

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Pet-friendly travel

Directory of local clubs and activities for seniors

The link between untreated hearing loss and dementia

Nelson City's asks for your input on ageing population strategy

Plus gardening, books, puzzles and more

EDITOR'S *Letter*

The pleasures and stresses of Christmas 2018 are over and a brand new year lies ahead of us, so it's time to think about what we will make of the 300-odd days until *next* Christmas.

In this issue, Renee Lang shows pet-owners that travel with an animal companion is much easier than it used to be. In his column on resilient ageing, Mike Milstein suggests learning something new, or rekindling a long-neglected passion. One of the many activities listed in our Service Directory might appeal to you. Mike also reminds us that life isn't always about doing. Sometimes it's important to pause, to reflect, and just be.

In pointing out the link between untreated hearing loss and dementia, Hearing Nelson, reminds us that it's always important to look after our health.

If you find it daunting to consider the next 12 months, imagine how challenging it is for Nelson City and Tasman District Councils to plan for demographic and other changes in the decades ahead. Both councils are busy right now developing policies relating to the region's ageing population. Contact the relevant council to have your say on this vital topic.

Oh! And have a happy New Year!

Ro Cambridge



Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz

Post: Mudcakes and Roses,

PO Box 688, Nelson.

Exhibition at The Suter Art Gallery: Master of Grey

The Suter Art Gallery, January 19 – April 7, 2019.

An exhibition of paintings by Alan Pearson, who is now aged 90 and is arguably one of New Zealand's leading portraitists.

The exhibition includes unflinching self-portraits depicting the physical toll of time on his body and face.

In this issue

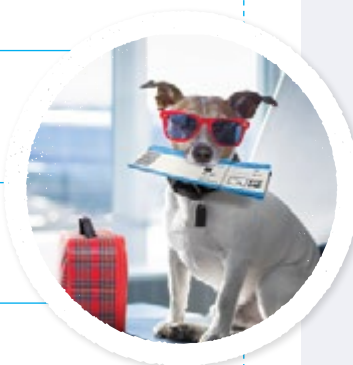
04 Treating your hearing loss may reduce your chances of dementia

08 Pet-friendly travel

12 Compromised mobility? Warm water exercise might be the answer.

13 Nelson City invite input on its age-friendly policies

16 Your Nelson/Tasman service directory for seniors sports, activities, clubs and classes.

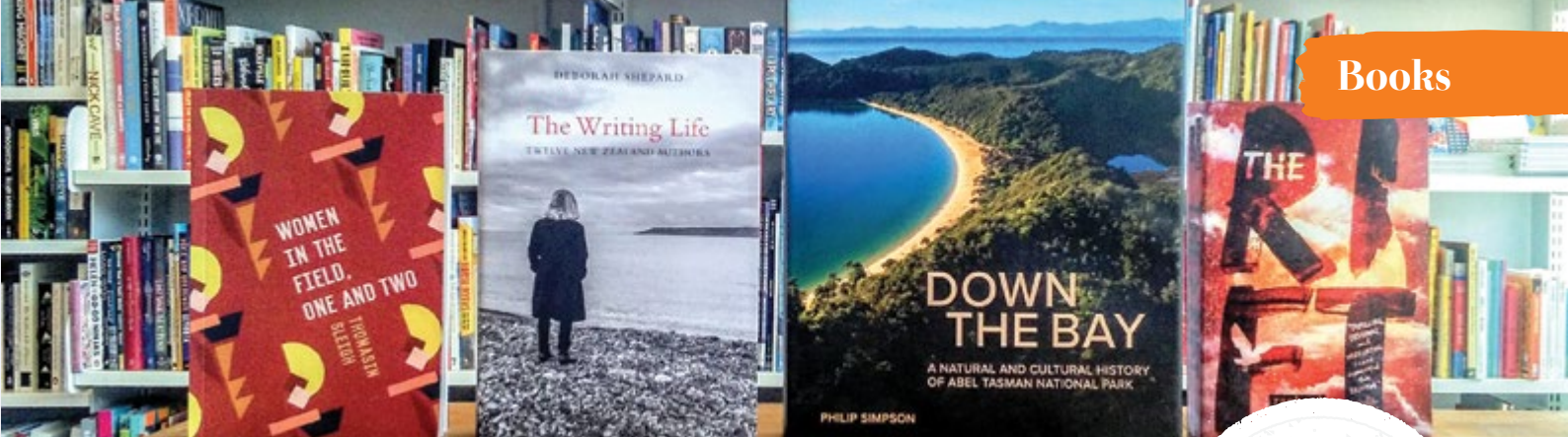


Have you got your copy of the Tasman Summer Events guide?

Available now at all Council offices and libraries, or online at www.nelsonsummer.nz.

Proudly published by:





Thinking volumes

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



Women in the Field, One and Two by Thomasin Sleight

When Ruth Bishops, a young woman attempting to shape a place for herself in the art world of London in the 1950s, lands a job as an advisor to the National Art Gallery of New Zealand, her life takes an unpredicted turn. She meets Irina Durova, an older Russian emigre painter, at an exhibition opening, visits her studio, and eventually the two women find themselves accompanying two of the artist's works to New Zealand. Thomasin Sleight has written a compelling novel, cleverly incorporating factual details. Sleight surveys colonisation, immigration, class and gender, and, as an art writer, she brings insight to this interesting period, showing how art can be a catalyst for changing attitudes.

The Writing Life: Twelve New Zealand authors by Deborah Shepard and John McDermott

How did New Zealand fiction finally reach a wide audience? The generation of writers who came of age in the 1950s did much to consolidate

a literature firmly rooted in the land and societies of New Zealand. This beautifully presented book conveys the writing practices, influences and outputs of twelve of those writers, and shows their place in New Zealand's cultural landscape. The book is comprised of thoughtful interviews with Patricia Grace, Tessa Duder, Owen Marshall, Philip Temple, David Hill, Joy Cowley, Vincent O'Sullivan, Albert Wendt, Marilyn Duckworth, Chris Else, Fiona Kidman and Witi Ihimaera, with excellent portraits and photographs of writing spaces by John McDermott.

Down the Bay: A natural and cultural history of Abel Tasman National Park by Philip Simpson

The sequence of headlands, bays and forests that connect Tasman and Golden Bays comprise one of New Zealand's most-loved and most-used national parks. This superb book introduces us to the flora and fauna that can be found in the various habitats in the park, and also describes the settlement and use of the area from pre-European times to the present.

