

Mudcakes *and* Roses

Senior Generation Action and Issues
– Nelson Tasman

Issue *51* December 2008 / January 2009



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Mudcakes and Roses

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Christmas feast for all

There's no need to be on your own this Christmas, a couple of community dinners to celebrate the festivities are being planned in Nelson.

The 28th annual Mayor's Christmas Dinner, mainly for senior citizens who might otherwise be on their own, is once again happening.

Normally held at the Trafalgar Centre, this year's dinner is taking place in the Maitai Club at 1 Kinzett Terrace, from 11am to 1.30pm. There will be live entertainment, drinks and a sing-a-long, followed by a Christmas dinner of ham, roast chicken and veggies and three different puddings. Santa and a 'helper' will then be in with some giveaways, entertainment, door prizes and surprises!

Tickets, costing \$12 are on sale from Tuesday 2 December until Monday 22 December from Nelson City Council Cashier (ground floor), Stoke Library and Tasman District Council.

Anyone who requires transport (within Nelson, Stoke or Richmond only), or wishes to volunteer to help at the Dinner, can contact the co-ordinator, Sandra Maxfield on 547 9321.

The Community Christmas Lunch at the All Saints Church on Vanguard Street in Nelson is also on this year. This lunch, which is free, is organised for families and individuals who are on their own. For full details, contact Edward Andrews on 548 8125 or Andrea Keppes on 548-2824.



Pedometers are now available

Pedometers are now available from the Nelson, Stoke, Richmond, Motueka and Murchison libraries. Pedometers are gadgets that count your steps and help motivate you to walk more. Call into the library and ask at the counter. \$2 fee for a six-week loan.

Nelson Arts Festival ticket winner

Thanks to everyone who entered our ticket give away for the Nelson Arts Festival. The lucky winner was Wendy Blick of Nelson who won two tickets to see the performance of China.



Wendy Blick



Skier Garry Askew
Photo: Nelson Mail



Jim Davis, Age Concerns
Elder Abuse Coordinator
Ph 03 546 7682.

Great-grandmother takes to air to raise funds

When Marion Maschon's 70th birthday was approaching she didn't plan a sedate get-together for family and friends. Instead the great-grandmother jumped out of an aeroplane at about 4000 metres in a tandem skydive to raise money for the Nelson Hospice Trust.

Marion, who lives in Richmond, is an active woman and avid tennis enthusiast, playing four times a week if weather permits (See tennis story page 12). For her, the fact that she was still fit and healthy while others around her were being affected by cancer, was the inspiration to take some action.

"I just thought I was pretty lucky really. I've had reasonably good health. My sister had breast cancer and I knew someone in the hospice with prostate cancer, and yet another was dying of cancer, so I thought I would do something that might help someone else.



Marion Maschon's leap of faith.

"We're all touched by it, we all know someone who has had it, unfortunately."

Marion then decided to do the tandem skydive at Motueka airfield for her birthday in September.

"My tandem partner was a very nice young man. I wasn't too scared when the plane was flying up, but once we got higher and I was told to shuffle over to the door, I looked down and thought, 'oh heavens, that's a long way down'.

"When we were free falling the wind and cold against my face were pretty strong and it was very noisy, but once the cord was pulled and the parachute was up, we were floating freely. It was absolutely wonderful to look around and see all the orchards, vineyards and river. We could see over to Blenheim and the West Coast too."

Marion's magnificent effort has raised approximately \$900 for the hospice.



Marion Maschon touches down after her fundraising skydive.




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Bob and Jill Dickinson in the rose garden at Broadgreen House on Ruby Rose Day.

Ruby roses bloom at Broadgreen

Broadgreen House celebrated its 40th Rose Day on Sunday 16 November 2008 by sharing the day with couples also celebrating 40 years of marriage in November. Eight couples were on hand to receive a rose bush to plant at home from Nelson City Councillor Gail Collingwood. They were Jim and Val Riley, Kelvin and Pam Eddy, Valerie and Wayne McCarthy, Jane and Kevin Bray, David and Pam Newbigging, Jill and Bob Dickinson, Jean and David Woolfe and Roger and Marjorie Quinney.

Jim and Val Riley, who were married on the 16 November, 1968 were celebrating their milestone with friends for dinner that night. Bob and Jill Dickinson, who celebrate their anniversary on 23 November, were planning a four-wheel drive trip up the Glenroy Valley with the best man at their wedding. Roger and Marjorie Quinney had plans for their big day on 30 November, when they will have family and friends for dinner. “We got married in the Presbyterian Church on Nile Street in 1968. Forty years have gone very quickly,” said Marjorie. “The secret is to make the right choice at the time,” said Roger.

Living history

Edmund Buxton built Broadgreen House in about 1855 in the style of a Devonshire farmhouse, using early colonial cob construction for the ground floor, and plaster and lathe for the upper floor. The Buxtons came from Lancashire, England to New Zealand and owned extensive property in North Canterbury before moving to Nelson. Mr Buxton owned a merchants store on Trafalgar Street in Nelson, on the site where Farmers now stands.

Today the house just off the main road in Stoke has been restored and furnished with period pieces from the late 19th Century, with some original furnishings including carpets and wallpapers.

The house has had only two private owners – the Buxtons until 1901, and then Mr Fred Langbein. Nelson City Council bought the house in 1965 with the assistance of a small grant from the Historic Places Trust. Since then the Broadgreen Society, with the help of many others, has restored the house to its former glory.

The Buxton family consisted of Edmund, his wife Martha and six daughters. They originally owned about 100 acres around the house and Edmund farmed pigs on the land. After his death in 1882 the property eventually passed to the third daughter Cordelia, who had never married. She sold off some of the land in parcels and then the remaining property to Fred Langbein in 1901, who lived there with his wife Mary and eight children and planted much of the land in fruit trees.

The house stayed in the Langbein family until the sale to Nelson City Council in 1965. Three generations lived there, with Fred and Mary’s son Edward and then his sons Richard and David carrying on the orcharding work.

The outstanding original features of the house are the drawing room with its gold gilded wallpaper dating from 1880 and thought to have been bought by Mr Buxton at the



Broadgreen House.

Open Day at Broadgreen House



The reception room at Broadgreen House with hand painted gold leaf wallpaper.

Paris Exhibition, and an original Brussels carpet in the dining room. The Broadgreen Society has done a wonderful job of furnishing the house with period pieces, and the scullery, servants kitchen and dairy are all authentic with equipment of the time. The costume room has an impressive collection of period outfits and the oldest quilt in New Zealand is also in the collection.

The garden is famed for its specimen trees, many of which were planted by Edmund Buxton and for 600 varieties of roses planted on the lawn in front of the house.

The house is manned by volunteer guides and is open from 10am to 4.30pm daily except for Good Friday and Christmas Day. The Committee is always looking for new volunteers to help out with guiding visitors around the building. If you would like to help you can contact the curator on 03 546 0283.



The dining room at Broadgreen House.



Broadgreen House gardens.

Caught on camera at Rose Day



John and Gay Taylor were enjoying the sunshine and roses.



Jim and Val Riley were presented with a rose to celebrate their 40th anniversary.



Roger and Marjorie Quinney received a rose plant.



June and Pat Harper enjoy afternoon tea.



Guides Robin Hall and Frances Peterson at the linen sales table.



Brenda Green, Olive Kaines, Jennifer and Clement Green admire the roses.



Joan O'Neil admires the blooms.

Something to reflect on in quiet room

Patients of Nelson's hospice and their relatives will be able to reflect on the harmony of nature and life when they spend time in the new quiet room at the Manuka Street Trust Hospital. The new embroidered panel on the wall is a gift from the Nelson Embroiderers Guild and shows the stages of growth of the kowhai tree, from seed pod, to flower, to husk.



Part of the embroidered panel.

Twelve members of the Guild worked on the panel, which is worked with one thread of stranded cotton, in long and short stitch, chain stitch, blanket stitch and stump work. Some parts are appliquéd on and padded to lift them off the canvas. Stump work is stitched around a metal form which is then attached to the backing to make the form stand out from the background.

