

Mudcakes

and



SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Yoga atop an
elephant

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Nelson 'needs
a university'

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The prophet
of pizza

Welcome to our autumn edition – Keep calm and blame Mother Nature

Cheer yourself with the tale of youthful 69-year-old yoga instructor Maureen McKain, who struck a pose atop an elephant on a recent trip to Nepal.

Bhaskar Vogeti hails from across the border in India. Read how the Commerce lecturer came to be running a convenience store in Nelson, his vision for the city, and his quiet crusade to spread the benefits of Indian cuisine.

“Misha” Marovic has also travelled far from his homeland of Yugoslavia, opening pizza restaurants in South Africa, Australia and New Zealand. The affable host has a few adventurous yarns to relate.

Plus, read about toy libraries, Heritage Week happenings and helping to prepare the elderly for natural disasters.

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available, at Council offices, libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Tara Fifield at the Tasman District Council Ph. 03 543 8578.

Food and dancing in salute to the past



Enjoying the fruits of the region.

Heritage Week 2013 kicks off with a Country Fair at Hira and a Harvest Dance at Fairfield House on Saturday 13 April, 2013.

From early times this area has been a great place to grow and gather food. This Heritage Week salutes Nelson’s rich harvest.

Some special anniversaries are being celebrated this year. St John’s Church at Hira marks its 125th with a Country Fair and Harvest Service, while Elliott St in The Wood is making a birthday cake to share at its street party. Sue Higgins will look back on 160 years of the Higgins family on Mt Heslington Farm. She is one of the varied group of lunchtime speakers who include Nicola Galloway (“The Domestic Harvester”), Karen Stade

(“Daffodil Day and the Church Steps”) and Matt Lawry (beer brewing).

Award-winning wine has been grown in this region since 1889. Christopher Vine has stories to share in a vine-focused afternoon at Fairfield.

Events at our historic houses include Melrose (old cars, “vintage treasures” sale), Broadgreen (“Best in Show” exhibition) and Isel (The Business of Farming” display), plus high teas at Warwick.

Full programmes will be published in the Leader on 11 April, or pick one up from Nelson Libraries. Details are also on Nelson City Council website or call Debbie Daniell-Smith on 03 546 0331.

Thanks to our sponsors



Mudcakes & Roses is part of the Tasman District Council’s family of community recreation publications.

Tricky decisions, tasty eating and tailoring your car

Health, hobbies, entertainment, activities, welfare, retirement and finance – the Age 2 Be Positive Ageing Expo covers them all, helping you to get the most out of your senior years. The event on Friday 5 April 2013 features more than 60 stallholders, including groups, clubs, services and Government agencies. Come along and talk to them, find out what they do and how to become involved.

The Expo, at the Headingly Centre in Richmond, also has seminars, demonstrations, quick health checks and a chance to have a go at a range of activities and games. Demonstrations include MenzShed tools and DIY jobs. You can try Tai Chi or get on a bike and ride a section of the Great Taste Trail.

Age Concern Nelson are co-ordinating seminars in the Oak Room. The first is

“Talking About the Tricky Stuff” from 10.30 – 11.30 am. The session will cover wills, living wills, Enduring Powers of Attorney and facing the funeral.

The second session, 12.30 – 1.30 pm, is celebrity chef Richard Till, adding a dash of comedy and a bucketload of charm to his topic, “Healthy Eating and Preparing Meals for One or Two.” Richard has a charismatic way of discussing dietary needs as we age.

The final seminar in the Oak Room starts at 2.00 pm and is “How to Make Gardening Easier,” a question-and-answer session with our own Mudcakes and Roses columnist Philippa Foes-Lamb.

The Expo will also offer CarFit checks. Older drivers can get a free assessment on how well they personally “fit” their vehicle for maximum comfort and safety.

The check takes about 20 minutes.

The Age 2 Be event is aimed at all older adults, their families or those approaching senior years. Admission is free, with complimentary tea, coffee and biscuits provided. Lunch will be available for purchase.

To get to the Headingly Centre, if you’re driving, turn off Lower Queen St (after the Nelson A&P grounds coming from Richmond) on to Headingly Lane. The entrance to the Headingly Centre carpark is 100m on your right. You can catch a shuttle bus from Sundial Square leaving every half hour from 10.00 am to 1.30 pm, or if you’re biking, ride the coastal Great Taste Tasman Trail to Headingly Lane.

The Expo is led by the Tasman District Council in partnership with the Age Concern, Ministry of Social Development, Nelson City Council, Nelson Bays Primary Health and Grey Power, with generous support from the stallholders.

Age 2 Be Positive Ageing Expo

Friday 5 April 2013, 10.00 am-3.00 pm, at the Headingly Centre, Richmond.

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Yoga taken to a higher level

Not everyone can claim to have done yoga atop an elephant, but Maureen McKain couldn't resist a light-hearted pose – while urging the photographer to be quick – on a recent trip to Nepal.

One of Nelson's vibrant characters is probably best-known for her dawn yoga sessions on Tahunanui Beach. She ran the Festival of Opportunities for six years, is a "sound healer", does rune stone and crystal readings, and beams with energy. The 69-year-old is a glowing advertisement for her lifestyle. She has the suppleness of a person half her age, and the sharpness of mind to match.

The offer to lead 14 Kiwis on a "Yoga Adventure" to the Himalayas came out

of the blue, says Maureen, who believes in such providence. It was also a chance to support the Nelson-instigated First Steps Himalaya charity, which aids Nepalese children in childcare centres.

Maureen feels a spiritual connection with Nepal, and came back with overweight luggage containing two large metal bowls. When struck they emit healing vibrations, she says. Her personal bowl, tuned to her birth sign, cured her hip and knee pain in about five minutes when struck and placed against the injured region.

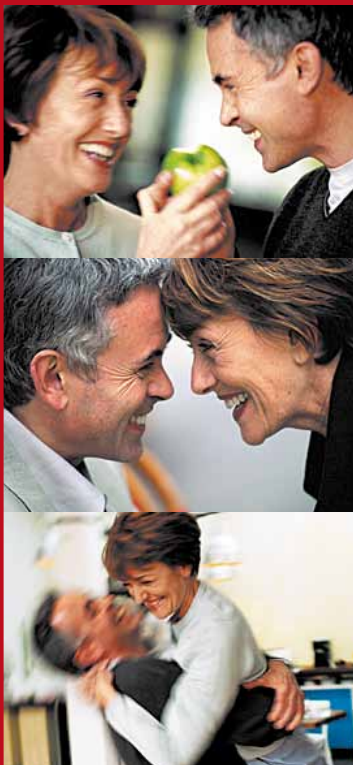
Maureen is qualified as a "symphonic gong master", and has played at two funerals and a wedding, plus concerts throughout the country. She conducts "Gong Bath" sessions where listeners meditate while soaking in the soothing sounds.

The Festival of Opportunities (now called Evolve) grew into a fulltime six-month job organising more than 100 stallholders, who in one year hailed from seven countries. The weekend event attracted well over 2000 patrons. Festival founder Avery Dash ran nine, and Maureen is proud that under her tenure it was "like a community festival". She "retired" when her son and co-organiser moved on.

With 35 years of yoga teaching under her belt, she takes half a dozen classes a week throughout Nelson. The popular beach sessions in summer are "a beautiful way to start the day".

Maureen donates her time to run a weekly Sit and Be Fit class in Stoke that is "one of my most favourite groups. They smile all the time... a lady in her 90s will kick her legs higher than anyone else."

"Someone has to make the best teeth"



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Maureen McKain strikes a pose.



Maureen has also co-produced relaxation CDs that are sold in stores and on the Internet.

As for her spiritual leanings, she doesn't like labels, but says she follows Buddhist teachings. She believes in past lives, her own including an Indian boy who tended elephants – a connection affirmed in Nepal. Maureen also traces a lineage to the lost city of Atlantis.

The Himalaya trip was her first guiding experience, and left her buzzing. The group, including nine Nelsonians, went on a jungle safari, paddled down a river – with a huge crocodile sunning itself

nearby at one point – and travelled “the scariest roads in the world”. Maureen would love to do more.

“I’m living my passion. I’m so lucky not to be working in a fish factory.”