Rift by Rachael Crow

A gripping Young Adults' novel, blending science and fantasy, action, mystery and romance. Black Water Island, remote and isolated, is a mysterious place, affected by ley lines and electromagnetic interference. It is the homeland of an ancient deer herd that holds a precious commodity: Actaeon's Bane, marketed as a cure for all ills. The rights to the deer's special property are owned by a ruthless pharmaceutical company. The Old Herd is protected by the Rangers, a group of talented trackers who preserve the herd and keep it safe but who must accommodate the society's demand for the medicine. When Meg, the daughter of the Head Ranger, returns to the island after some years' absence, she meets Cal, a fisherman's son, whose talents have been co-opted by the Rangers. Can they overcome their differences and face the dangers of the Rift?

VOLUME: 15 Church Street, Nelson
books@volume.co.nz
Phone 03 970 0073

Untreated hearing loss and dementia

Hearing loss affects one in six people in New Zealand and on average it takes between seven and ten years before a person who recognises a change in their hearing, actually does something about it.

Tracy Dawson, Education and Communications Manager for Hearing Nelson urges people not to delay, citing growing evidence of a strong link between untreated hearing loss and dementia.

Grant Searchfield, Director of the University of Auckland Hearing and Tinnitus clinic states that “those with mild hearing loss are twice as likely to get dementia, those with severe hearing loss are five times as likely to get dementia.”

Given this fact, Tracy says it’s vital that people ignore the stigma they associate with wearing hearing aids. “People need to appreciate how important it is to keep sound coming into the brain to keep the brain stimulated and reduce cognitive decline. Assisting a hearing loss is one of the factors that people have some control over.”

Tracy points out that hearing loss is also linked to social isolation, falls and mental health. “We encourage people 50 years and older to come to Hearing Nelson for a screening hearing test” she says. “The results allow us to give them independent advice about whether they would

benefit from an assisted device or should consult an audiologist. If this is the case, we can help them prepare themselves and advise them on the questions they need to ask.”

About Hearing Nelson

Hearing Nelson offers help, advice and support on any hearing issues to members as well as the community. It was established in 1953 as an independent charity to improve the lives of those hard of hearing and to prevent hearing loss through the Dangerous Decibels programme to schools in the Nelson and Tasman region. The organisation also aims to change attitudes towards old age hearing loss (Presbycusis).

Nelson fieldworkers visit local resthomes each month to help residents clean, dry and maintain their hearing aids to enable them to hear as well as possible, and stay connected to other people and the world around them. The organisation offers the same service to anyone who calls in to Hearing House with their hearing aids.

As part of Hearing Awareness Week, Professor Peter Thorn from the University of Auckland will be presenting a free public seminar on the latest research on the link between dementia and untreated hearing loss. Call Hearing Nelson to register your interest.

Monday 4 March

- 12.30 pm, Hearing House, 354 Trafalgar Square, Nelson
- 3.00 pm, Richmond Library, Queen Street. Richmond (Constance Barnicoat room)
- 6.30 pm, Richmond Library, Queen Street, Richmond (Constance Barnicoat room)



For information, hearing aid services, screening tests, or about the upcoming seminar:

Phone 03 548 3270 **Email** office@hearingnelson.nz
Hearing House, 354 Trafalgar Square, Nelson.
Open Monday to Thursday 9.00 am – 4.00 pm.



Wild things

Anne Hilson was a Biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two D.O.C. Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.



Take an island tour with a difference

Soon after the Christchurch earthquake in 2010 my sister took me on what she called a 'disaster tourism trip'.

Seeing the damage up close was more powerful than anything I had seen or heard in the media.

Last week I took her on my version of a disaster tourism trip. To Rough Island. In the last year trees there have died, and ecosystems are terminally ill. I suggest you take this road trip too. No words or photos will substitute for seeing the real thing.

Take Redwood Road from SH60, towards Rabbit Island. Just after the bridge, turn left and head for the Hunter Brown Nature Reserve at the end of Tic Toc road. Notice the many dead and dying trees, particularly totara. Across the water on nearby Bird Island you'll see a similar sight. Or take your gumboots at low tide and walk across for a look. It's only a hundred metres .

On the return, note the dead pines, alders, cabbage trees, eucalypts, harakeke and other trees beside the road and in the Equestrian Park. Back on the sealed road turn left and

stop for a look at the dead and dying cabbage trees which are (or were) part of an iconic, 3-hectare wetland. They stand out as a dismal yellow and brown mess in a harvested pine block.

Then take a walk round Greenslade Park on the right of the road. You may remember the dozens more conifer trees of several varieties which used to stand here. Notice the ground level stumps where the dead ones have been recently removed, the piles of wood chips, and more dying trees.

When ex-cyclone Gita struck last February media interest focused on the damage to Ruby Bay property. Landowners there are still repairing damage, mostly caused by intrusion of salt water by storm surges pooling on the land. Many trees suffered death by salinisation within a few days.

What's happening on Rough Island is happening more slowly than it did at Ruby Bay. I have watched its



slow death over several months, and it's continuing to die. Only some of this can be blamed on storm surges and pooling – much of the dying is occurring out of the reach of surges. Intrusion of sea water into the water table causes poisoning that is slower than that caused by a massive dumping. Once the water table is compromised like this it doesn't revert to a fresh water table.

If you feel like extending your tour of local disaster areas, take Rocks Road along the Nelson waterfront and have a look at the same process happening on Haulashore Island.

Perhaps we are fortunate that these early warnings of the effects of climate change on (almost) uninhabited sandy coast ecosystems.



Our Community

News from Age Concern:

Summer Activities for Seniors



Age Concern's office is open again after the holidays and regular services and activities such as Elder Abuse Advice, Visiting Service, Tea & Talk, Van Trips and PetConnect have resumed.

Our first initiative of the year is **Summer Activities for Seniors** which runs for six weeks beginning 8 February. As you'll see from the programme we are offering a number of different activities in Nelson, Stoke, Richmond, Motueka and Golden Bay.

Bookings are not required, simply turn up and enjoy!

Sing-a-long in the park

Thursday 21 February, 10.00–11.30 am, Washbourn Gardens, Richmond. Meet at the Fuchsia House.

Wednesday 27 March, 10.00–11.30 am, Anzac Park, Nelson. Meet in the centre of park.

Heritage walk

Wednesday 27 February, 10.00–11.30 am, Miyazu Gardens. Meet at the carpark off Atawhai Drive.

Wednesday 13 March, 10.00–11.30 am, Isel Park Tree Walk. Meet in front of Isel House.

Edible walk

Friday 1 March, 10.00–11.30 am, Orphanage Stream Walk. Meet at Saxton Road East by Covent Drive (where walkway commences).

