

# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

## What's inside:

Bling! Jewellery Week in Nelson

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Turn autumn leaves into  
nutrient-rich garden mulch

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Meeting the challenge of  
blindness as an older person

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Imagine! A road tunnel through  
the Whangamoas

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### PLUS

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Puzzles, cooking, books, gardening,  
active ageing and the environment

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A directory of local clubs and  
activities for seniors

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Community news

# EDITOR'S Letter



Autumn is here and this change of season has not been kind to *Mudcakes & Roses*: the next issue of this magazine will be our last.

*Mudcakes & Roses*, with its focus on older residents of Nelson Tasman, jointly funded by Nelson City Council and Tasman District Council, has been published in one form or another since 2001.

Given the tough economic times we currently face, both councils have had to search for ways to reduce costs. Unfortunately, *Mudcakes* is one of the victims of the cost-cutting process.

All but one of our regular contributors is over 60. I've just turned 70, and Diny van Oeveren who contributes the Sudoku puzzle is over 80. So *Mudcakes* has been, perhaps uniquely, a magazine by older people, for older people.

As our longest-serving contributor (the green-thumbed Philippa Foes-Lamb) has demonstrated for many years, every change of season brings gains as well as loss. Perhaps the same will be true of *Mudcakes*. Might it reappear in different guise in the coming months, while serving the same, or even an increased readership?

Time will tell. In the meantime, I hope you'll enjoy the speculation, opinion, ideas, and advice of our contributors in this, the penultimate issue of *Mudcakes & Roses*.

Warm regards

Ro Cambridge

## In this issue

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## Where to pick up your next copy

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

### Wakefield

- Four Square

### Richmond

- Countdown
- Night 'n Day
- Oakwoods Retirement Village
- Richmond Aquatic Centre
- Summerset Richmond Ranges
- Waimea Plains Lifestyle Village

### Stoke

- Ernest Rutherford
- Summerset in the Sun

### Tāhunanui

- ReStore (The Habitat Hub)

### Nelson

- Fresh Choice
- New World

You can also find it online at [tasman.govt.nz/publications](http://tasman.govt.nz/publications) and [nelson.govt.nz/mudcakes-and-roses](http://nelson.govt.nz/mudcakes-and-roses)

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Email: [mudcakes@hothouse.co.nz](mailto:mudcakes@hothouse.co.nz)

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## On the cover

Jeweller Mike Ward

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# Adjusting to a life without sight

**Stoke resident John Monk is blind. He lost the sight in one eye quite suddenly, and the sight in the other eye more slowly through glaucoma.**

John comes from a family “with farming in the blood”. He was a dairy farmer and farmed until his sight became too poor to continue. After his retirement he moved to Nelson and now lives in Stoke.

I met John over a coffee at McCashin’s Brewery café in Stoke where he and his guide dog Blake seem entirely at home. John is a regular at the café, so the staff knows how John likes his coffee, and usually add an extra marshmallow to the saucer for his canine companion.

John’s guide dog is the obvious starting point for a conversation about the challenges of being blind. Blake, who is 11 years old and nearing retirement age, has been John’s companion for eight years. Accompanied by Blake, John is able to walk his neighbourhood, sometimes going as far as his other favourite coffee spot, the café at Pic’s Peanut Butter World. Oddly enough John shares a birthday with Pic Picot who is also blind, and first met him on a flight to Christchurch when the men – and their guide dogs – were seated across the aisle from each other.

John still remembers the day he was introduced to his first guide dog, a yellow Labrador called Homer, after an 18-month wait. “We just hit it off straight away” he says, his affection for Homer still very evident in his voice, although Homer has since died.

When he moved to Nelson, John chose to live at the Summerset retirement village in Stoke, because it has facilities such as a bowling green, swimming pool and café, and a range of organised activities within easy reach. John eats at the café one night a week, but otherwise cooks for himself on a stove made easier to use with special button controls.

Technology aids John in other aspects of his life too. A talking watch helps him keep track of the time and he can “read” books or magazines on tape or CD. While his sight was failing, John learned to touch type, which means he can use a computer. A computer program reads his emails and other documents out loud. A mobile phone helps him keep in touch with friends and family, and manage other aspects of his life.



By contrast, some useful tools are very low-tech, but nonetheless are helpful in dealing with challenges which are particularly vexing if you can’t see. The handy gadget which keeps matching pairs of socks together in the washing machine is a perfect example.

But sometimes, John needs the help of a human, not a machine. John can call on friends for help with supermarketing, banking, and shopping for clothes which will suit him. When we met, census day was still several days away, but John had already completed his census forms with the help of a friend.

With the assistance of a human “director”, John plays a mean game of bowls. He travelled to Israel with a New Zealand team to participate in the World Championship run by the International Blind Bowls Association. He and his Israeli partner were runners-up in the pairs competition.

John doesn’t deny that it’s been tough sometimes, accepting and then adapting to life as a blind person, but he’s surprisingly upbeat about his life. After our coffee and farewells, John set off to walk home, with Blake at his side. Watching them walking away together, I could not help but admire the determination and courage with which John has carved out a new and very different way of life for himself without sight.



**While his sight was failing, John learned to touch type, which means he can use a computer. A computer program reads his emails and other documents out loud.**





# Food for thought

## The comforting charm of the potato

**Potatoes. Surely among the world's most popular comfort foods. There's something very appealing about the humble spud – from a mound of fluffy mashed potato through to a sophisticated gratin, especially now that autumn is here.**

But you need to be aware, if you're not already, that all potatoes are not created equal. Back in the day, most of us were not aware that potatoes came in so many varieties: certainly not the bewildering array that are now available.

But then, when we were growing up, apart from Jersey Bennes at Christmas time, our mothers mostly bought nameless white potatoes, or the man of the family grew them in the backyard. Our mothers tended to either boil or roast potatoes

(and occasionally mash them) and no one really thought about whether one was better for a particular purpose than another. It's a different matter these days when even the most modest supermarket will label the many varieties they have for sale.

However, it's not my intention to get into too much detail about the different varieties. In my opinion, you really only need to know that small white waxy potatoes (e.g. Nadine or Draga) are best for dishes like potato salad or any dish where the potatoes need to hold their shape. Yellow or golden-fleshed potatoes (e.g. Agria or Red Jackets) are the one you want when you're looking for a potato that not only roasts well, but also whips up to a gorgeous buttery pile on the plate.

Speaking of which, hands up all those who add a generous knob of butter as well as a good slurp

of milk to the pot when mashing potatoes. Most of us appreciate the way a layer of creamy mashed potato topped with some grated cheese can elevate the most basic meat or vegetable combination to something that not only tastes good, but has huge visual appeal.

If you are looking for ideas which utilise waxy potatoes in a different way, try braising them in stock. It's quite simple. Cut a few potatoes into halves or quarters and put them so that they fit snugly into a deepish ovenproof dish. Cover with some stock, a sprinkle of salt and scatter a couple of bay leaves over the top. If you're feeling indulgent, add a glug of extra virgin olive oil and a knob of butter and put the dish, uncovered, into a preheated 180°C oven. Baste the potatoes from time to time and when tender, serve plain or with chopped herbs. Yum!

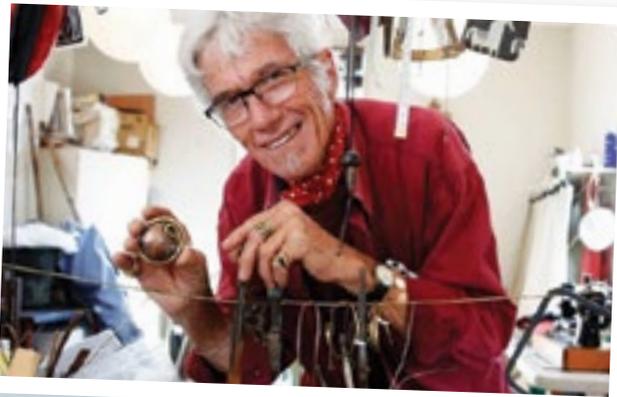
### Columnist: Renée Lang

*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 dogs.*

# Jewellery Week

**It's Jewellery Week in Nelson from 13 – 23 April 2023. The week's exhibitions and events will delight and intrigue, whether you make jewellery, love it as an art form, or just enjoy wearing it!**

The week includes workshops and masterclasses led by well-known New Zealand jewellers, Jane Dodd, Judy Darragh and Peter Deckers. There will also be panel discussions and community activities such as Pin Swap, Buildings Need Jewellery and Pecha Kucha.



