

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Kaiteriteri – Imagining the future of a beloved holiday spot

Farewelling a bach and the memories it holds

Just do it! But do it safely with free classes on e-biking and using outdoor exercise equipment

PLUS

Community news

A directory of local clubs and activities for seniors

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



EDITOR'S Letter



Oh no! It's Christmas again. The season when, according to the media, we are all ceaselessly cheerful. The season when we all sit down to vast meals in the company of cheerful friends and family, give and receive artfully wrapped presents, and then holiday in baches and caravans with much barbecuing and gambolling on sunstruck beaches.

Please don't mistake me for a misanthropic Scrooge who resents good cheer, celebration or connecting with my fellow human beings. What I do resent is the omnipresence of this version of Christmas, and how far it is from reality.

Fewer New Zealanders identify as Christian than ever before. Growing numbers of us are Buddhist, Hindu, Jewish or Muslim. Many of us are atheist. Many of us don't belong to large, happy and functional families. Some of us are introverts who are exhausted by large gatherings. Few of us actually own a bach or a caravan and, especially in the current economic climate, have

money to spare for holidays, luxury food items or extensive gift-giving.

I wonder if the stereotype of Christmas would lose its power if we recognised our need for connection and celebration throughout the year – not just at Christmas. Would fewer of us end up emotionally and financially over-spent at Christmas?

Here endeth the rant. I hope you enjoy this, the last issue of *Mudcakes & Roses* for 2022.

Deck the Halls and Jingle your Bells. Depending upon your sexual orientation, feel free to Make the Yuletide Gay. May Your Days Be Merry and Bright. Feliz Navidad!

Ro Cambridge

In this issue

4 In his first contribution on the theme of imagining the future of local places, Rob Mitchell of Motueka describes plans to develop Kaiteriteri to meet the needs of locals and summer visitors, while protecting it for future generations.

9 Juliet Batten writes about the challenges of relinquishing a much-loved bach when it holds so many precious memories.

12 Many older people who take up e-biking haven't ridden a bike since they were school kids. Our Community News section has information on free e-biking classes as well as classes on how to safely use the exercise equipment that is popping up in local parks.

16 Summer is a perfect time for readers. Consult our two book-related columns if you'd like suggestions for holiday reading, or are keen to keep up with the happenings in local libraries.

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:

Email: mudcakes@hothouse.co.nz

Post: Mudcakes & Roses, PO Box 688, Nelson.

On the cover

© Zac Ong, Unsplash



Proudly published by:

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

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

Hospice – more than a building



For many the word “hospice” evokes only thoughts of death and dying. However, the hospice is also home to many life-enhancing and life-affirming services.

In this new column, Ana Fierek, from the Nelson Tasman Hospice, seeks to broaden our scope of understanding of hospice by outlining the variety of services provided by our local hospice in Suffolk Road, Stoke.

The completion of the \$11.5 million Nelson Tasman Hospice in 2019, accomplished with the generous support of the Nelson Tasman community, was an extraordinary achievement. In fact, it was the culmination of the most ambitious project in the 30-year history of the Nelson Tasman Hospice Trust.

The building does house a 10-bed specialist palliative care inpatient unit, but it was also designed to house much more than direct care. It is the base for an interdisciplinary team of specialists who offer a variety of services, including a community team, education, volunteer support, and a special equipment loan service.

The hospice even has a café – more about this in a future column!

Education is probably not the first thing you think of when you think about hospice. It might not even be the last thing! But it is an important part of what we, at the Nelson Tasman Hospice, do to support the community.

The hospice’s Dame Cicely Saunders Education Centre was named after the founder of the modern hospice movement. It seats up to 85 people, includes a kitchenette, the technology needed for professional presentations and is available for hire.

A variety of workshops face-to-face and online are offered from hospice during the year, predominantly for

health professionals and support workers, however the Education Team (pictured below) also facilitate palliative care education at Te Pukenga Nelson Marlborough and Te Whatu Ora – Health New Zealand Nelson Marlborough. Its aim is to provide evidence-based knowledge and skills to students and primary palliative care providers to ensure that quality palliative care is accessible across the region regardless of setting.

The Education Team also runs workshops off site for the rural and urban district nurses and for community practices and aged residential care facilities from Murchison to Golden Bay.



Pictured left to right: Nelson Tasman Hospice Education Team comprising Annie Wallace, Grace Lindsay, Barb Thomas, Chris Dunn and Mariana Reinoso.

Imagining the future

In this new series, contributor Rob Mitchell investigates and reports on developments, big and small, which are reimagining the future of local places.

Appropriately for the holiday season, he begins by examining the plan to develop Kaiteriteri to meet the needs of locals and visitors while protecting it for future generations.

During the coming holiday season the camping grounds and beaches of Kaiteriteri will again be packed with local visitors as well as holiday makers from all over New Zealand and from overseas.

During the summer the small seaside community – usual population 350 – grows dramatically. On a fine midsummer day, Kaiteriteri can attract up to 10,000 visitors, in addition to 2000 campers at Kaiteriteri Recreation Reserve and a further 1000 at nearby Bethany Park.

Colourful crowds throng the esplanade and the crescent-shaped beach. There are long queues for gelato, coffee, beer, snacks or tickets for sightseeing. Other visitors take to the water; to paddle kayaks or waka to Split Apple Rock

and Abel Tasman National Park. Cyclists test their skills on popular mountain biking trails.

The attractions of Kaiteriteri are obvious. It's the gateway to the Abel Tasman National Park, and boasts two arching beaches of golden sand separated by a small forested headland which are renowned for sheltered swimming – and sunbathing – for those willing to brave the fierce summer rays.