Friday 22 March, 10.00–11.30 am. Stoke Railway Reserve. Meet at Standish place, off Main Road Stoke.

Guided walk

Wednesday 20 February, 10.00–11.30 am, Maitai Walkway, Nelson. Meet at Miller's Acre Car Park.

Friday 22 February, 10.00–11.30 am, Inlet Walkway, Old Wharf Road, Motueka. Meet at Motueka Community Gardens.

Wednesday 20 March, 10.00–11.30 am, Te Waikoropupu Springs, Pupu Valley Road, Golden Bay. Meet at carpark.

Guided bike trail

Wednesday 6 March, 10.00–11.30 am. Richmond Estuary Trail to Best Island and back. Meet with bikes at car park just before Richmond Aquatic Centre.

Friday 15 March, 10.00–11.30 am, Monaco loop Bike Trail. Meet at Humpback Bridge by Nelson Airport.

Tai Chi

Monday 18 February, 10.00–11.00 am, Victory Square, Nelson. Meet near the playground.

Monday 25 February, 10.00–11.00 am, Broadgreen Gardens, Stoke. Meet outside Broadgreen House.

Monday 4 March, 10.00–11.00 am, Miyazu Gardens, Nelson. Meet at car park off Atawhai Drive.

Monday 11 March, 10.00–11.00 am, Washbourn Gardens, Richmond. Meet at Fuchsia House.

Monday 18 March, 10.00–11.00 am, Founders Park, Nelson. Meet at the village green in the centre.

Monday 25 March, 10.00–11.00 am, Botanical Reserve, Nelson. Meet at Milton Street next to clubhouse.

Mobility scooter guided trail

Friday 8 March, 10.00–11.30 am, Stoke Railway Reserve. Meet at entrance almost opposite Bunnings Warehouse.

Get in touch with Age Concern Nelson:

Phone 03 544 7624 Email manager@ageconcernnt.org.nz

Website www.ageconcern.org.nz/council/nelson

62 Oxford St, Richmond 7020

News and Information

News from Nelson Grey Power: Fighting to retain Kiwibank in Stoke



Grey Power has been making determined efforts to prevent the closure of Kiwibank in Stoke – the only bank with a branch in the suburb.

Just before Christmas the mayor of Nelson and the president of Nelson Grey Power met with the Heads of Retail of NZ Post and Kiwibank to try to prevent the bank's closure. Many concerned locals attended a public meeting in Stoke, signed petitions and wrote letters asking the bank to reconsider its decision and to take into account the large number of older people in Stoke who rely on the Kiwibank. Kiwibank's reply said that the issue was one of "the digital divide" and indicated that "Kiwibank cannot make decisions solely based on the needs of individuals."

However, Kiwibank has agreed to investigate how it can help Stoke customers who cannot access online bank services,

and will keep in touch with Nelson Grey Power regarding possible changes. NZ Post has provided assurance that the services it currently provided in Stoke, including bill payment services, will continue to be available.

Get in touch:

Phone 03 547 2457 Fax 03 547 2157

Email nelsongreypower@xtra.co.nz

Website www.greypowernelson.org.nz

33 Putaitai Street, Stoke, Nelson.

Popular Positive Ageing Expo returns: Friday 22 March, 10.00 am – 3.00 pm at the Headingly Centre, Richmond

Try a new activity, ask questions of service providers, make connections with community groups and find opportunities to help others at the Positive Ageing Expo 2019.

There will be more than 80 stalls and activities, including: Vintage car displays, e-bike rides, bike-powered fruit smoothie making, live music performances, cuddles with Nelson Ark dogs, petanque, blood pressure checks, art activities, gardening tips, tech tips; such as operating your mobile phone and much more!

Tasman District Council community partnerships coordinator Mike Tasman-Jones says the expo continues the theme of Five Ways to Wellbeing.

"Being active, learning, connecting with others, keeping our heads in the present, and giving to others are examples of how we can use daily activity to improve our wellbeing."

Getting there: Free shuttle buses will run every half hour from Queen Street, Richmond to the expo. Those choosing to bike to the event can claim a free gift and bike check. Limited parking is available. If possible, carpool with a friend as parking is often at a premium.

Admission is free, with complimentary tea, coffee and biscuits provided. Lunch is available for purchase.

More information:

Contact Mike Tasman-Jones,

Phone 03 543 8403

Email mike.tasman-jones@tasman.govt.nz





Have you ever...

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



Have you ever ... taken your pet on holiday?

Travelling with an animal doesn't have to be a hassle provided you're prepared to do a bit of forward planning.

But let's be sensible and confine the subject to dogs, as we all know that taking a cat away from its own territory is often traumatising for the animal and rarely ends well. As for birds and bunnies, it's best to get someone to feed and water them while you're away.

Given that your dog is probably already used to travelling by car, let's first consider how to make it safe for a longer-than-usual trip. Installing a car barrier will prevent Fido from distracting the driver but, more importantly, will also confine him if you have to slam the brakes on. Just think about the physics: heavy object travelling at great speed = calamity. Schedule regular stops en route so your dog can stretch his legs, have a drink and attend to nature's call. These stops are good for the driver, too. A long drive on a hot day can make you sleepy and easily distracted.

If you plan to stay with friends or relatives, check that it's a dog-friendly house. Not everyone appreciates dog hair, or having to clean up the garden after your visit. If you're considering paying for accommodation, whether it's a campsite, a holiday rental or a motel, it's vital you check that your dog will be welcome.

Let's start with camping. If you intend to pitch your tent at a conventional motor camp/holiday park, then you'll be pleased to know that there are about 70 dog-friendly camp sites around the country. For more information, visit www.nzcamping.com/camp-directory/camp-category/dog-friendly/. Be aware that D.O.C. campsites do not allow dogs.

And now for renting a holiday home. This is a very popular option for obvious reasons: who doesn't want to take their dog to the beach for a blissful week or two? There's actually a site dedicated to four-legged guests: www.petscancometoo.co.nz. If you can't find one in your chosen area, then check out these alternatives: www.bookabach.co.nz, www.holidayhouses.co.nz or www.bachcare.co.nz.



Searching for dog-friendly options on these sites is relatively easy, although it pays to book well in advance as these properties get snapped up pretty quickly, particularly during the high season. Expect to be responsible for cleaning up after your dog – inside and out.

For those who choose to stay in a motel, the good news is that there is a growing number of establishments that will allow your dog to stay on the premises, although there are usually quite strict conditions. Visit www.tourism.net.nz/accommodation/pet-friendly-accommodation for more information.

Remember to pack for Fido too: clearly food and water plus appropriate bowls are essential. Then there's his bed or blanket, a good supply of poo bags, and perhaps a spare lead – just in case. Happy travels!



