

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Imagine this: a recreational trail for cyclists and walkers with Motueka at its very heart

Supporting a loved one with Alzheimers

Tuku 23 Whakatū celebrating and exploring Nelson's heritage

Purple Poppy Day honours the animals which serve in times of war

PLUS

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

A directory of local clubs and activities for seniors

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EDITOR'S Letter



Happy New Year and welcome to the first issue of *Mudcakes & Roses* for 2023!

The older woman on our cover this month is happy and full of vitality. And she is a lesbian. We know this only because she's bold enough to wear a t-shirt that declares that she's gay.

She may or may not be the first lesbian woman to appear on the cover or in the pages of this magazine: unlike skin colour, homosexuality is not a visible attribute. And many LGBTQ people choose not to be open about their sexual orientation because prejudice and negative stereotypes still exist, in spite of dramatic changes in public attitudes towards homosexuality.

This may be particularly true of older gay people, who have had to conduct much of their lives "under the radar" to avoid prejudice, discrimination and even criminal

conviction: until 1986 sexual relationships between men in New Zealand were illegal.

People with invisible, chronic ill health or disability, and the families who support them, often live "under the radar" too.

In this issue, Tessa Wood, writes about supporting a loved one with Alzheimers and shares some helpful insights. I'd be delighted to feature more writing from readers with particular interests or life experiences to share.

Whether you are gay or straight, I hope you find something to interest, inform or entertain you in the year ahead.

Warm regards

Ro Cambridge



In this issue

4 Tessa Wood of Motueka has a professional's understanding of Alzheimers and dementia. However, now that she is supporting a loved one with Alzheimers she's confronting the challenges in a way that's much more personal.

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13 In our Community News section this month, you'll find info about the 2023 census, an event memorialising war animals, a book about the Treaty of Waitangi, and news from Age Concern.

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

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Gardening tips and tricks



The challenges of warm, dry weather

I hope you all had a wonderful holiday season and are enjoying the beginning of 2023. It's late summer and we're on the downhill slide towards one of my favourite seasons – autumn. February and March can be a tricky time in the garden, because it generally tends to be very warm and dry.

At this time of year some trees, shrubs and perennials can show signs of stress. I have Hellebores (winter roses) in a raised bed around our garage and they have suffered badly in the heat – wilting regularly and generally looking unhappy. In mid-January, I gave them a hefty side-dressing of sheep manure pellets, watering them in well. This helped a lot – the pellets are acting as a mulch while slowly releasing their nutrients.

Citrus trees will also benefit with a fairly heavy side-dressing of sheep pellets now. If you have mulch around them, shift the mulch away, add the pellets and water them in well. Replace the mulch and if need be, refresh it. The same applies to other shrubs with surface roots such as azaleas, daphne, rhododendrons and camellias.

I've had a fabulous time growing my tomatoes this year. The varieties in our little greenhouse – Black from Tula, Tasty Tom, Supreme Sweet 100 and Midnight Feast – have done really well and are all delicious. I made my first lot of tomato passata in mid-January which is early and I've made lots more since – just perfect as a base for winter casseroles, soups or pasta sauces. My outdoor tomatoes are taking a little longer to ripen but the plants are loaded with fruit.

In my last column I mentioned that the UV levels were going to be very high this summer and to protect yourself when outdoors. In early January I realised the UV levels were also affecting my lettuce seedlings. I pricked them out into punnets and put them in the tunnel house under shade cloth. I watered them each morning and again in the afternoon – imagine my shock when I went to water them one afternoon and the sun had literally fried them to death, even under the shade cloth. This is a definite example of extremely strong UV – I made the decision to err on the side of caution and delayed sowing more until early February.

Bay Landscapes & Garden, a business I love, is on the move. From 18 February they will be at 38 Artillery Place, off Sandeman Road by Nelson Pine, Lower Queen Street. Email me at foeslamb@xtra.co.nz for more information.

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.



Supporting a loved one with Alzheimers or dementia

Tessa Wood, a trained teacher and a nutrition health and wellness coach, shares her personal experience of supporting a loved one with Alzheimers and what she has learned along the way. You might find some of her suggestions helpful if you are facing the same situation.

Every year brings its delights and challenges, but I'm sliding into 2023 facing more challenges than usual: I'm supporting a family member who has Alzheimers, while also growing my business and undertaking more training.

Through my studies as a nutrition health and wellness coach I learned how to support myself and others by improving their health and well-being. Last year I completed a certificate course in Understanding Dementia, and I am now studying what science says about decreasing susceptibility to dementia.



I need to make sure that my loved one has enough social connection and stimulation, but not too much.



When someone I love very much was diagnosed with Alzheimers, I felt blessed to already have some background understanding of the changes in her behaviour and what lay behind those changes.

However, I have found that it's one thing to have theoretical knowledge, and another to translate that knowledge into practical actions on a day-to-day basis, when so much personal emotion is involved. I swing between feeling frustrated to feeling guilty, as well as a deep sadness when I think about what lies ahead.

Based on my own experience and observations over the last year, I would like to share a few understandings that you might find helpful if you are facing the same situation.



Firstly, I advise you to leave your idea of what's true or real at the door. If someone has dementia or Alzheimers, they may say something that is not altogether accurate, or true to us. Don't feel obliged to correct them. There is really nothing to be gained from doing so. I have learned it's better to "go with the flow".

Secondly, I've discovered that life is a balancing act now, more so than ever before. I need to make sure that my loved one has enough social connection and stimulation, but not too much. I notice that with too little stimulation, she muddles more words and suffers increased anxiety. On the other hand, if there is too much going on, lots of busy-ness, she also becomes more muddled and a little bit anxious. It is a total balancing act!

Thirdly, I feel it is important to be aware of just how tired a person with Alzheimers can become. Imagine how tired you would feel if you had to work twice as hard to follow conversations, and remember objects, people, names and places!

If you are caring for or supporting someone with Alzheimers or dementia, it's important to be aware of your own needs. Take time out for yourself. Looking after someone with dementia or Alzheimers can be a tough road. You too might feel extra tired, or out of your depth!

There are everyday things that you can do to look after yourself, including keeping yourself physically healthy and looking after your own emotional well-being.

In my work as a health and wellness coach I see that when people make changes that improve their health, their ability to deal with life's challenges improves too.

Support and information is available locally. Just the other day I found myself ringing the 0800 number for Alzheimers NZ and was greeted by a friendly voice that was able to help me with a particular issue. You might find it helpful to join a support group of other people who are facing some of the same dilemmas.

Remember that you don't have to manage on your own!

More information

Alzheimers NZ

Website: alzheimers.org.nz

Phone: 0800 004 001 or 03 546 7702 (Nelson office)

Age Concern


Phone: 03 544 7624

Contributor: Tessa Wood

Tessa Wood has a Bachelor of Teaching and Learning and an Advanced Certificate of Nutrition and Health Coaching. Her goal as a Nutrition Health & Wellness Coach is to help clients to "live their best lives" supporting improvements in their physical and emotional well-being. She lives in the Moutere. 027 422 7155. tess@twhealthcoach.co.nz www.twhealthcoach.co.nz



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Imagining the future

Imagine a Great Circle Recreation Trail around Motueka

Rob Mitchell continues his series on imagining the future of local places. In the last issue he reported on planned developments at Kaiteriteri. This month he does a bit of imagining of his own and proposes a new recreational trail for cyclists, walkers and joggers.