Secretary Heather Millward thought the project would be nice way to mark the Guild's 30th anniversary and the group took the idea up enthusiastically.

"We are pleased to support the hospice, they do such good work," said Heather.



L-R Barbara Johnson, Janice Chaplin, Katie Cloughley, Heather Miller, Catherine Ashton, Leslie Hubber, Brenda Watson, Jean van Ginkel, Beverly Wilson and Koe Harris.

"We used Audrey Eagle's botanical drawings as the starting point for the designs," said embroiderer Barbara Johnson, adding that the group got a grant from Nelson City Council to pay for the framing of the piece.

The group looked at the colours in the new room before deciding on the colour scheme for the embroidery. Brenda Watson, Team Leader at the hospice, received the panel from the group and said that it fitted in well.

The new wing at the hospice has added seven new patient rooms as well as the quiet room and kitchen facilities. The quiet room is named in memory of Peter Malone, late Chairman of Network Tasman Trust.

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From Source to Sea

– first time cyclist’s goal achieved

Setting her heart on a goal and then achieving it has been a huge boost for cyclist Jeanie Raffills. She talked about her experience with Caroline Crick.

Jeanie lives at Best Island and works in Nelson, and in April this year decided to try cycling to work twice a week – a round trip of 45km - to improve her fitness.

“It was hard at first, but I soon got used to it and started to enjoy it,” said Jeanie, who spent lot of time cycling in the dark over the winter.

A chance remark from Kelvin of Kelvin’s Cycles in Nelson set her on the road to a bigger goal.

“He said I should think about having a go at the Source to the Sea race from St Arnaud and the idea stuck,” said Jeanie. She started training seriously for the race in August.

During the course of her short cycling career Jeanie has progressed from a standard mountain bike to a hybrid racing/mountain bike with thin wheels, and then had to learn to ride with clip on shoes. “I had three falls while I was getting used to them,” said Jeanie, “but I managed to keep going. The trick is learning to get your feet out of the pedals fast enough if you feel yourself going over. Once you get used to them they really help with going up hills”.

Jeanie trained hard on her own, riding over the hills around Richmond and Golden Bay, and also went out three times with the cyclists from Village Cycles who taught her how to ride in a bunch and how to eat properly on a race – food and water every 15 minutes.

Nerves on the race day in early November, mainly worrying about how she would get on riding in a large group, didn’t stop Jeanie from riding with the bunch.

“You have to keep about half a metre

from the bike in front and be aware of what is on the road ahead,” she said. She started with a group that were expecting to complete the 160 km ride in seven hours but found that she was a bit faster than them.

“I did it in six hours 45 minutes in the end – the last 40 km I went out on my own and went for it. It was great.”

Jeanie was surprised to find she had no aches or pains after the race so felt that her training had been good. “It was a beautiful ride and a fantastic day, I just enjoyed the whole thing,” she said.

Jeanie described the feeling of achievement as she crossed the finish line as euphoric. “I’m still on a high and looking to the next challenge,” she said with a big grin.



Jeanie Raffills at the finish line

Rimu Grove creative writers series

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or email to caroline@drycrust.com



Photo: Ollie Reid won the Rimu Grove writers competition in October 2008, here she is collecting her bottle of Rimu Grove Wine.

An Old Post Odyssey

By John Robertson



Way young and strong, have aged since milled
Been barked and treated, stapled, drilled.
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To enrol or for more information phone John Steel on 547 4010.

Courses will qualify you for a subsidy on a professional driving assessment to take place at your convenience.



Ron Clare of Stoke plays his fiddle.

Love, laughter and a full life

Being a member of the senior generation doesn't mean you are over the hill – fiddler, woodworker, dancer, one time mountaineer and widower Ron Clare is living proof.

At the age of 85, finding a special someone to spend time with is just a matter of getting out there and looking, he says.

Ron and his lady friend Zeta Ray met when Ron put an ad in the Nelson Mail for a companion. Zeta's daughter Christine took the call and then went home and told her mother that she had spoken to a lovely gentleman on the phone and perhaps she should give him a call. To cut a long story short, Zeta answered the ad and the pair have been enjoying each other's company ever since.

Ron's first attempt at finding a lady friend didn't work so well – he put an ad in the Nelson Mail and got 19 replies. "I was overwhelmed, I just couldn't cope with that," he said, and in the end he didn't answer any of them. A few years later he was ready to try again and is pleased he did.

"We travel around together, she comes with me over to Blenheim when I play in the Orphans Band there and we had a trip to Oamaru a little while ago. It's lovely."

Ron is known around Stoke as the Mad Fiddler – he played in brass bands during the war and, years later, started having lessons on the violin following a heart bypass operation that

meant he didn't have enough puff to blow a wind instrument. He was encouraged by Ken Ham from the Blenheim Orphans to stick to being a fiddler rather than trying to play classical violin.

"I just wanted to have fun and play the old tunes. I'm not into that fancy stuff. My friend Jimmy Crawford said I was mad and the name the Mad Fiddler stuck," said Ron.

Ron's other claim to fame is being the oldest living mountain guide in New Zealand.

Ron was working as a bushman on the West Coast when he saw an advert for mountain guide trainees at Mt Cook.

"There were four of us, myself, Harry (Hap) Ashurst, Bruce Bell and Kevin Forsythe. Our job was

to take the tourists up the glaciers and into the mountains, and we had to carry their packed lunches. We also maintained the tracks, kept the huts supplied with kerosene – which we packed in four gallon tins on our backs – and helped build and repair the huts with most of the materials carted up on our backs."

Ron helped rebuild the Haast Ridge Hut and the Malte Brun Hut, with some of the materials carried in on DC3 Dakota and dropped as near as possible to the site – although some had to be subsequently hauled out of crevasses.

Ron decided he'd had enough when, after being in several rescue missions to bring mountaineers of the mountains – both alive and dead – he had his own near brush with death. It happened on the way up to restock the Haast Hut, in bad conditions after a day's guiding on the glaciers.

"I had my gear, some food and a four gallon can of kerosene on my back," said Ron. "It came into snow, and conditions became difficult on the ridge, parts of which were near vertical. I made a slip on one of these pitches and the tin was trying to overbalance me. I got to the stage I was crying I was so scared – I couldn't move. If I'd fallen it was probably 1000 feet over the side!"

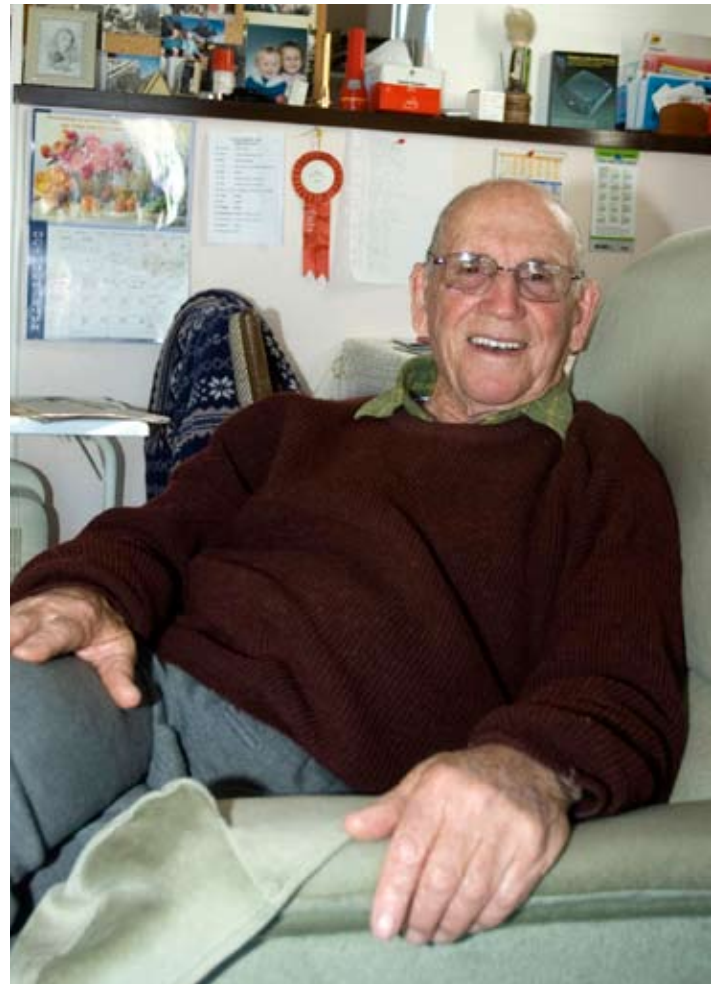
Ron managed to get back down the ridge and dumped the kerosene tin before heading back to Ball Hut and on to the Hermitage 12 miles away, in the dark, to tell his boss that he'd had enough.

