

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

From the USA to Nelson:
Susanne Williamson reflects on
the journey and a creative life

Home Share for Her trials a novel
solution to the problem of
ever-escalating housing costs

Retirement – a time for less
“doing” and more “being”?

Nelson Library has
“popped up” again!

PLUS

A directory of local clubs and
activities for seniors

Community news, puzzles,
cooking, books, gardening
and the environment



EDITOR'S *Letter*



Is it ageing that is transforming me into a grumpy, intolerant old woman, or is the world – even my small corner of it – less tolerable? I suspect the answer is yes. And yes.

The other day I needed to talk to a New Zealand telecommunications company. I searched their website for a phone number. I found many assurances that I was a valued customer, a long list of FAQs (none of which answered my question) but no phone number. I stomped off to the supermarket in high dudgeon. As a thrifty shopper, I carefully selected items which were on special, only to find that – yet again – I had been charged full price at the checkout. Back at home, in a very dark mood indeed, I could not open the people-proof seal on a packet of batteries without employing my breadknife as a hacksaw. And what about the rubbish bag (not mine) which sat forlornly on my street for

four weeks although it was quite visible and in a legitimate bag? It wasn't my rubbish, but it took a phone call from me before it was finally taken away.

But enough of this litany of the trivial irritants in my otherwise privileged existence. I suspect a bad case of Seasonal Affective Disorder. Thankfully, the contents of this issue of *Mudcakes & Roses* are a whole lot more positive. In fact, Fred Robertson's piece on achieving peace of mind, may be just what I – and perhaps you – need in the depths of this rainy winter?

Re Cambridge

In this issue

- 3 Susanne Williamson was born in the USA although she had a Kiwi grandfather. She looks back on a life full of creativity and the journey which brought her to Nelson.
- 6 New in Nelson, *Home Share for Her* connects women who are interested in sharing a home, then facilitates the set-up of a mutually beneficial homesharing arrangement.
- 7 The seagulls in our *Life's a Beach* comic strip are a philosophic pair, so it's no wonder that their creator Fred Robertson is much the same. In this issue he shares his thoughts on ageing with peace of mind.
- 14 Earthquake risk closed Nelson's central library for a time, but happily it's "popped up" again.

Where to pick up your next copy

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

Wakefield

- Four Square

Richmond

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

Stoke

- Ernest Rutherford
- Summerset in the Sun

Tāhunanui

- ReStore (The Habitat Hub)

Nelson

- Fresh Choice
- New World

You can also find it online at tasman.govt.nz/publications and nelson.govt.nz/mudcakes-and-roses

Contact the editor

For topic suggestions and submissions:

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

On the cover

Architectural designer Dave DeGray poses amongst his sugar maple trees in Mahana.
© Elspeth Collier, Tasman

Proudly published by:

 **tasman** district council | Te Kaunihera o **te tai o Aorere**

 **Nelson** City Council | Te Kaunihera o **Whakatū**



Many chapters in a creative life

For almost 30 years Susanne Williamson and her hand-crafted, hand-dyed “Unique Threads” were a familiar sight at Nelson’s Saturday Market. Susanne recently retired from the market, but she’s still living a life full of creativity.

I was born in Oakland, California, the oldest of six girls. My grandfather was a Kiwi from Christchurch. In 1913, as a young man he worked his passage on a passenger ship across the Pacific as the leader of the ship’s orchestra. He met the woman who would become my grandmother in San Francisco.

Nearly 60 years later, I embarked on the reverse voyage – on the P&O ship *Canberra* – arriving in Auckland in 1972 at the age of 20. Walking off the ship, on a glorious spring day, with my great uncle to meet me, I knew I had come “home”.

My early years in New Zealand included living in a Buddhist community in Orewa, near Auckland. There was no electricity, so we cooked on a wood stove. I learned the art of bottling, studied Tibetan with our resident Lama, all while caring for two small children and a rather useless husband.

From an early age, I had loved exploring colour through drawing, embroidery and making clothes for my dolls. So, to earn money for our family and the community, I ran a stall at Auckland’s Cook Street Market where I

sold purses, canvas bags and clothing which I designed and sewed, and this further developed my fascination with design and the fabric arts.

Visiting friends in the Far North, I met my future life partner: an intelligent, compassionate, wood-chopping, house-building, down-to-earth kind of Kiwi bloke. Living with him and raising children in a community of other back-to-the-land folks was a wonderful experience.

After about 12 years in the Far North, we moved to Nelson. Being part of an artistic community in a place near sea and mountains and which has a vibrant local market helped create my strong bond with the Top of the South.

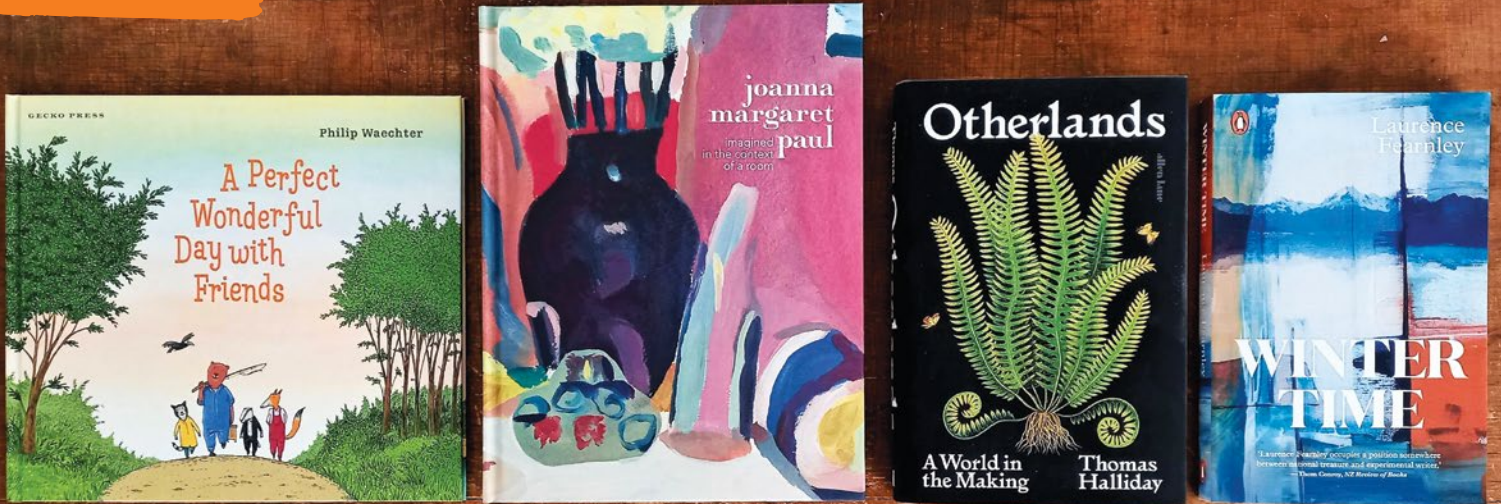
And I fell in love with the wearable art competition. WOW gave me the opportunity to create garments and use techniques that stretched my creative boundaries. Over the years I had fun making volcanoes that actually smoked, fountains, nikau palms, a sunset and a bizarre bra made in ceramic mosaic. My entries were finalists 12 times and won awards on four occasions. In 2003, my *Tiers of Peace*, a statement about the war in Iraq, won the open category. This and my other WOW entries, appear on my website: www.uniquethreads.co.nz