Her four children and three grandchildren are in the North Island and Australia. She grows her own fruit and vegetables on her Tahuna property, and follows a lifestyle that is true to her beliefs – a harmony not many achieve.

Maureen doesn't claim to be perfect – “You've gotta have some fun sometime too,” she says with a grin. She aspires to “live to the best of my ability for the highest good of myself and others.”

Happiness comes from within, she adds. Stay in the moment. Worry is a wasted emotion.

And when you are living your passion, retirement is a redundant concept. Maureen is inspired by news of 97-year-old Scottish woman Connie Dennison, who is challenging a Canadian of the same age as the world's oldest yoga instructor.

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Philippa Foes-Lamb

Autumn is the time to repair lawns and prepare for bulbs, says gardening correspondent Philippa Foes-Lamb.

Hi again. It's autumn at last and there are lots of tasks to do in the garden. After a very hot, dry summer it is such a relief to be getting lovely autumnal mornings. As gardeners it is so hard to watch our treasured plants suffering.

This is one of my favourite times of the gardening year. I love it when deciduous trees and shrubs change colour and begin to lose their leaves. For some people, fallen leaves can be nuisance but they are also a marvellous gift for the garden. Raking leaves up is great exercise, and who doesn't love kicking their way through leaves or tossing them up into the air.

Deciduous foliage is wonderful free mulch, helping to keep precious moisture in the soil and eventually breaking down, nourishing the soil. The secret to success is to toss some sheep manure pellets or fish compost onto the ground first, keeping your layer of leaves to a maximum of 6-10cm (3-4 inches) thick.

Huge blankets of leaves can sour your soil. Feeding the soil helps to prevent this, hence the compost and sheep manure.

As I mentioned last autumn, putting leaves in black plastic rubbish bags with a little bit of blood-and-bone and dolomite lime is an easy way of making your own leaf mould relatively quickly. Prick some holes around the bottom edges of the bag (once it's full) so the leaves don't sweat. Place the bag in a shady, out-of-the-way spot, turn it every couple of weeks and in a few months it will be ready to use.

Traditionally this is the time to sow new lawns or repair existing ones. A new area needs to have soil that has been worked to a very fine tilth (it should gently run through your fingers without stopping) and then raked over. Mist it well with your garden hose then sprinkle your chosen grass seed evenly over the soil surface. Rake in very gently and re-mist. The area will need to be watered gently for the first few weeks – how often will depend on the weather and any water restrictions. If your soil is still very hard and you are having trouble preparing an area for lawn, don't battle – it may be best to wait until spring. When repairing existing lawns, fill any dents with fine soil, then repeat the same steps.

Summer crops will be finished now except for late crops such as eggplant, capsicum and chilli. Pull out any exhausted plants, dig the soil over and add lots of fish compost and sheep manure ready for delicious winter crops such as brassicas, celery, lettuces and lots more. It is best not to put old tomato or any mildewed foliage onto your compost heap – put it out in the rubbish instead.

This is also bulb time, with lots of gorgeous varieties available. Adding bone flour or bulb food before planting will help to ensure a fabulous show. Everything can be planted now except tulips, which require a chilling period. Pop them into labelled paper bags and put them in your fridge until the beginning of May.

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5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your TV or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Is carrying on a telephone conversation difficult?
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10. Has someone close to you mentioned that you might have a problem with your hearing?

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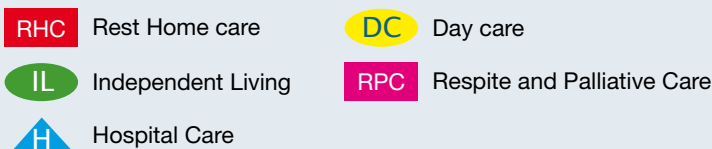
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Higher education seen as future for Nelson

"This place has vibrancy but it lacks soul." Nelson mini-mart owner Bhaskar Vogeti says his adopted hometown needs a university to give its young residents "aspiration, not desperation".

He knows the power of education to transform lives. Bhaskar is a former university lecturer in Commerce, his wife Lalitha Jonnavithula teaches via the Open Polytechnic and their daughter Sreekari is doing her Masters in Neuroscience and Psychology at Auckland University.

Back in Hyderabad, India, his family also flourished through learning. Bhaskar's first job, at 16, was bundling newspapers each night for sale at dawn. He went on to study accounting, then earned his Bachelor of Commerce with Honours, followed by a Masters in 1982. He taught from 1986 to 1999, when his life took one of its unexpected swerves. Communal riots swept through the volatile city. A lecturer friend lost most of his extended family. He decided to emigrate to start afresh. Bhaskar accompanied him to the immigration agent – and broadened his own horizons. Ironically, the friend was too old to qualify for residency in New Zealand, but Bhaskar and family found themselves on a plane to Auckland, "not really knowing where I was going".

He moved to the Massey University campus in Palmerston North to study. He and Lalitha gained Diplomas in Information Systems, and Bhaskar

started marking assessments and exams for Massey. Lalitha completed her Masters in Information Sciences.

In 2001 the family were in Wellington, where Bhaskar taught at both Victoria University and the Open Polytechnic. After an extended trip through the US and Britain, he decided to resettle in Nelson. He wanted land to grow vegetables and herbs for vegetarian cuisine. While Bhaskar looked, he bought the mini-mart to provide an income.

"This is my bread," he says, waving an arm around the Hardy St shop. "That is my passion." He points to the cooking set-up down the back where he holds lessons in Saral cuisine. The word means "easy/simple". Bhaskar uses traditional Indian ingredients to create food that has three roles in nurturing the whole body: Boost immunity, remove toxins and provide energy.

He learnt cuisine at a young age from his mother and grandmother. Bhaskar doesn't advertise his classes, relying on word of mouth. Nor does he stipulate quantities of ingredients because the potency of a chilli, for instance, can vary widely. The lesson is, taste a piece and adjust the recipe to suit.

He would dearly love to tutor groups of high school students to pass on the Saral philosophy of whole-body nourishment. Once a teacher, always a teacher.

Bhaskar says his family in India adopted

a "quartered" approach to life: one segment for your parents, one for yourself, another quarter for offspring, and the final part devoted to community. Wherever you live, that place should be better for your presence, he explains. After the Christchurch earthquakes, he organised a "free" lunch at his shop for 11 days, with donations bringing in \$800 for the relief fund.

He has pitched his university idea to Mayor Aldo Miccio, offering a \$1000 donation to seed the new institution. Each year Nelson loses 1000-1500 of its "elite" young citizens to far-flung tertiary study, says Bhaskar. "I don't say they shouldn't go, but others should come here." NMIT is a dairy, he says – Nelson needs a supermarket.



Bhaskar Vogeti at his "passion".

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The prophet of pizza

Mirko "Misha" Marovic tucked into his first Italian pasta after bolting across the border under machinegun fire from his native Yugoslavia – so it was always going to taste good. Life-changing, you could argue, since the adventurous teenager went on to become a prophet of pizza, establishing restaurants in apartheid South Africa, Australia and New Zealand.

Now retired to Nelson, looking much younger than his official 78 years – and even his actual 75 – he boasts that he can still hit a golf ball 150m.

As the communists tightened their grip on Yugoslavia in the early 1950s, Misha and four mates from the Naval Academy decided to flee to Italy, though not because of politics. "We ran because

they wouldn't let us watch westerns." The 17-year-old was besotted with American culture through movies. He even sported a cool kiss-curl haircut until "brainwashed" young communist vigilantes grabbed him in the street and shaved his forehead.

Misha and pals, plus two other youths, fled to freedom, trekking 70km towards Trieste, hiding by day and walking – sometimes crawling – by night. They had agreed that if anyone was hurt or injured, he was not to scream and give the others away. So one of them nearly drowned without a murmur after tumbling into a farm reservoir.

The group finally sprinted across no-man's land at dawn as the Yugoslav guns opened up, wounding one teen in the buttocks. The startled Italian guards

had to drop their pasta forks and grab pistols when the refugees burst in. The teens were handed over to the occupying American forces.

Misha was advised to add three years to his age to bolster his prospects of resettlement, but housed in a camp with mostly female companions, good food and a classy football team, he was in no particular hurry to go anywhere. Diplomats from a host of countries came shopping for talented young migrants. The Australian recruiter invited Misha to the screening of a promo film featuring crocodile hunting and Bondi blondes.

