

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

- New column on the environment
- Resilient ageing
- Building age-friendly cities
- Books, gardening, food and more!



Letter from the editor

I hate the cold. In winter I disappear under layers of jumpers, scarves and hats, and don't emerge until late spring.

When walking the dog on cold winter evenings I often wear two puffer jackets. The result isn't flattering but it is very, very warm.

Not everyone hates the cold as much I as do. Hardier souls, like our gardening columnist Philippa "revels in cold winter weather" and adores "wild, winter storms". For the intrepid and cold-proof, winter is playground for skiing, tramping and climbing.

The weather has its seasons, and so do our lives. Growing older, it is easy to look backwards and mourn for the spring and summer seasons of our lives, to dislike the autumn, and fear the winter. For most of us the seasons of our lives change slowly, and only require of us a similarly slow-paced acceptance. For others, change comes in an instant with accident or illness, and we must adapt rapidly and comprehensively. Acceptance, courage and resilience are the subjects of a column and a feature in this issue. May your hearts, as well as your bodies, be warm this winter.

Ro Cambridge

An invitation to write for Mudcakes and Roses

We welcome contributions to the magazine. Contributions should be 500 words or less, well-written, and about subjects likely to be of particular interest to readers of this magazine which is targeted at seniors in the Nelson Tasman region.

Send your contribution (or ideas for the magazine) to the editor, Ro Cambridge, at mudcakes@hothouse.co.nz.

Contact the editor

E: mudcakes@hothouse.co.nz

Post: Mudcakes and Roses,

PO Box 688, Nelson.

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Why and how do you build an age-friendly city? Contributor Bevan Grant has some suggestions.



Plus!

Columns on books, gardening, nutrition, resilient ageing and more!



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Wild things

Anne Hilson was a Biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two D.O.C. Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.



Getting to the root of the matter

The strangest thing I've seen in the wild this last summer would have to be the tens of thousands of apples washed up on a beach in Golden Bay, a place where there are no apple orchards.

A week before I had seen apples on the roadsides and creeks of Riwaka, victims of Cyclone Gita. They would have travelled around Separation Point with the tides to the far side of Golden Bay.

It was a climatically bizarre summer; a two month drought before Christmas, two ex-tropical cyclones in February and a remarkable rise in sea temperatures.

I live near the area worst affected in the top of the south and have seen first-hand some of the physical damage.

And some of the human damage; I met a man near a boat ramp, weeping. He wanted to launch his boat and get away from it all for a bit. But Gita has tossed rocks off the sea wall and blocked the ramp.

Then there were the commercial effects, with parts of farms and orchards inundated with silt and forestry slash, with recovery times some years away.

One good luck story: there were no pilot whale strandings locally this season. The sea was a bit warm for their liking close to



the shallow shore so they moved to cooler waters out to sea.

Not so lucky for the king salmon confined in their farms in the Sounds. Tonnes of them died in temperatures up to five degrees above their tolerance levels; the company had to import salmon from Norway and Canada to meet demand.

Clear-felling of forestry is emerging as the *bête noire*. But the answer is not as simple as the suggested selective logging.

I remember when Cyclone Bola munted much of the pastoral hill country on the East Coast region of the North Island. Scientists agreed that the old stumps and roots from the burning and felling of the native forest since the early 1900s had decayed and made it easier for water to penetrate deep into the topsoil and aggravate erosion from the grassed and grazed hills.

The main reason for the proliferation of pine forests replacing pastoral farming on steep hill country in the early 1990s was that it was seen as a way to halt erosion by binding the soil with the roots and intercepting the effect of water by the canopy.

Many of these forests are now being harvested. Recent research has shown that native forest and older pine forests give the best protection against landsliding. Pines of less than eight years old give no added protection.

So here's the potential problem. For every thirty year cycle of a pine crop there is likely to be at least eight years when the soil and the trees will be vulnerable to heavy rain.

Do we plant in another species, such as redwood or alders, which have bigger root systems, and hope for the best? Or do we let native vegetation regenerate?

All aboard! Stoke's new loop bus is on its way



Nelson City Council has reintroduced a revamped bus service for the suburb of Stoke.

The new Stoke Loop service will better cater for people who used the previous service. It's a more tailored service and is therefore more affordable and sustainable to operate.

The new service hit the streets on the 30th of July, with a schedule and route devised in response to feedback from those who contacted Council after an earlier service was withdrawn in July last year.

