# mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

# What's inside:

Imagining a future where diversity is our greatest strength

Switched on! Te Ramaroa lights up Nelson city

Advanced Care Planning – a positive way of thinking about the unthinkable

Bike Hub is making bike ownership more possible for everyone

PLUS

Your last chance to read our columnists' opinions on the environment, food, books, gardening and much more

A final opportunity to check our directory of clubs and activities for older people in Nelson Tasman

NO. 138 JUNE 2023

.....

# A farewell letter FROM THE EDITOR

Back when I was a mere stripling of 51, I moved from Auckland to Nelson. When I picked up a copy of the magazine in search of clubs and activities that might interest me, I never guessed that I might one day be its editor.

Nineteen years later, and after seven years as editor of Mudcakes & Roses, I have officially become an old age pensioner. The face in the mirror has wrinkled, my body (without any consultation whatsoever) has resigned itself to the force of gravity. Although I have so far escaped heart attack, stroke and arthritis, my ears, eyes and bladder aren't as efficient as they once were. And as the late Leonard Cohen complained in one of his bleaker songs, "I ache in the places where I used to play".

In short, I've been ageing. It's a process which has always been easier to discern – and accept – in the people around me. However, now that I'm 70, when I see an older person using a stick or a Zimmer frame, I find myself acknowledging that perhaps sooner, and most definitely later, I will join their ranks.

I like to think that this makes me kinder, less impatient and more reluctant to judge others. Certainly, if I'm stuck in a queue at the supermarket behind an older person dithering over the EFTPOS machine, I'm much more patient now. Why? Because, dear reader, sometimes I am that person.

On the plus side, I have much to be grateful for. I have become a grandmother. I have an affordable roof over my head. Every fortnight a superannuation payment miraculously arrives in my bank account. I have a personal trainer: a Jack Russell terrier who keeps me physically and mentally fit by insisting that we take long companionable walks together whenever anxiety or depression loom.

And finally, I'm grateful that working for Mudcakes has connected me with clever, interesting and engaging older people I would not otherwise have met, including the magazine's columnists, none of whom is paid.

Goodbye and best wishes.

Ko Cambridge

# In this issue

# 3

Even though we're turning off the lights at *Mudcakes* this winter, Nelson city will be all aglow during Te Ramaroa.

Bike Hub - a bunch of local volunteers who refurbish secondhand bikes, and then almost give them away.

# 6

Advanced Care Planning gives us a positive way to think about the unthinkable mortality, incapacity and serious illness.

**Rob Mitchell** suggests that it's possible to make New Zealand's diversity a source of strength, not divisiveness.

Share the warmth by donating your Winter Energy Payment if you don't need it yourself.



Proudly

published by:

# On the cover

Luma and Elec at Te Ramaroa 2022 © Daniel Allen and Klaasz Breukel

# **Contact the editor**

Email: mudcakes@hothouse.co.nz Post: Mudcakes & Roses, PO Box 688, Nelson



Te Kaunihera o Whakatū

## Te Kaunihera o **te tai o Aorere** tasman





# Two light-filled events to chase away the winter blues

Nelson's favourite winter festival returns this June, and New Zealand's (and Nelson's) newest theatre company takes the limelight with a completely original take on Shakespeare's Macbeth.

# **Te Ramaroa 2023 light festival** 30 June – 4 July

The year's festival will once again transform Nelson into a winter wonderland of colour and light, with more than 30 magical light creations on every scale, from tiny discoveries through to massive projections and installations.

There will be installations around Nelson CBD, Cathedral Hill, and various laneways, as well as NMIT, and three large works in Queens Gardens. This means there will be plenty of room for everyone to see all the lights, especially if you come on multiple nights. Don't miss the community stage on Upper Trafalgar Street, or the food stalls in Kirby Lane.

Te Ramaroa takes pride in its commitment to community engagement, so you're likely to see installations by students from Victory and Nelson Intermediate schools, alongside work by some of the country's top lighting designers.

This is a great free event, with something to appeal to everyone. The kids will especially enjoy meeting the festival mascots, Luma and Elec who are pictured on the magazine's cover.

Check www.teramaroa.nz closer to the event for the map and more information.





# Mr & Mrs Macbeth of Dodson Valley Road 1–15 June at the Theatre Royal, Nelson

Expect collisions, conflict, calamity and comedy in this play which is set in a theatre dressing room, with two actors preparing for opening night. One of them is ready, the other is, well, Tom. What could possibly go wrong?

The play brings Mark Hadlow (MAMIL, Peter Jackson's *King Kong* and *The Hobbit*) and Lara Macgregor (Netflix's *Clickbait* and *One of Us Is Lying*) together again, with an electricity that sizzles. "Sacrilege or sensational, either way it's bloody funny," says Mark Hadlow, of the play's rollercoaster of comedy, drama, poignancy and conflict.

Written and directed by Gregory Cooper, the play is fast paced with plenty of physical humour and razor-sharp verbal sparring and sword play. The play's also full of revelations and discoveries, accusations, and a crisis just before interval that suggests imminent disaster. The second half features every actor's nightmare: being in the wrong play at the wrong time – especially if Taika Waititi is in the audience, casting for his Amazon-funded film version of the Shakespearean tragedy.