The newly appointed CEO for the Kaiteriteri Recreation Reserve Board (KRRB), Mason Fitzgerald, says that catering for this large summer demand is challenging, but also exciting, and very welcome this summer after the restrictions imposed by Covid 19 during the last few years.

The KRRB has prime responsibility for managing Kaiteriteri under the authority of the Minister of Conservation. It manages an area covering 242.5 ha that includes the camping ground, apartments, general store, restaurant, surrounding reserve land, Kaka Point, Separation Point, the Mountain Bike Park, the foreshore and tidal lagoon. The board includes representatives of the local community, Department of Conservation, Tasman District Council and mana whenua. Tasman District Council is responsible for planning and services for surrounding land in Kaiteriteri, Little Kaiteriteri and Stephens Bay.



Planners anticipate only a slow increase in Kaiteriteri's permanent population, with provision for 24 new residential dwellings and one further business lot through to 2028. The demand for improved services for the annual influx of holiday makers is another matter.

Comprehensive onsite and online visitor surveys in 2021 underlined the popularity of the beach and its recreational opportunities. Current facilities were seen as adequate, but indicated that improvements to vehicle parking, reduced crowding and better shade and shelter are much needed.

The KRRB is working behind the scenes with international planning consultancy WSP to select one of three options for a new Spatial Development Plan for Kaiteriteri aimed at protecting and enhancing Kaiteriteri for future generations.

As a starting point for the plan, input was sought from visitors, loyal locals and iwi. This confirmed the area's natural and cultural values, and provided a strong understanding of visitor and resident needs.

The new Spatial Plan will embrace environmental restoration of the lagoon, an upgrade of camping ground amenities, a more pedestrian-friendly esplanade, better vehicle parking, disability access, civil defence systems, and improved representation of cultural history.

The board is also formulating long-term strategies to manage overcrowding, address the impacts of climate change, and uncertainty caused by events such as the Covid 19 pandemic.

Release of the draft plan for public consultation is scheduled for early 2023.

Whichever planning option is chosen, its implementation will require significant new sources of capital as the current self-funding model will be inadequate. The Kaiteriteri Recreation Reserve Board is already exploring a range of funding options.

Contributor: Rob Mitchell

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





Food for thought

Rethinking Christmas fare

Love it or hate it, the Christmas season is pretty hard to escape, especially now that the supermarkets and other retailers think that we need reminding from as early as mid-October.

It seems to me that as we grow older the impulse to spend a lot of money at this time of year becomes less compelling. In fact, I know of a number of people, myself included, who are downright opposed to spending very much at all, especially on cheap throwaway Christmas-themed stuff.

But when it comes to food, most of us look forward to marking the occasion by enjoying a meal on Christmas Day that's a step or two above everyday fare. And if you're lucky enough to not have to prepare it yourself, well, that's even better.

A quick survey will usually reveal that, despite the warm weather that's typical of Christmas Day in the Antipodes, a traditional hot meal featuring turkey, chicken, or ham – or all three – is still very popular with most Kiwi households. There will also usually be potatoes in one form or another, fresh peas when available and at least one salad to offset the richness of the meat. To follow, who can go past a pavlova lavishly slathered with whipped cream and topped with fresh seasonal berries?

It all sounds great, but it's also a lot of work to prepare on what's likely to be a hot day, meaning the kitchen will not be the coolest place in the house.

If you're the one who has the responsibility of hosting the occasion with all that entails, have you thought about getting someone else to do the hard work?

It's not too late to enlist the services of one of the well-established online meal kit providers. Over recent years the likes of My Food Bag (myfoodbag.co.nz) and Hello Fresh (hellofresh.co.nz) have gained a significant following in households throughout New Zealand. There are others, of course: try Googling meal kits for a greater variety to choose from.

Although not cheap, these meal kits take away much of the hassle of planning, shopping and meal preparation, whether it's just for two or a larger number of hungry mouths. Their respective menus have also been developed to the point that most tastes are now catered for, including non-meat eaters.

Whatever ends up on your table, traditional or otherwise, I wish you and your nearest and dearest a very happy Christmas.

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.

Active ageing

Corrective exercise specialist Brianna Wehner, our youngest columnist, offers some practical advice on staying stronger, mobile and balanced for longer. Her grandmother Trish (77), and her friend and tennis partner Jean (91), demonstrate simple exercises which Brianna recommends.

Snack on bite-sized exercise this Christmas

When I first heard the term “exercise snacks” from mum, I thought “sure, just another way to justify sneaking into the pantry for chocolate!” But she’d actually read an article about the benefits of just 20-second bouts of physical activity.

This means no commute to a gym, no equipment to set up and definitely no Lycra! But the best part about “exercise snacking” is that you don’t need to worry about getting sweaty so it’s easy to do in everyday clothes.

Research has shown that even 20–60 seconds of movement benefits your cardiorespiratory fitness, blood pressure, energy levels and other health metrics.

The effect of exercise snacking was tested in a study of 28 inactive adults who performed three 20-second bouts of exercise separated by 1–4 hours of inactivity, three times a day, three days a week. The result was a 9% improvement in cardiorespiratory fitness.

So, why not try snacking on exercise this Christmas?

Begin with 20 seconds and when you’re comfortable, work up to 60 seconds. The bouts should not be excessively demanding so choose something you find attainable. The more snacks you manage each day the better, and remember, something is always better than nothing!

Here are a few exercise snacks to try:

- 1 Move from sitting to standing and vice versa.
- 2 Marching (sitting or standing).
- 3 If you’ve got stairs at home, walk up and down stairs.

The ideal is to take a regular “meal” of exercise, but these “snacks” are a great way to build activity into your busy day.

Happy Christmas snacking!