"Oh cheers, that looks very exciting," thought the youngster, who feels he made the best choice compared with mates who went to South America, for instance.

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The wannabe Australians arrived in Melbourne at Christmas, so were confined aboard through the partying season with "a ship full of sheilas". On January 11, 1954 Misha disembarked to greetings of "How you goin' mate," from Aussie truck-drivers sporting trademark wide-brimmed hats and ciggie hanging from the corner of the mouth. As the refugees travelled to a camp near Albury, the sight of his first lettuce sandwich was more unsettling. "Is that all they eat here," the stunned Misha asked his mates.

The gastric horrors continued in the camp, with boiled mutton the staple on the menu. While Misha and friends were swimming in a nearby weir, they spotted a moving hill – infested with "millions of rabbits". They asked for .22 rifles, shot a few dozen bunnies and supplied the camp cooks with meat for a delicious stew.

Misha's footballing skills won him an invitation to play for a Melbourne club, in an age when the clubs were based around ethnic groups. He was soon provided with a job in an eye hospital, milking his bogus age to boost his wages from the youth rate £4 2s 6d to £8 5s. Bear in mind, he says, that in those days "you could take a sheila out for four bob."

He had to knock the three years off again to secure a job as a hotel cocktail barman, but the £6 a week included free food.

Misha was playing at centre-forward for a soccer club, earning useful cash bonuses – under the table – for every draw or win, plus goals scored. During his later travels, he also turned out for clubs in Adelaide and Perth.



Misha Marovic, fresh from the skifield, shows Argentine chef Enrique how to prepare a sauce in the Ohakune restaurant.

"These days, with my talent, I would be earning big money." He concedes, though, that the opposition back then was never very sparkling.

In an era of plentiful jobs, and kitted out with a big Plymouth Belvedere, Misha and a mate set off to work their way round Australia. Tending bar, farm labouring or building construction paid for petrol and accommodation. They shot wildlife for the pot, or reeled in barramundi. As they prepared to camp at one billabong, a local advised them not to sleep on the ground. So they kipped in the car, and awoke to the sight of big crocs out the window.

In Tasmania, Misha worked for a hydro dam exploration team. As six of the crew crossed a river by flying fox a fitting broke, hurling them 30m into the river. Astonishingly, Misha landed feet-first

on a rock, then fell backwards into the water. Once on the bank, he leaped back in to haul out a workmate who floated past, face-down. They held him upside down to shake the water from his lungs.

In a cruel turn of fate, the only casualty was the only Australian amongst them, the only married man, and a father of two youngsters. His name was Colin Parker, says Misha, anxious to accord him a proper tribute. Colin's body was found weeks later, jammed under a rock on the riverbed.

Misha also worked at "Radium Hill" extracting uranium near Broken Hill, and more ominously, at the Maralinga nuclear bomb testing site for about eight months, serving drinks to senior executives. During the detonations, he stayed inside his sealed-up building, and shudders at the old photos of servicemen who stood outside with their backs to the initial fireball, then spun around to view, oblivious to the dangers of radiation.

**Next edition:
Pizza in the snow**



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Mudcakes & Roses Noticeboard

Try out the activities at Saxton

Saxton Stadium is holding a free Adult Activity Day from 10.00 am to 2.00 pm on Tuesday 16 April 2013. Visitors can sample badminton, indoor bowls, walking circuits, table tennis, cycling, aerobics, indoor golf, Sit and Be Fit, tai chi, Scottish country dancing and other activities. The day will also feature information on health topics.

Saxton staff will survey visitors to find out their wishlist for activities. For more details on the have-a-go day, contact Sport Tasman at Saxton Stadium on 03 538 0072.

Quilters move their wares

Motueka Quilting Connection have moved their annual show to the Motueka Recreation Centre, Old Wharf Rd, from Saturday to Monday 18-20 May 2013. The change of venue was forced the fire at the Upper Moutere Community Centre. "We thank the Motueka Recreation Centre for stepping in our hour of need," says spokeswoman Trish Bainbridge.

Guest exhibitor is Mary Transom, quilt artist and tutor from Ohope. The show also includes the Bernina 'Seven Deadly Sins' Challenge Quilts, plus quilts made by Connection members.

The popular raffle and Merchants Mall will also return. Show times are 10.00 am to 4.00 pm daily, and the entrance fee of \$3 includes refreshments. Raffle proceeds will be donated to Fifehire Foundation and Westpac Rescue Helicopter.

Free hearing device trial

Do you find it hard to hear at functions etc? Hearing Association Nelson has digital technology headsets to lend at no cost for up to six weeks.

Secretary/educator Bridget Thompson says the Sonido Digital Listener uses headphones that plug into a base unit slightly larger than a cellphone. It contains a microphone to point at the speaker. Some people can't afford hearing aids, or can't wear them because of infections, she says.

Call the association on 548 3270 to book a Digital Listener. You don't have to be an association member. Bridget is even happy to drop units off to users in resthomes or hospitals. The Sonidos are sponsored by the Nelson City Council.



Winter Show Geisha, by Di Fairhall.

Help others to get through

Have you survived flood, earthquake, landslide, snowstorm, bushfire or other calamity? If so, your experience could help others. The Cresa research team, who produced the Good Homes booklet last year, now aims to improve the responses for older people and their communities in times of crisis.

Reseachers are looking for 40 interviewees in the 60+ age group who have experienced an extreme natural event within the last 10 years, and still live in the house or community where it happened. All information collected is confidential. If you can help, please call the Cresa free-phone: 0508 427 372 for more information.



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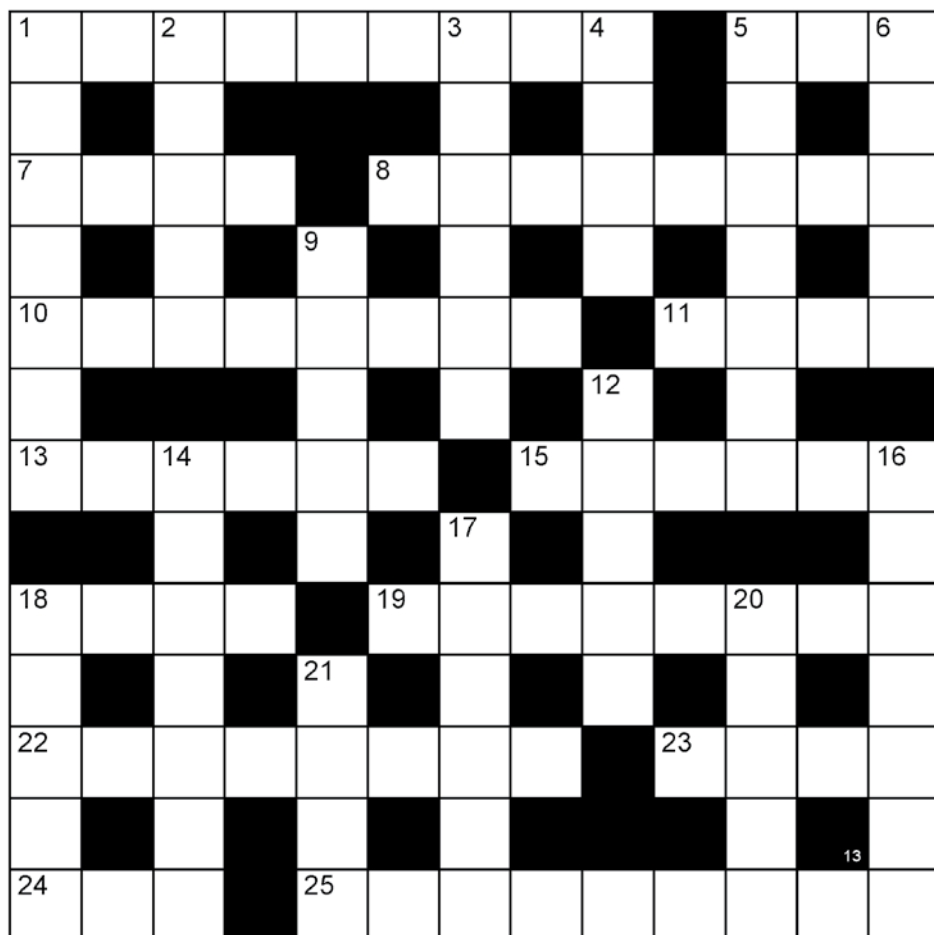
Stop worrying! Our team can help you deal with your worries about money, family, losing control of your life. . .