Former US President John F. Kennedy famously said "I dream things that never were and I say 'Why not?'" In a similar spirit, I ask why not create a new recreational trail alongside the mitigation works which are already underway along the Motueka River from the Motueka Bridge at Riwaka to Woodman's Corner? Even better, how about linking it to the existing and very popular coastal trail along Wharf Road, Motueka Quay and Staples Street? The result would be a "Great Circle Recreation Trail" around Motueka.

Levee banks on the lower Motueka River have protected Motueka and Riwaka residents, farms and orchards and packing houses from major flooding since the 1950s. Work funded by Tasman District Council and central government at a cost of \$10 million will strengthen the current flood bank, and a new roadway along the levee will facilitate management of levee and adjacent property.

I suggest that the causeway could also provide a new opportunity for this community investment.



Solid line = existing trail. Dotted line = proposed extension

Motueka already has a popular walking and cycle trail on its southern boundary linking Wharf Road and Motueka Quay to Tasman's Great Taste Trail. However there is a blank on the map when it comes to walking and cycling opportunities on the west of the town.

The possibility of a Motueka River recreational trail was discussed by the Motueka Community Board with the Keep Motueka Beautiful group early last year. The idea of extending a trail around the whole town builds on this idea.

If a trail was created along the west bank of the Motueka River from the Motueka Bridge to Woodman's Corner this could be linked to the Great Taste Trail at the Wharf Road roundabout using a route along College Street, Chamberlain Street, Hursthouse Road, Wildman's Road and High Street South. Completion of the Great Circle route could be accomplished by upgrading the trail along Wharf Road, Motueka Quay, Staples Street and State Highway 60 to the Motueka Bridge as indicated on the map.

Public access to the flood bank is restricted at present, so cooperation between the farming community, Council and recreation groups would be key to making the vision a reality.

Community agreement to improve the Great Taste Trail at Tapawera and in the Wangapeka and Baton Valleys allows local businesses and farmers to offer accommodation, food and refreshments to users of the trail.

Motueka Ward Councillor Brent Maru is positive about the concept of creating a recreational trail circling Motueka utilising the existing cycleways, and work being undertaken to upgrade the Motueka River stopbanks.

Council has already allocated \$800,000 for better-designed shared spaces for cyclists and pedestrians along High Street in Motueka in 2026/2027 and there are other potential funding sources. For example, the Government's Better Off Support programme which assists local communities to build resilience in the face of climate change and natural hazards.

Walking has been identified as New Zealand's most popular form of recreation and the popularity of cycling has grown enormously, so what could be better than a recreation trail for cyclists and pedestrians that encircles Motueka?

Contributor: Rob Mitchell

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



Hospice – a life-affirming place

Hospice. In spite of its association with death and dying, Ana Fierek of Nelson Tasman Hospice reminds us that hospice is also the home of many life-enhancing and life-affirming services.

Our philosophy is to help people live until they die. We provide our services throughout a terminal illness, including death and bereavement, and our care and support can last from days, weeks, months, and sometimes a year or more.

Physiotherapy is just one of the services we provide at Nelson Tasman Hospice. Irvina Koefoed, our hospice physiotherapist (pictured), says that she "helps people continue to live their lives as independently as they can despite their diagnosis, with the aim to maximise their movement and function based on their individual circumstances".

Patients can come and see Irvina when they feel up to it at our physiotherapy centre that houses our therapy equipment and which is used by our lymphatic specialist nurse when needed.

Eventually Irvina is hoping to be able to offer exercise classes in the space. For some patients a visit to the centre for physiotherapy is a great excuse for a trip out, but the majority of patients are visited in their homes.

As well as providing therapy for patients, we also offer education to whānau and caregivers on the best ways to assist their loved one physically, and how to maximise the safety of the patient and themselves. This includes training on the use of equipment, if it is required, for everyday care, or to help maintain a patient's independence.





Food for thought

Zucchini or courgette?

What do you call these amazingly versatile vegetables that proliferate in our gardens at this time of year? Me, I call them zucchini. Whatever you call them, I'm dedicating this month's column to them. I like the name, and I think zucchini have a lot going for them.

Some of you may scoff at this claim as the zucchini is hardly renowned for its deep and memorable flavour. And you'd be right. But what it does have is a remarkable ability to carry flavour – not necessarily its own – and texture. That's probably why, if you Google the possibilities, you'll be presented with options for everything from a savoury bake to a decadent chocolate cake.

But let's keep it simple today and talk about how to make zucchini fritters.

If you've got a few eggs, some fresh herbs from the garden, maybe a chunk of cheese that needs using up, and several (possibly surplus to requirements) zucchini lurking in your vegetable crisper, you've got the basics for a delicious light lunch or dinner.

Start by grating the unpeeled zucchini onto a clean tea towel, then roll it up and give it a good squeeze. This is to remove surplus liquid; you may be surprised at just how much liquid they generate.

In a medium-size bowl beat a couple of eggs. Stir through the grated zucchini and the finely chopped cheese you've decided to use. Leftover brie or camembert is fine, and so is feta or blue cheese or good old cheddar. Add a handful of chopped parsley, mint, coriander or whatever herb you may have at hand. Lastly, sprinkle

in several tablespoons of flour and seasonings of your choice.

Then check out the contents of your fridge again. Maybe there's a spring onion or two, a tomato that needs using, something in a bowl from a couple of days ago that could conceivably be thrown into the mix. Even the zest from a tired old lemon will add to the result. But if you don't have anything to add, it doesn't really matter.

To make the fritters, heat a little vegetable oil in a frying pan, preferably non-stick, and then drop in spoonfuls of the fritter mixture, ensuring each spoonful has room to spread a little in the pan. Once they're golden underneath, flip the fritters to cook on the other side.

Serve hot or at room temperature; they're delicious either way, especially with some dipping sauce on the side.

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

I don't need the gym – I walk every day!

It's true that you don't need to go to a gym to exercise, but research shows exercise that combines strength training with aerobic fitness can provide more benefits than cardio exercise on its own.

If done two or three times a week, strength training can build muscle strength, muscle mass and preserve bone density, independence and vitality as you age.

In addition, strength training can reduce the risk of osteoporosis and the symptoms of chronic diseases such as arthritis, heart disease and type 2 diabetes, while also improving sleep and reducing depression.