Food for thought

Marion van Oeveren is a Registered Dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater.

'Spread' confusion

It's agreed that it is best to reduce the consumption of highly processed foods.

The idea of eating a traditional Mediterranean-style diet – a high intake of vegetables, fruits, legumes, nuts and seeds and oily fish has become more and more mainstream. However, there's one subject that continues to cause confusion for experts and the public alike: what's the best spread to use on toast and sandwiches.

Butter has been around for almost 10,000 years, but margarine was not invented until late in the 19th century. Margarine became very popular in the 1980s because of the link between high saturated animal fats and heart health.

Twenty years later it became clear the margarines and spreads that are high in trans-fats are also detrimental for health. Trans-fats are formed during the hardening process so hard stick margarines in particular, are high in trans-fats. Trans-fats raise bad cholesterol and lower good cholesterol so they are bad news.

Fortunately, although the belief that margarine is bad for you persists, all margarines and spreads now on the market in New Zealand are very low in trans-fats.

However, there are other factors which concern consumers. Many table spreads contain palm oil but NZ does not require this fact to show on the label. Instead the label will simply list "vegetable oil" and it's likely that indicates a combination of canola, soybean, sunflower and palm oil.

There are several olive oil spreads on the market but if you study the label carefully you will they may contain as little as 15–20 percent olive oil and the balance is a mix of other vegetable oils.

Look at the health star rating to identify spreads that have a low total fat and saturated fat content, with a higher unsaturated fat content you can. Spreads in the supermarket with four stars are the best option.

Many older New Zealanders have raised cholesterol levels and are advised by health professionals to lower their intake of saturated fats. This means going easy on the butter

but not everyone likes the idea of substituting butter with a processed spread. Peanut and other nut-butters, hummus, avocado and dipping bread in olive oil are all good alternatives to processed spreads.

If you are a regular toast and sandwich eater you can also use a plant-sterol spread. These are most effective for lowering cholesterol if you use about a tablespoon twice daily. It's also useful to replace butter in cooking and baking with oil.

The health advantages of replacing saturated fats with unsaturated fats is supported by a huge body of scientific evidence. Fortunately there are a number of ways you can do this. Finally, it's worth remembering that you are wise to look at the content and quality of your whole diet, not just one food in isolation.

Send your questions and suggestions to Marion:

marion@mahoe hills.co.nz
PO Box 9029, Annesbrook
Nelson 7011





Resilient ageing

As a Professor of Educational Leadership, Mike Milstein has written widely about ageing. He uses his book 'Resilient Ageing' as the basis for the seminars he conducts on ageing well.



Retirement: the chance to be an amateur again

During the decades we spend in paid work it often feels as if we learn more and more about less and less.

Much of our energy goes into becoming more expert in our jobs, whether it be as a mechanic, a sales person, a doctor, a musician, or whatever.

As I approached retirement I worried about what I was going to do to fill my time. How was I going to replace the busy flow of my many working years? I imagined my life would slow right down and have little rhythm or much excitement.

I needn't have worried. I found that life, after retirement, can be a big fat bowl of cherries, and I had time to enjoy them! Many of my retired friends complain because they are too busy, rather than bored and at a loose end!

Full time work leaves us little time to explore our interests and experiment with new and different activities.

Retirement gives the chance to do just that. Take a class to brush up your photography skills, or learn how your

old know-how can be transferred to the digital world. Want to express yourself through song? Join a community choir. Want to get up on stage? Community-based comedy, drama and musical theatre groups welcome newcomers. Computer skills can be picked up in night and weekend courses or through Senior Net. Join a gardening club and develop some green thumbs.

For retirement has been a great ride. I always loved to travel, but since I learned creative photography, travelling has become more vivid and memories deeper. My wife and I took up croquet and have since gotten completely hooked on this challenging activity. Attending tournaments also gives us a different motivation for travel, and the chance to meet new people. Because I also enjoy solitude, I have set aside regular quiet time for reading, and simply being which I had little time for during my working life.

In retirement we can become beginners and amateurs again, learning and growing without concern for anything but our own

individual interests. The French tell us that being an amateur is to be a lover and an enthusiast, someone who pursues learning for its own sake. Amateurs are free to develop new skills without the pressure to succeed immediately. Exploring new interests often means discovering a community of like-minded others. It's a lot easier to extend ourselves when we are surrounded by others who are attempting the same thing.

In retirement you can construct a new life in old age based on passion not obligation. As an amateur you have nothing to lose by giving something a try. If it doesn't work out, you've learned what doesn't suit you and can go on to something else. But if you love it, you have discovered a brand new way to enjoy life.



Gardening

Philippa Foes-Lamb is a passionate plant woman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes.



Tools for the older gardener

I hope you had a lovely time over the holiday period and are ready for a new gardening year.

Summer arrived with a bang just after Christmas and brought with it hot, sunny and sometimes windy days. I've been struggling with the heat, as has my garden.

Gardeners love the tools of our trade and we all have our favourites. I have arthritis in my hands, particularly at the base of my right thumb and recently I've been thinking about gardening tools that are more user friendly as we get older.

One of the simplest and most effective tools is what used to be called the "Wonder Weeder". The original was designed and made by a gentleman in Geraldine, and came onto the market around 1994/95. It's a galvanised metal hook with a plastic handle – perfect for getting weeds out of pavers and hard-to-reach places like the base of roses. The best thing about this tool is that it's really light and comfortable to hold. The clones available in the large hardware stores nowadays are

similar in shape to the original and work just as well.

A dibber is another tool that is worth its weight in gold. Using a trowel to plant seedlings can be hard on arthritic hands – this tool makes planting a breeze. You simply apply pressure to the cross-bar handle and the pointed end forms the perfect hole for your seedling.

When you're looking for more ergonomic tools such as large garden forks and spades, the main thing to take into account is weight. Head to your hardware store when you have plenty of time and test each one to see how heavy it is – sometimes the smallest spade can be heavy. I have several spades and forks that I don't like using for long because they are hard work.

Secateurs come in all shapes and sizes and it can be hard to know which pair will suit your needs. If you have arthritic hands some secateurs are easier to use than others. Take into account the size of your hands – mine are small and some of the more ergonomic secateurs are too big so they aren't

comfortable for me to use. Take your time, hold lots of pairs and don't hesitate to ask for assistance.

Gardening can be hard on our backs and knees

so it's important to take regular breaks and do some stretches. If you kneel to garden invest in a kneeler or knee pads as both help reduce knee pain. I'm unable to kneel for long so I have to bend over to garden. To help my back, I straighten every 10–15 minutes, put my hands on my lower back and arch gently backwards as this helps release the spine.