Ron had by then met his future wife, Muriel Croall, who was also working at the Hermitage. "She said if I was leaving she was too, and that was the start of a 52 year marriage," said Ron.

Muriel passed away in 2000, and Ron has kept busy since with ornamental fretwork, playing his fiddle at rest homes and with the Savage club, and also learnt sequence dancing.



Ron Clare doing fretwork.



At 85 Ron Clare is enjoying life.

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Tennis enthusiasts keeping young and active

A group of tennis enthusiasts who between them have notched up literally hundreds of years of playing the sport are an inspiration to us all.

Members of the Richmond Midweek Ladies Club, who are mostly in their 60s and 70s, meet every week for a couple of hours of the sport that keeps them fit and healthy.

Many of them have been playing for up to 40 years, beginning at the club when they had young children, and have forged lifelong friendships through playing tennis together.

“When I first came 40 years ago I couldn’t get over all these old people playing tennis, and now here I am, one of them,” laughed club treasurer Jill Reid.

Today the Tasman Tennis Centre on Gladstone Road boasts 12 courts and modern club rooms, but that wasn’t always the case, as Jill recalled.

“When we started it was just a little tin shed for the clubrooms and only four courts. We sometimes had over 30 players and not enough courts for everyone to play.”

Club captain Leona Ellis said they all used to turn up with their young children, who would play nearby while they got on with their tennis.

“It was a different era then, of course, few of us worked, we stayed home and were full-time mums.”

Social element

The club plays every Tuesday between 9.30am and 11.45am, whenever the weather permits, all year round. They mostly play doubles, depending on numbers, and always stop for morning tea and a social catch-up – a crucial element to the group. If it’s raining, they still meet at the courts but head indoors to the clubrooms for games and quizzes.

Leona Ellis, who has been playing for more than 30 years, emphasised how important it was.

“The social side of it is very important, particularly as we get older. Everybody likes to come along and have a chat about our families, what the children and grandchildren are doing. We have grown older together – we’ve watched our kids grow up, had the weddings, the first grandchildren being born and so on. And we are actually still all good friends, everybody just gets on really well with one another, we’re a very friendly group,” she said.

The club is keen to have new members, of any age, and they’d be welcome to just turn up on a Tuesday morning



Members of the Richmond midweek ladies tennis club.

and join in. As well as playing tennis, they have a club outing and shared lunch once a month. Recent excursions have included visiting Rabbit Island, going to the movies, playing mini golf and walking by the river.

They are also competitive, playing against other clubs within the Association district, and visiting the Blenheim and Takaka clubs.

But not all the club members have been coming along for many years – one of their newest recruits is Mary Sowman, who joined in 2007 and emphasised how friendly and welcoming the midweek ladies had been.

“I used to play tennis years ago and wanted to get back into a sport. I’d heard there was a group here so I just came along and they made me very welcome. They’re very encouraging and despite the fact that many of them have been playing here for many years, you could come along here with no tennis experience and they’d support you and welcome you.”

Another longtime member, Marion Maschon has been coming to the weekly club for 35 years, and plays on three other days as well.

“It was, and still is, a big part of my life,” explained 70 year old Marion, who also plays at the veterans club in Hope.

Kath Symes is another member who’s been coming since she was a mother of younger children and, despite her health not allowing her to play at the moment, she still turns up every week to meet with her lifelong friends.

“I started when I was 40 and have been coming for 35 years. I live in Motueka

but travel through every week and when I was playing tennis I’d sometimes be through four times a week.”

If anyone is interested in playing tennis with the Midweek Ladies Club they can either just turn up at the courts on a Tuesday morning, or call Leona Ellis on 547 6916.



Leona Ellis



Tai chi practitioners and their tutors at Rabbit Island Beach.

Tai chi on the beach

Anyone walking along the beach on Rabbit Island on Friday 7 November might have thought they had stumbled on to a scene from the *Calendar Girls* movie. Not the one where they are posing for photos – but the one where they are doing tai chi on a hilltop.

Several Tai Chi for Falls Prevention groups got together to experience doing tai chi en masse and in the open air. Groups from Takaka, Motueka, Golden Bay and Nelson convened for the event, organised by Maxine Poole, Falls Prevention Coordinator for Presbyterian Support.

“Some of them were really keen, others not so much but we got a good turnout,” said Maxine. “We were worried about the weather but it came out just right in the end.”

Around 60 participants, all over 65 years, were led through the various movements by tutors Carol Leonard, Anne-Marie Fowke Stayner, Maureen Wagg and Ann Marshall for an hour’s lesson, before sharing lunch.

Jean Quigley from Stoke said she was entranced when she watched someone doing Tai Chi and decided to give it a try. She’s been going to classes in Stoke regularly for the last three years, as has Lyn Bain who started the classes to improve her balance.

“After an hour I am relaxed and have a clear head, it gives you your own space, there is no rush and you end up feeling nice and relaxed,” said Lyn. She added that the class is very social and gentle and designed especially for older people.

“Our tutor Carol tells us to leave our stress at the door, don’t rush and to feel relaxed, its great.”

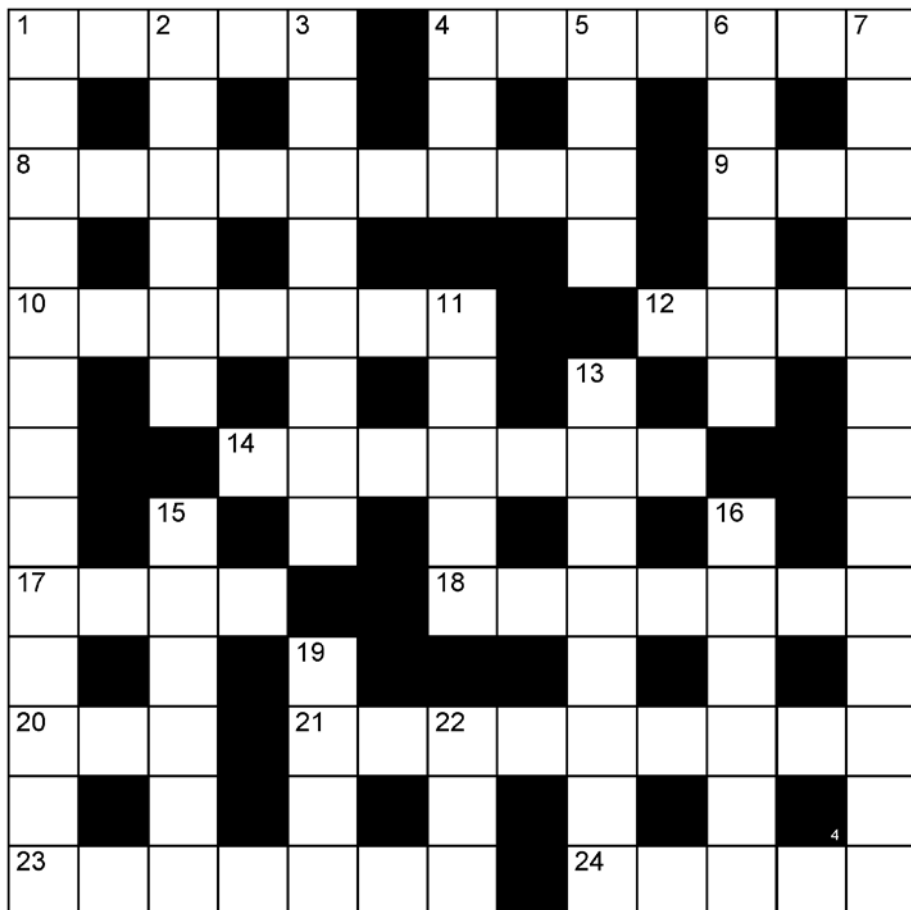
The eight people from the Takaka group who travelled over with tutor Ann Marshall, said it was well worth it. “It really helps with your knees, and mobility and flexibility,” said Ann, adding that the experience of doing Tai Chi on the beach was very special. “It’s great to get together with such a large group and work in such a beautiful space, just wonderful.”