## Mike Ward

Mike Ward is well known in Nelson. In 2005 he was elected as a Green party MP, and spent one term in parliament. However, he might be better known for what he calls his "fifty years of festoonery fashioning" during which he has enjoyed considerable success in the World of Wearable Art, as well as in jewellery-making. He's often to be found working on his jewellery at Nelson's Saturday morning market.

Mike went to art school planning to be a painter, but very quickly changed his mind. He studied sculpting instead, and now, says Mike, the best of his jewellery has a sculptural quality to it.

Mike's advice for fledgling jewellers is to "find some scrap metal and go off to their studio and play". Otherwise, he says "they will lose the joy of creating", adding that "even after decades of playing I still delight in discovering new possibilities. A day in the studio that does not give me delight at some point is rare."



And of course there will be exhibitions of jewellery – 30 of them in fact, and not all of them in galleries: you'll also see jewellery displayed in record shops, windows, galleries, and projections on buildings.

The work on display comes from jewellery makers in New Zealand and overseas. Included in the line-up are two older jewellery artists, Mike Ward and Christine Halfermez-Wheeler, who both live and work in Nelson.



## Christine Halfermez-Wheeler

Christine is a relative newcomer to Nelson, although she's been a New Zealand resident since 1992, and has an established reputation as a jeweller in Germany, the UK and Aotearoa. She settled in Nelson from Auckland during lockdown, and is participating in Nelson Jewellery Week for the first time this year, with an array of pieces, made especially for the festival.

Christine was born in Europe and was four years old when her parents risked their lives moving from East to West Germany. Inspired by her plumber father, she began experimenting with metal work and decided to become a goldsmith at the age of 12.

Christine is also the subject of *Christine – The Artist Goldsmith*, a documentary film by Stephanie Bennet which will be screened on 21 April at NMIT. The film traces Christine's life story and her 40 years of jewellery making. Christine will be at the screening for a Q&A session after the film.

**For further information visit: [www.nelsonjewelleryweek.nz](http://www.nelsonjewelleryweek.nz)**

# Health coaching

**In our February issue, Tessa Wood wrote of her personal experience of supporting a loved one with Alzheimers. This month she writes in her professional capacity as a Nutrition Health and Wellness coach to explain how coaching differs from counselling and therapy and the typical reasons people consult a coach.**

This is my no-nonsense definition of coaching, using as little jargon as possible. Primarily, coaching is a partnership. Unlike therapy or counselling, which is often focused on the past, coaching is focused on you in the present moment and on your future. A coach works with you to help you identify goals and plan the best ways for you to achieve them. Whatever your unique situation and abilities, a coach can help you recognise any barriers to change and help you get over, or around them.

Many of us find it difficult to make changes in our lives, even when we know they are important to our health and well-being. Just think of all the well-intentioned New Year's resolutions you've made over the years! Initially we're fired with enthusiasm, but very quickly when we get busy the intention fades away.

Having a coach helps you stick to your intentions and keep working towards achieving them. Your coach is your cheerleader. He or she encourages and supports you. But coaching also includes an element of accountability. Goals plus accountability is what keeps you focused and helps you get better results.

A coach can help with all sorts of personal challenges. Perhaps you've lost a partner through death or divorce and are now trying to navigate life on your own? Perhaps there have been changes to your financial situation, or you've had to move to a new home in a new place?

Perhaps you are finding it difficult to begin making the lifestyle changes

your doctor has recommended to improve your health? Perhaps you have aches and pains that make it hard to keep motivated to exercise in the way you know you should? Or perhaps you have difficulty sleeping or maintaining social connections to others? Perhaps you've reached a new stage in life and you don't quite know what to do next?

These are just some of the reasons that people seek the support of a coach. When life throws us a curve ball, a coach is the ideal person to help you withstand the storm, and find a way to a better future, physically and emotionally.

In my next column I'll be explaining what happens in a typical coaching session.



## Columnist: Tessa Wood

*Tessa Wood has a Bachelor of Teaching and Learning and an Advanced Certificate of Nutrition and Health Coaching. Her goal as a Nutrition Health & Wellness Coach is to help clients to "live their best lives" supporting improvements in their physical and emotional well-being.*

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# Imagining the future

**This month, Rob Mitchell imagines a future that includes a road tunnel that will “stormproof” the highway that links Blenheim, Picton, and Nelson Tasman.**

Following Cyclone Gabrielle, Prime Minister Chris Hipkins signalled greater government investment in building more resilient national infrastructure. Naturally, priority has been given to the restoration of devastated North Island areas, but vulnerable transport corridors in the South Island should not be ignored.

There is a case to be made for investment in stormproofing State Highway 6, for example. It’s the key route between Blenheim and Picton, and the Nelson Tasman region. Its closure for over two months following storms in August 2022 cost freight transport delays and \$15 million in repairs. It seems very likely that we will experience more frequent heavy weather events in the future, so maybe it’s time to consider a road tunnel under the Whangamoas?

Highway tunnels have previously been employed in New Zealand to solve roading issues, including the 2.4km tunnel under Mt Albert in Auckland, the 2km Lyttelton / Christchurch road tunnel and the 1.2km Homer tunnel in Fiordland. Waka Kotahi (NZTA) has been investigating an 8km road tunnel to assist transport of freight to and from the Port of Tauranga.

A 4km road tunnel linking Hira and the Whangamoas Valley would eliminate the steep sections of the highway which are vulnerable to slips, reduce highway repair and maintenance costs, shorten travelling time, cut vehicle fuel consumption, and boost road safety.

Retired Stoke consulting engineer John Chivers, who has 50 years’ experience in the planning, design and construction of highways in New Zealand, Australia, Canada and the Pacific Islands, believes the idea is worth serious consideration. Citing the effects of climate change and the social and economic cost of the 2022 highway closure, he says

that “now is the time that a tunnel option should be checked out”.

He cautions that “road tunnels are expensive to build and can be difficult to commit to because of the geologic uncertainties underground.” However, he says that “with modern technology they are relatively easy to operate as a toll road. They usually have large benefits in terms of travel time reduction, distance saving, fuel savings and safety”.

Nelson Mayor Nick Smith has pointed out the vulnerability of State Highway 6 and proposed a new disaster management plan for areas north of Nelson, specifically around the Whangamoas and Wakapuaka Rivers.

Waka Kotahi however, states that “a road tunnel under the Whangamoas Hill ... is not on our work programme, nor is it being investigated”. I suggest that, given the government’s aim of building infrastructure resilience, it’s time for Waka Kotahi to look into the feasibility of a Whangamoas road tunnel.

## Columnist: Rob Mitchell

*A resident of Motueka, Rob Mitchell is a specialist in strategic communications with degrees in politics, and management. His PhD research investigated sustainable tourism. Rob’s community service includes two terms as a city councillor in Melbourne and on the Otago Conservation Board, plus work on the Executive of Federated Mountain Clubs and Auckland Friends of Regional Parks.*



## Active ageing



### Can exercising *more* make you feel *less* tired?

**If you ever feel drained and unable to tackle your daily tasks, you're not alone. Many people struggle with low energy levels, which can make it challenging to get through the day. And it's not just older people who can feel this way; sometimes younger people feel exhausted by everyday life.**

It sounds counter-intuitive, especially when you are feeling tired and worn out, to suggest that doing more can actually be the cure. However, research suggests that exercising more can actually perk you up, and make you feel more able to cope.

While there are many factors that contribute to how we feel, exercise is one of the most effective ways to improve our energy levels.

It may seem strange but it's true that moving more can actually help give you more energy!

So how does exercise help you feel better?

**It boosts your endorphins:**

Endorphins are chemicals produced by the body. When we exercise, the body releases endorphins, which can help reduce stress and anxiety, improve our mood and increase our energy levels. The boost of endorphins can give us the mental clarity and motivation we need to tackle our daily tasks.

**It improves the quality of your sleep:** Poor sleep quality is a common cause of low energy levels. Regular exercise has been shown to promote better night time sleep by increasing the amount of time we spend in deep sleep, the most restorative stage of sleep. By improving sleep quality, we

wake up feeling more refreshed and energised, ready to take on the day.

**It increases your stamina:** Exercise can help strengthen the heart and lungs, which improves circulation and oxygen delivery to the body's muscles. This not only supports the mitochondria's energy production, but it also allows your body to function better and use its energy more efficiently. With increased stamina, you can accomplish more during the day without feeling tired and worn out.