*Mr & Mrs Macbeth* is the first of six plays by Nelson's newly formed The Professional Theatre Company – a thrilling addition to Nelson's arts and theatre scene. While most of these plays will be staged at Theatre Royal, there are a couple that will be produced in distinctly non-theatre venues.

In September, there's the premiere of *The Complete History of Nelson (Abridged)* performed, of all places, at Nelson Airport terminal. And then, in August 2024, Shakespeare's *Othello* will get a makeover in a massive industrial building.

Book tickets at www.theatreroyalnelson.co.nz

# Column

# Food for thought

# Good company and good food

Like all the other contributors to *Mudcakes & Roses*, I'm sad that this is the final issue. I've really enjoyed writing this column as food is one of my enduring obsessions. But before anyone takes me to task over such a seemingly trivial passion, may I remind you what the late great Julia Child had to say on the subject: "people who love food are always the best people".

Seriously, though, food is a great way to bring people together. The terrifically complicated (and often over-ambitious) dinner parties of the 1990s are well behind us, thank goodness. These days it's more than acceptable to get together over a casual lunch or companionable bowl of soup – especially if it's homemade. So given we're now on the cusp of winter, how can we best tantalise our taste buds? Comfort food features strongly on my menu at this time of year – food that's warming and full of flavour. And occasionally a bit of delicious stodge. I'm thinking sausages and mash, steamed puddings, hearty fish pies ... not all dished up at once, you understand, but you get my drift, I'm sure.

If you're inspired to create a fish pie to share with friends, here are a few tips. My economical version uses smoked fish pieces and the yum factor involves a seriously cheesy sauce in which to place said fish. A couple of teaspoons of mustard, preferably wholegrain, stirred into the sauce will add further zing.

What you add after that is up to you and what you might have in your fridge. For example, the tail ends of some spring onions, a handful of frozen peas from the freezer, maybe that last bit of capsicum that you bought when they were still affordable, even a couple of chopped hard-boiled eggs and so on. But whatever you do, don't stint on the mash. Ideally you'll use Agria potatoes which mash beautifully, unlike white potatoes that tend to be a bit watery.

And if you like a golden crusty top, scatter a handful or two of grated tasty cheese over the mash. You really do need to use tasty cheese for this as Edam or Colby will just spread into a yellow puddle. Put the pie into a preheated 180°C oven for at least 45 minutes until the afore-mentioned golden crust is achieved. Eat on its own (that way you can justify a second helping) or with some steamed green vegetables on the side.

And that's me, folks. Over and out.

## **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.

# Bike rehoming scheme has a multitude of benefits

By Matt Lawrey (co-ordinator Bike Hub Nelson)

Do you have a bike that's not being used and gathering dust in your garage, basement or lock-up? If so, Bike Hub Nelson would love to take it off your hands, give it some love, and get it to someone who would truly benefit from it.

Bike Hub Nelson is a volunteerpowered scheme based at Saxton Field that removes the financial obstacles to bike ownership in our region. We fix up, service and clean bikes donated by members of the public and the New Zealand Police, then we make them available to members of the community on a koha basis.

Since launching in May last year we've re-homed over 700 bikes to people of all ages.

Recipients include Nelsonians referred to us by a wide range of agencies, including the Salvation Army, Work and Income, Red Cross, St Vincent de Paul, the Nelson Tasman Housing Trust, Whakatū Te Korowai Manaakitanga Trust, Tahunanui Community Hub – Te Tari Hapori ki Tahunanui, Helping Families Nelson, Mana Whānau Charitable Trust and NMIT. Many of the people who receive bikes from us are members of our former refugee community.

epa

We currently have over 35 active volunteers, many of them retirees who enjoy working on bikes and contributing to what is a really positive cause. People often tell us that they love volunteering at the workshop and that they look forward to their shifts all week.

The list of benefits that comes from Bike Hub Nelson's work is a long one that includes fighting poverty, increasing people's opportunities to participate in society, reducing congestion, reducing emissions, fighting obesity and giving people something fun to do.

We enjoy strong support from local bike stores, which tell us we are helping to grow the cycling market, and we've even had a youth worker tell us that she thinks we're going to help to reduce the number of bike thefts in the region.

Supported by Nelson City Council, Bike Hub Nelson's work also makes it possible for more children to experience the joy of owning their first bike. Parents often come to us saying they'd love to get bikes for their kids but they can't afford it. They're over the moon when we tell them that not only can we get them bikes, but we can probably supply them with helmets as well.

Nelso Feature

unity L

There's no question that Bike Hub Nelson is a wonderful addition to our community, but it pays to remember that the work we do would not be possible without people being generous enough to donate their unused bikes in the first place. So, once again, if anyone reading this has a bike they don't need, please consider donating it to the Bike Hub.

Bikes can be dropped off at our Saxton Field base or can be picked up if necessary – just give me a call or text me on 027 406 3434 or email mattlawrey7010@gmail.com. For more information and some great stories about the people we've helped, please visit our Facebook page.

Pictured above: Co-ordinator Matt Lawrey with some happy recipients of Bike Hub Nelson's bikes.