Strength training can help the following:

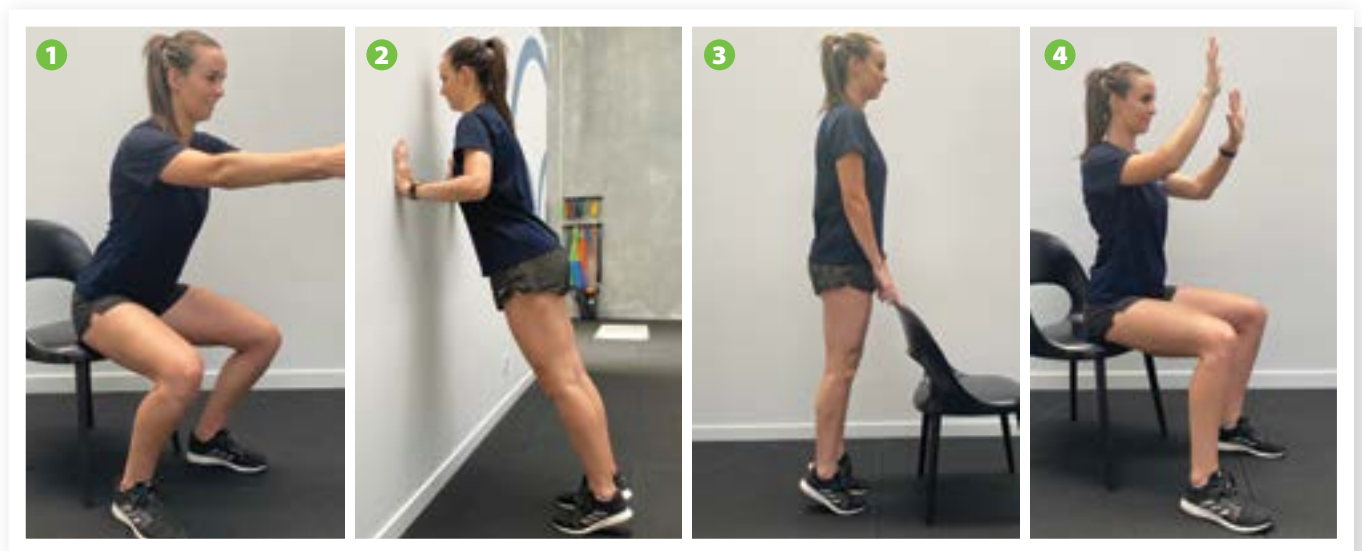
- Arthritis: Reduces pain and stiffness and increases strength and flexibility.
- Diabetes: Improves glycemic control.
- Osteoporosis: Builds bone density, reduces fall risks.
- Heart disease: Reduces cardiovascular risk by improving lipid profile and overall fitness.
- Obesity: Increases metabolism, helping burn more calories and improves long-term weight management.
- Back pain: Strengthens back and abdominal muscles to reduce stress on the spine.

Pictured below are some exercises you can do to start strength training without going to a gym.

Aim to do two sets of each exercise, with 10 repetitions per set.

- 1 Chair squats:** Lower yourself into a sitting position on a chair, then stand up.
- 2 Wall push ups:** Place your hands on a wall, lean into the wall and then push yourself back to standing position.
- 3 Calf raises:** Rise up onto your toes and back down.
- 4 Wall hand walks:** Imagine a wall in front of you. "Walk" your hands up the wall and back down again.

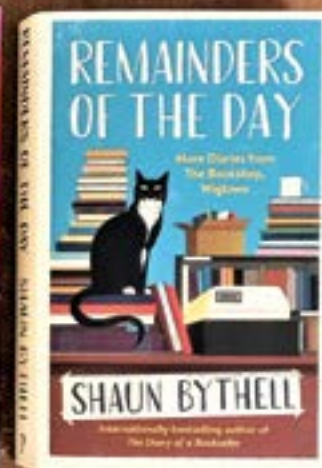
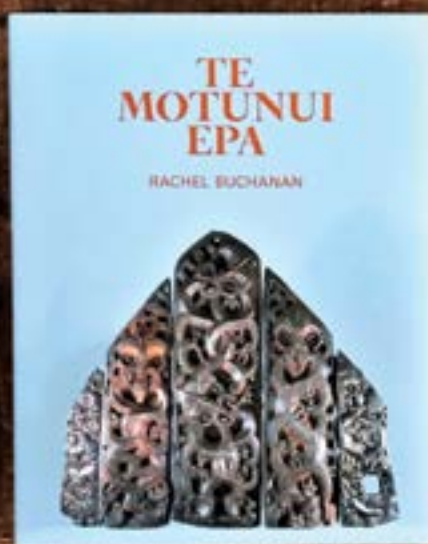
Feel free to see us at Align Functional Fitness for more information, and remember, you should always check with your doctor before starting a new exercise programme.



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





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Between the Flags by Rachel Fenton

Fourteen-year-old trainee lifeguard Mandy Malham has wanted to beat Jen in the local surf lifesaving championships ever since Jen bullied her in primary school, but to do that, Mandy comes to realise that first she must rescue herself. How can she do that when sometimes it seems that her only friend is the pen she uses to draw her comics? **\$25**

Te Motunui Epa by Rachel Buchanan

Where do "artefacts" belong? In 1971 someone dug five carved 18th-century panels out of a swamp near Waitara and sold them illegally overseas. The panels had been buried 150 years before by

Te Atiawa hapu to preserve them from impending war. This fascinating and beautifully presented book traces the taonga's journeys around the world and eventual return home, and examines issues of appropriation, repatriation, international law and mātauranga Māori. **\$50**

The Seven Moons of Maali Almeida by Shehan Karunatilaka

On awarding this book the 2022 Booker prize, the judges said, "The Seven Moons of Maali Almeida takes readers on a journey at once horrific and humorous – beyond life and beyond death, to the world's dark heart. There, astonishingly and encouragingly, we find tenderness, laughter, loyalty and love".

The novel addresses the trauma of the civil war in Sri Lanka, but is funny, audacious, and full of verve and compassion. **\$40**

Reminders of the Day: More Diaries from the Bookshop, Wigtown by Shaun Bythell

The third of Bythell's hilarious and almost-too-incisive volumes of the diaries he compiles from behind the counter in his now-famous second-hand bookshop. Every entry rings true, from unforgettable customers and their unforgettable comments, to unusual volumes, to the difficulties and joys of running your own bookshop in an increasingly corporatised and impersonal world. **\$33**



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Our environment

Debris and sand deposited after a storm at Onetahuti

Are the campsites of Abel Tasman National Park destined to disappear?

Over the last few years, ex-tropical cyclones crashing into the Abel Tasman have significantly eroded some campsites, while at the same time dumping huge loads of sand in places where it's not wanted.

In 2018 for example, ex-tropical cyclone Fehi dumped a metre or more of sand onto Onetahuti campsite, opposite Tonga Island. What was once a grassy site where you could firmly peg down your tent suddenly became unstable ground that swallowed your tent pegs. The same storm cleared all the sand away from Tonga Quarry. Now, the small subsidiary campground that used to be there has closed.

Bark Bay is a two-hour walk to the south. There, a popular campsite perches on the sandspit which separates lagoon and sea. Like Onetahuti, Bark Bay sandspit is suffering from serious erosion. During Fehi waves sluiced over the camp site and washed out the seaward

edge of the sandspit, undermining the ridge and exposing the roots of established kākara trees.

The landscape continually changes, but climate change is exacerbating the intensity of the changes. Mark Townsend, who is the Department of Conservation's Operations Manager in Motueka, says that although DOC plan in advance for possible storm damage, there's not much that can be done if the weather is seriously destructive.