300 Trafalgar Street, Nelson
Tel 03 546 8750. enquiries@smytheslaw.co.nz
www.smytheslaw.co.nz



Crossword



Answers page 19

Harder Clues

Clues Across

1. One left almost to arrive with French one in thin fog (9)
5. Make a gesture in a beastly sort of way? (3)
7. Between August 1st and October 1st the Navy will run in Italy (4)
8. Sack the thing bowler uses to feed the flames (8)
10. The sphere of the punter? (8)
11. Nine inches for a pair of oxen (4)
13. Was in a hurry, and got violently thrown to the ground (6)
15. The dung-beetle rating will mark first (6)
18. Block of modelling-wood put back with end cut off (4)
19. Shy at putting it back in the not so long-ago (8)
22. With loving thoughts chap gets it back in grip of fabulous bird (8)
23. White streak down animal's face seen at Epsom, perhaps (4)
24. Animals generally forsake usual rural beginnings (3)
25. Board an' bed -- almost : enough to supply something to eat! (5,4)

Clues Down

1. Fretted, doubled up inside, and got assailed with banter (7)
2. Woman going to reveal something fruity? (5)
3. Something hanging that will disappear in the thaw (6)
4. Ash, perhaps, is something that may be stuffed in the boot (4)
5. Do well to be strictly so-called around the South (7)
6. Get more space between half the team to be victorious about (5)
9. Westminster, say, rating by inclusion of the East (5)
12. Biting what's sour right in the middle (5)
14. Impediment one might master when about to start matriculating (7)
16. Wager you and I have two directions across the distance (7)
17. Sheep prized for fine wool getting more in a tangle (6)
18. Shoots up a stroke on a stroke (5)
20. Artfully escape, even as dens get halved (5)
21. One who thinks he's better than man at last? (4)

Simpler Clues

Clues Across

1. Red (9)
5. Animal foot (3)
7. River flowing through Florence (4)
8. Material for burning (8)
10. Association, for instance (8)
11. One's years from cradle to grave (4)
13. Hurried (6)
15. Egyptian sacred beetle (6)
18. Flat block (4)
19. Not forthcoming (8)
22. Fictitious (8)
23. Speed event (4)
24. Animal hair (3)
25. Leguminous vegetable (5,4)

Clues Down

1. Teased (7)
2. Tropical fruit (5)
3. Dripping water, frozen (6)
4. Large plant (4)
5. Grow rich (7)
6. Get broader (5)
9. Ecclesiastical foundation (5)
12. Biting, pungent (5)
14. Speech impediment (7)
16. Interposed (7)
17. Fine wool (6)
18. Cross-stroke in type (5)
20. Dodge (5)
21. Shoemaker (4)

What's *On*



APRIL – MAY 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

Golden Bay

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Debby, 03 525 9090, Lelie, 03 525 8898, Sonia, 03 525 9765.

Upright and Able for Falls Prevention

Ph. Jacinda Hohepa 03 525 8770 or 03 525 9708 for details.

Motueka

Cycling

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

Motueka 50+ walking group

All walks leave Deck's Reserve carpark, where transport

is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thursday of each month in the Uniting Church Hall, High St, 9.30 am. Contacts: Secretary Norah Morris, 03 528 6290, President Kevin Piper 03 544 8378. For details about Alternate walks, contact Lesley or Ray Craneheld 03 527 8113.

Motueka Recreation Centre

Badminton, \$4 court fee, \$2 racket hire. 60+ Social Club, cost \$6 per session. Ph. Wendy 03 528 8228. Sit n Be Fit, Thur 10.30 – 11.30 am. \$4. Sunshine Club, Friday morning 9 am - noon. Morning tea and activities provided. Free pick-up and drop-off. \$4. Ph. Wendy 03 528 8228. Silver Sneakers. Indoor walking group, 9.30 - 10.30 am. \$4. Centre Gym is open 9.00 am – 9.00 pm Monday to Friday, 9.00 am - 4.00 pm on Saturday (closed

Sunday). Ph. 03 528 8228 or fax 03 528 8560.

Motueka Social Dance Group

Dances at Mapua Hall, 7.30 – 11.00 pm. Ph Margaret 03 528 7564 or Prue 03 540 2242.

Murchison

Murchison Community Resource Centre

Sit and Be Fit, at the hospital, Mondays at 10.30 am. Walking for Fitness, walk the 2 Mile every day at 10.00 am (except Tuesdays 10.30 am), weather permitting. Meet at War Memorial, Waller St. No charge. Courtesy car available – phone Berylla. Phone Berylla Jones 03 523 9875 or email berylla@ts.co.nz

Nelson

Nelson Dance Along

[Old-time sequence / new vogue. Richmond Town Hall 7.30-11.00 pm, Saturdays 13, 27 April, 11, 25 May. Supper provided. \$4 members, \$5 non-members. Everyone welcome. Rosalie Winter 03 548 2236.

Nelson 50+ Walking Group

Drivers must notify the Leader of the day their intention to walk and to confirm the meeting place. (E = Easy, M = Medium H = Hard)

Tuesdays

April 9: Speargrass Hut, H, Jeff Simpson, 03 541 8639, Cheryl Carnahan, 03 544 7684, 9.00 am.
April 23: Blunder Rd, Collins Valley (F), M, Alison Polglase, 03 544 6833, Lyn Guyton, 03 547 2207, 9.30 am.
May 7: Wangapeka, Courthouse Flat, E/M, Jeff Simpson, 03 541 8639, Roger Haynes, 03 539 6402, 9.00 am.
May 21: Highfields, M, Anne Kolless, 03 548 8605, Lynn Callister, 03 545 2322, 9.30 am.
June 4: Marahau Quarry, M, Noel Brown, 03 544 2286, Lyn Guyton, 03 547 2207, 9.30 am.
June 18: Luncheon.

(F) – Forestry walks may have to be cancelled due to logging, in which case an alternative walk will be arranged.

Thursdays

April 4: Brooklyn Farm /Dam, M, Lesley Gunn, 03 548 0366, Adriana de Ridder, 03 538 0271, 9.30am.

April 18: Tunncliffe Forest (F), M, Gowan Simpson, 03 541 8639, David Burt, 03 544 0277, 9.30 am.
May 2: Beeby's Knob, H, Noel Brown, 03 544 2286, Cheryl Carnahan, 03 544 7684, 9.00 am.
May 16: Parachute Rock, H, Carolyn Brown, 03 544 2286, Richard Boyden, 03 544 8028, 9.00 am.
May 30: Argillite Quarry (F), M, Bernie Hawkey, 03 545 1033, Marilyn, 03 548 2167, 9.30 am.
Jun 13: Teal Valley No.2, M, Ron Mayler, 03 546 5170, Roger Haynes, 03 539 6402, 9.30 am.
Jun 27: Oaklands, M, Annette Willisicroft, 03 548 9772, Marilyn Davis, 03 548 2167, 9.30 am.

Miniwalks

2 April: Wakefield Wander (meet Washbourn Gdns), Jackie Shields, 03 548 1131, 10.00 am.
16 April: Apple Tree Bay (meet Washbourn Gdns), Rosemary Price, 03 547 9000, 9.30 am.
30 April: Malvern Hills (meet 155 Nile St), Maureen Sharland, 03 544 4921, 10.00 am.
7 May: Airport Circuit (meet Honest Lawyer), Alison Kelso, 03 548 3434, 10.00 am.
21 May: Hope to Brightwater (meet Washbourn Gdns), Ngaire Birch, 03 547 8457, 10.00 am.
4 June: Richmond Ramble (meet Washbourn Gdns), Jean van Ginkel, 03 544 1029, 10.00 am.
18 June: Luncheon.