# Feature

# Advanced Care Planning

Alene Sherson spent three decades as a speech language therapist assisting people to clearly communicate their needs and wants. Now at 59, she is helping friends and whānau with their Advanced Care Planning (ACP).

Advanced Care Planning – the process of planning for future health care and end of life care – involves many of the skills she used in her previous work.

Alene explains that writing down what's important to you, what concerns you, and what your care preferences are makes it much easier for everyone to know what matters to you – especially if you can no longer speak for yourself.

"It is about people having a voice when they're really vulnerable, or when there are communication barriers," Alene says, adding that "it's best to do an ACP before any communication issues or vulnerabilities arise. The earlier you think about your preferences, the better placed you are to consider the little things that might not occur to you in a heightened situation."

An ACP can be as detailed as you like. For example, Alene says if she'd known that family members can assist loved ones she'd have made sure that her mother had an ACP which mentioned that she did not like her feet being tucked up tightly in bed. This seemingly minor preference became highly relevant when her mother developed dementia.

"You might say 'silly little details', but when you can't do something yourself, and you can't communicate it – that's the kind of thing that's really important for other people to know," Alene explains.

Another member of Alene's family requested in her ACP that in her last days, if she was low on energy, she did not want people having conversations at her bedside as if she wasn't there. She made it clear that "I don't want people talking politics over me. I want people to be present to each other and present to me."

As Arlene explains, "in a family, if everyone knows their roles, everyone can feel 'okay, this is what dad wants' or 'that's what mum is saying'. That reduces some of the stress for sure".



Children are often the main motivation for completing an ACP. "A number of people my age have gone through a similar experience as I did with my mother. I certainly want my children to have a much more straightforward, sign-posted journey."

Even knowing the benefit to family, many people are reluctant to begin thinking about or drawing up an ACP. "People feel that an ACP almost invites disaster. Or they think it's so far in the future that it's not relevant at the moment. But I've just entered my 60th decade and I can think of having lost people in every decade of my life."

It can be challenging to confront the prospect of your own ill-health or mortality. However, guidance and support is available, either from your GP or you can attend an ACP information session.

For more information email acp@nbph.org.nz (Nelson Tasman) or acp@marlboroughpho.org.nz (Marlborough). If you are ready to go it alone you can complete your ACP online at www.myacp.org.nz



You might say 'silly little details', but when you can't do something yourself, and you can't communicate it – that's the kind of thing that's really important for other people to know.

**,** 

# Gardening tips and tricks

# Going out with a bang!

Welcome to my final column for this lovely publication. When I was told this would be the last issue, my heart truly did a "blip" and I got tearful. Until I realised that my first column was published in 2011, I had no idea I've been writing for *Mudcakes & Roses* for so long!

I wanted my last column to go out with a "bang" and the events of Easter Monday have ensured that it will!

The day started as normal. The weather forecast was iffy but I managed to spread some compost. By late morning the sky was starting to look ominous towards the west – thunderstorms were predicted so I waited in earnest. After lunch, thunder started to roll and the first spots of rain started. I adore thunderstorms so I went out onto the verandah to enjoy it. The wind was "ruffly", then the rain quickly grew heavy. I remember saying "I hope we don't get any hail" and that there was a very strange feeling in the air.

Suddenly there was a huge bolt of orange lightning right above the house followed immediately by a massive crash of thunder. That's when everything went crazy. The wind was incredible. I dashed inside – I just knew something horrific was happening. John and I stood in our living room watching what looked like a movie scene. The cowling on the top of our chimney began to rattle and I said "John, this is a tornado". In the maelstrom, I saw at least two macrocarpas between the top garden and our paddock fall down.

The wind dropped within minutes so we ventured outside to see the devastation. There were trees down everywhere. We couldn't get to our garages and our driveway was completely blocked.

Column

I have a very real connection to nature so when I saw some of the established trees in our paddock with their hearts literally wrenched out of them I cried – especially for "Lambert", our beautiful Liquidambar. Fortunately our house was saved, although our farm shed and garage were damaged, and we have a huge clean-up to do. What a year so far!

Thank you readers, for all for the emails and feedback you've sent me over the years. It has meant a lot. I'm still writing for Nelson Grey Power, and my column for Bay Landscapes and Garden is in the *Waimea Weekly*, the second week of every month. Feel free to email me at any time: foeslamb@xtra.co.nz

# 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.





# Making the most of New Zealand's diversity

In his final piece for *Mudcakes & Roses*, Rob Mitchell imagines a future in which New Zealand's diverse population is seen as a strength, not a source of division, and how this might be achieved.

According to the Ministry for Ethnic Communities, New Zealand is now home to 200 ethnicities, speaking over 170 languages, and 25% of New Zealanders were born overseas. The Ministry argues that in a globally connected world, this diversity is a strength and has great benefits.

However, in common with other democracies, New Zealand is experiencing a rise in social division. Many causes have been suggested including the stresses of Covid-19, destructive weather events and global warming, intergenerational competitiveness, and debates on the applicability of the Treaty of Waitangi to life in the 21st century. Though it is softened by MMP, we nonetheless have a binary and combative parliamentary system and public debate that is stimulated by headline-focused media and social media algorithms.