Tai Chi for Falls Prevention
contact Maxine Poole
phone 03 547 9350 ext 712
email fpnelson@psusi.org.nz



Tutor Carol Leonard leads tai chi at Rabbit Island.

Crossword



Crossword no. 9852 Pattern 4

Answers page 17

CRYPTIC CLUES

CLUES ACROSS

1. A pawnbroker once called Eme (5)
4. Scull the boat back to the vessel and take part in service (7)
8. Need dream to be shattered as one wandered aimlessly around (9)
9. Vehicle that starts cornering as required (3)
10. It is not sharp, neither is it synthetic (7)
12. A figure in Trafalgar Square, or one in half of the capital (4)
14. Worked, with wool, tent kid may have fashioned (7)
17. Be in want when turned out of Eden (4)
18. Is making a home for the gents in the confusion (7)
20. Constrictor found in a dinghy that's not been finished (3)
21. Shows how verdant it is through lack of experience (9)
23. The essential part might melt with no end of 17 (7)
24. Flower that's much in evidence around 2nd July (5)

CLUES DOWN

1. Can't be said there's no blue : time Ann had it sorted out (13)
2. Is talkative, and spiteful about her to begin with (6)
3. Grin nude turns on doesn't fade (8)
4. A time for fighting was not finished right (3)
5. To be up is to lie at anchor (4)
6. A fevered way to etch one with carbon (6)
7. They feel bumps may spoil her tongs perhaps (13)
11. Language that may be American where they speak Spanish (5)
13. It is particular to one son Pearl produced (8)
15. Something that threatens people with a service they can't return (6)
16. Amuse people with a Verdi variation at end of concert (6)
19. Fever starts, unfortunately, in senility (4)
22. When in the theatre, one can have a meal (3)

QUICK CLUES

CLUES ACROSS

1. A male relative (5)
4. Be at prayer (7)
8. Wound about, wandered listlessly (9)
9. An auto (3)
10. Unaffected (7)
12. A big cat (4)
14. Made, in wool (7)
17. Requirement (4)
18. Making laying-structure (7)
20. Snake that constricts (3)
21. Grassy quality (9)
23. Ingredient, essential part (7)
24. Oriental water-lily (5)

CLUES DOWN

1. Can't be said in polite society (13)
2. Loquacious (6)
3. Lasting (8)
4. Armed hostility (3)
5. Be an equestrian (4)
6. Agitated, feverish (6)
7. Those who read bumps on the head (13)
11. A dead language (5)
13. One's own (8)
15. Threaten (6)
16. Send traffic a different way (6)
19. Shivering fever (4)
22. Consume (3)

Elder abuse protection improved by law

The picture of a ruthless friend or relative bulldozing an older person into signing an Enduring Power of Attorney (EPOA) to get control over their care and finances has just got less likely.

Age Concern Nelson welcomes the extra protection which will be built into EPOAs following the passing of the Protection of Personal and Property Rights Amendment Act 2007 in September.

The act aims to make sure that people making an EPOA will be better informed, and those granted the power will be more accountable, with all parties' roles and responsibilities spelled out more clearly.

However, the extra protection will make the process of setting up EPOAs more complex and there is likely to be extra cost, because of a new requirement for

independent legal advice to be obtained. This is to protect the rights of people setting up EPOAs and will make it hard for someone to bulldoze reluctant or confused people into signing.

Age Concern suggests that everyone from 18 to 108 should consider setting up an EPOA.

"An EPOA provides for the situation if or when someone becomes unable to make their own decisions. It will set out who should act for them with respect to their health and welfare and who should act for them with respect to their finances and assets. Without an EPOA, the legal position can become very tangled. So, it is a good idea for everyone to seriously consider this and not to leave these important matters to chance," said David Nelson, Chief Executive, Age Concern Nelson.

David said the changes will also help in the fight against abuse of older people who are no longer able to make decisions for themselves.

"Age Concern, Nelson is contracted to provide an elder abuse and neglect prevention service and an authorised person can now challenge decisions made by those exercising an EPOA. We have seen cases when the person trusted to make decisions in the older person's best interests has used their power to commit financial abuse or neglect their care."

Age Concern offices in Nelson and Richmond can provide a free information pamphlet on the revised EPOA.

Contact: David Nelson
ph 03 546 7682 or 021 267 1171



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253 Trafalgar Street, Nelson Phone: 03 546 9229 or 0800 622 000 Email: julia@tsnelson.co.nz

WOOLLASTON jazzfest NELSON



Now in its 18th year, the Woollaston Nelson Jazzfest starts on 2 January 2009.

Over five days the Jazzfest brings more than 70 events to the region. These include a range of ticketed concerts, masterclasses and free performances in bars and parks.

This year's event features:

Mimi Fox from the United States,

Mike Nock from Australia

and numerous well known New Zealand musicians.

For full details pick up a copy of the Jazzfest programme. Tickets are available from Everyman Records in Hardy Street, Nelson.

For more information about the festival visit www.nelsonjazzfest.co.nz.



Marsden House
FUNERAL SERVICES

Support & care through your grief



The uniquely designed stained glass window in the Marsden House lounge.

- Fully qualified staff
- Chapel & after service catering facilities
- Bereavement support
- Pre-paid funerals and
- Pre-arranged funerals
- Nelson's only locally owned funeral service



41 Nile Street East, Nelson
www.marsdenhouse.co.nz

Ph 548 2770

Ticket giveaway

Thanks to the generosity of the Woollaston Nelson Jazzfest organisers, we have two tickets to give away to a Mudcakes and Roses reader to the Mike Nock concert at the jazz festival.

To enter write your name, address and phone number on the back of the envelope and send it to:

Woollaston Nelson Jazzfest Competition
C/o Dry Crust Communications
PO Box 3352
Richmond
Nelson 7050.

To arrive before Friday 19 December

Mike Nock – Open Door

Mike Nock and Frank Gibson collaborate to create a stunningly original and dynamic performance.

Mike Nock – piano
Frank Gibson – drums
Tom Dennison – bass
Neil Watson – guitar

Mike Nock last performed in Nelson in 2005 with his trio and has recently finished touring overseas. He was recently described as the most musical pianist currently working in the jazz field.

Open Door's music is modern jazz and consists of some Nock and Gibson originals, such as a rubato take on Danny Boy and improvisations that feel, for the most part, anything but. Tunes such as Yin Yang from Nock's initial solo musings develop into a series of episodic passages that give the eight-minute piece a suite-like feeling. With bassist Tom Dennison and Neil Watson on guitar, the night will enthrall jazz enthusiasts.

www.mikenock.com
www.frankgibson.co.nz

DATE:
Saturday 3 January, 8pm

VENUE:
Nelson School of Music Auditorium

PRICE:
\$40/45

Adam Chamber Music Festival

Feast of music on the menu for summer

Sunshine, fine wine, heritage venues and top national and international musicians – Nelson’s biennial Adam Chamber Music Festival has an irresistible mix.

The festival is now in its 10th season and Artistic Directors Helene Pohl and Gillian Ansell from the New Zealand String Quartet have once again arranged an array of talent and musical selection for your pleasure.

The festival will open on 23 January 2009 with the world-famous Prazák String Quartet from the Czech Republic, flying direct to New Zealand from Geneva to perform with ensemble-in-residence, the New Zealand String Quartet.