Nelson Provincial Museum

Roman Machines
For details, visit www.museumnp.org.nz

Stoke Seniors Club

Contact Christine, Anne or Ruth on Ph. 03 547 2660
Email: stokeseniors@xtra.co.nz

Regular activities

Drama Group – Mondays from 11.00 am-noon. Gold coin donation.
Scrabble Club – Mondays 1.00 pm.
Euchre – Tuesdays 10.30 am.
Mah Jong – Tuesday 1.00 pm.
500 Club – Wednesdays 1.00 pm.
Art class – Mondays 10.00 am & 1.00 pm. \$4.
Walking group – Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.
Tai Chi – Tuesday 1.30 pm. \$6.
Sit and Fe Fit exercises to music – Tuesday and Wednesday at 11 am in the Stoke Memorial Hall. Gold coin donation.



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Marsden House
FUNERAL SERVICES

If you are looking for contacts for community groups and clubs checkout the Found Community Database www.found.org.nz

APRIL – MAY 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

The Sun City Ukes – Thursdays 10.00 am - noon. Gold coin donation. Contact Ruth.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie – Ph. 03 547 2660 for details.

Housie – second Tuesday and last Wednesday of the month. \$5 a card.

Tuesday Morning Craft Club 10.30 am. \$2.

Social Seniors Choir – The Musical Demons meet Thursdays from 11.00 am to noon. For details, contact Anne.

Card Making – (8-week course) Thursdays at 1.15 pm. \$3 per session.

"Lads at Large" and "Girls Own" trips – once a month on Fridays. Contact Ruth or Anne.

Travel Club – Phone the office on 03 547 2660.

Monday Out & About Trips & picnics.

Thursday Out & About, 11.00 am. A van tiki-tour.

Weekly Afternoon Entertainment – contact office for details.

Also Tuesday-Thursday Meals – a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Saxton Seniors

Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group: Tuesday and Thursday 9.30-10.30 am. \$4.

Senior Circuit: Tuesday 10.45 am after walking group, \$4. A low-impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit: Monday 10.00-11.00 am. \$4.

Tai Chi for Health:

Ph 03 538 0072 to book, or email saxtonstadium@xtra.co.nz

Tahunanui Community Centre

Board not Bored: Chess, backgammon, cards, or bring your own. Cuppa & company. Thursdays 1.30 pm.

Arty Crafties: Bring your craft or hobby along. Mondays 1.30 pm.

Movie Mates & DVD Divas: Watch classic movies the old way with intermission and ice-creams. Cuppa to follow. Tuesdays 1.30 pm. \$3.

Local Vocals: Singing for everyone. No audition, no

pressure. Wednesdays 7.00 pm. Ph TCC for details, 03 548 6036. Ironing Maidens: Bring your iron and ironing pile. We've got the boards, the tea and scones. Every Friday at 1.00 pm.

Zumba: Suitable for beginners and more experienced. Mondays 5.15 pm and Thursdays 5.45 pm. Contact Jo for details, 03 548 6036.

Victory Community Centre

Totara St, Nelson
Nana Craft: Knitting, crochet, stitching. Bring lunch, share projects. Wednesdays. Pomeroy's coffee \$2 donation.

Sit & Be Fit: Have fun, burn calories, tone muscles, keep your heart healthy. Tuesdays 10.00 – 10.45 am, \$2 per session.

Housie at Victory: Great prizes, refreshments and transport available if required. Wednesdays 2-4 pm. \$2.

Laughter Yoga: The body's natural antidote to stress. Bring yoga mat or towel. Wednesdays 5.30-6.30 pm. \$2.

Richmond

Club 50

Sport Tasman, Richmond Town Hall, 9 Cambridge St. Enquiries, ph Jackie 03 544 3955 Email: Club50.rrc@sporttasman.org.nz or website www.sporttasman.org.nz

Club 50 meets Tuesdays at 9:30 am at the hall, carpooling from there for outings. \$4 per session. If raining please call.

2 April: Easter Tuesday, No Club 50.

9 April: Inventor Peter Knowles invites us into his 'Invention Room'. We will carpool to his house. Bring morning tea to share. Numbers limited to 20.

16 April: Walk the tracks in Wakefield's Faulkner Bush, followed by coffee at the Villa Tea Rooms & Giftshop.

23 April: Movie Time: Salmon Fishing In Yemen. Starts 10.00 am. Please bring morning tea to share.

30 April: Brook Waimarama Sanctuary.

7 May: 2013 World Asthma Day. A health seminar on 'Asthma and asthma care and its effects on our lives'.

14 May: Great Taste Trail in Richmond. We start at the end of lower Queen St and walk to the suspension bridge crossing the Waimea River. Bring a water bottle and nibbles.

21 May: Table tennis at Saxton, open just for us. Cost just \$2, with bats, balls & morning tea provided.

28 May: Flat-Bottomed Fairy trip exploring Mapua's estuary. Grab some famous fish'n'chips from Mapua wharf or bring your own lunch. Ferry is \$10. Minimum 20 persons.

Richmond Senior Citizens Assn

Oxford St rooms.

Tuesday afternoon, cards.

Wednesday 9.00 am to 2.00 pm, quiz, housie and activities.

Thursday afternoon, cards.

Friday 9.00 am to noon, light exercises and morning tea.

An outing on the last Wednesday in the month.

Ph Elaine Mead 03 544 5654

Richmond Waimea Community Whanau Group

Community groups, services or organization representatives come together to share information. (Just turn up.) Meets the first Tuesday of each month,

noon-1.00 pm, Senior Citizens Rooms 62 Oxford St, Richmond. Guest speaker at most meetings. BYO lunch (tea & coffee provided).

Upright and Able for Falls Prevention

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie.Thomas@nbpho.org.nz for details.

Wakefield

Way2Go activities

Pilates – Village Hall Mondays at 7.00 pm.

Active Seniors Class – Village Hall Tuesdays at 11.00 am.

Sit and Be Fit Classes – Village Hall Thursdays at 10.00 am.



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Janet


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RECREATION PROVIDERS



APRIL – MAY 2013

EVERYTHING THAT'S HAPPENING, EVERYTHING THAT'S FUN...WE'VE GOT IT RIGHT HERE!

Golden Bay

Age Concern

Offering support services, information and advocacy to older people in the Bay. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford Street, Richmond, on 03 544 7624

Astanga Yoga

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

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena 03 525 9393

Drop-in Yoga

\$8 per class at the Catholic Hall, 94 Commercial St, Takaka Terry Ph. 03 525 7422.

Genealogical Group

Sally Ph. 03 525 8086

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708

Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10:30-11:30 am. \$2 donation. Jacinda Ph 03 525 8770

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744

Golden Bay Garden Club

Diane Ph 03 525 6121

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487

Guided Gym Session

Wednesday 12.00 – 1.00 Georgie Ph 03 525 6110

Indoor Bowls/Cards

Senior Citizens Club rooms. Mary Ph 03 525 8445

Mah Jong

Ethel Ph 03 525 8615

Marble Mountain

Country Music Club 2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at the Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491

Pohara Bowling Club

Jennifer Ph 03 525 9621

Probus

Jan Ph 03 525 9224

Purahaoi Table Tennis

Rene Ph 03 525 7127

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Rosemary Ph 03 525 7565

Tai Chi for Arthritis

Ann Ph 03 525 8437

Takaka Golf Club

Ph 03 525 9054

Takaka Golf Club

Ladies Section G. Turley Ph 03 525 9122

Takaka Spinning Group

Jan Ph 03 525 9374

Takaka Table Tennis

Rene Ph 03 525 7127

University of the Third Age (U3A)

Moiria Ph 03 525 7202

Upright and Able for Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ring Jacinda Hohepa on 03 525 8770 or 03 525 9708

Uruwhenua

Women's Institute

2nd Tuesday each month Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491

Wednesday Walkers

Bron Ph 03 525 8627 Bob Ph 03 525 9958

Workouts

Masonic Hall Takaka, Mondays 9.30-10.30 am Wednesdays 9.30 -10.30 am, Fridays 9.00-10.00 am Ph 03 525 6110

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916

Mapua

Indoor Bowls

Mapua Friendship Club Mapua Public Hall Valerie Ph 03 540 3685

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua Lynda Ph 03 543 2268

Mapua Bowling Club

Dave Ph 03 540 2934

SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St. Mary Ph 03 540 2758 Maureen Ph 03 528 0630

Taoist Tai Chi

55 Muritai St, Tahunanui Ph 03 545 8375

Motueka

Aerobics/Gym and Fitness Centre

50+ Aerobics Mot Rec Centre Jody Ph 03 528 8228

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Arthritis New Zealand

Immersion Therapy session. 10.30 am, Mondays at Ngawhatu Pool. Bus leaves Motueka 9.30 am. Susan Ph 0800 663 463

Gym & Fitness Centre

Studio Gym 275 Catherine Ph 03 528 4000

Healthy Hearts Club

St Thomas Church Hall Wendy Ph 03 528 6692

Indoor Bowls

Motueka Senior Citizens Hall. George Ph 03 528 7960

Line Dancing

Motueka Senior Citizens Hall. Beryl Ph 03 528 8265

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003

Motueka Bowling Club

Don Ph 03 528 7208 Tony Ph 03 528 9175

Motueka District Museum

Mon to Friday 10.00 am - 4.00 pm. 140 High St. Ph 03 528 7660

Motueka 50+ Walking Group

Meets last Thursday of each month in the Uniting Church Hall, High St, at 9.30 am. Kevin Ph 03 544 8378 Norah Ph 03 528 6290.