One of his concerns is the safety of trampers. Because of the popularity of the Great Walk, everything possible is done to keep the Abel Tasman track safe, including designated safe areas which have recently been created in case bad weather endangers campers.

Project Janszoon operates a planting programme to help stabilise the besieged sandspits. Helen Lindsay, leader of the programme, wrote that "over the

past ten years the (Onetahuti) sandspit has been moving landward and will probably continue to do this. The beach won't exactly wash away because... there is more sand being deposited from the river all the time. In the much longer term, of course, when the sea level reaches the higher ground... the beach may disappear (like)... many of the beaches in the park, because of the steep land behind them".

Mark Townsend says "we live in dynamic times" and that DOC is planning to relocate Bark Bay camp because of the expected "sea level rise, and more frequent ex-tropical lows smacking into the Abel Tasman coast", adding that "we are also experiencing easterly warm, moist weather patterns creating atmospheric rivers and storm surges similar to the August deluge".

So it seems that we will indeed be losing at least one of our glorious campsites quite soon.

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



Stroll down memory lane with Tuku 23 Whakatū

Adventure into the past with Tuku 23 Whakatū, a collection of events, activities, shows, talks and experiences that celebrate and explore Nelson's heritage.

This year, Tuku 23 Whakatū's programme of 40 events spans six weeks, starting in late March.

"Tuku" means "to share" or "exchange" in te reo Māori, and that's just what the festival offers – a chance to explore our varied heritage through our stories of people and place.

The festival is supported by Nelson City Council, but events are hosted by a variety of organisations and community groups.

Council's Acting Group Manager Community Services Mark Preston-Thomas says "each year, wonderfully creative event hosts from our community share an exciting range of heritage events for the public to enjoy. Tuku 23 Whakatū offers something for everyone, whether you have enjoyed learning about Whakatū Nelson's heritage for a long time, or you're just taking your first steps of discovery".

The 2023 programme features everything from talks to bus tours and, of course, the commemoration of Anzac Day near the end of April.

Some festival highlights

Early Seafarers of Nelson Cemetery Tour – New Zealand Society of Genealogists, Nelson branch

Join local genealogists to find out about Nelson's early European seafarers, who paved the way for the development of the port and settlement. Numerous pioneers, from harbour masters to marine engineers and mariners, rest in Wakapuaka cemetery. A cemetery tour will tell you more about who some of them were and how they contributed to Nelson's sea-faring heritage.

Play with Clay – Nelson Community Potters

Nelson Community Potters offer you a chance to play with one of humankind's first materials – clay! Create something special, a pot, a sculpture, but be prepared to get your hands dirty and have fun!

Gerard Hindmarsh: More Stories from Kahurangi – Nelson Libraries

Author Gerard Hindmarsh returns to Elma Turner Library to discuss his newest book, *Kahurangi Out West: more stories from Northwest Nelson*. He begins with stories about the earliest human arrivals and finishes with the family stories of the graziers, who live along Kahurangi's wild western flank today.

Other exciting events will be announced nearer to the start of the festival.

More information and full programme: www.itson.co.nz

Pictured above: Last year in Tuku 22, IndoNelson (Nelson's Indonesian community) took audiences on a trip through the sounds, sights and tastes of Indonesia. © IndoNelson

Our Community News and Information

Make sure you count!

The next national census is on Tuesday 7 March 2023. This nationwide survey happens every five years and creates a snapshot of life in New Zealand, its people and communities.

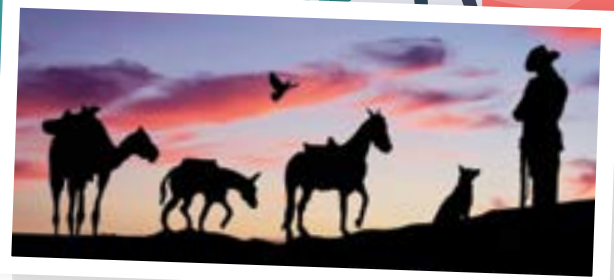
By taking part in the census, you help create a better understanding of your community and what it needs. The information that's collected provides national and local government with the information it needs to plan for the future and make decisions about funding and the provision of services for all New Zealanders – including older people.

The census is being managed differently this year:

- There will be more census collectors and greater assistance for people who need help filling out their census forms.
- You can choose to fill out the census forms online, or on paper, and there will be more alternative formats to support disabled people.
- There will be more census events in communities. People can complete their census forms at these, or get the support they need to complete them later.

Instructions on how to do the 2023 Census will be delivered to every place where people live or stay. Look out for these instructions in February.

More information: www.census.govt.nz



Purple Poppy Day service will honour war animals

Most of us know about Anzac Day, when red poppies are worn to remember those who died in war or are serving in the armed forces. Perhaps fewer of us know much about the animals which served, and continue to serve, during time or war and armed conflict. These animals are now commemorated every year on 24 February which has become known as Purple Poppy Day.

Animals have had many different roles during war time. In WWI horses, donkeys, mules and camels carried food, water, ammunition and medical supplies to men at the front, and dogs and pigeons carried messages. Canaries were used to detect poisonous gas, and cats and dogs were trained to hunt rats in the trenches. Animals also served as mascots, and provided companionship for many soldiers and nurses who served during both world wars. Even now animals are used for military purposes.

This year there will be a special Memorial Sunset Service at 6.00 pm on 24 February at the RSA Lawn Cemetery, Marsden Valley, Stoke. All welcome. Attendees are invited to wear something purple to this event.

A bronze plaque will be unveiled at the service by Nigel Allsopp, a New Zealand veteran, and president and founder of the Australia and New Zealand War Animal Memorial Organisation. Nigel is also the author of 14 books about service and rescue animals.

Quiz night

The Nelson Soroptimists are promising a night of fun and laughter at a quiz night on Wednesday 8 March, beginning at 7.00 pm at the Granary, Founders Heritage Park, Nelson. All proceeds are going to the Nelson Women's Centre. Tickets \$160 per table of eight, includes supper. For more information and tickets, email nelsonwmn23@gmail.com



Our Community News and Information

News from Age Concern

Happy new year from us all at Age Concern Nelson Tasman! We are now back into full swing with plenty of activities on offer in the coming months. Through our Richmond and Nelson offices we are continuing to offer our usual core services of elder abuse response, visiting service and social connections.

Summer “taster” activity sessions

Every summer over a period of six weeks we run FREE taster sessions of various activities, including tai chi, croquet, sing-along in the park, SpinPoi, seated exercise and guided walks. All activities give older adults an opportunity to try something new, outdoors in parks and reserves across the Nelson Tasman region. For a full list of events visit www.ageconcernnt.org.nz/summer-activities, or phone 03 544 7624 ext 9 to request a timetable.

Living well

What does it mean to “live well” and how can we do it? Attend this course and you’ll find out! Running over eight consecutive weeks, it approaches the concept of living well in a holistic way, including social connections, eating well, moving well, being financially well, thinking well, sleeping well and dealing with loss. The next course begins on Tuesday 2 May at our Nelson office from 10.00 am – 11.00 am.