US research indicates that trust declines when governments and institutions fail to meet expectations and heighten social inequality. Many of us find it difficult to change our fundamental world view and so as individuals we are part of the trend to social polarisation.

In their book Poles Apart, Alison Goldsworthy, Laura Osborn and Alexandra Chesterfield identify three key causes of social discord. The first is social and economic inequality. The second is strong identification with social, political or religious groups. The more closely individuals identify with a strong political or social group, the more inflexible they become in contributing to wider community stability. Data from the International Monetary Fund shows that in 2020, the resultant global social uncertainty was at its highest level since recording began in the 1960s.

The third cause identified by these authors is the perception by established social groups or society in general that they are under threat from new or emerging social groups. New Zealand examples of this include the perception that migrants take jobs away from "locals" or fears about co-governance.

US political philosopher John Rawls suggests that diverse societies such as ours must find constructive ways to disagree, including finding a way of debating that contributes to community, rather than dividing and weakening it. We need to look at how we can share aspirations and find solutions which supersede individual prejudices. We need to activate a shared sense of humanity and set aside sectional differences to achieve a goal that benefits all.

Perhaps most importantly, individuals must be capable of modifying long-held beliefs or loyalties in order to manage differences, manage change, and find agreement on social and political challenges. Individuals also need to be able to apply flexible and critical thinking to resolve difficult or divisive issues.

Social prejudice is more likely to be overcome when groups are asked to work cooperatively on issues of shared concern.

# Column

If we exhibit flexibility, it can encourage flexibility in others. Working cooperatively to reduce racial prejudice encourages empathy and engagement in developing practical outcomes.

Some of us recoil from the challenge of finding solutions to seemingly intractable problems, and yet wrestling with complex problems can in itself be beneficial. It can bring fresh perspectives into focus and that often brings solutions. Open-mindedness can be the pathway to resolving differences.

We should see New Zealand's diversity as an opportunity for shaping an even stronger society. To advance as a community we must shed our rigid, binary views of government and opposition, Māori and non-Māori, town and country, Christian and non-Christian, existing residents and newcomers. We need to work together, harnessing the strengths of our diversity to successfully address the pressing economic, social and environmental and issues we are currently facing.

## **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.



# Hot coffee and fresh scones

It's not something you might expect, but in keeping with its life-affirming philosophy, Nelson Tasman Hospice has a café with delicious food and beverages that's open to the public.



The Mānuka Café at Hospice in Suffolk Road, Stoke offers a range of sweet and savoury cabinet food, all made on the premises by Katrina Baker, the catering coordinator, and a small team of others. The café is named after Mānuka Street, where Hospice used to be situated.

Offering indoor and outdoor seating, the café first opened in November 2020, but with the advent of Covid-19, after six months it had to temporarily close its doors. However, even in that short time, the café had quickly gained a reputation for its amazing scones and when it finally reopened to the public late last year, people were thrilled to be able to come back.

Katrina and her team cook for the café, but also prepare nutritious meals for Hospice patients who are spending time in the inpatient unit. They also do the catering for Hospice training sessions and board meetings.

At the café you'll be served with a smile by one of Hospice's wonderful volunteers. Many of the café's patrons drop in after a walk along the lovely walkways in the area, or while they are on a bike ride. Hospice staff love the bustle that the café brings into the building.

By meeting and eating at the café you not only enjoy great food and company, you are also helping support Hospice services: all profit from the café goes straight back to Nelson Tasman Hospice which supports an average of 240 patients a month in their own homes across the region.

Mānuka Café is open Monday to Friday, 9.00 am to 1.00 pm. We hope to see you soon!



# **Thinking volumes**

VOLUME is an independent online bookshop based in Nelson stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME offers speedy, friendly service, expert advice, recommendations and subscriptions. Free delivery in central Nelson. www.volume.nz



# I, Object by Stella Chrysostomou

If your ring could speak, what would it tell you? In these 38 stories, jewellery objects reflect on their relationship to the world, to each other, and with their human acquaintances (their makers, wearers, viewers and owners). These texts ask us to reconsider our attitudes to, and our thinking about, jewellery, and – the tables turned – to experience jewellery afresh. \$35

# Why Women Grow: Stories of Soil, Sisterhood and Survival by Alice Vincent

Alice Vincent suspected that the histories of women who gardened had been buried, and she set out to dig them up. As she was doing so, she met some interesting people (including Ali Smith and Cosey Fanni Tutti) and began to speculate on a relationship between women and the soil, a relationship that sometimes pushes other relationships into the background. Vincent's book is beautifully presented and a joy to read. \$45

# All Sorts of Lives: Katherine Mansfield and the Art of Risking Everything by Clare Harman

This book re-examines the life of Katherine Mansfield through the lenses of ten of her stories, written at different stages in her trajectory, and reveals a writer and a person driven to remake both literature and the ways in which she might exist in the world. Harman shows us a woman confronting a very modern set of difficulties, trying to find ways forward into uncertain territory. Mansfield feels again hugely relevant 100 years after her death. \$37

# Shy by Max Porter

Max Porter again shows an incredible ability to get completely inside the head of his narrator, delivering us an experience that enlarges our empathy and understanding. Shy is a young man who is both damaged and damaging, troubled and troubling, inmate of the residential institution Last Chance but also creature of a toxic trope of masculinity. Shy is suffering; people want to help him, but can he be helped? **\$28** 

## VOLUME:

The Space for Books www.volume.nz books@volume.nz Phone 03 970 0073 Nielsen New Zealand Bookshop of the Year 2018



# **Sharing the warmth**

## Community Action Nelson (CAN) invites you to "share the warmth" again this winter.

For the past three years CAN has encouraged Nelson superannuants who don't need the extra Winter Energy Payment to pass on this money to local families who would otherwise struggle to make it through winter with adequate heating.