If you find you're having increased pain during or after gardening it is worth checking with your doctor or physio to see if there are any exercises that will help.



Send your questions and suggestions to Philippa

foeslamb@xtra.co.nz





Exercising in warm water – a safer, gentler, and less painful way to exercise

Conventional exercise can be challenge for seniors recovering from illness or surgery, or who have mobility difficulties or chronic pain.

In Nelson, two community-led exercise groups are encouraging arthritis sufferers, and others with health issues that make exercise difficult, to take to the water. Warm water to be exact.

Warm water exercise confers the same benefits as other forms of exercise including improved fitness, strength and flexibility. However, warm water also helps muscles relax, improves circulation, reduces joint inflammation, enhances circulation and improves joint position awareness. With the body supported

by the water, stress on joints is decreased and movement is easier and less painful.

Mary Celeste co-ordinates one of the two groups which meet at the Nelson Hospital Hydrotherapy Pool each week. Mary has osteoarthritis which makes it painful to walk. If she does walk any distance she suffers pain for days afterwards. However, in the pool she's able to exercise without pain. "I can exercise a full 30 minutes without any pain" says Mary. "Better still, I don't have any pain afterwards. And it's fun too."

One group is reserved solely for arthritis sufferers, the other is open to anyone with health issues that make other exercise difficult. There is a hoist for those who have difficulty climbing into the pool, although all participants must be able to manage themselves once they are in the water. The exercise sessions are self-managed although a volunteer supervisor observes classes from outside the pool and is on hand for any emergencies.

On Tuesdays:

For people with arthritis and related conditions (eg fibromyalgia) only.

Every Tuesday at 1.30 pm, \$5 per session.

Contact: Mary Celeste (coordinator) at celestialmary@outlook.com or Meryl Donaldson (session supervisor) on 027 453 4776

On Thursdays:

For anyone with a health condition which makes other forms of exercise difficult or impossible.

Every Thursday at 1.00 pm, \$5 a session.

Contact: Barbara Faulkner (coordinator) on 021 0251 6621

JOIN
THE
FUN

Age-friendly Nelson

Let's make Nelson a great place for people of all ages



Our community is going through big changes. Lots of us are living longer and for the next few decades all of our growth is expected to be in the over 65 age group.

This will bring benefits and challenges for the whole community. Council is calling people of all ages to get together and create a strategy to make Nelson a truly age-friendly place.

There are lots of ways you can be involved:

- send us your ideas
- volunteer to help with research on ageing in Nelson
- nominate people to be on working groups

Email us at NelsonStrategy@ncc.govt.nz or write to Strategy, PO Box 645, Nelson 7040



“I'd like Pavarotti and poetry”

At Marsden House we understand that everyone is different, and that your funeral should reflect and celebrate your uniqueness. We offer a wide range of options for you to pre-plan your funeral to be exactly how you want it.

Call us today on 03 548 2770 for a FREE information pack.



Marsden House
FUNERAL SERVICES



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

Janet

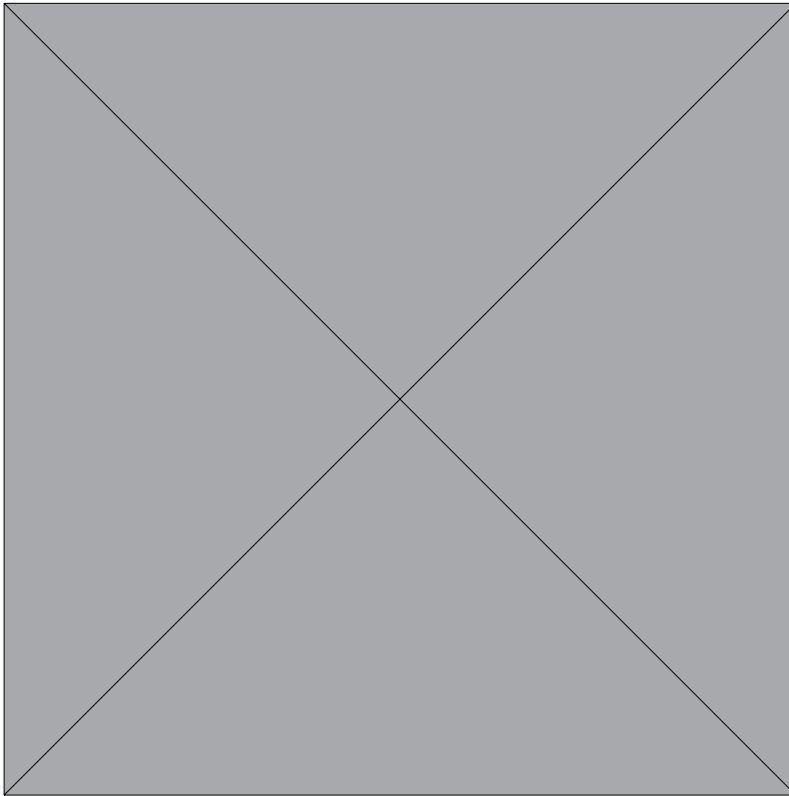


Make yourself at home with Access

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.

Crossword



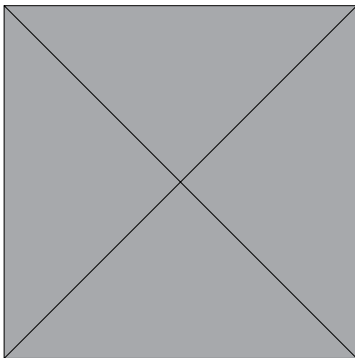
ACROSS

1. Cuban capital
5. Funny aside
7. Indian Brahma worshipper
8. 3-foot length
9. Actor, ... Alda
10. Shocked, taken ...
11. Undeniably
13. Eye membrane
14. Small earphone
18. Illegally fixed (race)
21. Greenish-blue
22. Prattle
24. Florida resort city
25. Bough
26. Meditation routine
27. Clear-headed
28. I was, you ...
29. Yelped

DOWN

1. Disordered
2. Waltz virtuoso, ... Rieu
3. In the lead
4. Military occupier
5. Trembling
6. Dream
12. ... de Cologne
15. Obtain
16. Blackberry bush
17. Make deprived
19. Irish group (1,1,1)
20. Stubborn person (3-4)
22. Woozy
23. Purchase (entire stock) (3,2)

Crossword solution



Sudoku solution

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

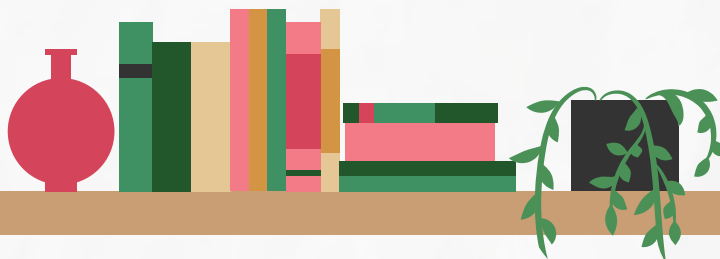
Sudoku

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

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

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

Tasman District Libraries



More than just books!