Cooking classes

Our cooking classes are ideal for people with limited cooking skills or who struggle to cook for just one. Classes are taught in a relaxed environment by a chef with community cooking experience. Participants share a meal together at the end of the class. Classes run every Tuesday from 10.30 am – 12.30 pm. Classes starting in February are now full but there are spaces available in the course starting on Tuesday 11 April.

To register for living well or cooking classes please contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz

Device advice

We’ve teamed up with Nelson City Libraries to offer you free help and advice on using a smartphone, tablet or laptop. A knowledgeable librarian will be on hand to help you one-on-one, beginning Thursday 2 February and held weekly thereafter, between 9.30 am and 11.30 am at the Age Concern Nelson office, 18 Bridge Street. Drop-ins are welcome, or you can book a time by phoning 03 539 5507.

But wait, there’s more!

Over the next couple of months we’re offering the following workshops and seminars:

- **More Stable More Able:** Nelson office 15 March, and Richmond office 11 April, both 1.00 pm – 3.15 pm.
- **Telehealth Information Session:** Richmond office 16 March 10.00 am – 11.00 am, and Nelson office 21 March 1.00 pm – 2.00 pm.
- **Advanced Care Planning:** In Nelson and Richmond – dates to be advised.

If you are interested or would like to know more please contact Marnie on 03 544 7834 ext 5 or email ageconnect@ageconcernnt.org.nz

Wendy and Pam, two of our volunteers.



Our Community News and Information

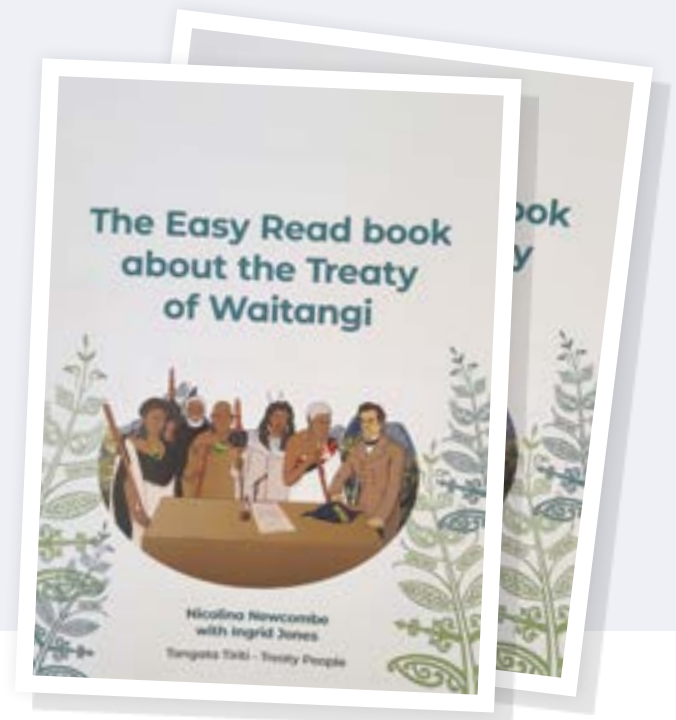
An easy read book about the Treaty of Waitangi

If you've ever wanted to share information about the Treaty of Waitangi with your grandchildren or other whānau, you may find this recently published easy to read book very helpful.

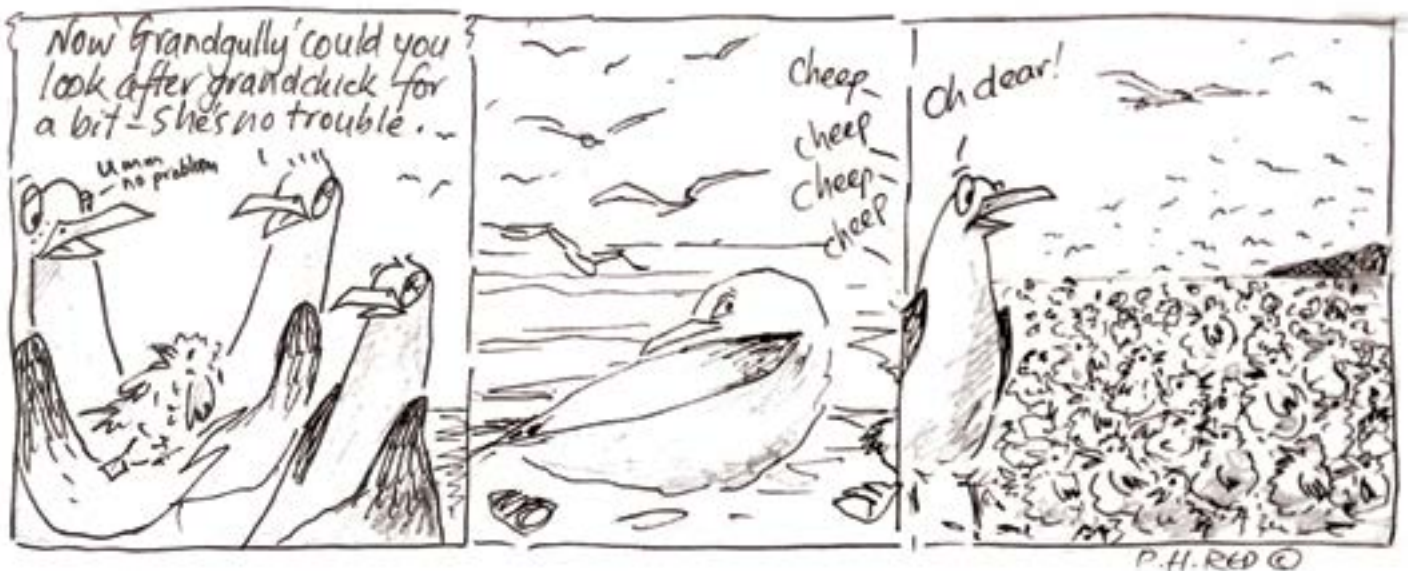
The first edition of the book was created to make information about the Treaty accessible to people with intellectual disabilities. However, it has since been developed to be useful to a wider audience, including children and young people, newcomers to Aotearoa New Zealand, schools – in fact all New Zealanders who want a concise, easy to read story about the Treaty of Waitangi.

The 106-page book includes the history of Te Tiriti o Waitangi, from the 1835 Declaration through to modern-day protests and settlements. In addition, it contains information about places associated with the Treaty, Māori vocabulary and concepts, and a section on human rights in New Zealand and celebrating other cultures.

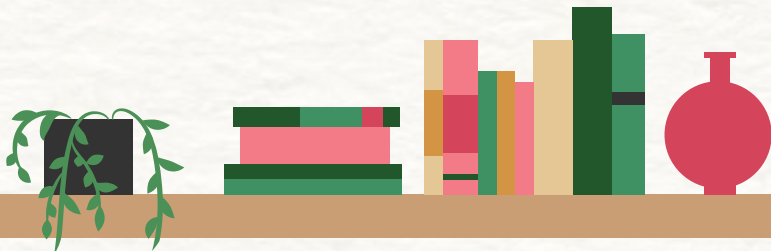
For more information or to buy the book (\$23) visit www.treatypeople.org/easyread. The earlier edition of the book is free for the disability sector. If you belong to the disability sector, or are a member of the deaf community contact northern@idea.org.nz to get your free copy from IDEA Services.