I started dyeing fabrics in the 1980s concentrating on Shibori and batik, and hand-painting and stencilling. I joined the Dyers’ Guild and attended their courses and studied fashion and design at NMIT. In addition to this formal training, I have taught myself a lot by experimentation, exploration and creative play.

For 27 years I sold a wide range of gift items made from my hand-dyed fabrics at the Nelson Saturday Market. Though I no longer sell at the market, my work is still available on my website, from my home studio and at the Suter Art gallery. I continue to enjoy the challenge of private commissions.

My next aim is to pass on my knowledge and experience in fabric art and mosaic in small classes in my studio. I hope to be able offer one-on-one classes for students who have an individual passion, or particular project.





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



A Perfect Wonderful Day with Friends by Philip Waechter

A genuinely heart-warming, but not-at-all cloying, beautifully illustrated book – an instant favourite! Raccoon decides to bake an apple cake. But he has no eggs, so visits his friend Fox, who needs a ladder to mend the roof. Badger will have one, but he needs help too, so they set off to find Bear. The diverse group of friends end up having a perfect, wonderful day together, being themselves and enjoying each other's company. And everything that needs doing gets done. **\$30**

Joanna Margaret Paul – Imagined in the Context of a Room edited by Lucy Hammonds

Joanna Margaret Paul's intensely personal responses and subtle observations of people, places and domestic situations found

their expression in drawing, watercolour, photography, and film, and she quietly challenged the conventions of each medium as she plumbed its potential. Her unique body of work is well represented in this book, which also includes thoughtful essays on her life and work. **\$65**

Otherlands: A World in the Making by Thomas Halliday

It's planet Earth, but not as you know it. Halliday's wonderful prose conjures the living worlds of deep time and gives us a real sense of what prehistoric Earth was like. From the first emergence of complex life and the new life forms of the Ediacaran, to the rainforests of Eocene Antarctic, to the Ice Age of the mammoths, Halliday ignites our imaginations and makes us sense these long-lost landscapes and the flora and fauna that covered them. **\$40**

Winter Time by Laurence Fearnley

Set on the shores of Lake Tekapo, Fearnley's new novel is full of insightful observations of human interactions with other humans and with their environment. When Roland returns to the Mackenzie Country after the death of his brother, he finds himself in difficulties with neighbours, with his partner back in Australia, and on social media. Isolated by the winter weather, he is no longer able to avoid confronting the issues that have been shaping his life. **\$36**

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





Gardening tips and tricks



A perfumed winter garden

In my last column I mentioned I was “rain dancing like mad”. Perhaps I went a little overboard judging by the rainfall we had in June and July. I have to say I was absolutely delighted to see a total of 201mm on our property in June – such a treat.

Fragrance in the garden is wonderful and one of my favourite fragrant deciduous shrubs is Wintersweet (*chimonanthes praecox*). It's always a poignant moment when the small cup-shaped waxy lemon blooms with a burgundy centre appear on the bare branches from early winter. It's planted at the back of our house and glorious fragrance wafts from it for a few weeks. The minute I catch a hint of its scent I'm transported back to my childhood in Invercargill – Mum used to fill a large vase with branches of this exquisite shrub

and its fragrance filled the house, taking my breath away.

Another childhood favourite was Witchhazel (*hamamelis virginiana*) – with its spidery yellow blooms and heavenly fragrance. There is also a variety with burnt orange flowers, but its flowers are much smaller and less fragrant.

Both of these shrubs are perfect for the smaller garden and can also be grown in large containers – doing well in sun or partial shade and most soils as long as the drainage is good. They can sometimes be hard to find so if you desperately want one, I suggest contacting Devon Nurseries in Blenheim – if they don't have it, they may know who does.

Daphne, another favourite of many, will be coming into flower now – they are a relatively short-lived small shrub – lasting approximately seven years. Daphne uses a lot of energy to produce its beautiful flowers so

it's a good idea to give them a good side dressing of fish compost and sheep manure pellets regularly.

If your daphne has yellow leaves, this is a sign it is lacking in magnesium. You can help by dissolving one teaspoon of baking soda in one litre of water – using a watering can with a rose to apply it around the drip line (the outer circumference of the shrub). Sheep manure pellets also have traces of magnesium in them, which will help. As for epsom salts, it's important to apply them only two or three times a year – you don't want to overdo it.

Port wine magnolia (*michelia figo*) is another very popular shrub for fragrance – flowering from mid-to-late spring. The flowers are fairly small compared to other magnolia. Port-coloured buds open to reveal a slightly paler interior and their scent packs a glorious punch in the evening.

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.





Potential housemates in discussion



Sloane Bayley and Catherine Wild

Opening the door to shared living

Many older people on fixed incomes, particularly older women who live alone, find it difficult to find affordable housing in Nelson. *Home Share for Her*, a local initiative, is trialling a potential solution to the problem.

Many women living alone in Nelson Tasman struggle to afford a roof over their heads. Regionally there is a shortage of existing houses with only one or two bedrooms, and rents are high. Although demographics show an ageing population, and more people now live alone, most new houses are built with three or more bedrooms.

Even women who own their own homes struggle to pay rates, or physically maintain their homes alone. This is particularly true of older women. Understandably, they are often reluctant to downsize if this means leaving the home where they raised a family and a neighbourhood they feel comfortable in. Many older women are not yet ready to enter a rest home, or transition to a retirement village – even if they could afford to.

Quite apart from these challenges, many women living alone – particularly in the context of Covid – feel socially isolated or lonely.

Home sharing with a compatible woman might seem a very obvious solution, but the process of advertising and interviewing for potential housemates can be daunting, especially during stressful life transitions such as job loss, separation, death of a spouse or the shift to a new town or city.

The newly launched *Home Share for Her* is designed to address these issues. The programme is a joint initiative

of Community Action Nelson and Nelson Women's Centre assisted with funding from Department of Internal Affairs and Manatū Wāhine.