Festival Manager Roger Lloyd said the line up was impressive: “Other international stars include London-based Australian pianist Piers Lane, with solo recitals and chamber works; Swedish mezzo-soprano Catrin Johnson comes to the festival for the first time; and from Berkley, California, the acclaimed guitarist David Tanenbaum will be making his New Zealand debut.”

There will be a total of 42 events over 16 days, performed in the Nelson Cathedral, the School of Music, St John’s Church, the Chanel Arts Centre,

Motueka, and the Church of the Sacred Heart, Takaka. There are two Blenheim events, at Brancott Winery and the Church of the Nativity, and a special party at Woollaston Estates to celebrate Felix Mendelssohn’s 200th birthday and the festival’s 10th anniversary.

Highlights include an eight-handed piano concert with Michael Houstoun, Diedre Irons, Richard Mapp and Emma Sayers; the fast and furious BonaNZA trombone quartet, and Taonga Puoro with Richard Nunns.

“This year’s Adam Festival programme truly caters for all tastes – from Bach Cantatas to Dave Dobbyn’s Slice of Heaven,” Lloyd said. “We have children’s shows, master classes and even a guest appearance from the Wellington International Ukulele Orchestra.”

Tickets can be purchased from Everyman Records, Nelson and, for the Blenheim concerts, from the Marlborough Centre. Updated information is available on the festival’s website at www.music.org.nz

For further information contact: Roger Lloyd, PO Box 1001, Nelson 7040, NZ, ph 03 473 4950, fax 03 473 4901, email: roger.lloyd@xtra.co.nz.

Ticket giveaway

Thanks to the generosity of the Adam Chamber Music Festival organisers, we have two tickets for the Prazák String Quartet playing at Nelson Cathedral on Wednesday 28 January at 7.30pm to give to a lucky Mudcakes and Roses reader. To enter, simply send your name and address on the back of an envelope to:

Adam Chamber Music Festival Ticket
C/O Dry Crust Communications
PO Box 3352
Richmond
Nelson.

To arrive before Friday 19 December 2008



The Prazák Quartet: Josef Kluson, viola; Vlastimil Holek, violin; Vaclav Remes, violin; Michal Kanka, cello.

Crossword solutions

ACROSS

- | | |
|---------------|-------------|
| 1. Uncle | 4. Worship |
| 8. Meandered | 9. Car |
| 10. Natural | 12. Lion |
| 14. Knitted | 17. Need |
| 18. Nesting | 20. Boa |
| 21. Greenness | 23. Element |
| 24. Lotus | |

DOWN

- | | |
|------------------|------------|
| 1. Unmentionable | 2. Chatty |
| 3. Enduring | 4. War |
| 5. Ride | 6. Hectic |
| 7. Phrenologists | 11. Latin |
| 13. Personal | 15. Menace |
| 16. Divert | 19. Ague |
| 22. Eat | |

programmes & events

This section lists programmes and events on in the Nelson Tasman region.

If you would like to publicise your event or activity, send your details to:

Mudcakes and Roses

PO Box 3352, Richmond, Nelson

or email caroline@drycrust.com

or Ph 03 544 4975 Fax 544 4951

Deadline for material for the February/March Issue is 12 January 2009.

Nelson

Stoke Seniors Club

– Social seniors moving forward

As a club we are committed to providing a programme that will meet the many leisure and recreational needs of seniors in the Nelson Tasman region.

Give us a call – you never know what might be going on! Contact Christine, Anne or Ruth on 547 2660.

Regular Activities

Scrabble Club - Mondays 1pm

Euchre - Tuesdays 10.30am

Mah Jong- Tuesdays 1pm

500 Club- Wednesdays 1pm

Cribbage- Thursdays 1pm

Come along for a fun friendly game. New and experienced players welcome to all games.

Tai Chi - for absolute beginners. Wednesdays 10am at Stoke Memorial Hall

Walking Group - Tuesdays 10am from the Stoke Memorial Hall. A casual walk of about 1 hour.

Art Class - Mondays 10am and 1pm at the Stoke Memorial Hall. Cost \$3

Housie - last Wednesday and third Tuesday of the month. \$5 a card - win lots of money and have some fun.

Tuesday and Thursday Meals - two course meal at midday for just \$8, all welcome. Please phone 547 2660 to book (by 9.30am the day before)

Monthly Movie - Third Thursday afternoon each month. Please phone 547 2660 to check what's on and starting time.

Strengthening Exercises - Wednesdays 11am, Stoke Memorial Hall. Slow, smooth and controlled movements, great for improving bone density and muscle strength.

Also "Lads at Large" and "Girls Own" Trips once a month on Fridays. For further information phone Ruth or Anne on 547 2660

Stoke Seniors Choir Wednesdays from 11am - 12 midday at the Stoke Memorial Hall. Phone Anne on 547 2660

Pilates for Beginners Tuesdays at 1.30pm in the Stoke Memorial Hall. Enquiries to Christine on 547 2660

Housie evening

All welcome to come to Housie.
Stoke Rugby Clubrooms, Neale Avenue, Stoke
Wednesday nights, 7.15 – 9.45pm.

Great cash prizes and meat raffles. Two-line Bingo. Supper, tea/coffee and bikkies. Contact Buddy 547 3230 or Anne 547 6987.

Senior adults gathering

A monthly event for senior adults is held at Bishopdale Community Anglican Church, 238 Vanguard St, Nelson from 2 - 4pm on the first Tuesday of each month.

The afternoon provides speakers, entertainment and activities followed by afternoon tea.

A warm welcome is extended to all seniors to share in friendship and activities in a safe environment. There is no charge. Phone 546 9057 for more information.

Veterans' (55+) 9 hole golf days

At Greenacres Golf Club, last Monday of every month.
Contact Dick 547 6071 or Club Professional, 544 6441

Motor Vehicle Assembly Plant reunion

Nelson Motor Vehicle Assembly Plant 1965-1998
Saturday 28 February and Sunday 1 March 2009
For registrations contact
reunion@ihug.co.nz or phone Monica 544 7296

Nelson Philatelic Society

Local stamp collectors club
Every second Tuesday of the month 7.30pm
Stoke School. Visitors welcome
Contact 547 7516 or 548 6269

Tahunanui Community Centre

Wednesday afternoons social group "Friends and neighbours" for local residents
61 Muritai Street, Tahunanui, ph 548 6036

SeniorNet [Nelson]

Computer instruction for people aged 55 and over. Held in Clubrooms at Pioneer Park, Hastings Street, Nelson. Visit website www.tasman.net/seniornet or contact Murray on 548 1170 to find out what is going on.

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, \$2
Stoke School Hall, 7.30pm
Entertainment and supper provided
Contact Valerie Andrews Ph 545 1288

Nelson Masters Swimmers

Adults 20 years and over
Every Monday and Wednesday from 7.30pm - 8.30pm
Riverside Pool, \$3
Contact Don Pepperell Ph 548 4432

Senior Service - Nelson Baptist Church

The Nelson Baptist Church on Bridge Street will hold a Senior Service on the second Sunday of June, August, October and December 2008. This is an inter-denominational service for people from all over the district. We have hymns and songs, a short message, afternoon tea and fellowship. The service starts at 2pm and finishes about 3.30pm. Transport can be arranged. Contact Alan Roberts, Ph 548 7381.

Nelson Branch of the Government Superannuitants Association

Are you a retired State employee – public service, teaching, police, armed forces, nursing, MAF, forest service, Telecom, Post Office – receiving an annuity as a result of your salary contributions to the GSF while employed?

The Nelson Branch of the GSA produces three newsletters a year, holds three social functions a year, and there are two national newsletters a year.

If you require further information, visit www.gsa.org.nz or contact Graeme Valpy 547 6007 or email nelson@gsa.org.nz

Cardiac Support Group

The Heart Foundation and Cardiac Liaison Nurses from Nelson Hospital provide information and support to people affected by Cardiovascular Disease.

We hold a three-monthly get together for patients on waiting lists through to patients who had interventions several years ago, providing support through shared experience.