Riwaka Bowling Club

School Rd, Riwaka Kathy Ph 03 528 4604 Pat Ph 03 528 8347

Riwaka Croquet Club

Sally Ph 03 528 8296

Scottish Country Dancing

Valerie Ph 03 543 2989

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy Ph 03 528 7105, Helen Ph 03 528 6305

Social Recreation

Kiwi Seniors (Motueka) Vonnice Ph 03 528 7817

Upright and Able, Falls Prevention

Cherie Ph 03 539 1812 to register for the next free 6-week course.

U3A (University of the Third Age)

Have fun learning cooperatively. Variety of courses available. Cushla Ph 03 528 6548

Yoga

DruYoga class at Moutere Hills Community Centre, Thursday 9.30-11.00 am and 6.00-7.30 pm. Riverside Community, Tuesdays 6.00-7.30 pm. Casual \$12. Sue Ph 03 543 2125

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on 03 544 7624.

Murchison Community Resource Centre

Monday: Sit & Be Fit, 10.45-11.30 am. \$2 a session. Tuesday: Social tennis from 5.00pm. Thursday: Walking for fitness, 1.30 pm. Pilates 5.15-6.15 pm. \$10 a session or \$65 a term. Berylla Ph 03 523 9875

Nelson

Age Concern

Support services, information and advocacy to older people. Services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph 03 544 7624.

Angie's Active Circuit

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15-10.15 am, Tahuna Presbyterian Church, Muritai St. \$5. Ph Angie 03 547 0198

Aquatics/Swimming/Gym

Riverside Pool Ph 03 546 3221

Art Group Nelson

Meets first Wednesday of the month. All welcome. Philippa Ph 03 546 7337.

Arthritis New Zealand

Water-based exercise. Transport available to exercise at Ngawhatu pool each Monday morning. Phone 0800 663 463 for more details. Services are now managed from Christchurch. Clinics available from Nelson

Bays Primary Health,
Ph 03 539 1170.

Belly Dancing

Victory Community Centre.
Tuesday from 6.00 pm.
Sabina Ph 03 546 8511

Bodyvive (Low-impact)

CityFitness, Quarantine Rd,
Nelson. Monday, Tuesday
and Thursday 10.20 am.
Debby Ph 03 547 4774

Cardiac Club/Gym & Fitness Centre

City Fitness
Sharon Ph 03 539 0348

Cardiac Support Group

Information and support
to people affected by
Cardiovascular Disease.
We hold a three-monthly
get together for former
patients and those on
waiting lists. Contact
Averil Ph. 03 545 7112

Diabetes NZ Nelson

Information centre 50
Halifax St, Nelson,
Ph 03 546 6142. Hours:
Monday, Wednesday,
Friday 11.00 am - 2.00
pm. We stock jams,
sauces, recipe books etc.

Dining4Twelve

Convivial gatherings for
50+ singles. No fees, no
pressure. Contact Jenny
Dining4Twelve@xtra.co.nz

Golf Croquet

Nelson-Hinemoa
Bev Ph 03 548 2190

Government

Superannuitants' Association

Graeme Ph 03 547 6007
email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Meets last Tuesday of
the month at 10.00 am.
Presbyterian Church
Sunday School rooms,
Muritai St, Tahunanui.
Social gatherings second
Tuesday of the month at
10.30 am. Ph 03 545 6118.

Gym

Contours Health & Fitness
Ph 03 544 0496

Hatha Yoga

Maureen Ph 03 546 4670

Hearing Association Nelson

Card Group Mondays
from 1.15. Talks,
Dangerous Decibels
and sound system
demonstrations to social
groups on the topic of
understanding hearing
loss. Ph 03 548 3270

Hot Yoga

Claire Ph 03 548 2298

Housie Evening

Stoke Rugby Clubrooms,
Neale Ave, Stoke.
Wednesday nights,

7.15 - 9.45 pm.

Buddy Ph 03 547 3230
John Ph 03 547 1689

Marching

Silveraires Leisure
Marching
Diana Ph 03 548 9527

Marybank Garden Club

Meets on the 1st Tuesday
of each month (except
Dec/Jan) at 7.30 pm. in the
Highland Pipe Band Hall,
Paru Paru Rd, Nelson.

Nelson Caravan Club

Allan Ph 027 319 7427

Nelson Community Patrol

Suzy Ph 03 539 0409

Nelson Dance Along

Rosalie Ph 03 548 2236.

Nelson Electronic Organ and Keyboard Club

First Tuesday of each
month, Stoke School
Hall, 7.30 pm. \$2. Supper
provided.
Valerie Ph 03 540 3288.

Nelson 50+ Mini-Walks

Gwenda Ph 03 544 5307

Nelson Male Voice Choir

Rehearsals: School of
Music, Monday evenings.
John Ph 03 547 5181 or
Ernie Ph 03 548 7291

Nelson Petanque Club

Wed and Sun 1.15 pm at
Highland Pipe Band Hall
Paru Paru Rd. Boules and
tuition provided. Noeline
Ph 03 546 8699.

Nelson Philatelic Society

Stamp collectors meet
second Tuesday of the
month, 7.30 pm, Stoke
School. Ph 03 547 7516 or
03 548 6269

Nelson Savage Club

A club for entertainers.
Variety Concert on the
second Wednesday of
each month. Presbyterian
Church Hall, Muritai St,
Tahunanui at 7.30 pm.
\$2. Joyce
Ph 03 548 1224 or Philipa
or Ernie Ph 03 547 7022

Nelson Scrabble Club

Meets every Wednesday
7.00 pm at the Nelson
Suburban Club, 168
Tahunanui Drive. Steve Ph
03 544 0475.

Nelson Senior Citizens

Social Indoor Bowling
Club. Valda Ph 03 544 1487

Nelson Social Dancing Club

Live band on the second
Saturday of each month,
7.30-11.30 pm, at
Broadgreen Intermediate
School Hall. Members \$8,
non-members \$12.
Ph Jenny 03 521 1823 to
confirm.

Over 50s Pilates and Yoga

Body Power. Sue
Ph 029 281 3735 for
pilates, or Margot
Ph 029 281 3735 for yoga.

Pottery

Craft Potters Nelson run
tutored weekly pottery
class for members and
non-members at their
Hope premises (202
Ranzau Rd). Everything
provided – you only need
to buy clay.
Uta Ph 03 541 8953

Probus, Stoke- Tahunanui ladies branch

Meets third Wednesday
each month.

SeniorNet [Nelson]

Computer instruction
for people aged 50+.
Clubrooms at Pioneer
Park, Hastings St,
Ph 03 548 9401 and we
will ring you back.

Senior Service - Nelson Baptist Church

Inter-denominational
service on second Sunday
of the month, 2.00 - 3.30
pm. Transport available.
Alan Ph 03 548 7381

Sit and Be Fit

A 35min class to music.
Victory Community
Centre, Totara St, Nelson,
Tuesdays 10.00 am
Leigh Ph 03 548 1689.