Columnist: Brianna Wehner

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



Our environment



© Melissa Banks Photographer, Nelson Arts Festival

Nelson Arts Festival proves that art can be used to address environmental issues

This Labour Day, as part of the Nelson Arts Festival, a big chunk of ice weighing 2.7 tonnes was suspended from a crane over the waters of Nelson harbour. For eight hours, as the ice melted into the sea, three acrobats took turns in interacting with the ice, dancing and moving on and around it making graceful shapes. The theme of the installation *Thaw* was the decline of the natural world and the responsibility of humans for environmental damage.

As well as an artistic performance it was a protest action, calling attention to global warming: as the ice dripped away, there was less and less room for people to stand on it. As I watched the action above me I thought of polar bears – and I hoped the actors were wearing adequate thermal underwear.

Thaw was a production of the Australian theatre group Legs on the Wall. Joshua Thompson, the artistic

director of the group, believes that art is a great way for people to engage with contemporary issues.

The Nelson Arts Festival featured a raft of other environmentally themed Festival events, and the organisers made a strong statement of support for action on climate change in their promotional material.

Another event which focused on climate change featured Australian installation artist Gabby O'Connor, who specialises in working with schools and communities to make the connection between art and science. She worked on a community art project which culminated at the Cawthron Institute's Open Day on 29 October when children and adults designed their own iceberg from geometric blue shapes using a light box.

The Pukapuka Talks programme continued the global warming theme. Kim Hill interviewed three writers who have written on climate

change: Mike Joy, a freshwater ecologist, who has written two books about the need for urgent action to stop the "growth at any cost" model of the economy, Paul Tapsell who believes we should return to the kainga or village concept in which waterways and the land are revered and protected, and David Lowe, whose book *The Alarmist* redefines the term alarmist. Originally it described someone who overreacted to a situation, now it describes someone who has good reason for alarm as the Earth's life systems are threatened by our own ongoing mistakes.

In a nod to the social and economic environment, Lydia Zanetti, Executive Director of the Festival, initiated a Pay What You Can system for all events, which made Festival events more accessible to everyone. It was great to see the Festival express environmental concerns so effectively.

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



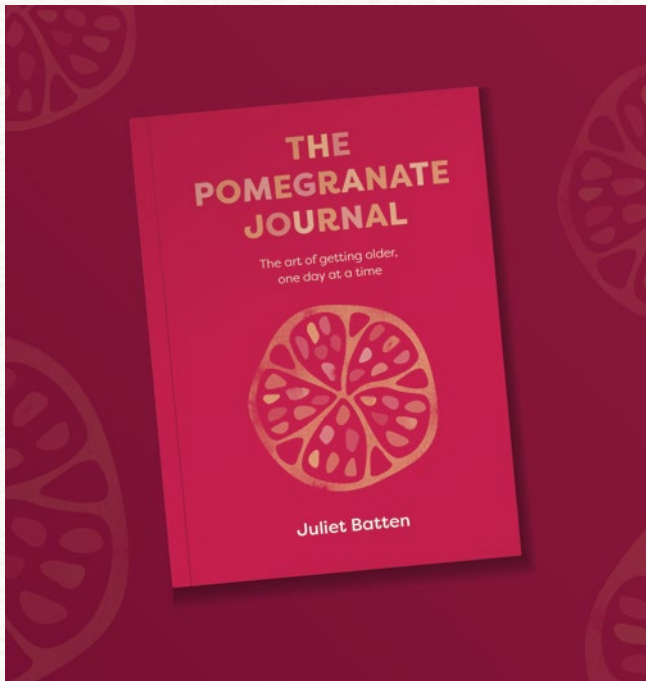
Loving and leave taking

In this edited excerpt from *The Persimmon Journal: the art of getting older through lockdown, loss, and release*, author Juliet Batten recalls her 53-year love affair with her bach and its history.

On my last day trip to the bach with Roz, I saw that the bach wasn't looking too good, surrounded by scaffolding and the debris left by painter and builder. Something felt different. What was it? It took a while to realise: I'd fallen out of love with it.

"It's like that stage in a relationship," I said to Roz, "when you know the energy put into maintenance outweighs the pleasure. And that means it's over." In some ways it was a relief. It would be easier to say goodbye now.

But here I am again, the first trip to the bach on my own for almost a year. The sense of peace is seductive, as is the fresh air moving through open doors. A tūi sings, a kererū flies, a pheasant honks; familiar sounds of greeting.



Contributor: Juliet Batten

Juliet Batten is a multiple award-winning writer and the author of books of non-fiction, many of which discuss the passage of time and ageing, and two memoirs. *The Pomegranate Journal: The art of getting older through lockdown, loss, and release* can be purchased online at www.julietbatten.co.nz/product/the-persimmon-journal-the-art-of-getting-older-through-lockdown-loss-and-release/



It's hard to imagine anything that could take the place of this land. I love everything that grows on it. As I sit on the bench at the back, I can feel the energies of the trees wrapping around me.



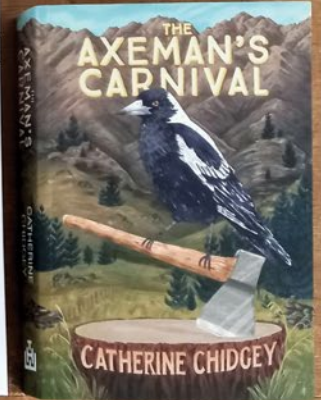
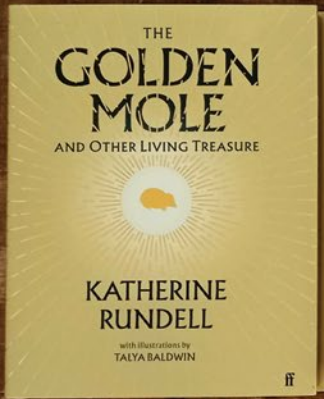
The wind chimes made of shells more slender than rice wafers chink faintly. The scaffolding is down now, and this makes a big difference. The bach is looking renewed with the painting almost finished, and the weather is good: fine, neither too warm nor too cool.