A guest speaker covers issues of interest and concern. The group is for anyone with, or at risk of, heart disease and their families. For details and an invitation to next meeting please contact Averil at the Heart Foundation, ph 545 7112 or email: averilw@nhf.org.nz

Nelson Fifty-Plus Walking Group

We offer farm walks, mini walks and fortnightly tramps for people with a higher degree of fitness than the average walker. Drivers of all cars are asked to notify the leader of the day of their intention to walk and to confirm meeting place. Passengers are asked to contribute to the cost of petrol at 8 cents a kilometre. Come prepared for adverse weather, no smoking or dogs on walks. Contact Noel Brown or Carolyn Brown ph 544 2286.

Walk cancellations are broadcast on Classic Hits 89.8FM and More FM.

December

2 Wakefield Domain picnic/barbecue 10.30am

January

13 Rabbit Island, phone Tom Aitchison 547 5443 for details.

22 Canaan-Wainui, phone Ron Maylor 546 5170 for details.

27 Harris Hill, phone Carolyn Brown 544 2286 for details.

For Mini walkers programme please ring Juanita Friend 547 6642

Nelson Dance Along

Every second and fourth Saturday, monthly.
Time: 7.30 to 11pm at Richmond Town Hall
Admission \$3.00 member, \$3.50 non-member
Supper provided. Contact Rosalie Winter
Phone 548 2236

Art Group Nelson Inc.

Open to all who wish to paint or draw, from absolute beginners to experienced artists. Monthly meetings with a guest speaker are on the first Wednesday of each month (evenings) and open painting mornings on the second Wednesday. Tutorial days are held in the last week of each month. All welcome. Ph Judy 548 1170.

Sit and Be Fit

The most fun exercises you can do in a chair! A 35 minute class to music – you'll love it.

Victory Community Centre, Totara St, Nelson

Tuesdays 10am

Phone Leigh on 548 1689 for more info.

Friends of Nelson Library

Friends of the Nelson Library are organising a series of Sunday events over the next few months. Elma Turner Library, activities room, 1.30pm, all welcome, \$2 entry, members no charge. Phone Barbara 545 1646 for more information.

Golf Croquet

Croquet is fun! It's good exercise and a great way to meet people. Why not give it a try? If you are interested, contact the croquet club closest to you:

Nelson-Hinemoa: 548 3977

Richmond: 544 2052

Riwaka: 528 9704

Arthritis New Zealand Nelson Bays Service Centre

Enabling a better quality of life for those with arthritis.

Please contact us on 546 7689 or freephone 0800 663 463. Our service centre is in the Community Groups Centre at 50 Halifax Street, Nelson – office hours Monday-Thursday, 9am-2pm.

Clinics – free 45 minute sessions with the Arthritis Educator to talk over how you are managing with your arthritis and decide on a plan to help you. Membership not required. Please phone for an appointment.

Golden Bay – Wednesday 17 December and alternate months; please phone for next date in 2009.

Richmond – held on a Thursday in alternate months; please phone for the dates in early 2009, Victory Monday 8 December and monthly from February 2009; please phone for the dates in early 2009, Motueka – held on a Thursday in alternate months; please phone for the dates in early 2009, Stoke Wednesday 3 December and alternate months; please phone for the dates in early 2009.

Wakefield – held according to demand; please phone if you are interested.

Casual sessions at Ngawhatu Pool are held seven times a week, including the new time of Tuesdays from 9.30 to 10.30. To use the Pool, you need to be a member of Arthritis New Zealand (\$35 per year) and there is a small charge per session. Please phone the office for more details.

Seminar in Nelson 2009. Dates have not been confirmed at the time of going to print, but please phone with any enquiries, or suggested topics.

Fibromyalgia Support Group. These morning meetings are held at 50 Halifax Street, Nelson about every six weeks. Please phone for details. We are also taking names for a possible group to meet in Richmond in the afternoons, or evenings, if there is sufficient interest.

The Nelson Savage Club Inc

A Club for entertainers. Variety Concert on the second Wednesday of each month April through to October. We meet at the Presbyterian Church Hall, Muritai St. Tahunanui at 8pm. \$2 entry. Best to phone first. Joyce 548 1224 or Ernie or Philipa 547 7022.

Stroke Club Nelson

Social activities for people who have had strokes and their carers. We meet at St. Francis Hall, Songer Street, Stoke. For further information ph. Irene 544 8665

Nelson Social Dancing Club

We meet once a month on a Saturday evening at 8pm at Waimea Club, Queen Street, Richmond for a social dance with band. Ballroom, Latin, New Vogue and Rock n Roll.

Entry members \$6, non-members \$10. Bring a plate for supper. We also have CD Dances, come along and join us. Any enquiries phone Jenny 544 9239 or Jean 546 7061

Dates for our next dances are as follows:

13 December 2008
10 January 2009
14 February 2009

Stoke Easy Exercise

Sit and be Fit for Men and Women
Every Tuesday 10am
Stoke Methodist Church Lounge
Ph Maureen McKain 546 4670

Richmond

Richmond Bowling Club

Have a go - Tuesday at 1.30pm and 6pm
Thursday at 1.30pm
Tuesday evenings at 6pm
Bowls and shoes provided.
Contact Pat Dickinson Ph 544 0129 or Club Ph 544 8891

Euchre

Every Friday afternoon 1.30pm - 4pm.
at Richmond Bowling Club.
Ph Monica 544 2749.

Grandparents Raising Grandchildren

Monthly meeting last Tuesday of the month at 10am.
19 Maple Crescent, Richmond
Social gatherings second Tuesday of the month at 10.30am.
Ph Paula 544 5714 for details.

Richmond Slimmers Club

Keep your weight down.
Margaret Westley
Phone 544 7293

Tasman Visual Arts Group

We meet on the last Wednesday of the month at Richmond bowling clubrooms. Regular guest speakers, new members welcome.
Contact Gary Gibbens ph 541 8842

Hope-Ranzau Women's Institute

1.15pm on the first Wednesday of each month at Holy Trinity Church Hall, Dorset Street, Richmond. Visitors always welcome, ph Brenda 544 5872.

Age Concern Activities

62 Oxford St, Richmond
Tuesday and Thursday 9am to 12 pm for cuppa and company
Wednesday 9am to 3pm- various activities
Friday 10am - Age Concern Easy Exercises
Morning tea to follow, \$1
Wheelchair hire available
Contact Elaine Mead, 544 7624

Age Concern offer:

Supervisor, accredited visitor service and Richmond drop-in centre
ph Elaine Mead 544 7624
Prevention and early intervention of elder abuse,
Ph Jim Davis 546 7682
Manager, in-home support services, Kerrie Varcoe, ph 544 7624

Club 50 Programme for December/January

Club 50 is a social group of mature adults looking for companionship, recreation and enjoyment. We welcome new members. Contact Jackie on 544 3955 or email trrc@nel.sporttasman.org.nz.

All activities start at the Tasman Recreational Resource Centre (TRRC), 9 Cambridge Street, Richmond – unless otherwise stated. Outdoor activities are weather dependent but alternatives will always be available

2 December - Place For Plants, Hope. Come for a tour around the nursery and see how the plants are grown and cared for. Bring morning tea, meet at TRRC at 9.30 to carpool.

9 December - Christmas Dinner to be held in the TRRC meeting room. Arrive at 10.45am for pre-dinner entertainment. You need to register your name and choice of meal. Please bring a dessert to share. Cost: \$9.50 – to be paid in advance if possible.

16 December - Photo Morning. We will look at photos of our Club 50 year on DVD. Also, if you have photos you would like to share of holidays etc, these can be added to the DVD. Please talk to Jackie about this. Cost: \$2. Bring small plate to share for morning tea. TRRC Meeting Room at 9.30.

23 December - Berry Picking. Pick your berries for Christmas at Berrylands. Bring own morning tea or buy a real fruit icecream. Bring money for berries – approx \$8 for an icecream container. Meet at TRRC at 9.30 to carpool.

6 January - Dellside Walk. This walk starts from the top of Queen St. We will find a nice spot to stop for morning tea along the way. The keen walkers may wish to walk from TRRC, otherwise meet at 9.30 to carpool.