If making new friends and spending time on your interests are among your New Year's resolutions, the library has a lot to offer.

Our fun and engaging Book Groups groups will provide you with the opportunity to read and talk about books with like-minded people. Tasman Talks Titles, the Richmond Library's adult book group, meets on the third Wednesday of the month from 3.00 pm – 4.00 pm. Motueka Library's adult book group, Babbling Books, meets on the first Thursday of the month at 1.00 pm. Takaka's adult book group, Silverfish, meets on the last Tuesday of the month at 1.30 pm. You are very welcome to come along and join in.

Our libraries also have a range of craft groups. You're invited to bring along your craft project and work on it in the company of other Good Crafternoon crafters at the Richmond Library 12.30 pm – 2.00 pm every Wednesday.

Takaka Library's Get Crafty group meets every Thursday from 1.00 pm – 2.30 pm.

Do you like watching great movies? Richmond Library has a monthly Movie Night which takes place from 7.00pm, usually in the last week of the month. Contact your library for further information.

Richmond Library is also open from 1.00 pm until 4.00 pm on Sundays, you have even more time to taste everything we have to offer!

MORE INFORMATION

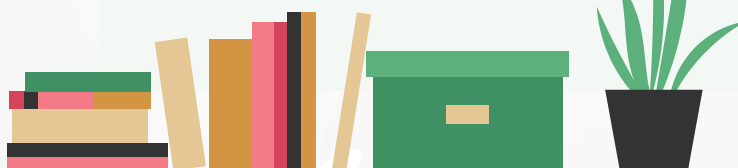


Website:

www.tasmanlibraries.govt.nz

Telephone:

Richmond 543 8500 Motueka 528 1047
Takaka 525 0059 Murchison 523 1013



Nelson Public Libraries

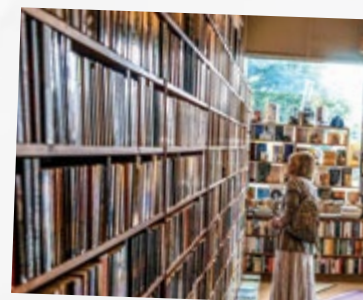
What can I read next?

We've all been there. You've finished reading some great books but are feeling lost on which book to pick up next. Getting into a rut with your reading happens to everyone. Here are five tips to help you find some new good reads:

1. The jar challenge. Write down a few titles, put them in a jar and pick one at random.
2. Keep a list. Do you ever come across a book, make a mental note to pick up a copy and then completely forget about it? We sure do. Make a list in a notebook or on a phone that you can go back to whenever you need a bit of reading inspiration.
3. Try out the Staff Suggestions section in the library. If you enjoy a book make sure to look for that staff members recommendations next time.
4. Have a taster. Pick up a book at random and read the first few sentences. If it's no good, it goes back on the shelf. If you've been standing there reading for half an hour, it goes home with you.

5. Do a reading challenge. This is a good way to try out book you wouldn't normally pick up. There are plenty of these online or you can come up with one of your own.

And of course you can always ask a librarian! We love talking about books and enjoy helping you find your next great read.



MORE INFORMATION

Phone, email or check our website for more information about Nelson Library programmes and services – within the Library and beyond.

Contact: 546 8100 www.nelsonpubliclibraries.co.nz



TASMAN AND NELSON DISTRICT

Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse and Neglect advice and support, and an accredited visitor service. Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

Alzheimers Society

Supporting all those living with dementia in our community. Our service provides information, education and advice to all those affected by dementia. Ph. 0800 004 001/546 7702

Arthritis New Zealand

Services available in Nelson; Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. Free Ph. 0800 663 463 for more information. An arthritis educator is also available.

Asthma Society (Better Breathing Classes)

Ph. 03 544 1562 for times and venues in each region.

Brook Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary. We need Visitor Centre Volunteers, Hosts for Public Events, Track Cutting, Invasive Plant Control, Trapping and Lizard Monitoring volunteers. W. www.brooksanctuary.org.nz/support Ph. 03 539 4920

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz or contact Volunteer Nelson for more information. 546 7681, admin@volunteernelson.org.nz

Hearing Association Nelson

Card group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus. Bookings Ph. 0800 008 011

Mobile Toe Nail Cutting Service

A new option for people who are unable to reach or see to trim their own toe nails. In your own home or residential care facility. Contact Lisa who has 28 years of nursing experience. Ph. 03 526 7420 or 027 821 1803

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events. Ph. 03 546 8100.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required, if you can walk, you can march. Uniforms supplied. Ph. 548 9527 (Diana) E. dianatony@xtra.co.nz

Senior Net (Nelson)

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings Street. Ph. 03 548 9401.

Stroke Foundation

Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 455 8302

Upright and Able for Falls Prevention

This 2.5-hour session for those over 65. It is designed to help you stay independent and reduce your chance of having a fall. For more info: Ph 03 543 7838 E. marnie.brown@nbph.org.nz

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. 03 546 7681, admin@volunteernelson.org.nz, www.volunteernelson.org.nz

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

St John Rooms, A&P Showgrounds, Ph. 03 525 8086 (Sally) E. pands@gaffneys.co.nz

Gentle Exercise Class

(through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 – 11.00 am (Free). Ph. 03 525 0105 (Erica) E. ericaphysiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 9744 (Leigh)

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons. 1.30 pm – 4.00 pm. Ph. 03 525 8445 (Mary)

Marble Mountain Country Music Club

4th Sunday of each month at the Senior Citizens Clubrooms. Ph. 03 525 9966 (Margaret)

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit

Golden Bay Community Centre: Tues, 10.15 am – 11.15 am. Ph. 03 525 8770 (Jacinda) Collingwood Memorial Hall: Thurs 10.00 am – 11.00 am. Ph. 03 525 8770 (Jacinda) or Ph. 03 525 9728 (Jo). \$2 donation.

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 525 573 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moira)

Uruwhenua Women's Institute

2nd Tuesday each month 1.30pm. Ph. Nancy 03 525 9491 for venue.