Back home in the city night, as I remember the excitement of the first discovery of the bach, I let the tears well over. Francis and I, not long married, had found the perfect place to relax from university studies and explore nature. The bach quickly became a sanctuary. And it was affordable. The previous owners had stopped loving it; we could tell by the thick bramble stem that scraped over the door.

It's hard to imagine anything that could take the place of this land. I love everything that grows on it. As I sit on the bench at the back, I can feel the energies of the trees wrapping around me. We have come to know one another well over these fifty-three years.

To love is to open to grief. Opening to that grief means that leave-taking is done with presence, sweeping with it all the debris of unfinished stuff as a flooded river does, carrying its burdens to the ocean. A leave-taking that is felt, the wrench registered and the pangs shaken out, is a leave-taking with resolution. No looking back. Delivered into the freedom of the next thing. Able to love again, from a new inner place. Open to adventure.





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



The Golden Mole, and Other Living Treasure by Katherine Rundell

Did you know that the Golden Mole is luminescent, but blind and therefore unable to see its own radiance? The animal world is endlessly varied, fascinating and inspiring, and needs to be preserved both for its own sake and for the richness it adds to human experience and thought. Rundell reveals the wonders of 22 animals (including the human) endangered by humans, in this beautiful golden hardback. **\$45**

Rooms: Portraits of Remarkable New Zealand Interiors photographed by Jane Ussher

Over 300 stunning photographs of a large number and variety of rooms of houses in Aotearoa,

from colonial mansions to modern dwellings. Consummately photographed, each room shows the influences of global movements in interior design, characteristics reflecting the New Zealand context, and lots of individual panache. Delectable and endlessly browsable. **\$85**

Sylvia and the Birds: How the Bird Lady Saved Thousands of Birds, and How You Can Too! by Johanna Emeney and Sarah Laing

An inspiring graphic biography of Sylvia Durrant, who has helped over 140,000 sick, injured and lost birds and serves as an exemplar of caring for and learning about the natural world that is near us. The book blends natural history and mātauranga Māori, photographs

and Laing's wonderful illustrations, and surveys our native birds, the threats they face, and what we can do to help them. **\$40**

The Axeman's Carnival by Catherine Chidgey

Chidgey's inventive, acute and entertaining novel is narrated by Tama, a magpie who very cleverly "does all the voices" and mimics even an author's relationship to their story and characters. The novel treats life in the backblocks of rural Aotearoa as a stage on which humans fail to suppress their inner faults and play out their ambivalences towards each other and toward the so-called natural world. **\$35**

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



Protect the plants and the birds in your garden

Summer is here and they're predicting it to be hot and dry. Spring certainly had surprises up her sleeve with very little rain on our property in October plus the odd cold snap.

Strawberries, raspberries, boysenberries and other berry fruit will be starting to ripen now, so it's a great time to think about protecting them from birds. Song thrush and blackbirds in particular are very good at plundering crops.

Bird netting seems the obvious choice but it can be difficult to make it secure enough to stop birds finding their way in, sometimes leading to their demise. A few years ago, I was away over Christmas and on my return, found three dead song thrush, which broke my heart. I vowed never to use bird netting again.

I've always used my favourite Microklima open weave frost

cloth to protect all of my berries and other fruit. For berries, put stakes around your plants, toss the Microklima over them and use weed mat pins to pin it to the ground at regular intervals. To harvest, pull a few pins out and toss the cover back, replacing it afterwards. For cherries, apples etc, I "bandage" the fruit with lengths of Microklima, tied securely in the middle and at each end with stretch ties. It's important not to cover your fruit until it's all "set" – if you do it before, honeybees and other pollinating insects will have a hard time getting through the open weave to pollinate the flowers.

Now I use Popadomes for my vegetable and berry crops to protect them from birds, pukekos, rabbits and our ducks. Manufactured in the UK, they are sturdy and take longer to succumb to UV than other similar designs on the market.

Popadomes work on the "flexible tent pole" principle – you link the folded poles together and insert them crossways through the fabric frame – they come in various sizes too. The mesh lets pollinating insects through and there is a vertical zip for easy access – I have a large one over my raspberry patch now. If you'd like more information about Popadomes, please feel free to email me at foeslamb@xtra.co.nz.

Speaking of UV – this summer our UV index is going to be much higher than normal. The underwater volcanic eruption that occurred in Tonga in January blasted a lot of moisture into the atmosphere and this has affected the ozone layer. Protect yourself whenever you are outside with 50+ sunscreen (applied regularly), a wide-brimmed hat, sunglasses, a shirt or blouse with long sleeves and a collar, plus long cotton pants.

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.



Our Community News and Information



CHARGEON

Free workshops for e-bike riders

A new bike coaching programme is on offer in Nelson Tasman region in response to a rapid increase in the popularity of e-bikes, particularly amongst older people.

Nelson City and Tasman District Councils have therefore partnered with Charge On to offer free workshops on the skills needed to make e-bike riding safe and enjoyable.

For many older people who may not have ridden a bike for many years, the speed of an e-bike is a totally new experience. Riders may need to adjust their riding style and learn new safety and maintenance skills in order to look after themselves and their new bikes, particularly if they intend to ride in groups.

These e-bike workshops cater for all levels, from new to experienced e-bikers, through a beginners' "E-ssentials" class, which is held in the morning, to a "PoweredUp" class, for more experienced riders, in the afternoon. Riders can advance their skillset even further through an "E-xtend" session available on demand, with e-bike maintenance workshops hosted by local bike retailers on offer throughout the year.