Spokeswoman for CAN, Co-chair Penny Molnar says CAN knows that some superannuants very definitely need the extra payment. "We're not pressuring anyone, but we also know many of those who don't rely on the payment would like it to go to people who do need it. They know that there are children who suffer the health consequences of cold, damp homes and parents who are struggling to keep paying the power bills, or can't afford a load of firewood."

There are retired people in Nelson for whom the \$40 Winter Energy Payment is not a lot of money. Conversely with food prices going up, many more families are struggling to feed, clothe and keep their children warm. For them, this money would make a huge difference.

Over the past three years, local superannuants have donated nearly \$20,000 to the Winter Energy Payment scheme. It's up to the donor to decide how they will pass on their Winter Energy Payment: by setting up a weekly, fortnightly or monthly bank transfer, or simply make a one-off payment of a certain amount.

Donors can be confident that the money will go where it's most needed because, working in partnership, Nelson Budget Advice Service and the Fifeshire Foundation will be receiving and distributing the funds.

# How to pass on your winter energy payment

Set up an automatic payment, or arrange a one-off transfer of funds to the Fifeshire Foundation bank account number 03-1354-0048778-04, adding *Share Warmth* as a reference.

# If you are having difficulty paying for heating costs

If you are not receiving the Winter Energy Payment, and you need help with heating costs visit the websites below to apply for support.

- Fifeshire Foundation: www.fifeshirefoundation.co.nz/apply-for-help
- Nelson Budget Advisory Service: www.nelsonbudget.co.nz

Pictured above from left to right are Kindra Douglas, Mary Ellen O'Connor and Sonja Lamers.





# We must break off our love affair with cars

Cycling home from town some weeks back I passed a new car sales yard on St Vincent Street. It was enormous! This and other car sales yards in Nelson occupy valuable ground near shops and other amenities while we build houses on swamps and in beautiful rural valleys.

Our relationship with cars must change. New Zealanders are second only to the US in the number of cars we own. According to Statistics New Zealand, nationally we own 0.88 cars per capita. In Nelson we own 0.99 cars per capita – the highest car ownership per capita in New Zealand. A local car club even has a Givealittle page to help deprived kids get into cars.

Why are we so keen on cars? A car gives the driver a sense of freedom and movement, independence and identity. You can tell a lot about a man (perhaps less often a woman) by the car they drive. Remember what they used to say about the e-type Jaguar – the one with the long bonnet? Big car, small ...

There are reasons specific to Nelson which might drive our dedication to cars, including wretched public transport, plentiful and low cost parking in the middle of town, and the erroneous business perception that customers won't buy if they can't drive to and park near shops. We can also blame past urban planners for designing our cities around cars rather than people.

Cars are bad for us. They produce about 70% of the greenhouse gases in the Nelson region and contribute to air pollution, which in turn contributes to poor health. Roads and car parking take up huge amounts of space that could be used for housing, which would reduce the need for private transport. Roads are also expensive to build, money which could be better spent on housing, welfare, health, education and trains.

Nelson has high electric vehicle ownership compared to other cities, and electric vehicles do reduce emissions. However you can also do this, and reduce reliance on your car by getting an electric bicycle. They are fun to ride and can carry big loads of shopping without much extra effort from you. No one expects us elderly citizens to ditch our cars if we need them, but when the improved bus service starts later this year we could make an effort to use it.

With intensification of residential spaces in the centre of Nelson (get rid of those car yards!) and improved public transport, we could even consider emulating fantastic European cities which do not allow any private cars in their city centres. Nelson could become like Copenhagen, Madrid and Venice where people enjoy car-free open spaces, cafes and parks.

## **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

Feature

# How to find out what's on in the region

The directory of clubs and activities for seniors has been one of the most popular features of this magazine. Fortunately, there are other places to find this information and keep up to date with special events and activities in the region.

# **FOUND Directory**

If it's clubs and special interest groups you're after, check out the FOUND Directory at www.found.org.nz. This directory lists over 1,600 community organisations in the Top of the South. The listings are searchable by region or interests including culture, art, sport, recreation, education and welfare.

# It's On

If you're looking for information about upcoming special events and activities, www.itson.co.nz is the place to go. This website, funded by Nelson City Council, supported by Tasman District Council and administered by the Nelson Regional Development Agency, lists everything from school galas, yoga classes and local library activities to large scale events and festivals.

Many of the activities are free, so it's worth keeping an eye on these event listings which are searchable by date, location and event type.

It's also free to list an event so keep that in mind when looking for ways to publicise events or activities. The site even has a downloadable Event Organiser's Handbook which will help you in planning and producing an event of your own.