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Ph. 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Courts every Thursday. Ph. 03 547 6916 (Leona)

MAPUA

Sioux Line Dance

Tuesday – Mapua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere & Mapua. Ph. 03 543 2268 (Lynda)

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Ph. 03 540 3602 (Julie Cox) E. juliehcox@xtra.co.nz

Mapua Friendship Club

Mapua Public Hall. Ph. 03 540 3685 (Valerie)

Mapua Bowling Club

Ph. 03 540 2934 (Dave)

The Coastal Stringers

Meet at the Boat Club rooms, Mapua Wharf, Friday's 1.30 pm – 4.00 pm.

Contact Colleen, 540 3010 or Diane 540 2627

MOTUEKA

Cycling

Thursday night social biking group meets 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.

Indoor Bowls

Motueka Senior Citizens Hall. Ph. 03 528 7960 (George)

Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Marching

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

Motueka 50+ Walking Group

All walks leave Rec Centre car park, Old Wharf Road 9.00am, where transport can be arranged. Meetings are held on the last Thursday in each month at RSA Club, High Street, Motueka at 9.30am.

President Trevor Michel, Secretary Shirley Hurrell Ph 03 528 9434

Wed: 60+ Gymmers, 9.30am \$5

Pickle Ball, 11.00 am \$5

Badminton, 2.00 pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

Motueka Social Dance Group

Dances at Mapua Hall, 7.30 – 11.00 pm Ph. 03 528 5363 (Gary)

Riwaka Bowling Club

School Rd, Riwaka.
Pauline: 021 1235974
Vince: 021 2633441.

Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

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

Murchison Golden Oldies
Ph. 03 523 9792 (Hamish Reith)

NELSON

Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am – 10.15 am, Tahuna Presbyterian Church, Muritai St 56.
Ph. 03 547 0198 (Angie)

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

Belly Dancing

Zenda Middle Eastern dancing
Ph. 027 689 0558 (Debbie)
E. dbsumner@xtra.co.nz or
Ph. 03 548 8707 (Gretchen)

Breast Prostheses & Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

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

Golf Croquet

Nelson-Hinemoa, Ph. 03 548 2190 (Bev)

Gentle Yoga with Connie

Hearing House, 354 Trafalgar Square, Nelson Tuesday's (during school term) 10.30 – 11.45am. Suitable for anyone who is inflexible, thinks yoga too hard for them, or has a sedentary lifestyle. Numbers are limited to 12. Ph 035475331 or 0272976147 Email: jnc@jnc.co.nz

Government Superannuitants Association

Ph. 538 0233 (Margaret)
E. nelson@gsa.org.nz

Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

Line Dancing

10.00 am Tuesday/ Thursday. Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.
Ph. 03 547 9280 M. 0274 491 569
E. dianeneil@ts.co.nz

Marching

Silveraires Leisure Marching.
Ph. 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.

Ph. 03 545 2181 (Judy)
E. randjpittman@gmail.com

Nelson Blood Cancer Support Group

Graham Sturgess 544 3037
Lloyd Kennedy 5442636

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.

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.
Ph. 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.
Ph. 03 547 7516 (Len)

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Ph. 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

New Zealand Society of Genealogists, Nelson Branch

Meetings every 4th Monday 7.30pm Feb Oct at Nick Smiths Rooms Quarantine Road, Stoke. Library 67 Trafalgar Street, Nelson, Mon 1–4, Thur 10–4, Sun 2–4. All welcome. nelson@genealogy.org.nz

Pottery

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

Silver Yogis

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

Stoke Tahunanui Ladies Club

Meets third Wednesday each month.
Pauline Ph. 03 547 5238

Sit and Be Fit

A 35 min class to music. Victory Community Centre, Totara St, Nelson – Tuesdays 11.00 am. Ph. 03 546 8389 (Leigh)

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

Exhibitions, floortalks – see
www.thesuter.org.nz for details, 28 Halifax St, Nelson Ph. 03 548 4699

Table Tennis

Nelson Table Tennis Club
Ph. 03 547 5066 (Kay)
Ph. 03 544 8648 (Glenda)

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi with Gretchen

Classes in Nelson, Stoke & Richmond
Ph. 03 548 8707 (Gretchen)
E. kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the 2nd Thursday each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui. Ph. 03 548 0272 (Jennifer).

Ukulele with Gretchen

Nelson and Richmond, groups or private.
U3A: Ph. 03 548 7889 (Paul)
E. membership@u3anelson.org.nz

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson for cards and games.
Ph. 03 546 9057 (Jan)

Victory Sit & Be Fit

Thursdays 10.00 – 10.45 am, at Anglican Church, 238 Vanguard St, Nelson.
Ph. 03 546 9057 or 03 547 1433 (Shirley)

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Ph. 03 545 9180 (Jeff).

Yoga

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

Yoga

Hot Yoga Nelson Ph. 03 548 2298

RICHMOND

Aqualite:

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. \$5.00 per session, Mondays & Wednesdays. 8.00am and 8.40am. Increase strength, improve balance and manage pain

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Bfit4ever

Nicola Rae, 021 0788609 or 546 8444

Body Power Pilates & Yoga Centre

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

Hope-Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome. Ph. 03 544 5872 (Brenda)

Richmond Bridge Club

Bridge lessons – Monday evenings & Tuesday afternoons. Ph. 03 544 6734 (Shirley) 348 Lower Queen Street

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30am every 2nd, 3rd and 4th Thursday of the month. Learn to Spin, Knit, Crochet, Weave or Felt. Ph. 03 986 0079 (Margaret)

Chair Yoga

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30am at Sport Tasman, Richmond Town Hall, Cambridge Street. Ph: 03 544 3955 E. club50@sporttasman.org.nz. All sessions \$4.00.