**Exercise can help you feel more motivated, alert, and energised throughout the day. So, if you're feeling tired and low on energy, try incorporating some exercise into your daily routine, and you may be surprised at how much better you feel!**

### Columnist: Brianna Wehner

*Brianna is the founder of Align Functional Fitness, specialising in corrective and restorative exercise. She uses personalised functional exercises to help clients build muscles for stronger, more efficient, and pain-free movement. She loves seeing clients increase in confidence and regain the ability to do things they believed were no longer possible. [brianna@alignfunctionalfitness.com](mailto:brianna@alignfunctionalfitness.com)*



## Hospice – Life-affirming volunteers

**It's hard to think of a more life-affirming act than volunteering your time and expertise for the benefit of others. I reckon that the majority of our 500+ volunteers would tell you that volunteering enhances their lives too!**

Nelson Tasman Hospice volunteers are a wide and varied bunch of people ranging in age from teens right up to people in their 80s. The range of roles they undertake is just as wide and varied.

Our retail volunteers keep our four hospice op shops running throughout the region. Our equipment volunteers maintain and clean equipment and

deliver it to our patients' homes. Family support volunteers allow caregivers some respite and give companionship to patients. Our life story writers capture the life experiences of patients so they won't be lost. If you volunteer, it's highly likely we'll find a role that will suit you. Or perhaps you have a skill we don't yet know we need!

Our building in Suffolk Road, Stoke, houses our Volunteer Hub and the offices of our Volunteer Programme Manager, Krisca Gould, and Patient Care Volunteer Coordinator, Mary Garner, who has been at hospice for 35 years.

People volunteer for a variety of reasons and reflect the diversity of the Nelson Tasman community.

Some have had a personal connection to hospice and want to give something back. Others want to be involved in a cause that interests them. Yet others want work experience, or want to meet people and feel more involved in the community.

Whatever their motivation, we value our volunteers and like them to enjoy and get the most out of their volunteer experience with us. We support our volunteers with training and a robust support network. It's a privilege to have such a willing and dedicated team of volunteers, and we are always keen to hear from people who might want to get involved.

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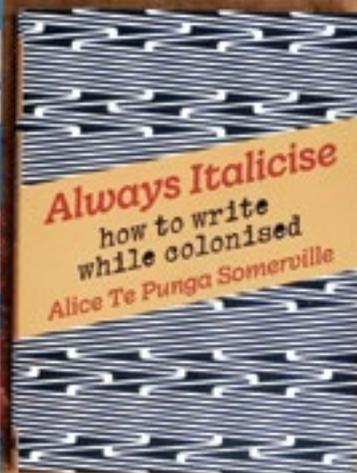
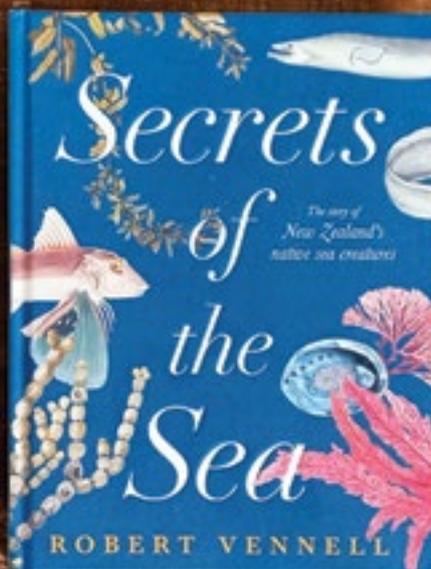
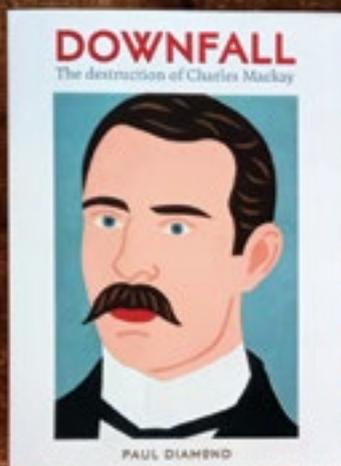
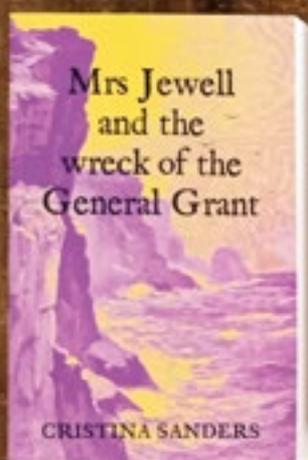
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## Thinking volumes

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### Mrs Jewell and the Wreck of the General Grant by Cristina Sanders

Of the fifteen people to survive the shipwreck on the Auckland Islands in 1866, only one was a woman. This novel vividly captures the hardships, both physical and social, of the castaways' battle for survival in the Subantarctic, and is full of well-researched detail and complex characters. The wreck of the ship, and the gold rumoured to be on board, have still not been found. **\$37**

### Downfall: The Destruction of Charles Mackay by Paul Diamond

A beautifully produced book exploring an extraordinary piece of history. In 1920 the mayor of Whanganui shot the young gay

poet D'Arcy Cresswell, who he thought was blackmailing him. Mackay was sentenced to hard labour and subsequently left the country. This book reveals the wide and complex roots of the blackmail against Mackay, implicates a number of well-known figures, and provides a window into societal attitudes of the time. **\$45**

### Secrets of the Sea: The Story of New Zealand's Native Sea Creatures by Robert Vennell

A fascinating, well illustrated and accessible guide to the scientific, historical and traditional aspects of the sea life of Aotearoa, emphasising the connections between the human and non-human worlds. This book can happily either be dipped into or read all the way through. **\$55**

### Always Italicise: How to Write While Colonised by Alice Te Punga Somerville

Advice to "italicise all foreign words" in her poems was the catalyst for this lively, clever and enjoyable collection exploring racism, language, writing and colonisation in Aotearoa. **\$25**

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# Gardening tips and tricks

## Making the most of autumn's bounty

**Autumn is upon us, bringing with it darker mornings and a very special golden light that softens everything in our gardens. Deciduous trees are starting to change colour and some will be starting to lose their leaves.**

Autumn leaves are nature's free bounty – each leaf holds precious nutrients that can be put to good use as leaf mould – a perfect humus-rich mulch. It does take time for the leaves to break down but try not to let this put you off – the end result is very much worth it.

Traditionally leaves are piled up and left to rot down slowly – this method is a labour of love because it can take 1–2 years to become fine leaf mould. You can speed up the process slightly by scattering a handful of blood and bone and dolomite lime each time you add to the pile. It is important to cover the pile with

a sheet of iron or a tarpaulin so it doesn't get too wet – this will ensure the leaves don't go slimy and sour.

Another option is to fill large plastic rubbish sacks with leaves, adding a small amount of blood and bone and dolomite lime. Tie the bags at the top, then prick quite a few ventilation holes in the bottom and sides, then turn the bags once a week – you'll have leaf mould more quickly.

April is the optimum month to plant vegetable seedlings for winter harvest. The soil will still be quite warm and seedlings will become established quickly. If I'm planting after mid-April, I mound up the soil popping the seedlings in at the top of the mound – placing mulch along the sides too as this acts as a root "duvet" as temperatures start to drop.

Strawberry plants will benefit hugely from being tidied up now. Remove any old or dead leaves and check for

runners – choose the most healthy, robust ones and pot them up, ready for re-planting in a new site in winter. If your plants are still flowering, it's the perfect time to give them a boost with some fish compost, sheep manure pellets and sulphate of potash now – you'll have delicious strawberries late into the season.

Sweet peas can be sown or planted now – dig a 30cm trench and place lots of compost and sheep manure pellets in the bottom – top with a mix of soil and compost and then sow seed or plant seedlings. They will put on good growth and then stall over winter, ready to surge into action in early spring.



## 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.*



# Our environment

## Cyclone Gabrielle – a wake-up call

**The destruction wrought by Cyclone Gabrielle in February has compelled us to think about how to mitigate damage from future “weather events”, and reconsider how we relate to our natural and built environment now, and in the future.**

Cyclone Gabrielle was caused in part by anthropogenic greenhouse gases which stop heat escaping from the earth. These gases then warm the oceans so that violent weather systems carry more water than usual.

Heavy rain during Cyclone Gabrielle was made more destructive when it hit steep clear-felled hillsides. Silt-laden water ran without hindrance into rivers which simply could not contain it, and in some places, buried houses up to their roofs. The debris from forestry operations (slash) was swept downhill too, jamming waterways, destroying bridges and demolishing buildings.