Essentially *Home Share for Her* matches women who have a home they would like to share, with women who are looking for shared housing.

Sloane Bayley and Catherine Wild are the two locally based facilitators whose job is to support the process from start to finish. They connect potentially suitable housemates with each other, facilitate their first meeting, help with background and reference checks, and the negotiation of a house-sharing agreement. They supply resources to help the home share succeed, and after the house sharing has begun, they even follow up to make sure all is going well.

Catherine is a home sharer herself and has a background in providing training and mentoring on healthy relationships and household budgeting. Sloane has experience facilitating home stays for international students and contributes to a range of other community organisations in Nelson. Both women are warm and passionate about helping women live happy and secure lives through social connection and housing stability.

They meet with participants and go through a detailed questionnaire about the kind of home share they envisage and match them with a compatible potential housemate.

Chloe Howorth is a co-founder of *Home Share for Her* along with Kindra Douglas and Anna Mae Angeles. Chloe has a background in managing housing and urban development projects and is currently Business Manager at Habitat for Humanity in Nelson.

Chloe cautions that *Home Share for Her* is designed for “women who can contribute and engage as equal partners in the running of a shared household”. She explains that “by assisting these women the programme will free up existing services for women who are in crisis or have complex support needs”.

Although the current focus is on assisting women in the Nelson Tasman region, the programme may expand to include other participant groups and places in New Zealand.

A way to age with peace of mind?

In my 70th year, my life is filled with wonderful grandchildren who keep me young and enthusiastic, catching up with old friends far and near, home maintenance projects, tree planting and artistic projects in my workshop. But there are also moments when I just like to sit, look, relax and be.

In the middle of one of these moments of just being, I realised that I was practising some of the exercises from *The Power of Now*, a book I first read 20 years ago. I have reread this book by Eckhart Tolle, and its sequel *A New Earth*, several times since then. Mysteriously, the book and I seem to have matured together so that some passages are more relevant to me (the older me) than ever before.

Tolle suggests that peace of mind comes from staying in the present moment – not becoming lost in the nonstop prattle of the mind about regret for the past, or fear of the future. It’s interesting to observe how busy your mind is with negativity. Listen out for your critical internal voice judging the behaviour of people around you, e.g. “Those parents just can’t control their kids!” or “What a stupid outfit to wear on a day like this!” And so on. And so on.

About the contributor

Fred Robertson, 68, is now retired having taught for 35 years in state schools and integrated Steiner schools in Tasman, Motueka, Hawke’s Bay and Dunedin, as well as adult art classes. He has an ongoing interest in the creative arts, including writing and drawing.

More information

Website: www.homeshareforher.nz

Facebook: www.facebook.com/homeshareforher

Email: hello@homeshareforher.nz



Tolle’s advice is to “accept the present moment as if you had chosen it, make it your friend and ally, not your enemy”. Once you are aware of your negative thought processes, you can begin putting them quietly aside when they arise, and stay in the present moment, a place of clarity and calm.

In *A New Earth*, Tolle talks about the “outward journey” we take as young people; busy working, raising families and building community, and the “return journey” when we are older and our focus shifts from doing to being. When ego is no longer the driving force, Tolle says, old age, or approaching death becomes “an opening into the realm of spirit”.

This might sound way too spiritual or esoteric, but I’ve found it a useful approach to ageing. In my early 20s I met a woman artist who epitomised this attitude. As she aged, she became so filled with inner vitality that in her 80s she was almost a rainbow!





Our environment

Be careful what you ask for

Some Nelson locals have expressed concern about the unweeded state of roundabouts on State Highway 6. Apparently these tidy-minded Nelsonians, calling themselves Weed Witches, went out with trowels and gloves and cleaned up the messy roundabouts.

However, Waka Kotahi (New Zealand Transport Agency) responded with the message that it doesn't want locals endangering their lives by weeding on main roads. In fact, new health and safety regulations recently came into force to protect road workers and gardeners.

It is true that road workers have been killed on busy roads, despite their cones and warning signs, so it does seem that a better solution to weediness is called for. Waka Kotahi has suggested concrete. It has plans to install mowing strips and cover some areas with concrete.

Environmentally speaking, concrete is bad. The manufacture and use of concrete is responsible for up to 8% of the worldwide production of the

greenhouse gas, carbon dioxide. Concrete's other major disadvantage is that it never goes away. Consider the colosseum in Rome. It was built nearly 2000 years ago – of concrete – and it is still standing.

Concrete occupies vast areas of formerly agricultural land, displacing birds, bees and plant life, and contributing to the reduction of biodiversity. Concrete is impermeable, and creates massive runoff in heavy rain, thereby distributing oil and other pollutants into streams and rivers.

Concrete absorbs sunlight and contributes to overheated surfaces in cities. And concrete is ugly.

However, concrete did prove to be useful in the 20th century for rapidly rebuilding damaged cities after WWII and rehousing large populations in vertical structures. But now it's time to stop using it. And perhaps it's time for me to stop the rant and suggest another option for those weedy roundabouts.

Wildflowers give an excellent cover for verges and roundabouts. They are more attractive and cheaper than concrete and are better for biodiversity. Several English counties are now supporting roadside communities of wildflowers. Philip Sterling, an ecologist, has been travelling around England urging councils to cut their bills and give a boost to bees by adopting the wildflower solution to the roadside mowing problem.

Some people may be against the idea of planting non-native plants. I think that New Zealand already sparkles with wildflowers from overseas, and they are well-established. Encouraging more of these attractive plants might mitigate the dramatic loss of insect populations which has been observed worldwide. We need pollinating insects for food crops to flourish, and bees love wildflowers. We need more colour and beauty in our lives, not more concrete.

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

Network Tasman Trust grant applications now open

If you, or an organisation in which you are involved, supports seniors living in the region, you can apply for a 2022 Network Tasman Trust grant, but hurry – applications close 26 August.

Application can be made by individuals and organisations which can demonstrate that their activities benefit those who are living in the Tasman District and wider Nelson area.

Last year, several local arts organisations received Network Tasman Trust grants and the support was music to the ears of many seniors living in the region.



PICTURED: Nelson Civic Choir performing *A Choral Passion* at Nelson Cathedral in June.

The choir is currently looking for new members. Find out more at nelsoncivicchoir.com

The Nelson Civic Choir received a grant towards staging its recent concert *A Choral Passion* (see photo). Stephanie Buck was able to repair a community piano, and the Nelson Symphony Orchestra received financial support towards three concerts they're planning to stage this year.

Meanwhile, golfers benefitted when Tasman Golf Club received \$2000 to erect a golf cart shed while the Nelson Asthma Society received funding to help it run its Sing Your Lungs Out programme, which supports people with chronic lung conditions.