There are now five services a day, starting from the Tennis Courts at Main Road Stoke and traveling around Stoke between Saxton Road East, Quarantine Road, The Ridgeway and Seaview Road. The bus departs at 9.15, 10.15, 11.15 am, 1.15 and 2.15 pm every weekday and takes almost an hour to complete the full loop. It passes through Central Stoke three times during each trip so you won't need to spend the full hour on the bus.

The Stoke loop remains a "Hail and Ride" service so there is no need to wait at a formal bus stop. Just signal the driver and the bus will stop where it is safe to do so. You might be able to catch it right on your doorstep!

Because the bus runs between 9.00 am and 3.00 pm it is always FREE to Super Gold Card users. Otherwise there is a flat fare of \$2.50 for adults and \$1.50 for children. Children under 5 are free on all NBUS services.

New low floor buses operate on the route making it much easier for anyone with limited mobility to get aboard – no steps to climb!



For more information, and a route map, visit www.nbus.co.nz.

Help your Council develop an age-friendly city

Tasman District Council is developing an Age-Friendly Policy to guide its planning for the opportunities and challenges of our ageing population. A report on the demographic trends and the implications of an ageing population has already been prepared to inform the Council's decisions.

HAVE YOUR
SAY

Tasman District Council is keen to hear how we can help to make Tasman more age-friendly.

- What is Council doing well that we should keep doing?
- What could we do better, or what more could we do?
- What is most important for Council to do?

To have your say complete the feedback form which is available from Council libraries and service centres, and on-line at www.tasman.govt.nz/tasman/community/older-persons/developing-an-age-friendly-policy.

Hurry though: Feedback closes on 15 August.

The Draft Policy will be open for public consultation in October 2018 so you'll have another opportunity for feedback then.

Further information is available from Brylee Wayman, a Senior Policy Advisor at Tasman District Council. Email brylee.wayman@tasman.govt.nz





Resilient ageing

As a Professor of Educational Leadership, Mike Milstein has written widely about ageing. He uses his book 'Resilient Ageing' as the basis for the seminars he conducts on ageing well.



Nothing wrong with my driving thank you!

As we age there are some things we continue to be do just fine. My cooking, for example, still gets good reviews from family and friends. I write almost every day and I believe I do it just as well as I always have.

However, I am slowly realising that I have to be aware that I may not drive as well as I used to. This struck me when I went to renew my drivers' license. Instead of the usual ten year extension, I was given only five. I was told that my next extension would be for only 2 years, and it would need my doctor's approval.

I figured that older people who are not competent drivers can be a threat to themselves and others, but that the age restrictions should only apply to average drivers. I'm not an average driver, I thought, I'm a really good driver.

When friends who have been denied renewal of their driving license they've had to come to terms with reduced mobility and less independence. It has been a tough psychological blow and I feel badly for them. Naturally, I wondered how I would react if it happened to me.

Then I began wondering exactly how good a driver I really am. Evidence like the



following suggested that it was time to reconsider my driving competence:

- En route somewhere in the car, I have had to mentally remind myself of my destination.
- Occasionally I've driven past my destination, with my mind concentrated on other matters.
- I parked too close to a wall in mistaken belief that I had enough space – minor repair to car required.
- My wife has had to tell me I'm letting the car drift to the left or right, rather than maintaining a straight line down the road.

As the evidence piled up, I had to accept the fact that my driving has probably deteriorated as I've aged.

Denial is not good, for me or for others, so I have had to accept the situation. I

am now making an effort to improve and prolong my competence behind the wheel. Before leaving home, I visualise where I am going and the route I will take to get there. When I'm in the car, I cut out distracting stuff like news or music on the radio. Then I talk myself through the journey. Where am I headed? How will I get there? What is happening on the road around me? This internal monologue keeps me present and focused.

So far my driving is okay. This is largely because I have accepted that ageing is affecting my driving ability, and it will get worse unless I take positive action to prevent or delay further deterioration.

This is something we all have to be brutally honest about, and give more conscious focus to, if we are going to continue to drive in a way that is safe for ourselves and others.



Thinking volumes

VOLUME is an independent bookshop stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME also hosts community events such as literary readings, writing courses, book launches and discussion groups.