13 January - Airport walk, approx 1.5 hrs. For those wanting a shorter walk you can turn back half way instead of going right around. Bring morning tea. Meet at TRRC at 9.30 to carpool.

20 January - Two Rivers Walk, Brightwater. Choose to walk either the full loop (approx 8km) or take a shorter walk along the river and back finishing at Vespers Café. Cost: Purchasing morning tea. Meet at TRRC at 9.30 to carpool.

27 January - Source of the Riwaka – a short walk up to the Riwaka Resurgence where the water comes out from an underground cave. There is a lovely grassy area to sit for a picnic lunch. Bring lunch. Meet at TRRC at 9.30 to carpool.

Richmond Walking Group

Do you like walking but find it hard to get motivated? Then our new walking group is perfect for you! It's free and all ages and levels of fitness are catered for.

Mondays at 10.30am

Tasman Recreational Resource Centre
9 Cambridge St, Richmond
Contact Jackie: Ph 544 3957 ext 4

Pedometers from the Library

Pedometers are step counters that show how far you walk each day. These are now available on loan from any of the Nelson City or Tasman District Libraries .
\$2 fee for a 6-week loan
Visit your local library and ask at the counter

Tasman Tennis Centre

Social Tennis Tuesday mornings 9.30am
Coaching sessions available with TennisNZ club coach.
Ph Ngaire Calder on 0272 79 99 38 or Tasman Tennis Centre on 544 6083

Motueka

Motueka Recreation Centre – where it all happens!

50+ classes are held Tuesday and Thursday mornings at 9.30am with Anna. A fun class to suit seniors. Feel free to try out any classes. A great routine set to music, low impact with low intensity. Runs for about 1 hour. Cost: \$3

Badminton games at the centre 7-9pm every Thursday evening for players of all ages and levels. New players welcome.
Court fee \$3, racquet hire \$2.

The Recreation Centre Gym is open from 9am till 9pm Monday to Friday, 9am till 4pm on Saturday. Help is available for beginners.

Contact the Motueka Recreation Centre on 528 8228 or fax 528 8560.

Motueka 50+ Walking Group

All walks leave Decks Reserve car park at times stated. Meetings on the last Thursday of each month in the Uniting Church Hall (rear of church), High St, at 9.30am. Visitors always welcome. Contact Chairperson, David Collis 526 6797 or Secretary, Vivienne Pearson 526 6076. Members who do not wish to start early on the walks can assemble at Deck's Reserve at 10am to agree an alternative option.

December

- 4 8.30am Graham Valley North Branch M/H \$6
9.30am Moss's Bush to Riwaka Resurgence E \$3
- 11 8am Cobb Dam (A) Peel Lake (B) Chaffey's Hut M/H, E \$14
9.30am ATNP Tinline Nature Walk E \$4
- 18 12pm Christmas pot luck (Little Kaiteriteri) E \$3
Various gentle walks
- 25 12pm Christmas Day lunch Little Kaiteriteri (BYO) \$3

January

- 1 9am Decks Reserve, decide on a walk
- 8 8am Mount Arthur (summit) H \$8
9.30am Mount Arthur (alpine flowers) E/M \$8
- 15 9am Hackett Hut E/M \$10
- 22 9am Wainui Hut E/M \$6
9.30am Stevens Bay E \$3
- 29 10am Meeting – West Bank Covenant M \$2

SeniorNet [Motueka]

Computer learning for over 55s in a no-pressure, friendly environment in our well-equipped clubrooms at 42 Pah Street. We have competent volunteers who can teach you the basics of your computer through to advanced skills. Enjoy photography with the digital camera group and explore your family tree with the genealogy group. Contact Ann Long 528 8224

Motueka District Museum Exhibition

“Time Gentlemen Please - Bottoms up in Motueka”.
The story of some of Motueka's best known hotels

The exhibition is about five local hotels -the Travellers Rest (now the Riwaka), the Riwaka Inn, Hotel Motueka, Post Office and the Swan.

The exhibition opens on Monday 1 Dec 2008 and runs through until June 2009.

Museum hours are Mon to Fri 10am-4pm
140 High St, Motueka Phone: 528 7660

Golden Bay

Golden Bay Museum & Gallery

Tarakohe & Golden Bay Cement Company exhibition
September 24 2008 - 29 April 2009
The Museum is open 10am - 4pm Daily (Summer Hours)
Mon-Fri, 10am - 2pm Sat (Winter Hours)
Phone 525 6268

SeniorNet [Golden Bay]

SeniorNet Golden Bay provides a range of beginner-level courses in home computing. We run a Camera Club, host a Genealogy Group, and hold several social functions each year. Classes, workshops and meetings are held in clubrooms at the Takaka Showgrounds. Come and join us. Ph Kathy Baigent, 525 9689, or Rosemary Jorgensen 525 7565, or Morfydd Barker 525 7465

Winter Workouts

Masonic Hall Takaka
Mondays 9.30-10.30am
Wednesdays 9.30-10.30am
Fridays 9-10am
On site child care provided.
Qualified and experienced instructor.
Call 525 6110 for details
Come workout with us and get fitter faster!
Childcare kindly supported by Golden Bay Community Workers

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Clubrooms. Start time over winter is 2pm.
Welcome to all listeners, singers or musicians. Cuppa served.
Ph Nancy 525 9491.

Uruwhenua Women's Institute

2nd Tuesday each month at the Anglican Church Hall, 1.30pm
Phone Nancy 525 9491

Motupipi Indoor Bowling Club

Thursday nights, 7.30pm at the Motupipi Hall.
Beginners and interested players are made welcome.
Supper and games for \$1. Ph Nancy 525 9491

RECREATION PROVIDERS

If you are looking for further groups, check out the Found Community Database www.found.org.nz

Hope

Hope Midweek Badminton Club
Carolyn Mason 541 9200

Nelson Veterans Tennis Club
Hope Courts every Thursday
Summer from 9.30am
Winter from 10am
547 6916

Mapua

Low Impact Aerobics & Pilates
Wakefield, Upper Moutere
and Mapua
Lynda Mabin 543 2268

Indoor Bowls
Mapua Friendship Club
Mapua Public Hall
Valerie Roache 540 3685

Mapua Bowling Club
Arnie Ahnfeldt 540 3032

Taoist Tai Chi
Taoist Tai Chi Society of
New Zealand
55 Muritai St, Tahunanui
545 8375
www.taoist.org

Motueka

Aerobics/Gym & Fitness Centre
50+ Aerobics
Mot Rec Centre
Brent Maru 528 8228

Riwaka Croquet Club
Sally Goodall 528 8296

Gym & Fitness Centre
Studio Gym 275
Catherine Walsh 528 4000

Healthy Hearts Club
St Thomas Church Hall
Cindus Colonna 543 2033

Indoor Bowls
Motueka Senior Citizens
Hall
George Riordan 528 7960

Line Dancing
Motueka Senior Citizens
Hall
Beryl Sturgeon 528 8265

Line Dancing – Intermediate
St Andrews Church Hall
528 7337 or 526 6246

Marching
Motueka Veteranettes
Marching Team
Bev Clementson 528 9125

Social Recreation
Kiwi Seniors (Motueka)
Vonnice Goodall 528 7817

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole 547 9350 ext
712

Walking
Motueka 50 Plus Walking
Group
Vivienne Pearson 526 6076

Riwaka Bowling Club
School Road, Riwaka
Kathy Brewer 528 4604
Pat Newport 528 8347

Nelson Aquatics/Swimming/Gym
Riverside Pool
546 3221

Trafalgar Centre Social Badminton Club
Pam Frost
548 7153
John Williams 548 0983

Belly Dancing
Victory Community Centre
Tuesday from 6pm
Sabina Gilberg 546 8511

Bodyvive (Low Impact)
CityFitness Quarantine Rd,
Nelson
Monday, Tuesday and
Thursday 10.20am
Debby Callaghan 547 4774

Cardiac Club/Gym & Fitness Centre
Victory Community Centre,
behind Victory School.
Devine Fitness
Sharon Standish-White 539
0348