Charge On workshops take participants through a number of steps, starting with bike set-up tips, body positioning and balance, before heading out with them to explore best techniques for braking and cornering. More advanced sessions focus on gear use, narrow trail riding, and climbing and ascending with confidence.

For more information, visit www.chargeon.co.nz

Fun, fitness and fresh air

If you've ever cast a wary, but curious eye over outdoor exercise equipment in a local park, this series of free weekly coaching sessions for seniors might be just what you need.

Fitness and Fresh Air is a free one-hour outdoor class for older people to improve strength and balance, supported by Nelson City Council and Nelson Bays Primary Health as part of the City For All Ages Strategy.

The classes use free outdoor exercise equipment in Tāhunanui reserve and at the Saxton field outdoor exercise area, helping participants to use the equipment safely so they can return for a work-out anytime.

Angela Baker, Community Falls Prevention Coordinator for Nelson Bays Primary Health, says the Council decided to incorporate the outdoor exercise equipment in a strength and balance class for falls prevention.

The class is open to all abilities, but participants must be able to walk for 30 minutes on their own.

"We show people how to use the equipment properly with experienced instructors there to watch and assist. Some of the machines seem easy, but they need to be used properly to avoid injury," says Angela, "and we also do walking, standing and balance exercises, and stretching".

Interestingly, although more women than men participate in indoor strength and balance classes, Fitness and Fresh Air classes usually attract just as many men as women.

Angela says that "the people in my class set a great example for younger people by taking action to care for their wellbeing."

Classes run at 12.00 pm every Monday at Saxton Field outdoor exercise area and every Thursday at Tāhunanui Beach outdoor exercise area (next to the mini-golf). The class is just over one hour, followed by an optional trip for coffee.

For more information, contact Angela Baker – Nelson Bays Primary Health Falls Prevention Coordinator on 021 790 415.

Our Community News and Information



More good reasons to take a bus this summer

SuperGold card holders already travel free on off-peak NBus services. From 1 February next year they may also be eligible for half-price travel during peak hours.

It's an exciting time for bus transport in Nelson. A new fleet of electric buses arrives in the new year and new timetables on Routes 1 and 2 has buses running every half hour from 7.00 am to 7.00 pm.

The other good news is that a new concession called Community Connect will ensure that holders of a Bee Card – who also have a Community Services card – will be able to travel at half price during peak hours.

Currently, SuperGold card holders who have a Bee Card can travel free on off-peak NBus services (weekdays 9.00 am – 3.00 pm and after 6.30 pm, and all weekend).

The new half price fares are only available with a Bee Card (not cash) and the Bee Card must have the holder's Community Services details loaded onto it.

If you qualify, you can obtain a free replacement for your current Bee Card from Council offices. Remember to take your Community Services card with you. A council representative will also be out in the community during December and January issuing replacement Bee Cards to eligible users.



Our cartoonist Fred Robertson has just published another collection of his *Life's a Beach* cartoons.

You can order a copy (\$20 including postage) by emailing Fred at ph.redd.gallery@gmail.com



Our Community News and Information

Christmas and New Year with Age Concern

We're closing for Christmas

Our Nelson office will be closed from 2.00 pm on Thursday 22 December and our Richmond office from midday on Friday 23 December. Both offices will reopen on Wednesday 4 January at 8.30 am.

Christmas Care Packages

Please consider donating to our Christmas Care Packages. Every year we gather donations from the community of non-perishable foods, toiletries and treats to put into care packages and deliver to some of our clients and members. Last year we distributed over 60 packages, which were warmly received and provided a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. Please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street or 18 Bridge Street by Friday 9 December 2022.

Beware of scams these holidays!

Over the holiday period there is usually an increase in scams so it's important to be extra careful and in fact suspicious of phone calls or emails which come out of the blue. Prevention is the only effective way to avoid losing money through scams.

Do not send money to anyone you have not met in person, or to any person or organisation who emails/phones you asking for money. If you do send money and think you have been scammed, you must **contact your bank immediately**. This is the best way to attempt to get your money back. All bankcards have an 0800 number on the reverse side: phone this number if you believe you have been scammed.

At Age Concern we have two advisers, Mal Drummond and Kate Millar, who can provide information, support or advocacy on financial abuse. Phone them on 03 544 7624 ext 2 and 8 during office hours.



Happy holidays!

All of us at Age Concern wish you all a merry festive season!



Cooking classes begin again in January next year

Our cooking classes are relaxed fun sessions aimed at those with limited cooking skills, or who struggle to cook for just one. Participants share a meal at the end of the class. Our next course starts on 14 February and runs once a week for six weeks.

To register contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz



Our Community News and Information

Staying Safe driving courses

We have classes coming up for older drivers who would like to brush up on their driving skills:

- Wednesday 25 January 10.00 am – 12.30 pm, St John Ambulance Hall, 15 Courtney Street, Motueka.
- Wednesday 8 February 10.00 am – 12.30 pm, Olive Estate Lifestyle Village, 2C Lakehouse Crescent, Richmond.