To the Mountains A Collection of New Zealand Alpine Writing by Laurence Fearnley and Paul Hersey (Otago University Press)

This beautifully presented, thoughtful and wide-ranging collection shows us the many ways we think about, view, approach, climb and dream about mountains. Even if we never climb them, it would be impossible to think about New Zealand without thinking about mountains. New Zealand, after all, is only held above the surface of the ocean by the mountains upon which it depends. The selection of non-fiction, poetry, fiction and journals includes work by Rachel Bush, Freda du Faur, John Pascoe, Brian Turner, Graeme Dingle, Fleur Adcock, Edmund Hillary and Hone Tuwhare.

This Mortal Boy by Fiona Kidman (Random House)

One of the last judicial executions in New Zealand was that of Albert Black, the so-called 'Jukebox Killer', convicted of murdering another young man in a fight at a milk bar in Auckland in July, 1955. Kidman casts a novelist's eye upon the events surrounding the death and the trial, and evokes the forces and prejudices

at play in society at the time. At a time of deep suspicion of outsiders and hysteria about so-called 'juvenile delinquency', was there any way that Black could have received a fair trial? Black's final words in the scaffold were, "I wish you all a merry Christmas, gentlemen, and a prosperous New Year."

The Mapmakers' Race by Eirlys Hunter (Gecko Press)

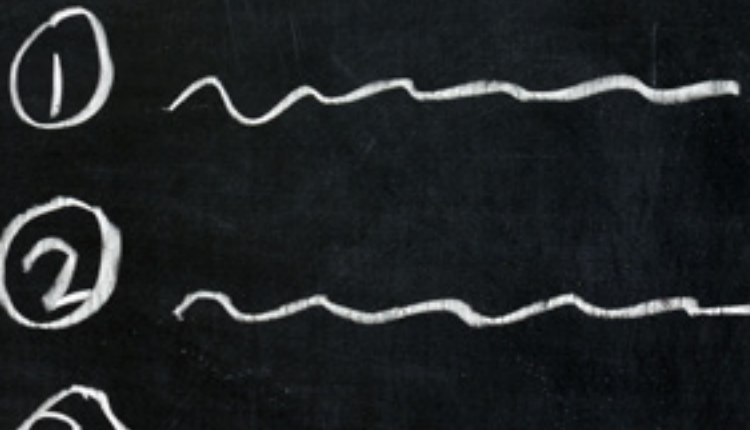
The Mapmakers' Race is an exciting, well-paced adventure from a New Zealand author. When Ma misses the train, Sal, the twins Joe and Francie, along with young Humphrey, are on their own as entrants in the Great Mapmakers' Race, a competition to map a railway route through the uncharted wilderness from Grand Prospect to the port at New Coalhaven. With help from local lad Beckett, the children use their amazing individual talents to compete with several ruthless adult teams who have brawn, equipment and money. There are bears, bats, tricks and treats, wild rivers, endless climbs, snow and storms. There are also scary stories, magical tales and funny episodes around the campfire to cheer the spirits and keep the children travelling onward. This is an enjoyable read-aloud or keep-to-yourself and will have some children reaching for ink and paper to become wondrous mapmakers, and others out in the wilderness, exploring and making tracks. Charming, exciting and just a little dangerous.

Gordon Walters: New Vision by Lucy Hammonds et al (Dunedin Public Art Gallery/Auckland Art Gallery)

Although best known for his positive/negative koru stacks, New Zealander Gordon Walters was a diversely productive and influential artist of international importance for five decades. His rigorous experiments in abstraction drew both on Modernist art practice and on his knowledge of Maori and Pacific traditional cultures. He rose to prominence during a period in which New Zealand and its art were at once finding a place in the South Pacific and also beginning to contribute to international discourses. This stunning, fully illustrated book contains thoughtful essays, lets us appreciate the full range of Walters's activities, and restores him firmly to the front rank of New Zealand artists.



VOLUME: 15 Church Street, Nelson
books@volume.co.nz
Phone 03 970 0073



Have you ever...

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 dog.



Have you ever thought about ... exploring your creativity through an art group?

When the call went out from the recently renovated Tahunanui Community Centre in Muritai Street asking for ways to utilise the newly available space, Helen Osborne was quick to respond with the suggestion of a weekly art group. The Centre was only too happy to adopt the idea.