Here are just some of the current listings on www.itson.co.nz:





# My Time, My Life

Sunday 18 June, Founders Heritage Park; Saturday 29 July, Putangitangi Greenmeadows Centre; Sunday 20 August, Saxton Oval. Hobby groups from across the region showcase their hobbies and passions, and invite you to join in. More information at www.shape.nelson.govt.nz/my-time-my-life

# **Ceol Aneas Irish Music Festival**

**Friday 2 – Monday 5 June, at various Nelson venues.** Don't miss this weekend of great music and craic (Irish for a good time), including an informal live lounge concert, an open public Céilí dance and informal jam sessions at local bars. Come along with or without an instrument and join others to play traditional instruments like Irish flute, tin whistle, fiddle, banjo, mandolin, accordion, guitar, uilleann pipes – all while singing traditional songs. More information at www.irishmusic.org.nz

# **Banff Mountain Film Festival**

Friday 9 and Saturday 10 June, Annesbrook Church, Stoke. Showings of the most inspiring action, environmental and adventure films from the Banff Mountain Film Festival. More information at www.banff.nz

## Te Ramaroa

**Friday 30 June – Tuesday 4 July, central Nelson.** Formerly known as Light Nelson, a free outdoor event featuring light installations of every size and scale. More information at www.teramaroa.nz and on page 3.

## South Island Show Offs (cheerleading championships)

Sunday 23 July, Trafalgar Centre, Nelson.

# Our Community News and Information



The team at Age Concern

# News from Age Concern

# Goodbye Mudcakes!

We're disappointed that this is the last issue of *Mudcakes* & *Roses*. We know that for many of you this will be a big loss and that you've thoroughly enjoyed the great articles and information that this publication has provided. Our thanks to Ro Cambridge, who has been the editor for the last seven years.

We at Age Concern will miss it too, as we were able to keep readers up to date in its pages. We hope you've found the information in these pages useful, and that you can continue to enjoy all that the region has to offer its seniors.

# **Reimagine your retirement**

Get ready to be inspired! Age Concern Nelson Tasman is bringing Dr Angela Robertson to Nelson for a series of speaking engagements. Author, speaker and facilitator Dr Robertson focuses on encouraging people to broaden

their perspective on ageing and continually expand their horizons. She urges people to take advantage of the opportunities around them and channel their energy into activities that matter. Dr Robertson will be giving two public talks, sponsored by Age Concern.



**TALK ONE:** Tuesday 11 July, 10.00 am, Age Concern Nelson Office, 18 Bridge Street, Nelson.



In this talk, Dr Robertson will share inspirational stories of men and women living in New Zealand, aged between 55 and 102 who are channelling their energy into activities that matter. These people have conquered life challenges, set new goals, and fulfilled long nurtured ambitions.

#### To register, phone Meagan on 03 544 7624 ext 0.

TALK TWO: Wednesday 12 July, 10.30 am – 12.00 pm, Suburbs Football Clubrooms, 142 Saxton Road, Stoke.



This talk is a larger community event which focuses on reframing retirement. The retirement phase can be the most creative, productive and fulfilling part of your life depending on your mindset. Come along and find out how you can take control of your destiny, expand your horizons, and create your future.

For more information or to register, phone Marnie on 03 544 7624 ext 5.

# Our Community News and Information

# Elder Abuse Awareness Week 15–22 June

Age Concern has two experienced and knowledgeable Elder Abuse Response advisors who provide professional and empathic support to older people who have experienced abuse, whether it is financial, psychological or physical. These advisors can give advice on how to manage the current situation and keep safe in the future.

If you are concerned about elder abuse please contact the office on 03 544 7624 ext 2 or 8.

# NBS Volunteer Expo 2023

Saturday 24 June, 10.00 am – 2.00 pm, Annesbrook Church. We are proud to be a co-organiser of the Volunteer Expo which provides a fantastic opportunity to meet face-toface with organisations from across the region who are currently looking for volunteers.

# **Cooking classes**

Our cooking classes have gone from strength to strength and are in high demand so we have another four courses planned for the year. Each course runs for six weeks and is held on a Tuesday morning. For dates and to register phone Miriam on 03 544 7624 ext 6.







Telephone: 03 540 2373 Email: mapua@kiwiskin.org.nz Website: www.kiwiskin.org.nz Address: Unit 9, The Village Māpua 66 - 68 Aranui Road, Māpua 7005 Postal: P.O. Box 50, Māpua 7048

- Spot Checks
- Mole Mapping
- Skin Cancer Surgery
- Treatment of other Skin Conditions

# **Tasman District Libraries**

A reminder that in addition to our special one-off events, we also have an ongoing programme of regular groups for adults, including:

## **Book groups**

Discover new books and authors, meet new people, and share what you have been reading.

- Motueka Library: 10.30 am 12.00 pm, third Monday of the month.
- Richmond Library: 3.00 pm 4.00 pm, third Wednesday of the month.
- Tākaka Library: 1.00 pm 2.00 pm, last Tuesday of the month.

#### Writing groups

Another way to meet new people while also picking up writing tips and tricks, and discovering where creative writing exercises might take you.