Life's a Beach



Tasman District Libraries



All of us at Tasman District Libraries wish you all the best for 2023. We'll be helping by sharing great library events, services and resources with you throughout the year.

Abel Tasman Oral Histories

The Abel Tasman is one of New Zealand's best loved national parks. But how much do you know about it really? Visit our local history archive at heritage.tasmanlibraries.govt.nz to listen to a wide range of oral histories centred on the park and its history.

Happy Anniversary Motueka Library!

Celebrate the first birthday of Motueka Library Te Noninga Kumu's new building with a week of special events from 20 – 25 March. More information can be found on our website or at the library.

Between The Lines

Richmond Library is launching a new after-school group for young people in years 9 – 13. There will be snacks and we'll chat about what we are reading, life and everything in between. It will take place in the YA area at Richmond Library from 3.30 pm – 4.30 pm on the second Thursday of every month, commencing 9 March. Interested attendees should send us a direct message on Instagram @tasmandistrictlibraries to be added to the group chat for reminders.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



April is Tuku 23 Whakatū Heritage Month at the Elma Turner Pop-Up Library

We're celebrating with vintage board games, heritage tours – on the street and on the screen – and a special author talk.

- **Bingo and Other Board Games:** Join us for bingo on Saturday 8 April at 2.00 pm or re-discover other board games from your past on Saturday 8 April, 10.00am – 2.00pm, and Sunday 9 April, 1.00pm – 3.00pm. Suitable for all ages. Bookings required for bingo only.
- **Virtual Heritage Tours – from the Louvre to the Aechen Cathedral:** Visit galleries and heritage sites from around the world with our virtual reality headsets. Book in a time between 10.00 am and 4.00 pm.
- **Heritage Hunt Walk:** Discover the stories hidden in our streets with the Heritage Hunt. Grab a map any time in April, and complete the questions in your own time. Return your completed questions to the library before Sunday 30 April for a chance to win our Tuku 23 prize.

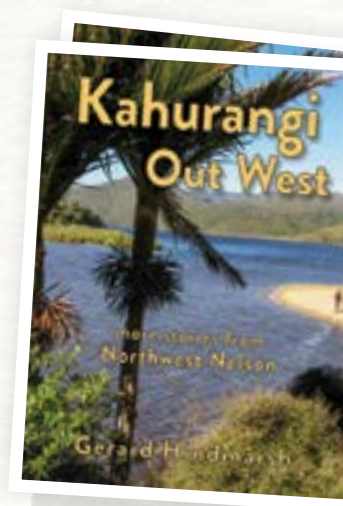
- **Gerard Hindmarsh – Kahurangi out West:** On Sunday 23 April at 2.00 pm, author Gerard Hindmarsh returns to discuss his newest book *Kahurangi Out West: more stories from Northwest Nelson*. The book begins with stories of the earliest human arrivals and finishes with the family stories of the graziers who live along Kahurangi's wild western flank today. Bookings required.

Email library@ncc.govt.nz
or phone 03 546 0414 for event bookings.

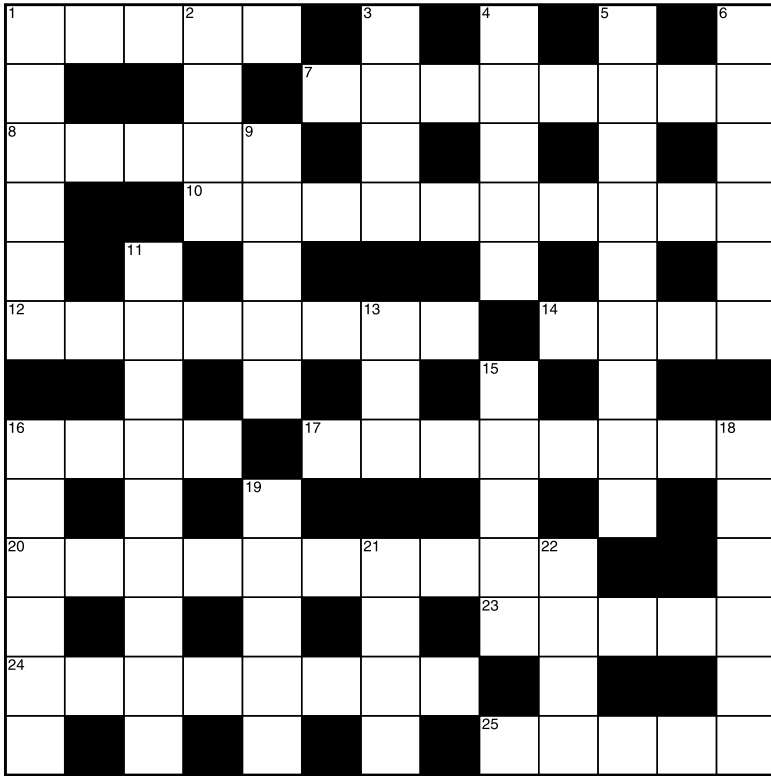
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



Crossword



ACROSS

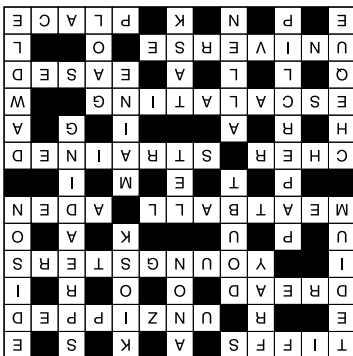
- 1. Lovers' squabbles
- 7. Undid (skirt)
- 8. Fear
- 10. Children
- 12. Rissole
- 14. Yemen port
- 16. Burlesque actress
- 17. Exerted (oneself)
- 20. Intensifying (of war)
- 23. Relieved
- 24. All of space, the ...
- 25. Situate

DOWN

- 1. Monotony
- 2. Become tattered
- 3. Unknown writer
- 4. Refreshments booth
- 5. Widening
- 6. Light-bulb inventor
- 9. Niggling worry
- 11. Documents fastener
- 13. ... sleeping dogs lie
- 15. North-east US state
- 16. Personal money order
- 18. Dally
- 19. Director, Woody ...
- 21. Assignment
- 22. Prison