To register contact Jackie on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz

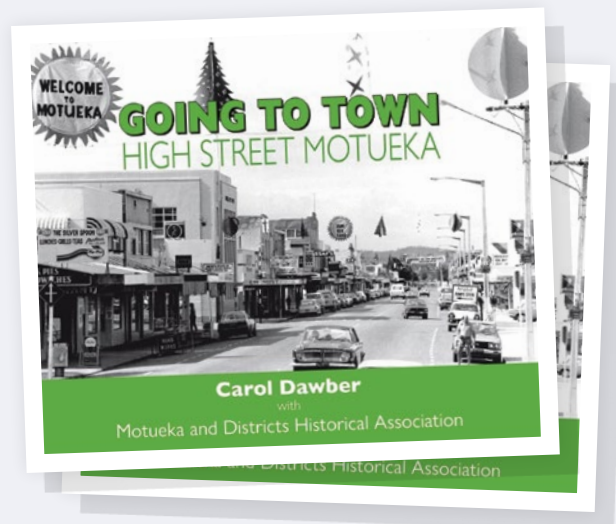
AA CarFit

CarFit is an educational programme that helps you set up your car to optimise driver safety and comfort. Our next course is on Friday 9 December, 9.30 am – 2.00 pm at Saxton Stadium carpark (beside the netball courts).

To register contact Jackie on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz

Be kind to your budget – and the planet – by giving pre-loved Christmas gifts

The thought of giving presents that are not brand new doesn't appeal to everyone, but there's no denying that it's cheaper, and kinder to the planet. With a little diligent fossicking in op shops and recycle outlets it's quite possible to unearth something that's truly unique and just right for a particular friend or family member. Most op shops even sell Christmas trees, decorations and wrapping paper. Habitat for Humanity's ReStore shop in Tāhunanui is just one of the many op shops in the region which make Christmas shopping easy by creating store displays of everything that's Christmassy. The other good thing about shopping second-hand is that your money helps fund worthy local causes such as Hospice, SPCA, Red Cross and St John Ambulance.



Serve a slice of local history this Christmas

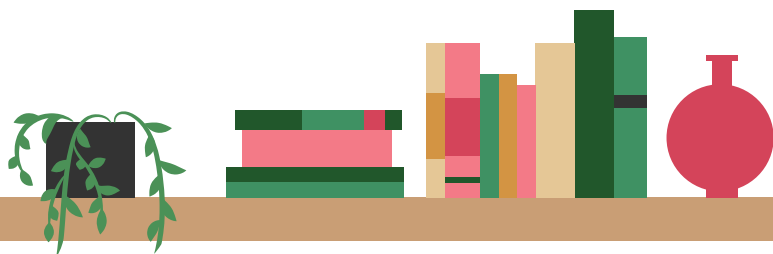
A history of Motueka's main street would make a great gift for locals and history buffs. The first edition of *Going to Town, High Street Motueka* by Carol Dawber quickly sold out but a second printing has arrived just in time for Christmas. Published in association with the Motueka and District Historical Association, the book contains 192 large photographs. It's available from Paper Plus, the Motueka Museum, River Press Publishing and the Motueka Historical Association. RRP \$45

Murchison Annual Christmas Gala

Saturday 24 December, 11.00 am – 2.00 pm.

Murchison is celebrating the festive season with a gala event on the very eve of Christmas. Expect a fun-filled afternoon of Christmas cheer complete with stalls, a bouncy castle, raffles and a visit from Santa Claus himself. Get on down to the grounds of the Murchison Sport, Recreation and Cultural Centre at 82 Waller Street for a merry, merry start to the holiday season.

Tasman District Libraries



Welcome to the end of the year and the beginning of summer! We've had a great year at Tasman District Libraries: we celebrated the 164th birthday of the Motueka Public Library, a new library building in Motueka opened in March, we launched Tasman Heritage, a local history online archive, and much more. We invite you to celebrate these milestones with fun and interactive activities at the library and enjoy Christmas with the people you care about.

School holiday fun

We have a great selection of summer and Christmas activities launching in December and carrying right through to February. Pick up your copy of the Summer At The Library calendar from your local library and have the information you need right at your fingertips. Check out our other summer activities (reading programmes, craft workshops, scavenger hunts, story times etc) online on the What's On page at tasmanlibraries.govt.nz

CreativeBug

If you're keen on making handmade gifts for Christmas, look no further than www.creativebug.com for excellent craft ideas and video tutorials spanning everything from crochet to air dry clay and more.



It's free to use with your library card number and PIN. Simply visit the e-library on tasmanlibraries.govt.nz to access hundreds of quality craft patterns, tutorials and ideas. It's a perfect resource for entertaining visiting grandchildren over the summer period as well.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



This summer we invite you to Choose Your Own Adventure... reading adventure that is.

We've put together a list of challenges to inspire your reading over the summer holiday months. Pick as many as you like to create your own summer reading challenge. You can read just one book, or one hundred books. It's up to you!

Let us know what you read by grabbing a bookmark from any of our three branches. Each item you read gives you one chance to win a hamper full of mystery prizes.

There is something for tamariki too with our Summer Side Quests Reading Adventure. Throughout the holidays, we will be running exciting challenges that will test stamina, creativity, constitution, and charm. Complete as many as you wish, and in any order, to earn prizes!

Both challenges begin Friday 16 December 2022.