The same thing happened last year in the Maitai and Brook Valleys during the Nelson floods. Logged trees

careened dangerously downstream. Rainfall on hillsides bared by recent logging of plantation forests poured silt into the rivers creating a muddy, turbulent flow and swamping homes. Nelson’s mains water pipeline was severed by slips from Nelson City Council’s own cleared forestry slopes and cost \$500,000 to repair.

It’s good to see that Nelson’s mayor, Nick Smith, has set up a task force to reconsider Nelson City Council’s own forestry operations. The task force is headed by Morgan Williams, former parliamentary Commissioner for the Environment, and includes Councillor Rachel Sanson, who has been a committed advocate for responsible, sustainable forestry and land management in our public reserves.

According to Councillor Sanson, Nelson City Council has already agreed to pause pine planting and clear felling while the task force investigates the relative economic value of different forestry methods, as well as the ecological and social value and opportunity costs.

They will consider the options for replacing *pinus radiata* as a species, and clear felling as a practice.

Possible alternatives to *pinus radiata* are other, higher value exotics, or native trees. There’s a strong argument to be made for replacing pine forests because the destruction of native forests has resulted in loss of biodiversity and animal habitat. Of the native species, *tōtara* grows quickly and produces a durable wood. Useful exotics include blackwood and eucalyptus, already being trialled for forestry.

The alternative to clear felling is the “continuous canopy” approach: when the canopy is established it stays, with selective felling every five or so years. However, for this method to be economically viable, the wood has to be high value. Pruning and thinning requires more intensive work, but this can provide more jobs with greater satisfaction.

Native forests are also valuable as tourist and recreational assets: a 2018 economic impact report showed that mountain biking alone is worth \$14 million to the Nelson region.

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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 [pam.e.henson@gmail.com](mailto:pam.e.henson@gmail.com)*



# Our Community News and Information



Participants in our February Sing-Along in the Park at Washbourn Gardens

## News from Age Concern

Our Summer Activities series was a great start to the year and the months ahead are looking even busier with our regular programme of activities, and some additional activities too.

### Living well

There are still some spaces in our eight-week Living Well course which explores the different components of a life well lived. The course takes a holistic look at the idea of living well and includes social connection, eating well, moving well, being financially well, thinking well, sleeping well and dealing with loss.

The next course begins on Tuesday 2 May at our Nelson office from 10.00 am – 11.00 am.

**Register by contacting Miriam on 03 544 7624 ext 6 or email [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz)**

### Device advice

We deliver this programme in conjunction with the Nelson Library. Device Advice is a free service being run at our Nelson office, where seniors receive one-on-one help with their smartphone, tablet or laptop from a knowledgeable librarian.

It's on every Thursday between 9.30 am and 11.30 am.

**Drop-ins are welcome, or you can book a slot by phoning 03 539 5507.**

## Talks and seminars

We have the following information sessions and training seminars coming up:

- **More Stable More Able:** Tuesday 11 April from 1.00 pm – 3.15 pm at our Richmond Office.
- **Be Inspired – Sail Around the World:** Vicky and Tom Jackson share their experiences of sailing around the world at our Nelson office on Wednesday 26 April from 1.00 pm – 2.00 pm, and at our Richmond office on Monday 29 May from 1.00 pm – 2.00 pm.

**If you are interested or would like to know more, please contact Marnie on 03 544 7834 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)**

## Driving courses

- **Staying Safe on the Road:** Brush up on your road knowledge by attending one of these sessions:
  - » Tuesday 18 April, Tapawera Rugby Club Rooms, Tapawera from 9.30 am – 12.00 pm.
  - » Thursday 11 May, Nelson Cancer Society Office, 102 Hardy Street, Nelson from 10.00 am – 12.30 pm.
- **AA Carfit:** Get help to be comfortably and safely seated in your car. Bookings are essential:
  - » Tuesday 18 April, Tapawera Rugby Club Rooms, Tapawera from 1.00 pm – 4.00 pm.
  - » Friday 26 May, Elma Turner Library Carpark Nelson, from 10.00 am – 2.00 pm.
- **Life Without a Car:** You can still get out and about, even if you can no longer drive. This course shows you how:
  - » Thursday 13 April, The Wood Retirement Village, Activities Room, 156 Milton Street, Nelson from 1.30 pm – 3.00 pm.

**If you would like to attend any of the driving courses, contact Jackie on 03 544 7624 ext 4 or email [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)**

# Our Community News and Information

## Neighbours Aotearoa

**We humans are a fragile species. This fact is easy to ignore, until wild weather and earthquakes forcefully remind us just how vulnerable we are.**

However, even in the direst of circumstances, humans have the power to act in concert to help, support and comfort each other. The most heartening and inspiring stories to come out of Cyclone Gabrielle were about people getting together to help others. Some of the fastest and most effective help came from people who were well connected to others through church, clubs and marae.

Neighbours Aotearoa, an initiative dedicated to growing, connecting and strengthening neighbourhoods across New Zealand, was launched in 2009. The increasing frequency of hugely destructive “weather events” since then has made the organisation’s aim of “growing, connecting and strengthening neighbourhoods” even more vital.

In March the organisation supported a month-long “Let’s Share” programme to help local “connectors” encourage streets, apartment blocks, rural communities, neighbourhoods, and suburbs to connect, share and celebrate.



It’s not only during disasters that an interconnected community is a good thing to have. Sharing fun, food, and ideas has everyday benefits too, or as Neighbours Aotearoa says, “when we connect with our neighbours good things happen”.

Connection can begin with something as simple and spontaneous as a smile, a wave, or a cup of tea. More organised activities can include book clubs and plant swaps or bigger events like street parties and workshops. They can even include longer-term projects such as establishing a pātaka kai, community garden or tool library.

Neighbours Aotearoa is there to help good things happen all year round with a website which contains inspiration, resources, and even advice on where to look for funding for your project.

**For more information and resources visit [www.neighboursaotearoa.nz](http://www.neighboursaotearoa.nz)**

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# Our Community News and Information

## Founders Book Fair

**Don't panic! The Founders Book fair doesn't begin until King's Birthday in June.**

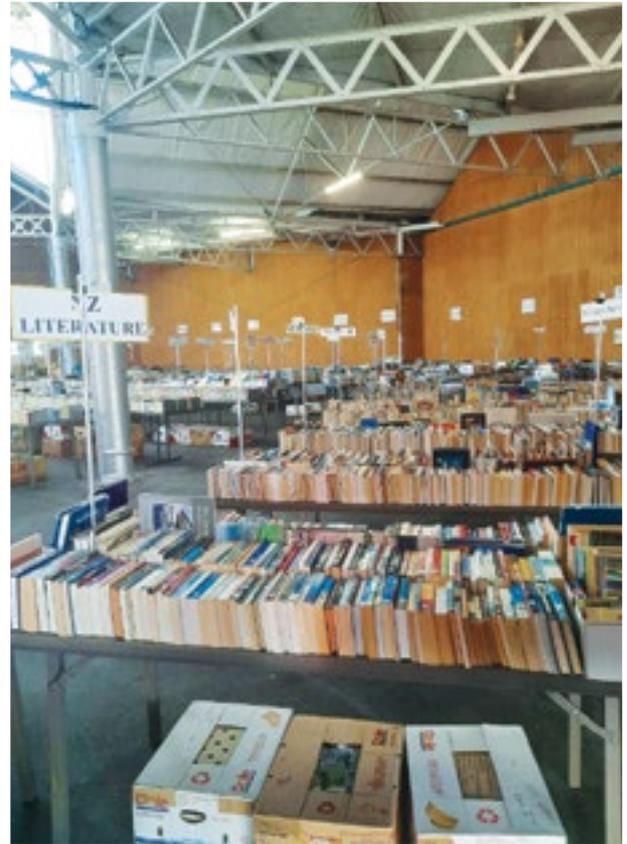
This is just an advance warning for booklovers, over 10,000 of whom visit the fair each year to browse a cornucopia of pre-loved books, magazines, board games, puzzles and DVDs.

Volunteers work throughout the year to sort, price and box the steady stream of donations as they arrive at Founders Heritage Park. They also manage the complex logistics of setting up sales tables and keeping them stocked during the nine-day fair, handling queries and selling.

The core team of volunteers welcomes extra volunteer help during the fair, proceeds from which support improvements or displays at the park.