The maximum amount allocated to organisations is usually \$3000, while individuals can apply for amounts under \$1000.

In the past, successful applications have generally fallen into five main categories:

- Social support services
- Sport and recreation
- Education
- Art and culture
- Environmental and energy-saving.

Generally, grants will not be available for wages or operating costs, however consideration will be given to funding the cost of providing specialist services, training and professional development.

Applicants must demonstrate their activities benefit those living in Network Tasman Limited's distribution area, which covers most of the Nelson Tasman region – from Atawhai in the northeast, to Murchison in the south and Collingwood in the northwest. Central Nelson is excluded, as this area is serviced by Network Electricity Limited.

Applications close 26 August. The final decision on successful applicants will be made at the Trust's meeting on 26 October 2022.

MORE INFORMATION:

Find out more about eligibility and how to apply at networktasman.co.nz/grants-scheme





Food for thought

Comfort food

Like many others, I find that each season brings with it the desire to eat certain foods. I'm sure you know what I mean: spring and summer usually inspire relatively light meals, often involving salads that suit warmer temperatures, while autumn and winter bring to mind what I often refer to as "comfort food".

So given we're now bang in the middle of the coldest and dampest season, read on to find out about one of my top comfort foods. It's a very satisfying dish to make and even more so to eat. It can be stretched to go quite a long way with the addition of some fairly basic bits and pieces from the fridge and, importantly, it's not a particularly expensive dish.

So, what am I talking about here? Why, it's fish pie: smoked fish in a cheesy sauce topped with creamy mashed potatoes. While you can buy a smoked fillet such as kahawai, some fish shops will sell small chunks of smoked fish so there's no chance of buying too much or not enough. It's also cheaper to buy it in this form.

Choose a good-sized ovenproof dish that will be deep enough to accommodate the layers of sauce and mash and then scatter the smoked fish pieces in the bottom. Next, check your fridge for any leftover bits such as a spring onion or two, a lonely rasher of bacon or anything else you deem to be compatible with smoked fish. Chop and set aside.

Peel and boil some potatoes – and chuck a couple of eggs in the pot

to boil with them. While the spuds are cooking, grate a pile of, ideally, tasty cheese and set it aside while you make a white sauce.

At this point, preheat the oven to 180°C. When you've made enough sauce to fill somewhere between one third and one half of the dish, season it well, then add the grated cheese and stir it in until smooth. Peel and chop the hard-boiled eggs and add to the fish. Stir through the prepared bits you may have found in the fridge, along with some frozen peas and/or corn kernels. Lastly pour in the sauce, then quickly mash the potatoes before spreading them over the sauce. If you like, scatter a bit of grated cheese over the top before putting the dish in the oven and baking for at least 45 minutes. Enjoy!

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.

Our Community News and Information

Nelson Bays Primary Health
Hauora Matua ki Te Tai Aorere

Falls prevention

Falling isn't part of the ageing process and many falls are preventable so don't wrap yourself in cotton wool and don't give in to the fear of falling.

In the last 12 months have you slipped, tripped, or stumbled? Do you avoid some situations because you are afraid you might lose your balance? Do you have difficulty getting out of a chair without using your hands?

People can worry so much about falling that they restrict their activity. If you've already fallen you may feel less confident and experience a growing fear of falling again. It's a vicious circle.

The great news is there are some practical steps you can take to keep you on your feet and living the life you want to live. If you are ready to get started, come along to a free "More Stable More Able" falls prevention session. They are being held at various locations around Nelson throughout the year.

Each session is relaxed and informal and includes information on maintaining independence, causes of falling, strength and balance exercises, making your home safe as well as maintaining bone strength and eating well to stay on your feet.

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

To book, contact Ange Baker, the Community Falls Prevention Coordinator for Nelson on 021 790415 or angela.baker@nbph.org.nz



Community strength and balance classes

Lots of people have stayed away from their regular exercise classes and routines over the last two years. Although this may have kept them safe from Covid, it has had a huge impact on their physical strength and balance and increased their risk of a fall.

Re-establishing your regular exercise routine is an important step back to normality and it's the best thing you can do to build leg strength, improve your balance and mood and reduce your risk of falling ... plus, it's fun!

Exercise is key to helping you move your way back to a stronger, more balanced you so that you can continue to live independently for as long as possible.

There is a wide variety of community strength and balance classes to choose from so find one that really suits you. You will be in safe hands as all recommended instructors are approved under the ACC Live Stronger for Longer criteria.

Check availability of classes near you by contacting Ange Baker, the Community Falls Prevention Coordinator for Nelson on 021 790 415 or visit www.livestronger.org.nz

Our Community News and Information



News from Age Concern

Living well course

Running over eight consecutive weeks, this course looks at the idea of "living well" in a holistic way, including social connections, eating well, moving well, being financially well, thinking well, sleeping well and dealing with loss. In the final class participants create their own personal "living well" plan. The next course begins on 8 September in Richmond.

To register for the above or below course please contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz

Cooking classes

Ideal for people with limited cooking skills or who struggle to cook for just one. Classes are taught by a chef with community cooking experience. Participants share a meal together at the end of the class. Classes run every Tuesday from 4 October – 8 November.

Visiting service

We have a befriending service for older people who find themselves spending too much time alone. Currently 80 older people receive regular visits and phone calls from our volunteers in Nelson, Richmond, Motueka and Golden Bay. Several volunteers have been visiting the same person for eight or nine years. One match has endured for 10 years.

Margaret, who is now in her 90s, came to our service seven years ago after her health declined, and she could no longer drive. Previously, she'd been an active and social person but now spent days at home with only her cat for company. She was introduced to Jane, and the pair decided very quickly that they enjoyed each other's company.

Jane visits weekly and between times they sometimes talk on the phone. Jane enjoys Margaret's stories, and Margaret enjoys the company of a younger person.

In good weather, they'll often go out for lunch, or an ice cream at the beach, but sometimes they just stay indoors and chat. Jane and Margaret are now great friends and wouldn't miss their weekly catch up for the world.

For more information contact Susan or Joleen on 03 544 7624.

New branding

Our new logo features three Huia feathers to symbolise the mana of older adults and the leadership role of Age Concern, while the circle symbolises community, friendship, and respect. Our look has changed but our services remain the same: we support older adults to lead healthy lives, full of opportunity and free from harm.

Quilt exhibition in Wakefield in September



The Waimea Area Quilters Group is holding their fourth biennial quilt exhibition on Saturday 24 and Sunday 25 September, 10.00 am – 4.00 pm, at the Wakefield School Hall.