Croquet
Nelson-Hinemoa
Bev Worrall 548 2190

Easybeat 50+ Aerobics
EasyBeat Aerobics
Leigh Dalzell 548 1689 or
021 547 811

Easy Exercise
Arthritis New Zealand,
Nelson
Sheila Alley 548 3490

Hatha Yoga
Maureen McKain 546 4670

Hot Yoga
Claire 548 2298

Nelson Senior Citizens Social Indoor Bowling Club
Joyce Rowland 548 1769

Leisure Line Dancing
Stoke Scout Hall, Songer St
Annette Lines 546 8777

Marching
Silveraires Leisure Marching
Diana Clark 548 9527

Nelson Petanque Club
Ernst Lacher 548 3031

Nelson Social Dancing Club
Club Waimea
Frank Thomas 546 7061

Over 50s Pilates
Body Power Pilates & Yoga
Centre
Sue Wilson
029 281 3735
Email inbox@bodypower.co.nz

Seniors Yoga
Body Power Pilates & Yoga
Centre
Sue Wilson 029 281 3735
Email inbox@bodypower.co.nz

Table Tennis
Nelson Table Tennis Club
Phil Hamblin 546 6256

Tahunanui Bowling Club
Murray Canning 547 6921

Taoist Tai Chi Society of New Zealand
55 Muritai St, Tahunanui
545 8375
www.taoist.org

Tai Chi Falls Prevention (65+)
Presbyterian Support
Maxine Poole 547 9350 ext
712

Walking
Nelson 50+ Walking Group
Noel Brown 544 2286

Nelson 50+ Mini Walks
Gwenda Wallace 544 5307

Over 50s Yoga
Body Power Pilates & Yoga
Centre
Margot Hannigan
029 281 3735
Email inbox@bodypower.co.nz

Petanque with the Nelson Club
Wed/Sun 1.15pm at the
Maitai Club, Kinzett Tce
off Haven end of Trafalgar
St
Boules provided.
Gillian 546 8111

Richmond

Badminton

Richmond Morning
Badminton
Dawn Wakelin 544 4120

Bodyvive (Low Impact)

CityFitness Quarantine Rd,
Nelson
Monday, Tuesday and
Thursday 10.20am
Debby Callaghan 547 4774

Crafts, Caring and Sharing Wesley Centre

Mondays 9.45 –
11.45 am
544 7458 or 544 9174

Croquet

Richmond Croquet Club
Eleanor Hannay 547 5424

Tasman Recreational

Resource Centre
(Richmond Town Hall)
Fun, easy exercise options
for older adults
Mary-Ann McNatty
544 3955
E: trrc@nel.sporttasman.
org.nz

Easy Exercise

Wednesday General
Knowledge Quiz
Wednesday Luncheon
Thursday Knitting Group
Freda Beloe 544 8569

Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Indoor Bowls for Seniors

Church of Christ Hall
Cnr Croucher & D'arcy Sts
Tuesday 1pm-3pm
Phyllis Haines 544 8383

Latin In-line Dance

Richmond Dance Studio
Partner not required!
Wednesday and Friday 9.30-
10.15am
Heather 547 4863

Line Dance Nelson

Alison Myers 546 9878

Body Power Pilates & Yoga Centre

Richmond Town Hall
Sue Wilson 029 281 3735
E: inbox@bodypower.co.nz

Richmond Bowling Club

Pat Dickinson 544 0129

Social Recreation

Club 50
Jackie Hardy 544 3955
E: trrc@nel.sporttasman.
org.nz

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole 547 9350 ext
712

Stoke

Stoke Bowling Club

Lyndon Penketh 547 4780

Clogging/Tap Dancing

Nelson Sun City Cloggers
Georgina Higgs 545 1037

Easy Exercise

Arthritis New Zealand,
Nelson
Maureen McKain 546 4670

Easybeat 50+ Aerobics

Leigh Dalzell
548 1689 or 021 547 811

Hatha Yoga

International Yoga Teachers
Assn
Maureen McKain 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool
Day and evening sessions
Thelma Creighton 547 6384

Introductory Pilates

Stoke Memorial Hall
Tuesday 1.30pm
Christine 547 2660

Safety & Confidence

Kidpower, Teenpower,
Fullpower Trust
Cornelia Baumgartner
543 2669

Stoke Social Seniors

'Girl's Own' and 'Lads at
Large' trips
Anne or Ruth 547 2660

Stoke Social Seniors Walking Group

Meets Tuesdays 10am at
centre
547 2660

Stoke Social Seniors Tai Chi

Stoke Memorial Hall
Wednesdays 10 am
547 2660

Senior Strengthening Exercises

Stoke Memorial Hall
Wednesday 11am
Christine 547 2660

Table Tennis Nelson

Bryan Keane 547 7530

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole 547 9350
ext 712

Golden Bay

Gentle Exercise

Golden Bay Physio Clinic
525 9708

Indoor Bowls/Cards

Senior Citizens Club Rooms
Mary Couper 525 8445

Tai Chi Falls Prevention (65+)

Presbyterian Support
Maxine Poole
547 9350 ext 712

Tai Chi for Arthritis

Ann Marshall 525 8437

Wednesday Walkers

Jane Baird 525 9061
Angela O'Brien 525 8685

Puramahoi Table Tennis

Betty Wilson 525 9526

Pohara Bowling Club

Jennifer Westrupp 525 9621

Takaka Golf Club

525 9054

Takaka Golf Club Ladies Section

G. Turley 525 9122

Golden Bay Patchwork & Quilters Guild

Liza Eastman 524 8487

Takaka Spinning Group

Jan Weston 525 9374

Probus

Jan Sawers 525 9197
Robin Manson 525 9359

University of the Third Age (U3A)

David Morgan 524 8331

Genealogical Group

Cherill Cooper 525 8832

Golden Bay Contract Bridge Club

Leigh Gamby 525 9744

Golden Bay Garden Club

Julie Langford 525 8089

Golden Bay Mohua

Tecorians
Sally Douglas 525 9569

Mah Jong

Ethel Smith 525 8615

Guided Gym Session

Wednesday 12 -1
Georgie Stone 525 6110

Drop In Yoga

Terry Burgess 525 7422

Takaka Table Tennis

Rene 525 7127

Tapawera

Walking

Rural Ramblers
Una Foulsham 522 4083

Visual Art Society

Tapawera
Kaye Register 522 4368.

Wakefield

Easy Exercise

Arthritis New Zealand,
Nelson
Nancye Wearing 541 9040

Wakefield Senior Citizens

Meet: 1st Wed of Month
2pm
Wakefield Village Hall
Melba Green 541 8464.

Regulars love aqua fitness class

Keeping fit couldn't be easier or more fun for the regulars at the ASB Aquatic Centre's Wednesday aqua aerobics class.

Annette Mead and Viv Gerritsen have been attending the 10.30 am class every week for three to four years, and say that it is the best way to keep fit. "We were the first to join the classes and it really keeps us going, plus it's a lot of fun." The pair usually relax in the spa pool after the class. "It sets us up for the week."

The class has been swelled recently by the regular arrival of the swim bus from Motueka which brings people over for the morning, to swim, take part in the class or just have a morning out. There have been up to 25 passengers on the bus, which is driven by Lynne Wright, making the most of the service and enjoying the friendship and laughter on the journey and in the pool.

Andrea McIver comes on the swim bus and has found the class very helpful for a knee injury. "Its very beneficial and such a lovely group of ladies, we have a lot of fun."



Aqua aerobics class at the ASB Aquatic Centre.

Mary Dowell is also from Motueka and comes for general fitness and activity. "I've found it to be very good for me. I wouldn't have come all this way over without the bus so that is a great incentive. We have a real laugh and then a spa pool, coffee and a chat. It's been a wonderful way of making new friends."

Apart from the Wednesday class, designed for those getting started on an activity programme, there are classes available for all ages and levels of fitness. Contact Cherie Thomas at the ASB Aquatic Centre for more information, 543 9755.

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Jill Beech MNZAS
Audiologist
Member of the
NZ Audiological Society