**Donate:** Books, recent magazines, board games, puzzles, DVDs and vinyl records can be left at the windmill at Founders Heritage Park, Atawhai Drive, Nelson, open 10.00 am – 4.30 pm.

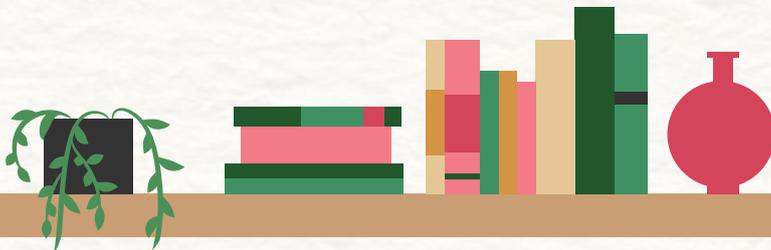
**Volunteer:** If you'd like to lend a hand during the book fair, please call Founders on 03 548 2649.



A calm moment before the doors to the book fair open



## Tasman District Libraries



### Family History Friday – help finding your ancestors

As part of TUKU23, a month-long celebration of local heritage, we are bringing you Family History Friday – an opportunity to get some tips and tricks on finding your ancestors. Would you like to know more about using Ancestry.com or learn what other family history or local history resources are available? Drop by the Richmond Library Research Room on Friday 28 April from 10.30 am – 12.00 pm and specialist library staff will be available to help you on your research journey.

### Scavenger hunt – discover what’s special about Tasman

This fun scavenger hunt will have you discovering and learning what makes our region special, including people, places, events, buildings, and even animals. Search for 10 posters that celebrate Tasman Heritage and what makes Tasman special. Fill in the entry form to enter our prize draw. At all Tasman Libraries, 11 – 23 April.

### Exhibition of Origins Whakapapa Community Quilt

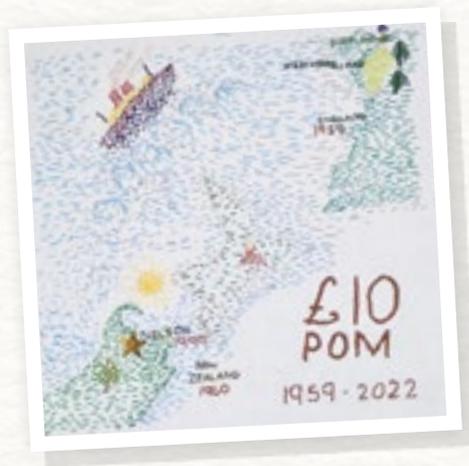
Last year, we invited people of all ages and stitching abilities across Te Tauihu the Top of The South to stitch a word or image relating to their origin or whakapapa.

Sixty pieces were completed, and these were stitched together by textile artist Christine McGuigan into a community quilt celebrating the heritage of our region.

See the large completed quilt at the Richmond Library, or view it on the library’s Tasman Heritage Website, [heritage.tasmanlibraries.govt.nz](http://heritage.tasmanlibraries.govt.nz).

### MORE INFORMATION

03 543 8500 // [www.tasmanlibraries.govt.nz](http://www.tasmanlibraries.govt.nz)



«  
Quilt panel by  
Jean van Ginkel,  
"Ten Pound Pom"

## Nelson Public Libraries



### Free musical performances at the library

To celebrate New Zealand Music Month, the Elma Turner Library is hosting a series of free, live music performances, showcasing jazz, Brazilian vibes, barbershop, taonga pūoro, classical and pop music. Come along and hear the following musicians in the Elma Turner Pop-up Library during May.

- **Thursday 4 May, 12.30 pm:** Off your Rockers
- **Saturday 6 May, 12.30 pm:** Flightless Birds, a capella trio
- **Saturday 13 May, 12.30 pm:** Brazilian Social Club
- **Saturday 20 May, 12.30 pm:** Sine Nomine violin
- **Friday 26 May, 12.30 pm:** Alvaro Spanish guitar
- **Saturday 27 May, 12.30 pm:** The Bay Organ Trio Retro Grooves
- **Sunday 28 May, 2.00 pm:** Nelson Guitar Orchestra

And that’s not all. You can look forward to even more music in the library on the last Sunday of June and July.

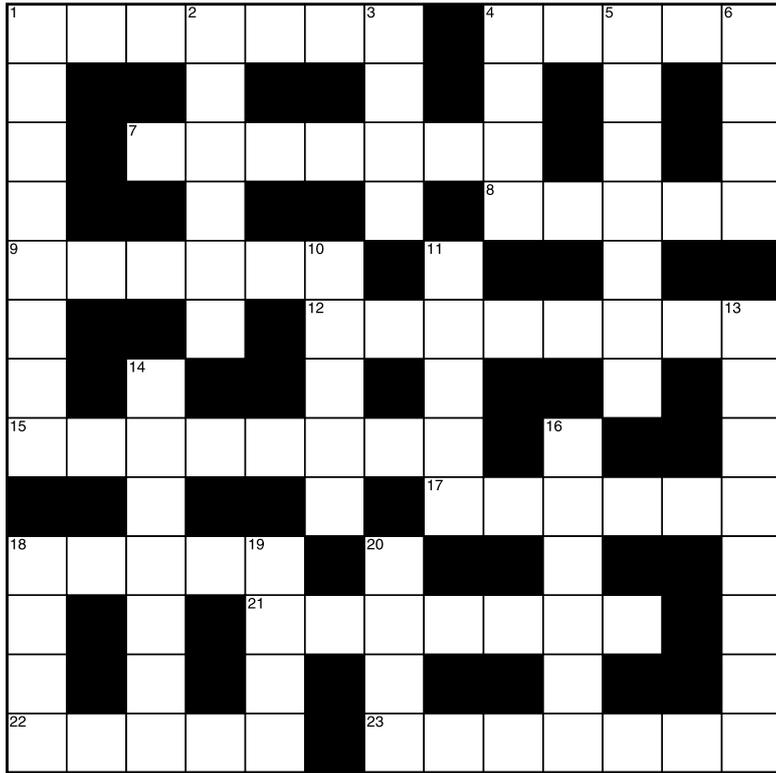
- **Sunday 25 June, 2.00 pm:** David and Charlotte, a father and daughter duo, make beautiful music together, having played classical and jazz music for some years. They’ll be presenting a programme which will appeal to all ages and tastes.
- **Sunday 30 July, 2.00 pm:** Juliet Ayre returns with a new programme for solo violin.

### MORE INFORMATION

03 546 8100 // [www.nelsonpubliclibraries.co.nz](http://www.nelsonpubliclibraries.co.nz)



# Crossword



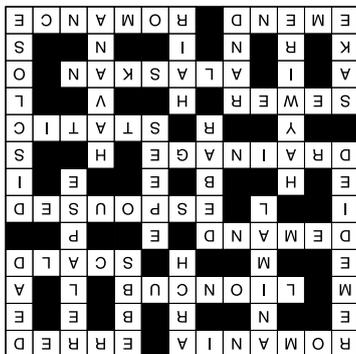
## ACROSS

- 1. Transylvania is there
- 4. Made slip-up
- 7. Baby fierce cat (4,3)
- 8. Steam burn
- 9. Consumer pressure
- 12. Adopted (policy)
- 15. Water removal system
- 17. Radio interference
- 18. Embroidery expert
- 21. Anchorage native
- 22. Alter (text)
- 23. Fling, shipboard ...