The group was formed 11 years ago and have continued to meet monthly ever since. They also hold summer and winter retreats for their members.

A wide range of hand and machine-stitched quilts will be on display. Visitors are invited to enjoy delicious home-baked goodies with a tea or coffee, and perhaps enter the raffle for a stunning quilt created from the colourful fabrics of Kaffe Fassett.

Our Community News and Information



It's back! Nelson Arts Festival returns this spring

After two years of disruption the Nelson Arts Festival will be back this October, playing at venues, parks, galleries, cafés, heritage sites and community centres, with events that will help make patrons feel safe to engage, while letting imaginations run wild.

The organisers are confident that the programme will delight, crammed as it is with creativity and spring energy. Championing the artistic personality of our distinct community, the festival prides itself on offering unmissable arts experiences in known and unexpected places.

Clear your diary and get ready to get involved with book launches, exhibitions, performances, workshops, celebrations, words, discussions, concerts, residencies, installations and more. The very best of our local community artists are joined in Whakatū Nelson by other artists from around Aotearoa and further afield.

"We are making a festival with our community at its heart, embracing a wider range of artists and spaces in Whakatū Nelson and beyond. It's a festival for, and with, our community," says Lydia Zanetti, executive and artistic director of the festival. "Let's sit with the uncertainty of our times, reflecting and being inspired to find new paths forward by all the arts have to offer."

The Nelson Arts Festival runs from 20 – 30 October 2022. The programme is available now at www.nelsonartsfestival.nz

Free RAT kits and masks

Free second Covid vaccination boosters are now available for people 50 years and over. RAT kits and masks are available for free too.

Vaccination centres

- 54 Montgomery Square, Nelson
- 253 Queen Street, Richmond
- Golden Bay Community Health Centre

Book an appointment

Phone 0800 28 29 26 (8.00 am – 8.00 pm, seven days a week) or visit bookmyvaccine.covid19.health.nz

Where to get free RAT kits and masks

- 106 Collingwood Street, Nelson
- Saxton Field parking area (near Oaklands Milk), Suffolk Road, Stoke, Nelson
- Murchison Hospital & Health Centre
- Motueka Recreation Centre Carpark, Old Wharf Road
- Old Netball Courts, Horton Park, 29b Redwood Street, Blenheim

Please note: You must place an order *before* going to a collection site, phone 0800 222 478 or visit requestrats.covid19.health.nz



Our Community News and Information

Nelson's central library has "popped up" again

Readers and other community users of the Elma Turner Library in central Nelson will be delighted to know that following earthquake strengthening work, part of the library has reopened under the name The Pop-Up Library, where you can now pick up holds, browse the collection, access computers, use the printer, scanner or photocopier, and speak to a librarian.

The Elma Turner Library in central Nelson was temporarily closed after an inspection found the ceiling tiles posed an earthquake-related risk. Strengthening has been completed for two sections of the library – the children's area and the activity room – allowing staff to open part of the building as a pop-up library. Entrance to the area is through a rear door to the library, facing the Halifax Street Youth Pop-Up Park.

Community and Recreation Chair Tim Skinner says Council has worked to get part of the Elma Turner Library open as quickly as possible.

"We know the library is as much about the communal nature of the space as it is about access to books. This is a vital place for our community to gather, and the closure was sorely felt by many in Nelson who rely on Elma Turner Library for social interaction as well as services like access to computers and books."

The Pop-Up Library will operate under Elma Turner's normal business hours, including weekends. Extended hours for Nightingale Memorial Library will continue, while Stoke Library hours have returned to normal.

Libraries Team Leader Nicola Harwood says the great thing about being able to open a pop-up within the existing library is the familiar space for customers, minimal movement of books required, and the great IT system.

"It took library staff about three days to move in a selection of our collection and reconfigure the space so it can work for the whole community while the rest of the building is worked on.

"Library staff have really missed daily interactions with the public, and we are really happy we've been able to open part of Elma Turner Library again within just two months."

Strengthening the rest of the building

The remainder of Elma Turner Library remains closed while strengthening options are assessed. Timeframes for completing future work are not known.

A Detailed Seismic Assessment (DSA) report has shown there are heavy ceiling tiles widespread throughout the building, and the ceiling grid itself in parts of the building is under 34% of the New Building Standard (NBS). Urgent remedial work was undertaken in the pop-up area to bring this area up to 67% NBS. Similar options will be considered for the rest of the building.



Librarians prepare to welcome patrons back to the library

More information about the Pop-Up Library in Elma Turner

Entrance: Via the rear door facing Halifax Street Youth Pop-Up Park.

Opening hours: 9.30 am – 6.00 pm Monday, Tuesday, Thursday, Friday • 10.00 am – 6.00 pm Wednesday • 10.00 am – 4.00 pm Saturday • 1.00 pm – 4.00 pm Sunday.

Accessibility: Unfortunately, the Pop-Up Library is limited by a narrower entrance. Large mobility scooters and wide buggies will not fit inside. There is a wheelchair available for customers who need to leave mobility scooters outside. Phone 03 546 8100 to discuss accessibility.

Contact: Email library@ncc.govt.nz or phone 03 546 8100.

Our Community News and Information

From Tasman District Council

Overdue library fines written off

From 1 July, overdue books and other items on loan from Tasman District libraries will no longer attract fines. Overdue charges were intended to encourage the prompt return of library materials. However, because there is no evidence that the fines were helpful in achieving this aim, the Council has removed overdue fines on adult memberships at all Tasman District Libraries. Overdue charges for children's material were removed in July last year. Existing overdue fines will be written off, although charges for lost and damaged books will remain.

Tasman District Libraries Manager Glennis Coote says it's hoped that removing overdue charges will increase positive interactions with library staff, remove barriers to the use of the library, and increase membership and use of library materials while encouraging long-term use of the library by our community.

"We know that fines can create a barrier for some people. Library fines particularly affect those who cannot afford to pay, and they prevent their use of libraries. We're looking forward to seeing customers who have been put off using the library because of library fines return and enjoy our facilities and resources."