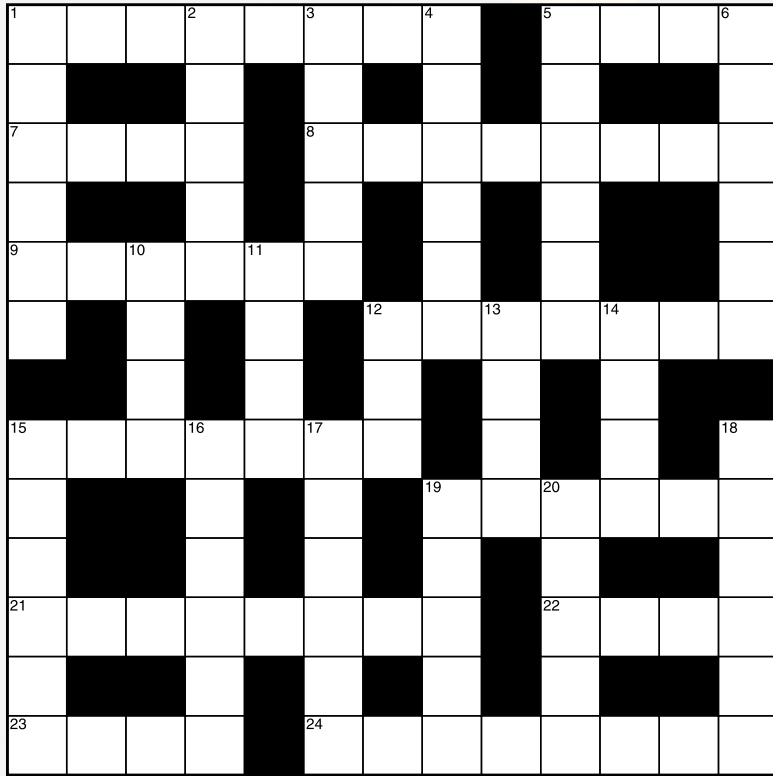
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



Crossword



ACROSS

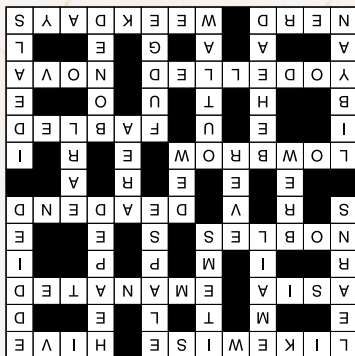
- 1. In similar fashion
- 5. Bee nest
- 7. India/China continent
- 8. Sprang (from)
- 9. Barons & dukes
- 12. Blind alley (4,3)
- 15. Non-intellectual
- 19. Legendary
- 21. Sang alpine-style
- 22. Canada's ... Scotia
- 23. Social misfit
- 24. Monday to Friday

DOWN

- 1. Ascertains
- 2. Electronic message
- 3. Objects
- 4. Pass (of time)
- 5. Stacked
- 6. Curled (of smoke)
- 10. Make (beer)
- 11. On any occasion
- 12. Droplets on lawn
- 13. Zone
- 14. Tea, ... Grey
- 15. Tripoli native
- 16. Slay by guillotine
- 17. Criminal
- 18. High standards
- 19. Soft confection
- 20. Filleted

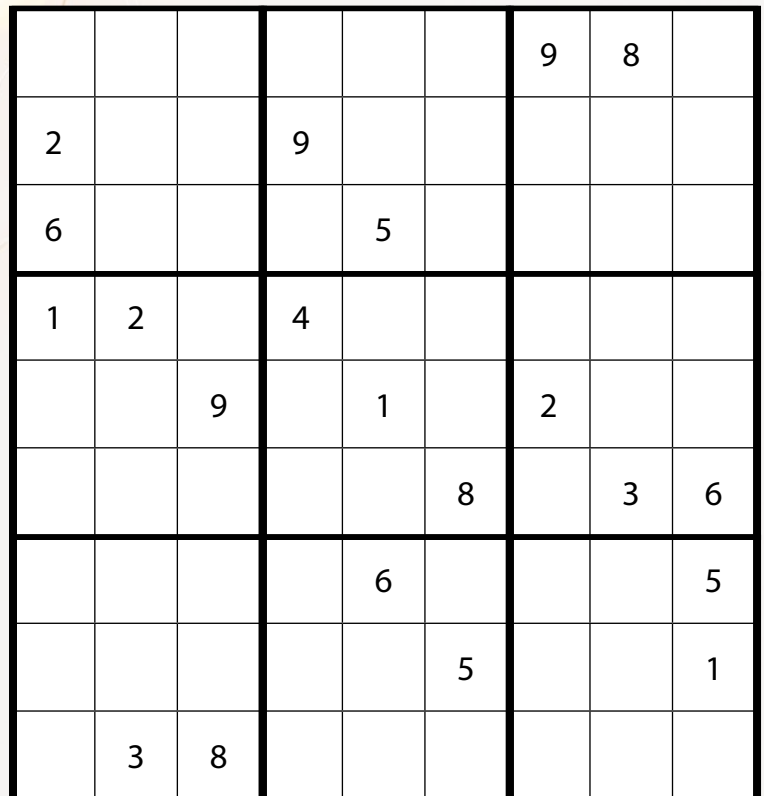


Crossword solution

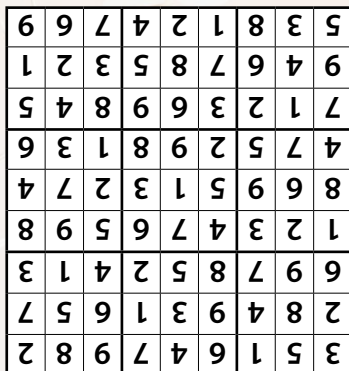


Sudoku

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



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.**

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.

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

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 | wrfc.co.nz
24 Champion Road, Richmond

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

Waimea Richmond
FUNERAL SERVICES

HERE'S AN IDEA FOR A CLUB OUTING...

VISIT PICTON FOR THE DAY!

Free tours to pre-booked groups of six or more (entry fee from \$12pp). Our boat shed on the waterfront is a great space to enjoy lunch or afternoon tea. Feel free to bring your own or we can supply at a cost.

Please call Karen McLeod to discuss your group booking on 027 573 6868 or 03 573 6868.



VISIT THE ONLY SURVIVING
NZ IMMIGRANT SHIP THAT
DOCKED IN NELSON IN 1878!