## DOWN

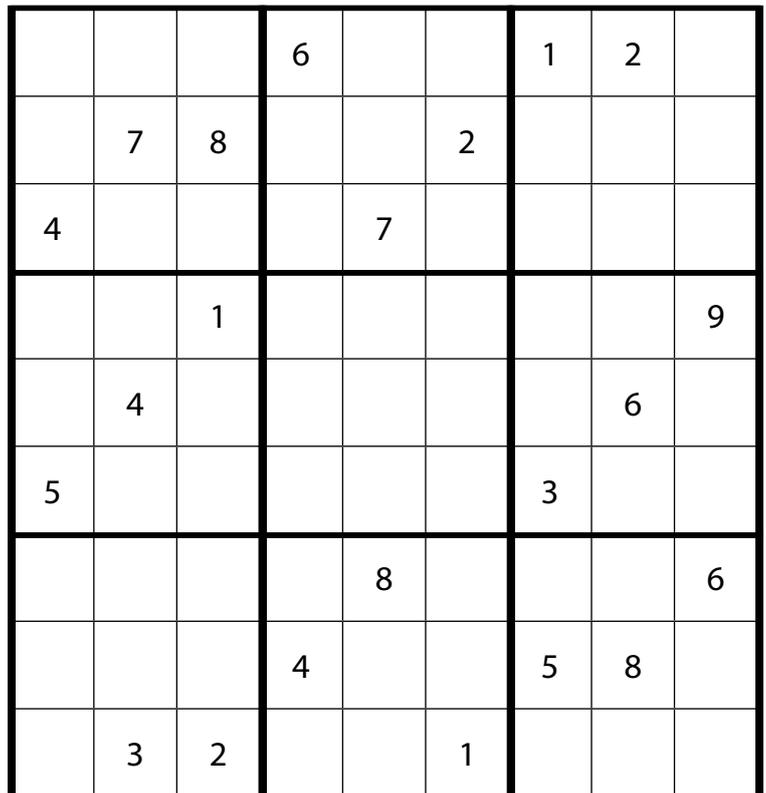
- 1. Rectified
- 2. Dog or horse
- 3. London's Marble ...
- 4. Recedes
- 5. Recurrence of illness
- 6. ... Sea Scrolls
- 10. Exclude
- 11. Fencing swords
- 13. Divulge
- 14. Awry
- 16. Type of cigar
- 18. Benefit (of)
- 19. South African currency
- 20. Scalp growth

# Crossword solution

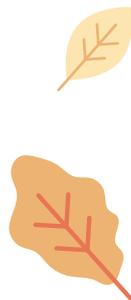
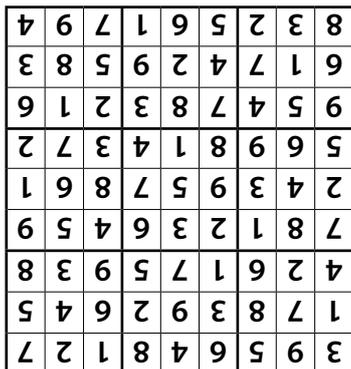


# Sudoku

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



# Sudoku solution



Thanks to Tasman resident 87 year-old Diny van Oeveren for creating our Sudoku puzzles

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## TASMAN AND NELSON DISTRICT

### Acc Strength and Balance Classes For Seniors

Available throughout Nelson. Improve strength and balance in friendly, safe environments. New and returnees all welcome. Phone 021 790 415 (Ange Baker, Nelson Bays Primary Health).

### Age Concern

The "go-to" agency for older people in the region providing support, advice, referral and activities for people aged 65+. Phone 03 544 7624. 62 Oxford Street, Richmond and 18 Bridge Street, Nelson. [www.ageconcernmt.org.nz](http://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. 0800 663 463.

### Asthma Society (Better Breathing Classes)

Better Breathing Circuit at Club Waimea. Tuesdays and Fridays at 10am during the school term. 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 03 544 0814 (Virginia).

### Falls Prevention

Free two-hour sessions for anyone who has fallen or is at risk of falling. Info shared in a relaxed informal group setting. Phone 021 790 415 (Ange Baker, Nelson Bays Primary Health).

### Fitness and Fresh Air

Free supervised exercise sessions for seniors. 30 minutes walk and learn to use the outdoor exercise equipment safely. 12.00 pm Mondays at Saxton and Thursdays at Tahuna. Phone 021 790 415 (Ange).

### Found Directory

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

### Fresh Focus Nelson

Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke. Speakers talk on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome. Email [ffnelson2021@gmail.com](mailto:ffnelson2021@gmail.com) or visit our Facebook – Fresh Focus Nelson 2021 for news and updates.

### Green Prescription

A free service to help people live well, make achievable lifestyle changes around activity and nutrition. Phone 021 348 774 (Nicola Rae, Healthy Lifestyle Facilitator). Email [nicola.rae@nbph.org.nz](mailto:nicola.rae@nbph.org.nz)

### 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. Email [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, Tākaka, Motueka. Phone 0800 008 011 to book.

### 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)

### 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, Tāhunanui 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.

### Top o' the South Steampunkers

New members welcome, dress up encouraged but not enforced. Assistance in making of costumes and props. Op shop visits, promenades at fairs and markets. For more info visit [www.facebook.com/groups/969902580256603](http://www.facebook.com/groups/969902580256603) or phone 021 110 7547 (John).

### Stroke Foundation

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

### More Stable More Able – FREE falls prevention session for over 60s

Two hour session for anyone concerned about their risk of falling. Information is shared in a relaxed informal group setting. Learn strength and balance exercises you can do easily at home. Call 021 790 415 (Ange) or email [angela.baker@nbph.org.nz](mailto:angela.baker@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](mailto:admin@volunteernelson.org.nz) [www.volunteernelson.org.nz](http://www.volunteernelson.org.nz)

### Wellby Talking Cafés

Come for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. Pop in for a quick chat or stay for a longer conversation with friendly people. No need to register, just turn up on the day. [www.wellby.org.nz](http://www.wellby.org.nz)

**Nelson:** Halifax Café, 1.30 pm – 3.00 pm, fourth Wednesday of each month.

**Tāhunanui:** Nightingale Library, 1.30 pm – 3.00 pm, second Thursday of each month

**Stoke:** McCashin's, 10.00 am – 11.30 am, first and third Tuesdays of each month

**Richmond:** Richmond Library, 1.30 pm – 3.00 pm, second Tuesday of each month

**Motueka:** Motueka Library, 10.00 am – 11.30 am, third Wednesday of each month

**Tapawera:** Various venues, 10.00 am – 11.30 am, second Tuesday of each month

## 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

Wednesday, 7.00 pm. Friday, 1.00 pm. Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka. 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](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

Tuesdays 1.00 pm at the Senior Citizens Hall. Supper and games for \$3. Phone 03 525 9491 (Nancy).

### Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

### Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

### Relaxation and Restoration Yoga

Yoga for all in Tākaka 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 Tākaka 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).

### Tākaka Golf Club

Phone 03 525 9054.

### Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

### Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

### Tākaka Table Tennis

Phone 03 525 7127 (Rene).

### U3A (University of the Third Age)

Phone 03 525 9422 (Diane).

### Uruwhenua Women's Institute

First Wednesday of each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

### Wednesday Walkers

Meet at Information Centre carpark, Tākaka – depart 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Phone 03 525 9125 (Jocelyn).

## HOPE

### Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

### Hope Social Indoor Bowls Club

Held at Hope Recreation Hall, Tuesday 1.30pm – 3.30pm. \$3 per session. We are a fun social group catering for everyone. New members welcome. Phone 03 544 3116 (Robin).

### Nelson Veterans Tennis Club

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

## MĀPUA

### Low-Impact Aerobics and Pilates

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

### Māpua Craft Group

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am – 12.00 pm (term time only). Hills Community Church supper room. \$3 per session. Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

### Māpua Bowling Club

Phone 03 540 2627 (Di).

### 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).

### Sioux Line Dance

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

### 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

### Better Breathers Class

Mondays 11.30am during the school term. Brass Band Hall, 40 Wharf Street, Motueka. 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)



## 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.

## Marching

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

## Motueka District Museum

**April – November:** Open Tuesday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.  
**December to March:** Open Monday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.  
Phone 03 528 7660. Email [savepast@snap.net.nz](mailto:savepast@snap.net.nz)  
[www.motuekadistrictmuseum.org.nz](http://www.motuekadistrictmuseum.org.nz)

## Motueka Over Fifties Social Hub Inc

10 Pah St, Motueka. \$3 casual, \$2 members, refreshments provided. Contact 027 324 4226 (Jude – Secretary) or 021 251 4359 (Chris – Activities).

**Indoor Bowls:** Mondays & Wednesdays  
1.15 pm – 3.30 pm.

**Rummikub:** Thursdays 1.00 pm – 4.00 pm.

**Knit & Natter:** Wednesdays 10.00 am – 12.00 pm (summer hours)

**Housie:** Second and last Saturdays of the month, doors open 12.30 pm – 3.30 pm

**Senior Art Group:** TBA

**Community activities:** Yoga and Tai Chi

## 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 in summer and 10.00 am in winter.  
Phone 03 528 9139 (Eileen).

## Scottish Country Dancing

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

## Sioux Line Dancing

Learners class, 10.30 am – 12.00 pm Thursdays, Motueka Rec Centre. Phone 03 528 6788 (Sue Wilson). Email [sioux.wilson@yahoo.com.au](mailto:sioux.wilson@yahoo.com.au)

## 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 (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 (Tiegan).