The Positive Ageing Expo returns on 30 September

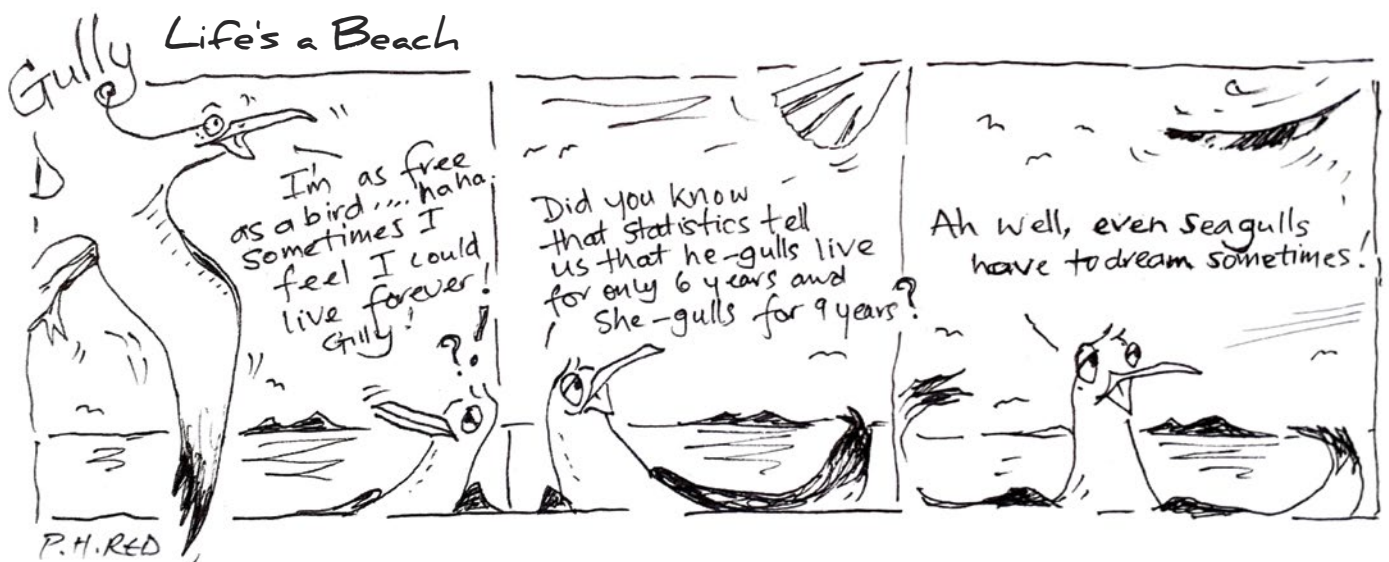
This expo aims to help everyone improve their personal well-being and enjoyment.

Pick up a new hobby, get some advice, try your hand at new activities – all this and more will be on offer at the Positive Ageing Expo on Friday 30 September from 10.00 am – 3.00 pm at the Headingly Centre in Richmond.

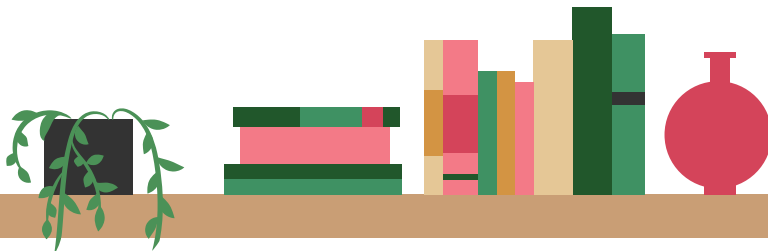
The Positive Ageing Expo has been running since 2008 and attracts about 2000 visitors each year. At previous expos 70 stallholders have been on hand offering the chance to connect with groups, organisations and service providers.

Stallholder registrations are now open and close on Wednesday 31 August 2022.

For more information visit www.tasman.govt.nz



Tasman District Libraries



Origins whakapapa quilt

Help create a record of our origins/whakapapa.

We want to include your story, whether you are tangata whenua, a new migrant, or someone in between. Pick up a pre-cut square of quilting fabric and an entry form from Motueka, Murchison, Richmond or Tākaka Library, stitch (or paint, draw, applique) a word or image relating to your origin or whakapapa to the fabric and return it to us by 30 September. We'll then stitch all the pieces together into a magnificent community quilt.

Hoopla

Access e-books or audio books and watch movies and TV series for free on the Hoopla app!



Download it from the app store on your smartphone, create an account using your Tasman District Library card number and PIN, and start exploring! If you need a hand, phone us on 03 543 8500 and we'll help you out.

Courageous conversations

Watch a series of four video discussions between migrants and curious, empathetic Nelsonians about the challenges of life in New Zealand. Parts 1 & 2 Thursday 4 August, and Parts 3 & 4 Thursday 11 August. Phone Richmond Library 03 543 8500 for more information and to book your spot. Free.

Overdue books and other items on loan from Tasman District Libraries no longer attract fines. Refer to Community News on page 15 for more information.

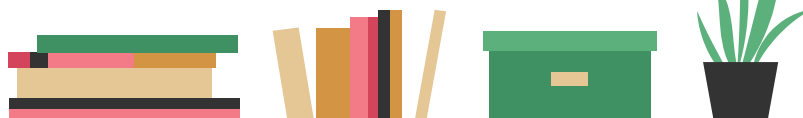
MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Challenges for adult brains and hands

You're never too old to learn a new skill, brush up on a hobby, or challenge the brain. This September we are offering a range of activities to celebrate adult learning of all kinds. For bookings contact library@ncc.govt.nz or phone 03 546 0414.

The amazing race

Gather your team and figure out clues which will take you around Nelson city. Prizes and morning tea when we reach our destination. Monday 5 September, 10.00 am start at Age Concern office, 18 Bridge Street, Nelson.

Punch needle embroidery workshop

Learn all the tips and tricks of punch needle embroidery. Tuesday 6 September, 10.00 am – 11.00 am, Nightingale Memorial Library, Tāhunanui.

Escape room

Your team has 30 minutes to solve the clues leading to the key so you can make your escape! Thursday 8 September, 10.00 am – 4.00 pm at Pūtangitangi Greenmeadows Centre, Stoke.

Upcycled clothing: T-shirt stencilling

Bring along a piece of clothing to give it new life – choose from a range of stencils or bring your own simple design. Sunday 11 September, 1.00 pm – 3.00 pm, Nightingale Memorial Library, Tāhunanui.

See Community News on page 14 for information on the new Pop-Up Library at Elma Turner Library.