Stroke Club Nelson Social activities

For people who have had
strokes, and their carers.
St. Francis Hall, Songer
St, Stoke. Irene Ph
03 544 8665

Stroke Foundation Caregivers Support Group

Meets once a month.
Anne-Marie
Ph 03 545 8183.

Support Works

Assesses the needs and
co-ordinates services
for people affected by
disability. For a free
assessment,
Ph 03 546 3980 or
freephone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks,
lectures and films. See
www.thesuter.org.nz for
details. 208 Bridge Street,
Nelson.

Table Tennis

Nelson Table Tennis Club.
Ph Kate, 03 547 5066, or
the Stadium, 03 547 9479.

Tahunanui Bowling Club

Welcomes summer and
winter bowlers.
Barbara Ph 03 547 5071.

Tahunanui Community Centre

"Friends and neighbours"
social group meets
Wednesday afternoons.
Up Cycle: Improve your
bike-riding skills.
Garden Group: Monthly
meeting on a Wednesday
evening 7.00 - 8.30 pm.
Walking Group:
Wednesdays 10 am. Meet
at the Community Centre,
61 Muritai St, and walk
for 1hr.
Ph 03 548 6036

Tai Chi with Gretchen

Trafalgar St (Age
Concern) Hall
Gretchen Ph 03 548 8707

Taoist Tai Chi Internal Arts for Health

Classes 9.30 - 11.00 am,
Wednesday 6.00 - 7.00
pm, Saturday 9.00 - 10.30
am, new Beginners Class
Tuesday 1.00 - 2.30
pm, at 55 Muritai St,
Tahunanui. Ph 03 545 8375
and leave a message.
Help yourself to better
health. Suitable for all
ages, and first class is free.

The New Hub

Circuit Training every
Thursday 10.00 - 11.00
am. All ages and levels of
fitness welcome. \$3. New
St venue. Ph 03 545 9147.

U3A

Ph Lois 544 2440
email membership@
u3anelson.org.nz

Ukulele with Gretchen

Wednesday mornings
Trafalgar St
(Age Concern) Hall
Ph 03 548 8707

Upright and Able for Falls Prevention

Free 6-week course for
those over 65 with a fear
of falling.
Ph 03 539 1812 or email
Cherie.Thomas@
nbpho.org.nz for
more information and
registration.

Veterans' (55+) 9 hole golf days

Greenacres Golf Club, last
Monday of every month.
Dick Ph 03 547 6071 or
Club Professional
Ph 03 544 6441

Victory Laughter Yoga Club

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

Victory Senior Support

Meet every Tuesday at 1.30
pm at Anglican Church,
238 Vanguard St, Nelson,
for entertainment, games
and guest speakers. Shirley
Ph. 03 546 9057, Tuesday
to Friday, 9.30 am to noon.

Also Victory Sit and Be
Fit. New class, Thursdays
10.00-10.45 am, 238
Vanguard St. Ph. Shirley
03 546 9057 or 03 547 1433.

Walking

Nelson 50+ Walking Group
Noel Ph 03 544 2286

Yoga

Dru Yoga class at Muritai
Centre, Tahunanui School,
Monday 6.30 - 8.00 pm.
Casual \$12.
Sue Ph 03 543 2152

Zenda Middle Eastern Dance

St John's Church Hall,
Hardy St
Gretchen Ph 03 548 8707

Richmond

Age Concern

Support services,
information and advocacy
to older people in
the community. Our
services include Elder
Abuse & Neglect advice
and support, and an
accredited visitor service
for older people. We
also distribute the Total
Mobility Taxi Voucher
scheme for Nelson &
Richmond. Our office is at
62 Oxford St, Richmond.
Ph 03 544 7624.

Badminton

Richmond Morning
Badminton
Dawn Ph 03 544 4120

Body Power Pilates & Yoga Centre

Richmond Town Hall
Sue Ph 029 281 3735

Bodyvive (Low-impact)

CityFitness Quarantine
Rd, Nelson. Monday,
Tuesday and Thursday
10.20 am
Debby Ph 03 547 4774

Bridge

Lessons Monday evenings
or Tuesday afternoons
All enquires to Shirley
Ph. 03 544 6734.
Richmond Bridge Club,
348 Lower Queen St.

Croquet

We welcome new
members to Golf croquet
in Richmond, Thurs &
Sundays at 1.00 pm.
Ph Sheryl 03 541 0623.
Association croquet, Wed
& Sat 10.00 am. Ph Betty
03 544 7268. Club lawns
opp. new health centre,
Lower Queen St.

Easy Exercise

Senior Citizens Hall
Friday 10.00 - 11.00 am
Morning tea to follow
Elaine Ph 03 544 7624

Euchre

Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club. Friday 1.30 - 4.00 pm. Monica Ph 03 544 2749

Hope-Ranzau Women's Institute

1.15 pm on the first Wednesday of each month at Holy Trinity Church Hall, Dorset St, Richmond. Visitors welcome. Brenda Ph 03 544 5872.

Indoor Bowls for Seniors

Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm Mary-Anne Ph 03 544 2596

Laughter Yoga, Richmond

Nourish your wellbeing. Marion Ph 021 145 3027

MenzShed Waimea

A&P Showgrounds, Richmond. Ph 027 289 0185

Pedometers from the Library

From Nelson City or Tasman District libraries. \$2 for 6-week loan.

Pottery

Tutored classes at Craft Potters, Ranzau Rd, Hope. Any or no experience. \$100/term, firing and glazes free. Ph 03 544 5172 or email craftpotters@ts.co.nz

Richmond Bowling Club

Have a go, Tuesday 1.00 pm, Thursday at 1.00 pm and 5.45 pm. Bowls and shoes provided. Richard Ph 03 544 7076 or club Ph 03 544 8891

Richmond Indoor Bowls

Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Heather Ph 03 544 6704 or Gwen Ph 03 544 7953

Richmond Physiotherapy

Weekly classes in their spacious, sunny gym. Exercise For the Older Adult: A well-balanced, physiotherapist-led mix of strengthening, balance and cardio exercises. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 - 11.00 am, \$10.

Richmond Recreation Centre & Town Hall

At 9 Cambridge St. Ph. 03 544 3955 Website: www.sporttasman.org.nz

or www.way2go.org.nz Body Define Circuit, Weds 11.15 am. Gym-style circuit class. \$4. Suitable for all levels of fitness, and children's play area available. \$4

FITNESS

Easybeat: Mon & Fri 9.00 am. Ease In2 Easybeat: Mon & Fri 11.15 am. NEW Cardiac Club, Shapeup 4 Healthy Hearts: (Heart Foundation affiliation programme), Mon & Fri 10.10 - 11.10 am. \$4. Club 50: Tues 9.30 am. A fun social recreation & activities group. All welcome. Motion & Mobility: Fri at 11.15 am. \$4. Fun Housie: With prizes. Designed for all ages and those with special requirements. Fridays 2-4.00 pm. \$3. Ease In2 Cycling: Easy social cycling. Wed 1-3.00 pm. \$4. Enjoy the sights of Richmond/Nelson on your bike.

Richmond Slimmers Club

Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Ph. Eileen Ph 03 544 6392

Silver & Strong

Seated or standing light exercise circuit that helps you with your everyday life. Builds strength, stability and coordination. Mondays 10.30-11.15 am. \$4 (includes a cuppa). Richmond Social Seniors, Age Concern building, Oxford St, Richmond. Angela 03 547 0198

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph 03 544 3955, \$4 Fitness Easybeat: Monday & Friday 9.00 am Ease in2 Easybeat: Monday & Friday 11.15 am Shapeup: Mon & Fri 10.10 am Sit & Be Fit: Fridays 11.15 am Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4. Please ring that morning for meeting place. Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3. Walking Group: Mondays 9.30 am, no charge. Fun Housie with prizes. Designed for those with special requirements. Fridays, 2.00-4.00 pm, \$3.

Social Cards

Senior Citizens Rooms, Oxford St. Tuesdays 500, Thursdays 500, Rummy Cub and Scrabble. 1.30-4.30 pm. \$1. Kath Ph 03 544 5563

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph 03 547 2611

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph 0278 293 366 or the centre Ph 03 544 6083

Tasman Visual Arts Group

Last Wednesday of the month Richmond Bowling Club rooms. New members welcome. Gary Ph 03 541 8842

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph 03 548 8707

Ukulele

Fridays afternoons, Oakwoods, lower Queen St. Gretchen Ph 03 548 8707

Upright and Able, Falls Prevention

Free 6-week course for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812 or email Cherie. Thomas@nbpho.org.nz for more information and registration.