## Yoga

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

## MURCHISON

### Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

### Murchison Sport, Recreation and Cultural Centre

Email [murchison.centre@gmail.com](mailto:murchison.centre@gmail.com)  
Phone 03 523 9360. [www.murchisoncentre.co.nz](http://www.murchisoncentre.co.nz)

**Badminton:** Tuesdays, 6.00 pm – 7.00 pm, Sports Hall. \$2 per person. All welcome.  
No experience necessary, all equipment provided.  
Any queries, contact the Rec Centre team on 03 523 9360 or [murchison.centre@gmail.com](mailto:murchison.centre@gmail.com).

**Older & Bolder (50+ years):** Tuesdays, 1.30 pm onwards, Function Room. Older & Bolder is a FREE group get together. Drinks and snacks provided.  
For queries, contact the Rec Centre team on 03 523 9360.

**Pilates classes:** Thursdays, 6.00 pm – 7.00 pm, Function Room. Suitable for all skill levels. These mat-work classes are run on a per term basis.  
For queries or to enrol, contact Sue Wilson on 029 281 3735.

## NELSON

### Acupuncture and Massage

Move beyond exhaustion and overload into a life that truly supports you, with Chinese medicine.  
Call 027 683 6800 (Kelly). [www.balance.nz](http://www.balance.nz)  
Email [kellywellsacupuncture@gmail.com](mailto:kellywellsacupuncture@gmail.com)

### Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

### Belly Dancing with Gretchen

Phone 03 548 8707. Email [kitesfun@gmail.com](mailto:kitesfun@gmail.com)

### Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke. Phone 03 547 5378 (Helen Clements). [www.classiccontours.co.nz](http://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](mailto:info@cancernelson.org.nz)  
[www.cancernelson.org.nz](http://www.cancernelson.org.nz)  
[www.facebook.com/Cancer-Society-Nelson](http://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). Free phone 0800 731 317.

### Ear Cleaning

Registered nurse providing a gentle micro-suction service. ACC and war veterans registered.  
No surcharge. Based at home in Atawhai. Contact 027 442 7040 (Debby). [sandow.debby@gmail.com](mailto:sandow.debby@gmail.com)

### 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).

### Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.  
Tuesdays, 10.30 am – 11.45 am. Thursdays, 5.30 pm – 6.45 pm. Phone 03 547 5331 or 027 297 6147 (Connie). Email [connie@jnc.co.nz](mailto:connie@jnc.co.nz)

### Government Superannuitants Association

Phone 03 538 0233 (Margaret).  
Email [nelson@gsa.org.nz](mailto:nelson@gsa.org.nz)

### Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris).  
Email [nelson@grg.org.nz](mailto:nelson@grg.org.nz) or visit [www.grg.org.nz](http://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 [randjittman@gmail.com](mailto:randjittman@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 City Probus Club

Nelson City Probus Club welcomes men and women as new members. We meet on the second Thursday of each month (February through to November) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui. Our programme varies monthly. Email [nznelsoncitygroup@gmail.com](mailto:nznelsoncitygroup@gmail.com).

### Nelson Electronic Organ and Keyboard Club

Meetings first Saturday of each month (except January) at 1.30 pm, Stoke Baptist Church Hall, Main Road, Stoke. Listeners and players are welcome. Visitors \$2, afternoon tea provided.  
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](mailto:nelsongreypower@xtra.co.nz)

### Nelson Hinemoa Croquet Club

Saltwater Lane (off Halifax Street, beside squash and tennis courts). Give croquet a go: friendly supportive club, for competition or just fun. Coaching and equipment available. Individuals or groups catered for. Contact Alan on 03 546 6227, 027 438 7552, [alanwinwood@xtra.co.nz](mailto:alanwinwood@xtra.co.nz) or Nettie on 03 548 8432, 027 682 8168, [nettiebarrow@gmail.com](mailto:nettiebarrow@gmail.com)

### Nelson Male Voice Choir

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

### Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting speakers, problem plants discussed. Meeting each month at the Le Cren Room, Broadgreen Historic House. All welcome. Phone 027 818 1458 (Gaile).

### 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 3554 (Ross).  
Email [nelsonphilatelicsociety@gmail.com](mailto:nelsonphilatelicsociety@gmail.com)  
[www.facebook.com/groups/1261890130822624](http://www.facebook.com/groups/1261890130822624)

### Nelson Provincial Museum

For details, visit [www.nelsonmuseum.co.nz](http://www.nelsonmuseum.co.nz)

### Nelson Scottish Country Dancing Club

If you're interested in fun, fitness and friendship join us on Thursday nights (Mar – Nov) 7.30 pm at the Haven Hall, 34 Collingwood Street, Nelson. You don't need a partner, no charge for your first visit. Phone 021 173 9642 (Kelly).

### 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 Social Dance Club

Meets the second Saturday of the month, live music, 7.30 pm to 11.00 pm, venue advertised on [www.itson.co.nz](http://www.itson.co.nz) and in community papers. Ballroom, Latin and New Vogue. Members \$10, non-members \$15. Phone 021 160 1358 (Chris).

### Nelson Table Tennis Club

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

### Nelson-Whakatū Menzshed

We are a group of mostly retired men who enjoy getting together, making stuff, contributing to the community and generally having a good time. Meetings Tuesday and Thursday from 9.00 am, 236 Haven Road, Nelson. Phone 027 608 0377 (Robert). Email [robertshade@hotmail.com](mailto:robertshade@hotmail.com)  
[www.menzshed-nelson.org.nz](http://www.menzshed-nelson.org.nz)

### Nelson 50+ Walking Group

Come along for a walk with a friendly group, every Tuesday at 9.45 am. Location varies per week, we visit all sorts of interesting places. Bring lunch to eat on the walk. Phone 027 496 5724 (Haydn)

### New Zealand Society of Genealogists, Nelson Branch

Meetings held monthly at either St Barnabas Church or Elma Turner Library.  
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](mailto:nelson@genealogy.org.nz)

### Philosophy Group

Meets second and fourth Monday of each month, Melrose House Café, 10am. We are a lively group of thinkers exploring topics suggested by participants. We always have fun. Newcomers and drop-ins are welcome, come along to contribute or just listen and learn. Text Zoe for more information 027 974 1758.





## Pop-Up Psychodrama Monthly Group

Psychodrama is a lively spontaneous method of exploring personal, political and community issues. Find spontaneity and find new ways to respond to old situations in your life. Led by experienced psychodrama practitioner, no acting experience required! Third Wednesday of the month, 7.00 pm – 9.30 pm at Victory Community Centre, 2 Totara St, Nelson. Phone 027 276 5992 (Ali). Email awatersong@gmail.com. aliwatersong.co.nz

## 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

## Repair Café at nook.

Need to repair clothes, curtains, blankets or fabric toys? Come and grab a coffee or a snack from nook. Café and let us help! Every Tuesday morning 9.00 am – 11.00 am at The Habitat Hub, 166 Tāhunanui Drive, Tāhunanui. Phone 027 240 6302 (Atje). Email nelson@habitat.org.nz www.facebook.com/repaircafetahunanui

## ReStore Nelson

Volunteer with us. A variety of roles, flexible hours. Donating your time helps us support housing for families in our community. Your donation of quality used goods helps too. We may be able to arrange collection. The Habitat Hub, 166 Tāhunanui Drive. Phone 03 547 4626. Email nelson@habitat.org.nz habitat.org.nz/restore/nelson

## Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided. Phone 027 208 0468 (Jo Ann). Email nzsilveryogis@gmail.com www.silveryogis.co.nz

## Stoke Tāhunanui 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, Nelson. Suggested koha of \$10, includes morning tea, either a speaker or activities, and a light lunch. For further information call 03 548 2601 (Gillian or Lisette).

## 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, floor talks. Visit www.thesuter.org.nz for details. Phone 03 548 4699. 208 Bridge Street.

## Tāhunanui Bowling Club

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

## Tāhunanui 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.

## Ukulele with Gretchen

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

## U3A Nelson

Next meeting and AGM is at Elim Christian Centre in Stoke at 10.00 am on Wednesday 3 May. Speaker is famed choir conductor Jason Balla. Everyone is welcome. More info: u3anelson.org.nz

## Victory Community Centre

Offers a variety of classes during term time. Phone 03 546 8389. Email ara@victorycommunity.org.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.

# RICHMOND

## Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

## Bfit4ever

Mobile in home service. Falls prevention fitness. Stroke rehabilitation fitness. Parkinson's fitness. Knee rehabilitation fitness. Phone 021 078 8609 (Nicola).