- Motueka Library: 12.00 pm 2.00 pm, third Tuesday of the month.
- Richmond Library: 2.00 pm 3.00 pm, third Tuesday of the month.

# **Nelson Public Libraries**

#### Living library books - a whole new kind of library book!

The "books" in our living library not only talk, they interact with you in a very personal way. That's because these "books" are actually real people from all over Whakatū, each of them with a unique story to tell. Library visitors are invited to "borrow" one of these living books for a 15-minute conversation to learn more about the diverse people who live in our city.

Our living books will be available for browsing on Sunday 18 June between 2.00 pm – 3.30 pm in the Elma Turner Pop-up Library. Tea and coffee will be provided along with ice-breaker questions to help make your experience comfortable.

#### Craft groups

- Paper Artsy: Use decorative and themed papers to create cards, bookmarks and postcards. Motueka Library, 1.30 pm – 3.00 pm, second Thursday of the month.
- Good Crafternoon: Work on your almost-started, halffinished, barely-begun craft project! Richmond Library, 12.30 pm – 2.00 pm, every Wednesday.
- Dementia-Friendly Library Group: If you are living with dementia, this group is for you – supportive, friendly and in a familiar place. Richmond Library, 10.30 am – 11.30 am, every Tuesday.

#### **Board game groups**

- Classic Board Games: Motueka Library, 2.00 pm – 4.00 pm, every Monday.
- Scrabble: Motueka Library, 1.30 pm 4.00 pm, every Wednesday.

#### **MORE INFORMATION**

tasman

To find out more about these or other regular events, phone 03 528 1047 or visit www.tasmanlibraries.govt.nz

Te Kaunihera o

te tai o Aorere

- \ .

If you'd like to "borrow" a living book – or become one – please email library@ncc.govt.nz or phone 03 546 8100.

In this the final issue of *Mudcakes & Roses*, we'd like to thank Ro Cambridge who has been the magazine's editor for the last seven years. She has developed it into a unique local publication for the over-60s and been particularly supportive of the library.

We also like to take this opportunity to thank the readers of *Mudcakes & Roses* who over the years have picked up a copy of the magazine at the library and participated in our workshops, talks and special events.

NELSON PUBLIC LIBRARIES Ngā whare mātauranga o Whakatū

# Crossword



ACROSS

tunnels

8. Large

10. Erected

11. Recesses

13. Eve's mate

18. Nakedness

21. Pencil end

22. Canoe oar

26. Charitable 27. Dessert, ... pie

14. Masted vessels

24. Wear by rubbing

chain (1,1,1,1)

28. Cash machines (1,1,2)29. Occurred afterwards

25. Global hostel

1. Series of rabbit

7. Consumption

9. Australian gem

5. Look before you ...

# Puzzles

## DOWN

- 1. Feminine
- 2. Attain
- 3. Anaesthetises
- 4. Actress, ... Monroe
- 5. Dancer's costume
- 6. Unrelenting
- 12. Devour
- 15. Try
- 16. Wheel covers
- 17. Wound with claw
- 19. Illinois is there (1,1,1)
- 20. Surrendered
- 22. Short pasta tubes
- 23. Highest ranking peers



# 

# **Crossword solution**

۵	Э	Λ	s	Ν	Э		н		S	Ν	Т	A
Э			Ξ		Ν	A	С	Ξ	Ч		Ч	
Δ	Ν	I	К		Ν		T		A	ი	Μ	٢
٦			Γ		н	Н	A	Н	ი		Н	
Э	٦	D	Δ	A	Р		Я		В	Π	T	S
I				S			С		Π		T	
٨	Т	I	Δ	Π	Ν		S	T	н	c	A	٢
	Ν		Я		٢			A				٦
Μ	A	D	A		٦		S	н	н	С	Т	Ν
	Ν		Т	٦	I	Π	В		С			A
٦	A	Р	0		Я		Ν		A	Ð	Ξ	Ν
	D		ш	ย	A	S	Λ		ш			0
Ь	A	Э	٦		Ν		Ν	Э	Я	Я	A	Μ

# Sudoku solution

Z	3	7	L	2	4	8	6	9
L	6	9	3	8	L	4	7	5
2	4	8	9	6	7	L	3	L
3	Z	6	2	7	8	9	l	4
9	7	2	4	l	3	Z	8	6
8	l	4	Z	9	6	3	2	7
4	2	Z	6	3	l	7	9	8
6	8	3	7	4	9	2	L	l
7	9	l	8	L	2	6	4	3



# Sudoku

.....

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

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

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

# Think downsizing, or same sizi

#### Fancy something a little smaller? Or about the same?

Summerset Retirement Villages offer the largest range of living options from spacious villas, cosy cottages, apartments with views, and super convenient serviced apartments. We can help no matter what style of living you want to call home.

Think this sounds like you or someone you love?

#### **0800 SUMMER** summerset.co.nz



# **New Dentures, Relines & Repairs**





Daniela has been crafting high-quality dentures for more than 25 years. All dentures are personally hand-crafted and professionally manufactured on site in our modern, easy access dental clinic.



Your new smile is just a phone call away!

Daniela Steenpass

03 546 4455 41 Washbourn Drive, Richmond www baysdentures co nz



.....