MORE INFORMATION

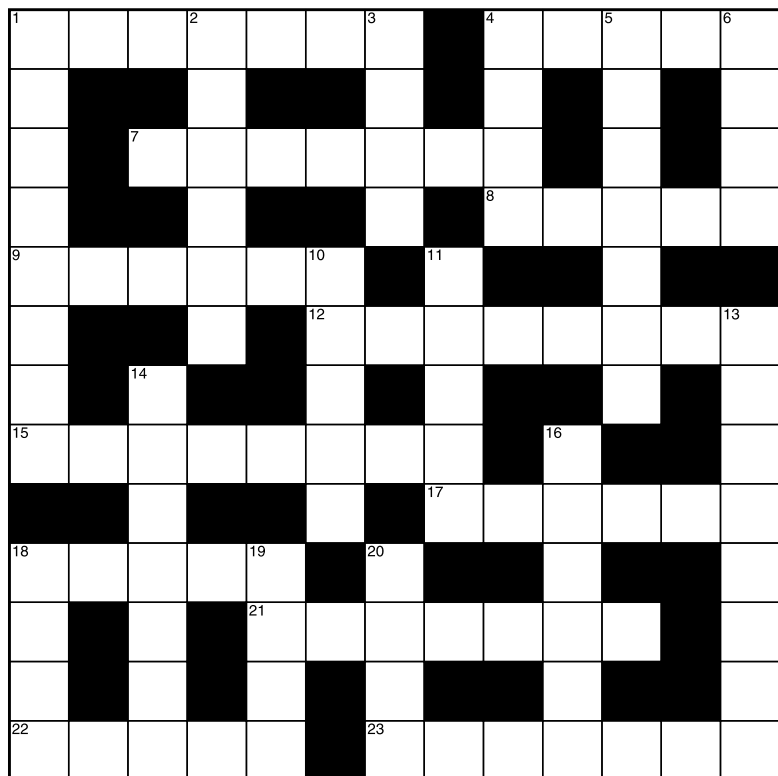
Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Crossword



ACROSS

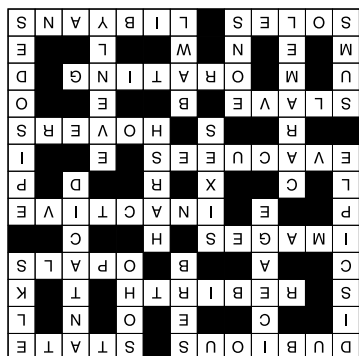
- 1. Questionable
- 4. Declare
- 7. Reincarnation
- 8. Iridescent gems
- 9. Reflections
- 12. Idle
- 15. Rescued disaster victims
- 17. Floats in the air
- 18. Unpaid worker
- 21. Addressing crowd
- 22. Bottoms of feet
- 23. People from Tripoli

DOWN

- 1. Apostle
- 2. Glacial period (3,3)
- 3. Belgrade native
- 4. London nightclub area
- 5. Heartburn medicine
- 6. Moose
- 10. At ... & sevens
- 11. Grating
- 13. TV series instalments
- 14. Burnt sugar
- 16. Uniformly
- 18. Maths problems
- 19. Geological eras
- 20. Cry like infant

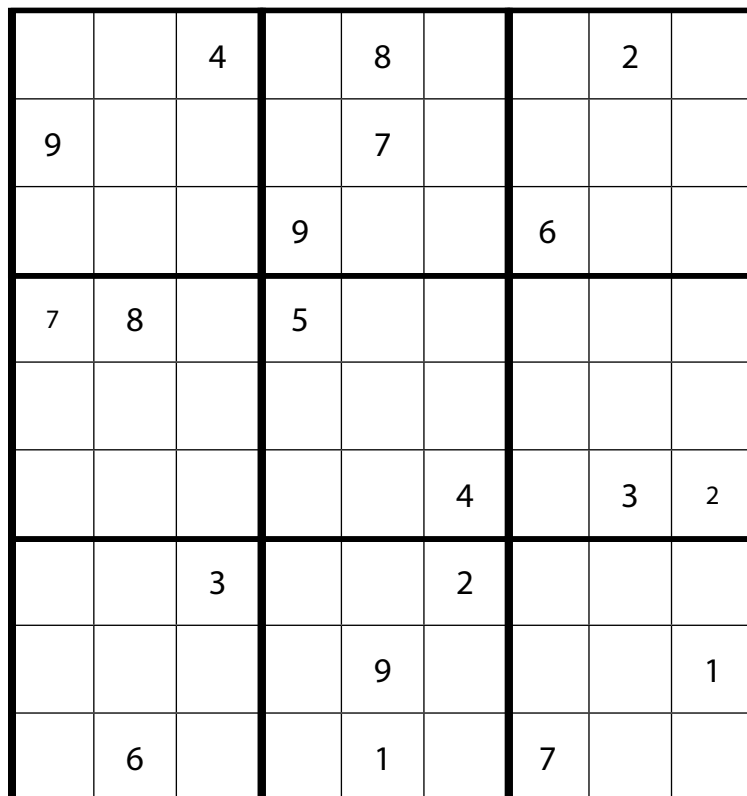


Crossword solution

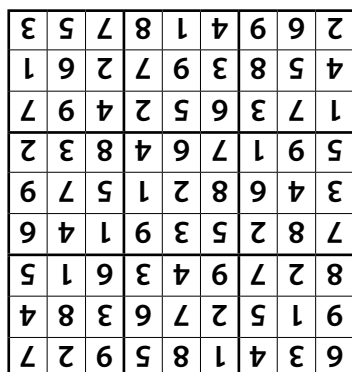


Sudoku

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



Sudoku solution



Thanks to Tasman resident 86 year-old Diny van Oeveren for creating our Sudoku puzzles



Absolute Energy

0800 423 454
info@absoluteenergy.co.nz



Your home could be eligible for an insulation grant, 80-100% off the cost of your ceiling and underfloor insulation.

* Conditions Apply

Why should you insulate?

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

We can easily help you through the process. Contact us today on 0800 423 454



Visit our website - www.absoluteenergy.co.nz



Services as unique as you

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

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



Marsden House
FUNERAL SERVICES

marsdenhouse.co.nz

03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS

HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

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



KIWISKIN Māpua Skin Clinic

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

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



NELSON TAXIS
NELSON CITY TAXIS SOCIETY LTD · NELSON 158 0025

www.nelsontaxis.co.nz
MOBILITY VEHICLES 0800 843 826
TAXIS 03 548 8225

TOTAL MOBILITY

Nelson City Taxis has 5 Total Mobility hoist vans for all wheelchair requirements.

Our Total Mobility drivers all hold current First Aid certificates.

Over 30 years' experience transporting Nelson's Total Mobility customers.

Simple Direct Funerals

Cremations from \$2000

Burials from \$5000

Price includes: Cremation or Plot, Coffin, Transportation, Death Certificate, Paperwork, Placing newspaper notices.

No after hour fees. No hidden costs.

Professional Caring Service

Phone 541 0820 / 021 120 1314

www.sdfunerals.nz

5 Talbot St. Richmond



Think more time for quality time.

Think **Summerset serviced apartments.**

With help on hand when you need it, Summerset serviced apartments provide the perfect balance of independent living for loved ones, and peace of mind for you. We can even take care of the cleaning, washing, medication and meals, so you can focus on the important stuff, like making lasting memories together. Think this sounds like you or someone you love?