THE EDWIN FOX MUSEUM
1 AUCKLAND STREET, PICTON FORESHORE

 **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

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

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



Marsden House

FUNERAL SERVICES

Supporting families with
dignity and understanding

Pre-plan or pre-pay your funeral today
and enjoy peace of mind knowing that
everything has been organised.

03 548 2770 • 41 Nile Street East, Nelson
marsdenhouse.co.nz

10% off caskets for Gold and Greypower card holders

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, Tāhunanui and Nelson. Including free computer use, computer classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

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 03 525 8464 (Klazien).

Marble Mountain Country Music Club

Fourth Sunday of each month at the Senior Citizens Clubrooms. Phone 03 525 9966 (Margaret).

Motupipi Indoor Bowling Club

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

Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Tākaka Golf Club

Phone 03 525 9054.

Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

Tākaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 9422 (Diane).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

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

Māpua Bowling Club

Phone 03 540 2627 (Di).

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Sioux Line Dance

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

Acupuncture and Massage

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

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Prostheses and Mastectomy Bras

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

Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237. Any cancer, any question. Phone 03 539 1137. Email info@cancernelson.org.nz www.cancernelson.org.nz www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

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

Community Heart and Diabetes Services

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

Ear Cleaning

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

Elysium Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month throughout Nelson and Richmond. New faces very welcome. Phone 03 544 0814 (Virginia).

Gentle Yoga with Connie

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

Government Superannuitants Association

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

Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris). Email nelson@grg.org.nz or visit www.grg.org.nz

Marching

Silveraires Leisure Marching. Phone 03 548 9527 (Diana).

Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm, Broadgreen House, Nayland Road, Stoke. Informal, informative, friendly and fun. Bring along your treasures. Phone 03 545 2181 (Judy). Email randjipittman@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 Probuc Club

Nelson City Probuc 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 nelsonphilatelicsociety@gmail.com www.facebook.com/groups/1261890130822624

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson Suburban Club/Nelson City Club, Kinzett Terrace, Nelson. No charge for playing, but please buy a drink at the bar. Beginners welcome and we will train you to play competitive Scrabble. Phone 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Come and join us for social indoor bowls and a cuppa every Wednesday and Friday afternoon, 1.15 pm – 4.00 pm. Beginners welcome. Trafalgar Street Hall in the City. For information phone 03 548 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. Phone 021 160 1358 (Chris).

Nelson Table Tennis Club

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

Nelson-Whakatū Menzshed

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

Nelson 50+ Walking Group

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

New Zealand Society of Genealogists, Nelson Branch

Meetings held monthly at either St Barnabas Church or Elma Turner Library. Library, 67 Trafalgar Street, Nelson: Monday, 1.00 pm – 4.00 pm. Thursday, 10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm. All welcome. Email nelson@genealogy.org.nz

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

SERVICE DIRECTORY

Repair Café at nook.

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

ReStore Nelson

Volunteer with us. A variety of roles 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, Nelson. Suggested koha of \$10, includes morning tea, either a speaker or activities, and a light lunch. For further information call 03 548 2601 (Gillian or Lisette).

Support Works

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

Suter Art Gallery

Exhibitions, floor talks – 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. Next meeting is at Saxton Field Football Clubrooms at 10.00 am on 26 November. Biomedical scientist Eric Buenz will speak on the effects of lead from bullets on the food chain. Phone 03 544 3057 (Nan). Further information on our website u3anelson.org.nz or email davnanz3@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

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

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

Body Power Pilates and Yoga Centre

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

Chair Yoga

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

Club 60

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

Easy Exercise

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

Gentle Yoga with Connie

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

Hope – Ranzau Women's Institute

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

InnerWheel

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

Keep Active

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

Keep Richmond Beautiful

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

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 Tennis Club

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

Richmond Waimea Community Whānau Group

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

Sioux Line Dancing

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

Social Cards 500

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

Tasman Aquarium Club

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

Veteran's (55+) 9 Hole Golf

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

Waimea Combined Friendship Club

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

Waimea Music Club

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

SERVICE DIRECTORY

Yoga Classes for stiff and sore spots

Visit www.jacquisindair.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).

Central Garden Club

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

Clogging/Tap Dancing

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

Dru Yoga Classes

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

Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8.
Strength 'n Stretch: Mondays 10.00 am, \$8.
Both above classes suitable for adults who want to stay agile, flexible and strong. Contact Leigh for more info on 021 547 811 or email leighsdream@gmail.com

Line Dancing

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

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Thursdays from 10.50 am – 11.50 am. Contact Anne.

Special trips: Monday outings – café lunch/picnic. Thursday – out and about local tiki tour from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Tāhunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 021 148 2580 (Ian).

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

Over 50s Fun & Fitness

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

Sioux Line Dancing

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

Tea and Talk

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

Visual Art Society

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

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Higgins Heritage Park

Pigeon Valley Road, Wakefield. Open first and third Sunday of each month (September to May). Monthly "Steam Up" and other event days. www.higginsheritagepark.co.nz for details. Email info@higginsheritagepark.co.nz Phone 544 7096 (Diane).

Live Well, Stay Well Activity Group

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

Wakefield Art Group

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

Wakefield Bowling Club

Outdoor bowls, summer and winter. Phone 021 220 1289 (Margaret). Email wakefieldbowlssecretary@gmail.com www.sporty.co.nz/wakefieldbowls

Walking – Wakefield

Rural Ramblers. Phone 03 541 9200.

Willowbank Heritage Village

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



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



The *Coastal View* Lifestyle



Coastal View Lifestyle Village offers an exciting activities and events schedule providing endless social opportunities... Pictured above is a Melbourne Cup Day celebration! Enjoy making new friends and being involved in a vibrant community.

Call Breffni (027 410 9668) for more information.

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

A subsidiary of
Qestral[®]
CORPORATION LTD