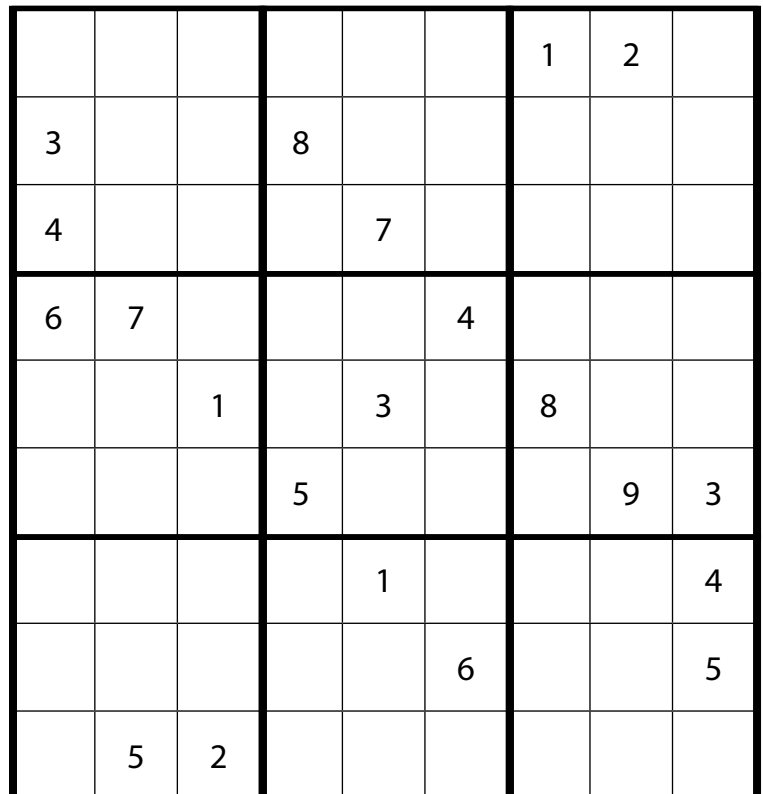


Crossword solution

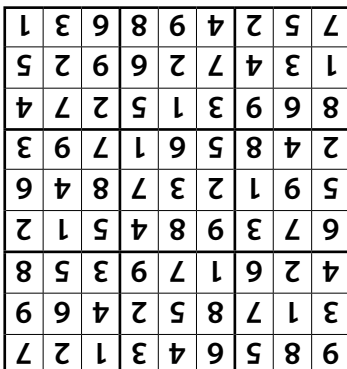


Sudoku

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

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

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



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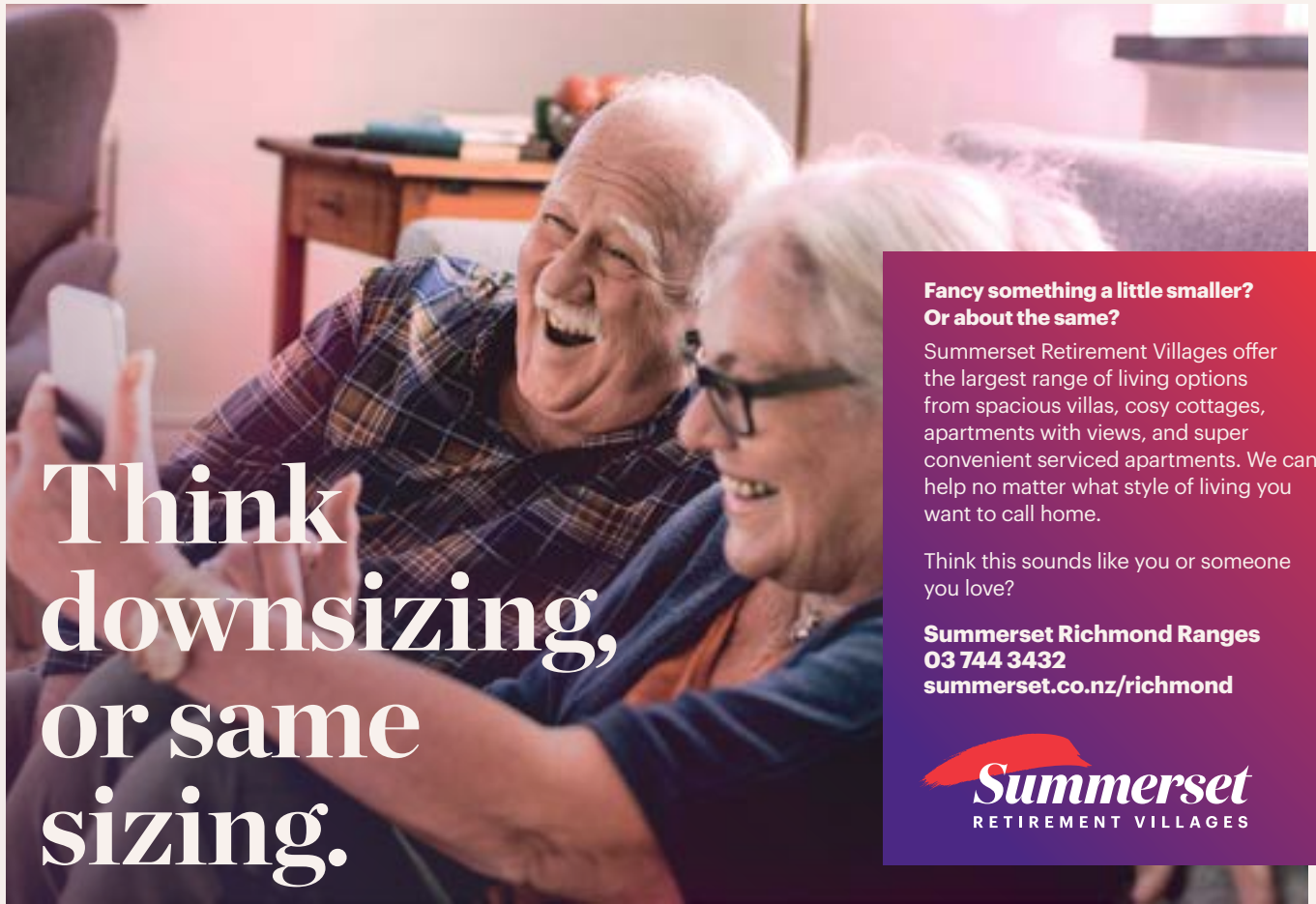
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TASMAN AND NELSON DISTRICT

Acc Strength and Balance Classes For Seniors

Available throughout Nelson. Improve strength and balance in friendly, safe environments. New and returnees all welcome. Phone 021 790 415 (Ange Baker, Nelson Bays Primary Health).

Age Concern

The "go-to" agency for older people in the region providing support, advice, referral and activities for people aged 65+. Phone 03 544 7624. 62 Oxford Street, Richmond and 18 Bridge Street, Nelson. www.ageconcernmt.org.nz

Alzheimers Society

Supporting all those living with dementia in our community. Phone 0800 004 001 / 03 546 7702.

Arthritis New Zealand

Sit and Be Fit, pool sessions at Nelson Hospital Pool. All services managed from Christchurch. An arthritis educator is also available. 0800 663 463.

Asthma Society (Better Breathing Classes)

Better Breathing Circuit at Club Waimea. Tuesdays and Fridays at 10am during the school term. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz www.nelsonasthma.co.nz

Brook Sanctuary

Volunteer with Brook Waimarama Sanctuary! We need Visitor Centre volunteers, hosts for public events, track cutting, invasive plant control, trapping and lizard monitoring volunteers. www.brooksanctuary.org.nz/support Phone 03 539 4920.