Croquet

New members very welcome. Golf croquet Thursday & Sunday 1.00pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10.00am. Lawns opposite Health Centre lower Queen Street. Ph. 03 541 0623 (Sherly) Ph. 03 544 7268 (Betty)

Easy Exercise

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

Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4.00pm. \$3.00 per session. Ph. 03 5442749 (Monica)

Sioux Line Dancing

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

Taster classes & courses with

Physiotherapist Jacqui Sinclair. Full details go to W. www.jacquinclair.com Ph. 03 544 1645

Pilates Classes

Richmond Recreation Centre. Mon 12.30 to 1.30pm or Wed 9.15 to 10.15am. Ph. 03 538 0318 (Sue) M. 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. All welcome. No experience needed. E. craftpotters@ts.co.nz

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1pm. Bowls provided. Ph. 03 544 8060 (Jean)

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30am every 2nd, 3rd & 4th Thursday of the month. Learn to spin/knit/weave/crochet/felt or if you just want to meet others who enjoy working with fibre. Ph. 03 544 9982 (Dianne)

Richmond Indoor Bowls

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

Richmond Physiotherapy

Knee classes: Wednesday 10.00–11.00am, \$10.00. Pilates: Tuesday 12.00–1.00pm, \$15.00. Pilates: Thursday 5.00–6.00pm, \$15.00. Senior Fit Class: Tuesday 10.00–11.00pm, \$15.00. Ph. 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening 7.30pm. Methodist Church Hall, Neale Ave, STOKE. Contact 5440902 or 5418211. C Stanton, Sec RSCD club. cstanton@actrix.co.nz

Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00pm. Bus trip & lunch first Wednesday of each month, cost varies. Craft Group – Thursday 9.00 – 12noon. Cards – Thursday 1.30 to 4.00pm. Exercise classes & cuppa – Friday 10.00 to 11.00 am. Friday Rummicub 1.00pm – 3.00pm. Hot lunch – Friday 12 noon \$5.00. Ph. 03 544 9174 (Pauline or Terry)

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

Network, share information and learn more about your community. Meets the first Tues of each month, 12 noon – 1.00pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided) Ph. 03 544 7624 (Sue Tilby, Age Concern)

Social Cards

Richmond Senior Citizens Rooms, 62

Oxford St Richmond, Tuesday & Thursday Cards 1.30 pm – 4.00 pm. Friday Rummicub 1.00pm – 3.00pm. Ph. 03 544 5563 (Kath)

Sit and Be Fit

Mondays 10.15am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5.00 pp.

Sport Tasman Richmond

Richmond Town Hall (RTH) 9 Cambridge Street Enquiries 544 3955 (All \$5 per group) Discounted non expiry concession cards available

Monday & Friday

EASY-BEAT: 'high intensity' Aerobic & Circuit class for the more active (9am–10am)

SHAPE-UP: 'low intensity' Aerobic & Circuit class for those getting back into fitness (10.30am– 11.30am)

ACC Approved strength and balance programmes

CLUB60+ SENIOR ADVENTURES (under 60's welcome too)

Active fun, social recreation with weekly planned outings and activities

Meet RTH every Tuesday 9.30am / carpooling available

Tasman Tennis Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

Go to www.jacquinclair.com for full details or Ph. 03 544 1645

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Ph. 0212 398 969 (Delia)

Clogging/Tap Dancing

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

Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics. Ph. 03 546 7910

E. wendy.get@sporttasman.org.nz to get up to date information and or to book a space.

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 – 9.45pm. Ph. 03 547 3230 (Buddy)

Just Us Drama

Meets each Monday 10.30 am – noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street Stoke to rehearse skits and plays for

to performing to various groups. No previous experience necessary! Enquiries to Marion 5470509 or Jane 0210578754

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30pm on the second Wednesday of every month at Stoke Primary School Hall, Main Rd, Stoke. Ph. 03 547 7022 (Philipa) 03 547 2660 (Anne)

Ngawhatu Bowling Club

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

Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10.00am to 3.00pm most days. Enliven Positive Ageing Services – social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre. Ph. 03 547 9350 (Trish)

Safety & Confidence

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

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30am \$5.00.

Senior Circuit: Tuesday 10.00am, \$5.00 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday & Thursday 9.30 to 10.30am.

Chair Yoga: Wednesday 10.30am.

Tai Chi for Health:

Ph. 03 538 0072 E. stadium@sporttasman.org.nz

Stoke Bowling Club

Ph. 03 547 1411 (Allen)

Stoke Central Combined Probus Club

Meets every 4th Tuesday 10.00am, Nick Smiths Rooms, Waimea Rd. Ph. 03 547 0941 (Colleen)

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30pm. All welcome to a lovely evening of singing, and musical instruments. Ph. 03 542 3527 (Dick Knight)

St Barnabas Stoke

Coffee and Chat – Wednesdays, 10.30am. No charge. Out To Lunch – community lunch. First Wednesday of each month, 11.45am. Donation accepted.

Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke. Ph. 547 2660 E. stokeseniors@xtra.co.nz

Regular activities at Stoke Memorial Hall:

Art Class: Mondays 10.00 am, Cost: \$3. Art tutorial once a month – \$5.

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

Mah Jong: Tuesdays, 1.00pm \$3.

SERVICE DIRECTORY

Mel's Memory Lane Chat Group: Twice a month at 11.00am Tues–Thurs.

Sit & Be Fit exercises to music: Tuesday and Wednesday at 11.00am. \$3 500 Club – Wednesdays at 1.00pm \$3.

Stoke Seniors Hall:

Scrabble Club: Mondays 1.00pm. \$3.

Weekly Afternoon Entertainment (Tuesday – Thursday.) Contact office for programme details.

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

Wednesday of the month. \$5 a card.

Monthly movie: Contact office for details.

Stoke Seniors Choir: meets Thursdays from 11.00am to noon. Contact Anne.

Special trips:

Monday outings – café lunch/picnic. Thursday – out @ about local tiki tour from 11.00am.

Girls Own:

Monthly on Friday.

Lads @ Large:

Monthly on Friday

TAPAWERA

MENZSHED

Contact: John
Ph. 03 522 4616
E. menzshedtapawera@gmail.com

Visual Art Society

Ph. Kay 03 522 4368

Walking – Tapawera
Rural Ramblers Ph. 04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every 2nd Tuesday (mornings)
Ph. 03 541 9693 (Margaret)
Ph. 03 542 2235 (Yvonne)

Willowbank Heritage Village

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

Walking – Wakefield

Rural Ramblers Ph. 03 541 9200

HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

Also available: Mixed-media creations gift tags • Journal covers
Decorative magnets • Art commissions welcome

Visits by appointment only.

E foeslamb@xtra.co.nz

P 03 544 3131 or 021 522 775

A 25 Maisey Rd, Redwood Valley

www.heirloomplantnursery.co.nz

www.tinyurl.com/

Phippa-Foes-Lamb-on-Facebook



Your Professional Celebrant with Soul

Weddings • Renewal of Vows • Elopements

New Beginnings • Funerals • Memorials • Interments

Scattering of Ashes • All Life Celebrations



Phone 03 5410646 or 021 1371921

www.margpalmercelebrant.co.nz

Create a unique and meaningful farewell



We can provide every service and option, and leave you with memories of a lifetime of love.

544 4400

www.wrfs.co.nz



**WAIMEA RICHMOND
FUNERAL SERVICES**

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

**Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009**



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



Your safe and trusted local community taxi.
We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

**Ph. 03 548 8225
0800 108 855**