Yoga

Dru Yoga class at Richmond Recreation Centre, Monday 10.30 am - noon. Casual \$12. Sue Ph 03 543 2125.

Stoke**Angie's AquaFitness**

Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45-11.45 am, Thursdays 6-7 pm. \$6. Ngawhatu Pool, Stoke. Angela Ph 03 547 0198

Angie's Silver Circuit

Seniors only. Build your strength & stability. Light exercise circuit helping with your everyday life. Fridays, 10.15-11.00 am, \$4. Stoke Seniors, behind Memorial Hall. 548 Main Rd, Stoke. Turn-up or call Angie on 03 547 0198.

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker 03 547 0198 or 021 330 905.

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph 03 545 1037

Country Music

Stoke Old-Time Country Music Club meets every 2nd Sunday at the Stoke School Hall, 6.30. Lovely music and we won't burst your eardrums. \$2. All welcome. R Knight 03 542 3527

Easy Exercise

Sit & Be Fit for Men & Women. Arthritis New Zealand, Every Tuesday 10.00 am Stoke Methodist Church Lounge Maureen Ph 03 546 4670

Hatha Yoga

Maureen Ph 03 546 4670

Hydrotherapy

Ngawhatu Therapeutic Pool. Day and evening sessions. Thelma Ph 03 547 6384

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly, welcoming club. Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph 03 547 4340.

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue 03 548 5741 or Megan 03 547 5252.

Presbyterian Support

Our Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Tue-Fri 10.00 am - 3.00 pm Totara Club. Day programmes for older people, socialising and participating in a personalised activity programme. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Ph Sasha Spargo 03 547 9350

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph 03 543 2669

Saxtons Sit and Be Fit

Mondays at 10.00 am, Saxton Stadium. \$3 Leigh Ph 03 548 1689 or 021 547 811.

Stoke Bowling Club

Allen Ph 03 547 1411

Stoke Combined Probud Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph 03 548 6062.

Stoke Social Seniors

Pilates: Wednesdays 1.30 pm. Tai Chi: Tuesdays 1.30 pm. Sit and Be Fit: Tuesdays and Wednesdays at 11.00 am, Stoke Memorial Hall Christine Ph 03 547 2660

Tuesday Walking Group

Departs 10.00 am from Stoke Seniors Hall. Ph 03 547 2660

Table Tennis Nelson

Nelson Table Tennis Club. Ph Kate, 03 547 5066, or the Stadium, 03 547 9479.

Ukulele Fun

Stoke Memorial Hall, Thurs 10.00 am - noon. Bring your uke. Gold coin donation. Ph 03 547 2660.

Upright and Able, Falls Prevention

Free 6-week courses for those over 65 with a fear of falling. Ph. Cherie Thomas 03 539 1812.

Tapawera**Visual Art Society**

Kaye Ph 03 522 4368.

Walking

Rural Ramblers

Ph 03 541 9200

Wakefield**Easy Exercise**

Arthritis New Zealand, Nelson, Nancye Ph 03 541 9040

Live Well, Stay Well Activity Group

Greg Ph 03 541 9320

Silverthreads Fun Afternoon

Meetings at 1:30 pm, Wakefield Village Hall Heather Ph 03 541 9214.

Walking

Rural Ramblers

Ph 03 541 9200

FOSSIL RIDGE BOUTIQUE WINES

Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month.

Congratulations to **Andy Underwood** of Stoke, who takes the prize for April-May.

FOSSIL RIDGE BOUTIQUE WINES

Wine Tasting in attractive surroundings. Café Lunches in Summer, bookings welcome.



www.fossilridge.co.nz

72 Hart Rd, Richmond 11am – 4.30pm Wed – Sun SUMMER
Phone/Fax 03 544 9463 12noon – 3.00pm Wed – Fri WINTER
wine@fossilridge.co.nz Closed Monday and Tuesday



SEND ENTRIES TO:

Fossil Ridge Creative Writers, Dry Crust Communications, PO Box 3352, Richmond, or email info@drycrust.com.

Good Neighbours

By Andy Underwood

"Good morning, Sam. Here's your lawnmower back."

"Thanks. I'd almost forgotten that."

"Lovely morning ... Um, hold on, old chap."

"Think my kettle's just boiled."

Dick put his foot against the door that was swinging towards him.

"Your mower ..."

"Right."

"Oh and here's that DIY book I meant to lend you last month."

"Thanks ... I won't need it anymore."

Sam stepped back as Dick pushed forward into the hallway.

"Look, sorry I forgot to pick up your prescription yesterday... chemists looked very busy."

"No worries."

"Certainly ... You don't look poorly."

"It was for the Missus – she's right now."

"Joan, isn't it?"

"Hmm."

"Sorry to hear she wasn't right. Nice that she's better. She's a lovely woman ... you're a lucky man."

"Joan and I are fine now."

"Was my car blocking your drive last night? Pardon me; I'd planned to move it sooner. You know what parking's like in this street."

"We might move."

"Maggie and I intended to ask you earlier ... You must come to dinner tonight."

"Well, I'm taking the Missus out for a celebration."

"Right, well you deserve it. Um, have a nice evening."

"Thanks for my mower. I better get the tea brewing ... You're off then?"

"Well I ... Oh look, there goes Steve, down to the newsagents. Wonder if he'll pick up some smokes for me?"

"You'd better ask him."

"See you later. Must have a good chat ... about ... well ... later then?"

"Bye Dick."

"Bye Sam. Hey Steve, hold on!"

Dick walked briskly down the driveway to catch his neighbour from the other side.

"Going downtown?"

"Yeah ... she's driving me crazy."

"You heard about Sam?"

"What's up?"

"He's won the lottery."

"Nah, really ... jammy devil!"

"Why is it always the tight-fisted bastards?" Dick asked gloomily, kicking an empty can along the gutter.

"Yeah, right!"

Crossword Solutions

CLUES ACROSS

1. Communist 5. Paw 7. Arno 8. Firewood
10. Football 11. Span 13. Dashed 15. Scarab
18. Slab 19. Reticent 22. Romantic 23. Race
24. Fur 25. Broad bean

CLUES DOWN

1. Chaffed 2. Mango 3. Icicle 4. Tree 5. Prosper
6. Widen 9. Abbey 12. Acrid 14. Stammer
16. Between 17. Merino 18. Serif 20. Evade
21. Snob

Toy library keeps young visitors happy

"You'd be mad in the head not to use it," says David Smythe. He and wife Liz are regular users of the Richmond Waimea Toy Library, stocking up for visits from grandchildren.

"It's a brilliant concept," David adds, and "quite delightful going there and getting toys."

Toy libraries run a cheap membership for grandparents of just \$10 a year. That entitles you to six hires, and you pay a higher fee for each toy. The regular fees start at 50c and go up to \$7 for a high-tech electric ride-on.

Normally members are required to do a duty at the library, but this is waived for

grandparents – though you are welcome to help if you wish.

David says the cost is "miniscule" compared with the big financial outlay of buying some toys. The Smythes have grandchildren who visit regularly from Christchurch and Auckland, so they keep a small stock of their own toys on hand. The bigger library range "is a matter of entertaining and educating them as well – you get the right toy and they get a hang of a lot out of it."

Emily Coe, of the Richmond library, says it's not just a cheap way to keep the young ones entertained. Since you hand the toys back, they don't clutter up the house. Library users also hire toys to try them



out before buying, and you can refresh the supply when children grow out of a particular book or toy.

The Richmond facility, on Gladstone Rd near the tennis courts, has more than 2000 toys, including a bouncy castle, bikes, puzzles, DVDs and information toys. It is open Tuesday mornings, 9.30-11.30 am, Thursday nights 6.30-8.00 pm, and Saturday morning 9.30-11.30 am. Call in to join, and you can find more information at the website www.toylibrary.co.nz, which also lists other libraries in the Nelson region.

Need support and professional care in your own home?



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

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

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



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