Check out our serviced apartment show homes at Summerset Richmond Ranges today.

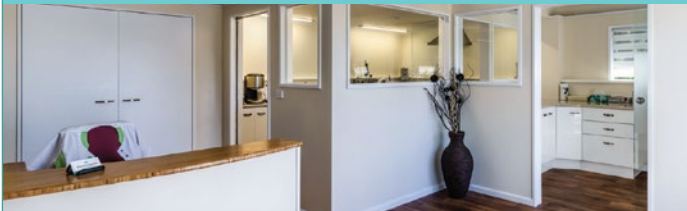
03 744 3432 | summerset.co.nz/richmond



Summerset
RETIREMENT VILLAGES

SUN4142_HP

New Dentures, Relines & Repairs



BaysDentures
quality, crafted with care

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



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

Janet



Access

Make yourself at home with Access

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

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

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. Richmond Office: 62 Oxford Street. 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. Freephone 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).

Found Directory

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

Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. 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

Hearing Association Nelson

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

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.

Senior Net (Nelson)

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

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

Various locations throughout Nelson, Stoke and Richmond, check the Wellby website for details: www.wellby.org.nz Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day. Phone 03 546 7681 (Holly). Email hello@wellby.com

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).

Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Tākaka Golf Club

Phone 03 525 9054.

Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

Tākaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 9422 (Diane).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

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

Māpua Bowling Club

Phone 03 540 2627 (Di).

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Sioux Line Dance

Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Tuesdays, Māpua Community Hall. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au

The Coastal Stringers

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



MOTUEKA

Better Breathers Class

Mondays 11.30am during the school term. Brass Band Hall, 40 Wharf Street, Motueka. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz 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 Seniors Hub

\$3 per session, refreshments provided. For all enquiries phone 021 251 4359 (Chris).

Indoor Bowls: Mondays & Wednesdays

1.15 pm – 3.30 pm. Phone 027 283 1595 (Brian).

Rummikub: Thursdays 1.00 pm – 4.00 pm.

Phone 03 526 8796 (Mavis).

Knit & Natter: Wednesdays 10.30 am – 12.30 pm

Quiz: Third Friday of the month, 1.00 pm – 4.00 pm.

Housie: Second and last Saturdays of the month, 1.00 pm – 4.00 pm

Senior Art Group: Fortnightly group TBA

Community activities: Yoga, Tai Chi, Journaling

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 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 (Vonnice).

Sport Tasman Motueka

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

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

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

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

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

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

Yoga

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

MURCHISON

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@gmail.com 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. 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

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.

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.

Richmond Headingly Centre Wednesday 10.45 am – 12.00 pm.

Phone 03 547 5331 / 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 randjittman@gmail.com

Nelson Blood Cancer Support Group

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

Nelson City Probus Club

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

Nelson Electronic Organ and Keyboard Club

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

Nelson Grey Power

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

Nelson 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 nelsonphilatelicociety@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 03 548 9006 (Maria) or 027 497 9330 (Karin).

Nelson Social Dance Club

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

Nelson Table Tennis Club

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

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Phone 03 539 6402 (Roger) or 027 496 5724 (Haydn).

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

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

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 Tahunanui Drive, Tahunanui. Phone 027 240 6302 (Atje). Email nelson@habitat.org.nz www.facebook.com/repaircafetahunanui

SERVICE DIRECTORY

ReStore Nelson

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

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50 to learn to use and enjoy computers and other technology in their everyday lives. Help sessions, courses, interest groups and one-on-one tutoring available. Phone 03 548 9401 (Peter – leave message). Email contact@seniornetnelson.org.nz www.seniornetnelson.org.nz

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 (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation, \$5. Phone 03 548 2601 (Anne-Marie).

Support Works

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

Suter Art Gallery

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

Tāhunanui Bowling Club

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

Tāhunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

Ukulele with Gretchen

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

U3A Nelson

University of the Third Age open to all retirees. The next meeting is at Saxton Field Football Clubrooms at 10.00 am on Wednesday 27 August. An interesting speaker is promised and morning tea provided. Phone 03 544 3057 (Nan). Further information on our website u3anelson.org.nz or email davnan23@gmail.com

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

Aqualite

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

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

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

Body Power Pilates and Yoga Centre

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

Chair Yoga

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

Club 60

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

Easy Exercise

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

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). Email benboy.martin@gmail.com www.innerwheel.org.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

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

Nordic Walking

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

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

Come and join us at 348 Lower Queen Street, Richmond. Have fun, learn a new skill. We play both Association and Golf Croquet. All welcome. Phone 021 757 468 (Kaye).

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

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

Richmond Physiotherapy

Knee classes: 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 Slimmers Club

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

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

Sit and Be Fit

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

Social Cards 500

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

Tasman Aquarium Club

Meetings held second Monday of the month at 7.00 pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome. Phone 03 544 3116 (Robin).

Veteran's (55+) 9 Hole Golf

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

Waimea Combined Friendship Club

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

Waimea Music Club

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

Yoga Classes for stiff and sore spots

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

STOKE

Acting Up Drama Group

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

Chair Yoga at Saxton

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



SERVICE DIRECTORY

Clogging/Tap Dancing

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

Dru Yoga Classes

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

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

Housie Evening

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

Line Dancing

Gentle cardio dance routines set to great music.
All ages/genders, bring cup and pen, wear soft-soled shoes. Free morning tea. Tuesdays: 9.15 am beginners (all welcome), 10.45 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 Probud Club

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

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities at Greenmeadows:

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

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

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

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

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

Scrabble Club: Mondays at 1.00 pm, \$3.

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

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

Housie: \$5 a card. Phone 03 547 2660 for details.

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 03 547 7841 (Ian).

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

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

Tapawera Connect

Monthly tea and talk 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).

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 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

DO YOU NEED TO UPDATE YOUR DIRECTORY LISTING?

Email mudcakes@hothouse.co.nz with your updated content, and we'll edit it for you. If you would like to add a new listing, simply email us to request a copy of our handy directory template.

Think ahead for peace of mind

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

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

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



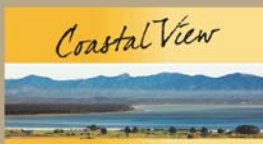
Waimea
Richmond
FUNERAL SERVICES



Premium Living

The Coastal View, Clearwater Duplex houses are the first of their kind. They feature expansive views, private balconies and an elevator.

Available soon... Enquire now.



Call Breffni on 027 410 9668

A new generation retirement village.

50 Clarence Drive, Bishopdale | www.coastalview.co.nz

A subsidiary of

Qestral
CORPORATION LTD