Access

Janet

Make yourself at home with Access

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

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





# Absolute <u>En</u>ergy

0800 423 454 info@absoluteenergy.co.nz

# Unlock the full energy saving potential of your home! Book your free home insulation assessment today.

# Book now - absoluteenergy.co.nz

# Why should you insulate?

- Warmer and Healthier
- Save Energy and Money
- Absolute Peace of Mind

## Insulation Grants Available < \*T's & C's Apply</p>

diation diants Available

We can easily help you through the process. Call us today on 0800 423 454 or (03) 547 2503



Visit our showroom - 146 Pascoe Street, Nelson

absoluteenergy.co.nz

# 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.ageconcernnt.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 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 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 Email 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 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

20 MUDCAKES & ROSES



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

#### **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

#### **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.

#### 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 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

#### **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

#### 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 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

#### **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**

Wednesday, 7.00 pm. Friday, 1.00 pm. **Golden Bay Recreation Centre** 2032 Tākaka Valley Highway, Tākaka. 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**

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

#### **Pickleball**

Fridays 5.30 pm - 7.30 pm and Sundays 4.00 pm -6.00 pm at the Tākaka Rec Centre. Wednesdays 5.00 pm - 7.00 pm at the Memorial Hall, Collingwood. Bats and balls provided, all welcome. Phone 021 775 359 (Lewis) or 021 0243 8499 (Dan).

## 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).

 $\times$ 

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, Takaka - 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).

# MÁPUA

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**

The Coastal Stringers

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.com.au

Meet at the Boat Club rooms, Māpua Wharf,

03 540 3010 (Colleen) or 03 540 2627 (Diane).

Fridays 1.30 pm – 4.00 pm. Phone

# 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 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 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

#### **Social Recreation**

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

#### 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 Phone 03 523 9360. 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. Older & Bolder (50+ years): Tuesdays, 1.30 pm onwards, Function Room. Older & Bolder is a FREE group get together. Drinks and snacks provided.

Group get together. Drinks and shacks 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 Email kellywellsacupuncture@gmail.com

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). 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

## 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

#### **Government Superannuitants Association**

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

Grandparents Raising Grandchildren Phone 027 724 4913 (Sharon Norris). Email nelson@grg.org.nz or visit 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 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, Tähunanui. Our programme varies monthly. Email 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

#### 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 or Nettie on 03 548 8432, 027 682 8168, 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 www.facebook.com/groups/1261890130822624

#### Nelson Provincial Museum For details, visit 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 03 547 6066 (Erea) or 027 497 9330 (Karin).

#### **Nelson Social Dance Club**

Meets the second Saturday of the month, live music, 7.30 pm – 11.00 pm, venue advertised on www.itson.co.nz and in community papers. Ballroom, Latin and New Vogue. Members \$10, non-members \$15. Phone 027 647 8827 (Bernard).

#### **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 www.menzshed-nelson.org.nz

#### Nelson 50+ Walking Group

**Philosophy 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

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.

ISSUE 138 • JUNE 2023 21

#### 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 Tahunanui 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 disabilility. 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.Tāhunanuicommunityhub.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**

U3A is an international group of clubs which give retired people who wish to continue learning a chance to do just that. Everyone is welcome. For more information visit www.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).

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 Excercise

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**

Headingly 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 Trinty Hall, 27 Dorset Street, Richmond. Phone 021 0788609 (Nicola), email nicola@bft4ever.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 selfmanagement. Mondays 9.30 am, Holy Trinity Hall, 27 Dorset, Richmond. Entry by koha. Phone 021 078 8609 (Nicola). Email nicola@bft4ever.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

 $\times$ 

#### 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).

Meetings held second Monday of the month at

plants, marine fish and corals. Everyone welcome.

7.00 pm. Keeping tropical freshwater, aquatic

Greenacres Golf Club, Best Island, Richmond.

**Waimea Combined Friendship Club** 

Interested in making new female or male friends

of a similar age and interests? We invite you to

9.45 am at Hope Church Ranzau Road with

monthly meetings, third Thursday of the month

interesting speakers, outings and group activities.

For more information phone 021 134 1013 (Claude).

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)

Yoga Classess for stiff and sore spots

Visit www.jacquisinclair.com for more

information. Phone 03 544 1645.

#### Tasman Aquarium Club

Phone 03 544 3116 (Robin).

Veteran's (55+) 9 Hole Golf

Last Monday of every month.

Phone 03 544 6441.

Waimea Music Club

or 03 544 9446 (Jim).

# **STOKE**

#### Acting Up Drama Group

Meets each Monday 10.30 am – 12.00 pm at Whakatū 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 softsoled shoes. Free morning tea. Tuesdays: 9.15 am beginners (all welcome), 10.45 am 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 Probus 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 (lan).

#### 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 Whakatū 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 | wrfs.co.nz | F 24 Champion Road, Richmond | II

Phone us today for a FREE INFORMATION PACK on Pre-planning



# A Dementia Centre *With space!*



1

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  $30m^2$  and  $40m^2$  sizes all with private outdoor decking areas up to  $13m^2$ .

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



#### A Subsidiary of **Qestral**®

Call Breffni on 027 410 9668 for more information. coastalview.co.nz | 50 Clarence Drive, Bishopdale