Seasoned traveller and master of a range of artistic endeavours, Helen made the move from Parua Bay, on the Whangarei Heads, down to Nelson a little over four years ago and hasn't regretted the move for a moment. Now retired, she spends some of her time painting colourful scenes and creating striking pieces of jewellery from beads and other items she picks up on her travels.

Helen has now been an active member of the art group at Tahunanui Community Centre every Friday morning for well over a year. Numbers are not large, and it's a very fluid group as Helen explains: 'Some of our members are occasionally away travelling, others might be unwell for a short period or have temporary family commitments but even if only a few turn up, it's still worthwhile going along.' Although the hall is only booked until midday every Friday,

the Centre staff are happy for people to stay on if the space is not required for another purpose.

It's not a teaching class, Helen notes, rather a time and place where like-minded people get together to carry out their preferred artistic endeavours in the company of others. 'The idea is to share ideas and learn from each other as well as to enjoy a coffee and a chat,' says Helen.

In exchange for a small weekly koha, members of the group have access to the Centre's kitchen and working surfaces including small round tables, and larger rectangular tables which are particularly useful for projects which need space to spread out.

Helen particularly enjoys the way that no two people are ever doing exactly the same thing. She herself uses the time to paint, while another member might be sketching or working with ink. One regular attendee makes beautiful eco-prints using found objects from nature, which she now sells at a gallery in town.

'Sometimes we don't even get that much done ourselves because we become so interested in what someone else is doing – and that's where I find the learning process kicks in,' Helen concludes.

Last November the group looked at their body of work and decided there was

enough to mount an exhibition. This was a real learning experience. Although they were thrilled with how it all came together, they didn't publicise the event well enough. 'We won't make that mistake again,' laughs Helen.

The group welcomes new members. If you'd like to work on your art in good company, just turn up at the Centre with your raw materials and equipment Friday mornings any time from 9.30 am.

Telephone Helen Osborne on 03 546 5692 if you'd like to know more.





Don with family 2016

A mathematician and reluctant poet

I first met Don Maclennan at a jazz concert at Founders Park where we were introduced by a mutual friend. When I discovered that he wrote poetry – not a common pursuit amongst older Kiwi men – I asked if I could profile him in *Mudcakes and Roses*.

Don was somewhat surprised but readily agreed. That's why on a sunny Nelson day some weeks later we met at a café in central Nelson. Don's already at the café, chatting with friends from his yoga class when I arrive. We order a coffee and a pot of tea and settle down to chat.

It turns out that Don began writing poetry only very reluctantly. Music was his true passion. He learned piano as a child and then took up other instruments. He played the guitar, clarinet, banjo and accordion as well as the piano. Or he did until the 17th of January 2002. "I was 57. That's when my life changed forever" Don told me, "I think of my life in two parts - before the stroke, and after the stroke."

Before the stroke, Don was a musician. He played in folk bands. He was a high school maths teacher, having originally qualified as an engineer at the University of Canterbury and then retrained when he became a solo dad. He lived in Timaru with his two Labradors. He was licenced to drive heavy trucks and buses. He loved sailing and he still enjoyed the tramping and climbing he'd done as a student.

None of this was possible after the stroke. Don told me about the shock and disbelief at his sudden disablement. Of being very angry, and about feeling for a time that life was not worth living. But now, 16 years after the stroke, it's obvious that he has reached a hard-won accommodation with his post-stroke life.

Physiotherapy helped him regain some mobility, but Don had to accept that no amount of struggle would return the use of his left hand. That meant he would never be able to play a musical instrument again. He couldn't go tramping or sailing anymore either.

He voluntarily gave up driving a car and began using buses when he began to suspect he wasn't a safe driver any more. "It was one of the best decisions I ever made" Don says. He began getting around on a mobility scooter. More recently he has been using a motorised wheelchair. Beside me at the café table Don does a pirouette in his wheelchair to demonstrate its manoeuvrability. It's a sturdy machine that can travel 25kms on one charge, and today he's ridden it from his home in Victory to the café.

In a poem entitled "Batmobile Don" calls his chair his "cheery chariot of creation". Poetry writing was just one of the things that Don tried while rebuilding his life. "My sister dragged me along to a poetry-writing group" Don said, and ultimately, he had a poem published in *Poetry NZ*. Its subject was the tattooist who discussed photons and protons as he tattooed a Pict-inspired design on Don's forearm. It was, says Don in the poem, "as weird as a quark" to find a tattooist who could also talk quantum physics.