## Body Power Pilates and Yoga Centre

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

## 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 60

Senior adventures (under 60s welcome too) active fun, social recreation with weekly planned outings and activities. Meets every Wednesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions \$5. Phone 03 544 3955. Email stadium@sporttasman.org.nz

## 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).

## Gentle Yoga with Connie

Headingley Centre, Richmond. Wednesdays 10.45 am – 12.00 pm. Phone 03 547 5331 or 027 297 6147 (Connie). Email connie@jnc.co.nz

## 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).

## InnerWheel

Friendship group for women with community involvement. "Friendship with a purpose". Phone 027 316 4661 (Sharon). www.innerwheel.org.nz Email benboy.martin@gmail.com

## Keep Active

ACC approved strength and balance class. Falls prevention and rehabilitation fitness, social connections and fun. Thursdays 9.15 am, Holy Trinity Hall, 27 Dorset Street, Richmond. Phone 021 0788609 (Nicola), email nicola@bfit4ever.nz

## Keep Richmond Beautiful

Working bees every Wednesday morning planting native trees, building walking tracks, coastal clean ups and some weed control. Phone 021 243 6628 or 03 544 7085 (Greg). Email gregandalisonpickford@gmail.com www.facebook.com/KeepRichmondBeautiful.KRB

## 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

Waimea MenzShed has been catering for the interests, health and well-being of men since 2010. We have a large smoko room, well equipped wood and metal workshops and small garden plots. Open Mon – Fri, Richmond Park, 384 Lower Queen Street. Contact 027 282 0185 (Alan) or email mens.shed.waimea@gmail.com

## Nordic Walking

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

## Osteoactive Exercise Class For People With Osteoarthritis

ACC approved strength and balance class, plus exercise and tips for osteoarthritis self-management. Mondays 9.30 am, Holy Trinity Hall, 27 Dorset, Richmond. Entry by koha. Phone 021 078 8609 (Nicola). Email nicola@bfit4ever.nz

## Pottery

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

## Prost-Fit

Exercise class for men living with prostate cancer. All levels of ability and great camaraderie. Phone 021 547 811 (Leigh). Email leighsdream@gmail.com

## 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).

## 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 3315 (Sandra).

## Richmond Croquet Club

Join us at 348 Lower Queen Street, Richmond. Have fun, learn a new skill. We play both Association and Golf Croquet. All welcome. Phone 021 958 447 (Rhonda).

## Richmond Physiotherapy

**Knee classes:** Wednesdays, 10.00 am – 11.00 am, \$10.  
**Pilates:** Tuesdays 12.00 – 1.00 pm, Thursdays 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 Tennis Club

Social tennis Tuesdays 9.30 am and Saturdays 1.30 pm. All abilities welcome. Beside the Badminton Hall, Gladstone Road. www.richmondtennisclub.co.nz

## Richmond Waimea Community Whānau Group

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

## 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

## Social Cards 500

Waimea Lounge A&P Showgrounds. Tuesdays and Thursdays, 1.30 pm – 4.00 pm. \$2 covers afternoon tea, prizes and unlimited parking. Phone 03 544 5563 (Kath).

## Tasman Aquarium Club

Meetings held second Monday of the month at 7.00 pm. 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.

## Waimea Combined Friendship Club

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

## Waimea Music Club

Meets fortnightly on Sundays from 1.15 pm – 4.00 pm at Stoke Methodist Hall, Neale Ave Stoke. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat) or 03 544 9446 (Jim).

## Yoga Classes for stiff and sore spots

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





## STOKE

### Acting Up Drama Group

Meets each Monday 10.30 am – 12.00 pm at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. No previous experience necessary! Phone 03 538 0400 (Anne) or 03 546 6570 (Glenys).

### Benchrest Shooting Club

Meets every Tuesday at Saxton Field Range, 1.00 pm – 3.00 pm. Phone 03 544 7138 (Graeme).

### Chair Yoga at Saxton

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

### Central Garden Club

Meets every second Wednesday of each month, 1.30pm, Methodist Church Hall, Neale Ave, Stoke. Guest speakers and afternoon tea. New members very welcome. Contact 03 541 8646 (Rob or Lynn).

### Clogging/Tap Dancing

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

### Dru Yoga Classes

Suitable for all ages and abilities. Mondays, Tuesdays and Fridays 10.00 am – 11.30 am, Saxton Netball Pavilion, Stoke. Tuesday class is floor-based restorative flow. Phone 027 655 1223 (Fiona).

### Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8.  
Strength 'n Stretch: Mondays 10.00 am, \$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

### Line Dancing

Gentle cardio dance routines set to great music. All ages/genders, bring cup and pen, wear soft-soled shoes. Free morning tea. Tuesdays: 9.15 am beginners (all welcome), 10.45am experienced. Warnes Hall, Songer Street, Stoke. Session times can change. Phone 027 449 1569 (Diane) or 022 068 5695 (Athol). Email dianeneil6@gmail.com

### Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly, welcoming club. Roll-ups Thursdays at 6.00 pm and Saturdays 1.30 pm. Phone 021 167 3380 (Rachel).

### 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.

### Stoke Bowling Club

Phone 03 547 7440. Email stokebowls@outlook.com

### Stoke Central Combined Probud Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10.00 am, at The Stoke Methodist Church Hall, 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

### 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 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:** First 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 at 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. Phone 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 Tāhunanui 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 021 148 2580 (Ian).

### 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).

### Variety Entertainment Club of Nelson

A social club for all entertainers. Variety concert held from 1.30 pm – 4.30 pm on the second Saturday of every month between March and October, at Whakatu Presbyterian Church Hall, 271 Songer Street, Stoke. Phone 03 547 4301 (Ken Holmes) or 03 547 3231 (Robyn Walsh).

### Walk Don't Run... Join Walking Netball!

Every Tuesday from 10.45 am – 11.45 am at Saxton Stadium you will see an enthusiastic group of men and women of all ages, taking part in this modified version of indoor netball. Tweaks have been made that reduce impact on the body, which means short rounds and no running or jumping is allowed. Meet new friends, have some laughs, then head to a local café for a post-game debrief and coffee. Phone 027 245 4416 (Kalyssa). Email development@nelsonnetball.co.nz

## TAPAWERA

### MenzShed

Phone 03 522 4616 (John). Email menzshedtapawera@gmail.com

### Over 50s Fun & Fitness

Gentle exercises for strength and balance followed by a cuppa. \$5 koha. Every Friday, 10.30 am – 11.30 am, St Peter's Anglican Church building, Main Road, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

### Sioux Line Dancing

Learners class, 7.00 pm – 8.30 pm Tuesdays, Tapawera Druids Hall. Phone 03 528 6788 (Sue Wilson) or 03 522 4352 (Kirsty Griffith). Email sioux.wilson@yahoo.com.au

### Tea and Talk

Monthly sessions on the last Tuesday of each month (except December) from 10.00 am – 11.30 am, Memorial Hall, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

### Visual Art Society

Phone 03 522 4924 (Shirley, President) or 03 522 4984 (Dallas, Secretary).

### Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

## WAKEFIELD

### 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).

### Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings). Phone 027 609 9202 (Sandra) or 027 374 0500 (Sonja) or 027 677 0080 (Christine).

### Wakefield Art Group

All levels of interest welcome. Bring your own paint, pencils or pastels. Thursdays 9.00 am – 12.00 pm, Wakefield Village Hall supper room. \$4 session, morning tea provided. Phone 03 541 8822 (Alison).

### 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



## Think ahead for peace of mind

No matter what your age, the best time to plan is now. Pre-planning and pre-payment leaves nothing to chance and gives you and your family one less thing to worry about. We are here to help answer your questions.

PH 544 4400 | wrf.s.co.nz  
24 Champion Road, Richmond

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Waimea Richmond  
FUNERAL SERVICES

# A Dementia Centre

*With space!*



Coastal View's new dementia centre, Te Ara House, is open.

The 20 suite, state-of-the-art, stand-alone facility offers unobstructed views over the surrounding hills.

The spacious suites are available in 30m<sup>2</sup> and 40m<sup>2</sup> sizes all with private outdoor decking areas up to 13m<sup>2</sup>.

Expansive communal gardens, seating and pathways allow residents to enjoy the outdoors.



A Subsidiary of **Qestral**  
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Call Breffni on 027 410 9668 for more information.  
[coastalview.co.nz](http://coastalview.co.nz) | 50 Clarence Drive, Bishopdale