru Yoga Classes

Suitable for all ages and abilities.
Monday 10.00 am – 11.30 am, Saxton Netball Pavilion Rooms, Stoke.
Phone Fiona 027 655 12234.

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke.
Wednesday, 7.15 pm – 9.45 pm.
Phone 03 547 3230 (Buddy).

Just Us Drama

Meets each Monday 10.30 am – 12 noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. Rehearse skits and plays to perform to various groups. No previous experience necessary! Phone 03 547 5126 (Rose) or 03 546 6570 (Glenys).

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Road, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

Nelson Line Dancing – Stoke

All ages and genders. Gentle cardio. Methodist Church Hall, Stoke. Free morning tea, just turn up.
Phone 027 4491 569 (Diane).

Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1.00 pm.
Phone 03 547 7485 (Kay).

Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am – 3.00 pm (most days). Enliven Positive Ageing Services – social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

Phone 03 543 2669 (Cornelia). Saxton Seniors, Saxton Stadium.

Senior Walking Group

Tuesday and Thursday, 9.30 am – 10.30 am. Walk for the full hour or choose to do the Shape up class at 10.00 am. Walking and exercises followed by a cuppa. For more details phone 03 538 0072.

Tai Chi Chu'an and Qigong

Thursday mornings: beginners 10.00 am, intermediate 11.00 am at Saxton Netball Pavilion Stoke. Phone 03 545 2960 or 027 271 3323 (Anne-Marie – Tai Chi Instructor).

Stoke Bowling Club

Phone 03 547 1411 (Allen).

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 n 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.

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 Avenue, 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 menzshedtawapawera@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).

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

To update an existing listing or add a new one, email mudcakes@hothouse.co.nz



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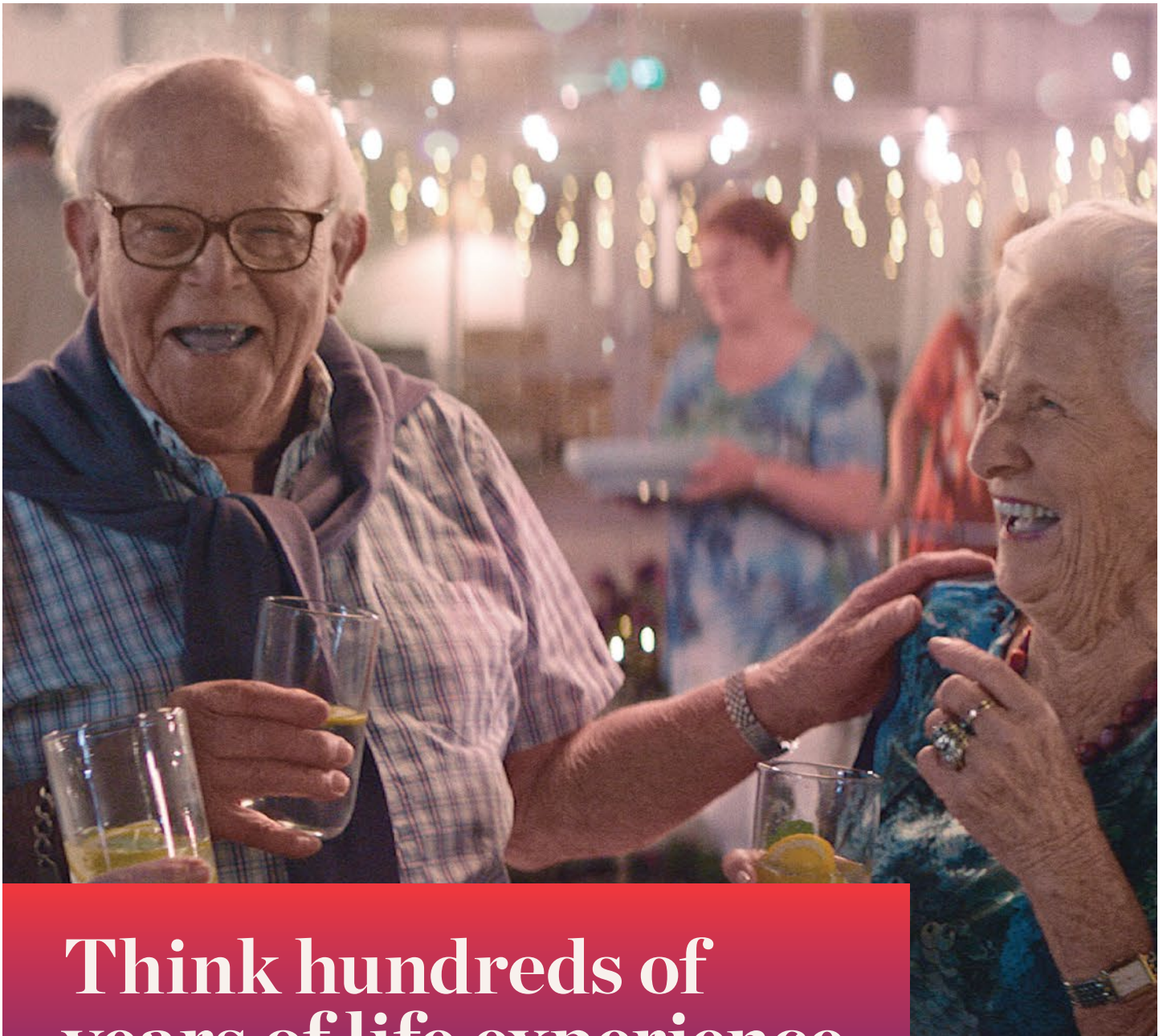
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