Don took a two-year course in Te Reo. Currently he's a volunteer at Brook

Waimarama Sanctuary, he practises chair yoga and belongs to a walking group. He's transposed his passion for playing music to maths. He spends hours each day at his computer wrestling with the problem of perfect numbers and why there seems to be no odd perfect numbers. It's a puzzle that's too esoteric for my limited maths ability.

To tell the truth, I'm more interested in knowing what Don's post-stroke existence has taught him about life. Don is reluctant to philosophise, saying that a lot depends on a person's temperament and previous life experience. However, he says, it's easier if you can accept that life isn't fair – that life might not turn out the way you planned. "If it doesn't" he says, "you have to be willing to reinvent yourself."

If you would like to talk to Don about adapting to life after a stroke he can be contacted by phone 03 5466 387 or email maclennan.don@gmail.com

Don (far left) with young climbing companions circa 1962



Food for thought

Marion van Oeveren is a Registered Dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater.



Local winter comfort food

New Zealand winters are shorter and milder than Dutch winters but we get frequent frosty mornings here in our valley. It is that time of year that we crave hot comfort foods.

Luckily there are so many good varieties of soup and with some dark sourdough or rye bread this is the perfect lunch or dinner. Earlier this week I made a big pot of winter vegetable and lentil soup and it is hearty and satisfying. I add Kafir lime leaves and Asian spices such as turmeric, cumin and ginger as well as some sweet Thai chilli sauce. Before serving I add some coconut milk. I do not use coconut oil or cream in my cooking because of the high saturated fat content but a splash of coconut milk

gives beautiful flavour and creaminess. The almond/coconut milk variety is also very nice to use in cooking and I love this on my morning porridge too. While my vegetable garden is mostly in hibernation until spring arrives we are lucky to live in a region that offers plenty of winter produce.

With a group of friends we recently organised a mid-winter dinner party. The theme was 'wild and local' so the challenge was to have only hunted, gathered and locally grown or produced ingredients. We had Wangapeka blue cheese with pears and kale chips as a starter. The main was roasted wild boar, hunted on a farm near Wakefield, served on potato and celeriac mash with a drizzle of quince sauce. We also had apple sauce, barley risotto with leek and Neudorf mushrooms, brussel sprouts, carrots and beetroots with a

walnut, hazelnut and honey drizzle. Because rice is not grown locally we could not use rice for our risotto and instead we used Milmore Downs pearl barley, grown near Amberley. This was the ingredient that travelled the greatest distance. I have made several barley dishes since and love the nuttiness and texture. It is also a very good ingredient in thick vegetable soups. We had a side salad made with watercress that grows wild in our garden, homemade sauerkraut and locally grown sprouts. Our region also produces great olive oil, grape juice and wine. We used Marlborough sea salt and horopito leaves instead of black pepper. For dessert we had barley semolina made with local milk and served with fresh, frozen and dried fruit from our gardens. The semolina from pearl barley is delicious and I will keep using this instead of the traditional semolina that is made from wheat. We are so lucky to live in this region and have access to the best produce all year round. I can't wait till spring is here but I do enjoy hearty winter dinners and spending a bit more time in the kitchen while having a little break from gardening.



Send your questions and suggestions to Marion:

marion@mahoehills.co.nz
PO Box 9029, Annesbrook
Nelson 7011





Retro metro

The Seekers were twenty-six when they recorded their song “Turn, Turn, Turn”. I was thirteen. I sang along with them about there being “A time for every purpose under heaven ... A time to be born, a time to die ... A time to build up, a time to break down ...” I didn’t think that this breaking down business had anything to do with me personally.

The Seekers are elderly now. I’m a pensioner, and it’s only now that I understand that I am part of the being born, the breaking down and the dying which I chorused about so blithely when I was young and ignorant.

It’s ridiculous, of course, that it’s taken so long for the realisation to dawn. The world’s full of grey-haired, the wrinkled, the infirm, the wearers of hearing aids and glasses, the wielders of walking sticks and zimmer frames. They’ve been there in full view all along, but somehow I managed to keep myself and old people in two mutually exclusive categories.

Such denial of ageing might be a peculiarity of the baby-boomer generation: we are such a large cohort and our denial has been abetted by extraordinary advancements in medical science. If our vital organs fail we get spare parts installed. Pepped up by pacemakers and Viagra, we can nip around on plastic hips and titanium kneecaps and stay bright-eyed thanks to laser surgery. For whatever reason, it’s

been easy to believe myself immune to the passage of time.