Elysium Widow and Widowers Group

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

Falls Prevention

Free two-hour sessions for anyone who has fallen or is at risk of falling. Info shared in a relaxed informal group setting. Phone 021 790 415 (Ange Baker, Nelson Bays Primary Health).

Fitness and Fresh Air

Free supervised exercise sessions for seniors. 30 minutes walk and learn to use the outdoor exercise equipment safely. 12.00 pm Mondays at Saxton and Thursdays at Tahuna. Phone 021 790 415 (Ange).

Found Directory

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

Fresh Focus Nelson

Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke. Speakers talk on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome. Email ffnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for news and updates.

Green Prescription

A free service to help people live well, make achievable lifestyle changes around activity and nutrition. Phone 021 348 774 (Nicola Rae, Healthy Lifestyle Facilitator). Email nicola.rae@nbph.org.nz

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

Free MOH service. Understand your hearing levels, tools for hearing loss management including tinnitus. Clinics Nelson, Tākaka, Motueka. Phone 0800 008 011 to book.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. Uniforms supplied. Phone 03 548 9527 (Diana). Email dianatony@xtra.co.nz

Mobile Nail Care

Toenail and fingernail cutting service at home or at your residential care facility. Phone 021 050 2373 (Dianna).

Nelson Public Libraries

Free library services at Stoke, Tahunanui and Nelson. Including free computer use, computer classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

Senior Net (Nelson)

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

Top o' the South Steampunkers

New members welcome, dress up encouraged but not enforced. Assistance in making of costumes and props. Op shop visits, promenades at fairs and markets. For more info visit www.facebook.com/groups/969902580256603 or phone 021 110 7547 (John).

Stroke Foundation

Enquiries to Anne-Marie, Community Stroke Advisor, phone 03 545 8183 or 027 455 8302.

More Stable More Able – FREE falls prevention session for over 60s

Two hour session for anyone concerned about their risk of falling. Information is shared in a relaxed informal group setting. Learn strength and balance exercises you can do easily at home. Call 021 790 415 (Ange) or email angela.baker@nbph.org.nz

Volunteer Nelson

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

Wellby Talking Cafés

Various locations throughout Nelson, Stoke and Richmond, check the Wellby website for details: www.wellby.org.nz

Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day. Phone 03 546 7681 (Holly). Email hello@wellby.com

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

(Through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 am – 11.00 am. Free. Phone 03 525 0105 (Erica). Email ericaphysiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Wednesday, 7.00 pm. Friday, 1.00 pm. Golden Bay Recreation Centre 2032 Tākaka Valley Highway, Tākaka. Phone 021 567 221 (Lori).

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

Contact Michael Delceg (President). Phone 03 525 9530. Email greypowergb@gmail.com

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 5258464 (Klazien).

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Tākaka Golf Club

Phone 03 525 9054.

Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

Tākaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 9422 (Diane).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am – 12.00 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).





SERVICE DIRECTORY

MOTUEKA

Better Breathers Class

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

Cycling

Thursday night social biking group, 5.45 pm out the back of Coppins Cycles (New World car park). No fancy lycra, no expensive gear required, no fees. Rides about 12 km.

Marching

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

Motueka District Museum

April – November: Open Tuesday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.
December to March: Open Monday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm. Phone 03 528 7660. Email savepast@snap.net.nz www.motuekadistrictmuseum.org.nz

Motueka Over Fifties Social Hub Inc

10 Pah St, Motueka. \$3 casual, \$2 members, refreshments provided. Contact 027 324 4226 (Jude – Secretary) or 021 251 4359 (Chris – Activities).

Indoor Bowls: Mondays & Wednesdays 1.15 pm – 3.30 pm.

Rummikub: Thursdays 1.00 pm – 4.00 pm.

Knit & Natter: Wednesdays 10.00 am – 12.00 pm (summer hours)

Housie: Second and last Saturdays of the month, doors open 12.30 pm – 3.30 pm

Senior Art Group: TBA

Community activities: Yoga and Tai Chi

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm. Phone 03 528 5363 (Gary).

Riwaka Bowling Club

School Rd, Riwaka. Phone 021 123 5974 (Pauline) or 021 263 3441 (Vince).

Riwaka Croquet Club

Play Monday and Wednesday morning from 9.30 am in summer and 10.00 am in winter. Phone 03 528 9139 (Eileen).

Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut, Lower Moutere Hall. Phone 03 526 6842 (Alison).

Sioux Line Dancing

Learners class, 10.30 am – 12.00 pm Thursdays, Motueka Rec Centre. Phone 03 528 6788 (Sue Wilson). Email sioux.wilson@yahoo.com.au

Social Recreation

Kiwi Seniors (Motueka). Phone 03 528 7817 (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 Probus Club

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

Nelson Electronic Organ and Keyboard Club

Meetings first Saturday of each month (except January) at 1.30 pm, Stoke Baptist Church Hall, Main Road, Stoke. Listeners and players are welcome. Visitors \$2, afternoon tea provided. Phone 03 540 3288 (Valerie).

Nelson Grey Power

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

Nelson Hinemoa Croquet Club

Saltwater Lane (off Halifax Street, beside squash and tennis courts). Give croquet a go: friendly supportive club, for competition or just fun. Coaching and equipment available. Individuals or groups catered for. Contact Alan on 03 546 6227, 027 438 7552, alanwinwood@xtra.co.nz or Nettie on 03 548 8432, 027 682 8168, nettiebarrow@gmail.com

Nelson Male Voice Choir

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

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting speakers, problem plants discussed. Meeting each month at the Le Cren Room, Broadgreen Historic House. All welcome. Phone 027 818 1458 (Gaile).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided. Phone 03 546 6562 (Roger or Shirley).

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (summer) 7.30 pm. Second Sunday (winter) 1.30 pm, Stoke School. Phone 03 547 3554 (Ross). Email nelsonphilatelicsociety@gmail.com www.facebook.com/groups/1261890130822624

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club

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

Philosophy Group

Meets second and fourth Monday of each month, Melrose House Café, 10am. We are a lively group of thinkers exploring topics suggested by participants. We always have fun. Newcomers and drop-ins are welcome, come along to contribute or just listen and learn. Text Zoe for more information 027 974 1758.



Pottery

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

Repair Café at nook.

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

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. Visit www.thesuter.org.nz for details. Phone 03 548 4699. 208 Bridge Street, Nelson.

Tāhunanui Bowling Club

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

Tāhunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

Ukulele with Gretchen

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

U3A Nelson

Next meeting is at Saxton Field Football Clubrooms at 10.00 am on 22 February. Our speaker is Dr Lance Jennings, retired virologist and active with the Ministry of Health and Pharmac. All welcome. Further information on our website: u3anelson.org.nz

Victory Community Centre

Offers a variety of classes during term time. Phone 03 546 8389. Email ara@victorycommunity.org.nz (for a programme brochure). victorycommunitycentre.co.nz

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

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

Body Power Pilates and Yoga Centre

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

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

Keep Active

ACC approved strength and balance class. Falls prevention and rehabilitation fitness, social connections and fun. Thursdays 9.15 am, Holy 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 Waimea

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 (Glens).

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@hothouse.co.nz

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