At least it was until I had trouble putting on my boots one morning. I crossed my right leg over my left knee, cocked my socked foot into the air, and reached forward to pull on the first boot. My foot resisted the boot. Or the boot resisted the foot. I wrestled with both, believing the problem must lie with one of these two variables.

It took several long moments before I realised that I was trying to force my right foot into the left boot. It had only taken the crossing of my legs to bamboozle my brain into believing that my right foot was actually my left foot and that the left boot should therefore be fitted onto it. Once

this piece of intelligence flooded my brain I had no further difficulty with getting myself shod.

After the initial dismay at this very obvious interruption to full brain functioning, I found that there’s some consolation in joining the ravaged ranks of what commentators like to call “the ageing population”. You learn to be kinder to yourself when words fail to answer your summons as obediently as they once did. You’re probably as neurotic as you’re ever going to be. It’s too late to be an astronaut or a brain surgeon, so you can kick back a bit. And you get a Gold Card which gives you free bus rides, half-price seats at the movies and the perfect excuse to go to bed early with a book.

Contributor: Ro Cambridge

Ro is editor of *Mudcakes and Roses* and writes a column for the *Nelson Mail* as *The Grey Urbanist*.



Gardening

Philippa Foes-Lamb is a passionate plant woman and gardener, as well as an artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials for Bay Landscapes.



Revelling in winter

Hi, August is here and it's officially the last month of what has been a 'real winter'. We've had some magnificent frosts and at times the temperature on our property hasn't gone above ten degrees celcius for days in a row, which warms my heart. I revel in cold, wintery weather because I grew up in Invercargill and then spent seventeen years in Wellington. I adore wild, winter storms – something we sadly don't get in our part of Tasman District, they always seem to go around us.

Late winter brings with it a feeling of anticipation because spring is just around the corner. Even though we know the weather can be fickle well into October, a frisson of excitement stirs in our souls.

My hellebores (winter roses) and violets are in full flower, providing beautiful winter colour and food for bees. Interestingly the violets are doing a wonderful job of keeping the weeds down – something I didn't think they'd do. Buds are swelling on my deciduous/fruit trees and I can feel the garden holding its breath, waiting for Spring.

Weeding is impossible in parts of my main perennial gardens at the moment because the soil is too wet. Standing on wet soil (especially clay) can compact its particles, damaging soil structure and making it more difficult for oxygen to reach your plants' roots. If you desperately need to weed, try standing on a wooden plank as this will help spread your weight more evenly across the soil surface.

I do this in my vegetable garden at this time of year as it allows me to prepare my beds for spring planting well ahead of time. When weeding, a good rule of thumb is to notice how much soil remains on the weeds' roots when you pull them out. If there is a lot and shaking doesn't remove it, it's best to weed that area at a later date when the soil is drier.

It's the perfect time to sow broad beans – they are tenacious and will germinate even in very frosty areas. The same applies to sweet peas. I recently read an article about germinating sweet peas and was interested to learn they detest being sown under cover or indoors, instead preferring the outdoors - germinating even in cold, wet or frosty conditions.

Sweet peas can also be sown directly into the garden in September. Dig a trench about 30–45cm deep, add lots of good compost and sheep manure, dig it through the soil at the bottom of the trench, then top with a soil/compost mix, water well and sow your seeds. Some gardeners like to soak the seeds before sowing but I prefer not to so this as it can

cause the seeds to rot. Slugs and snails adore young sweet pea seedlings so keep an eye out for them once they have started to germinate. When flower buds start to form, give them a side-dressing of sulphate of potash as this enhances flower production and colour.



Email your questions and suggestions to Philippa:

foeslamb@xtra.co.nz





Creating an age-friendly city

In the later years of their lives, most people live in cities even though cities were never designed with the needs and wants of older people in mind.

Times have changed and so have demographics. For example, the 65 years and over cohort in NZ has doubled in the past 50 years. It now makes up 16% of the population and this is anticipated to increase to 25% by 2050. Similar changes are happening world-wide and this inspired the World Health Organization (WHO) to ask questions about the age-friendliness of our cities.

In 2005, trying to understand what might constitute an age-friendly city, WHO undertook a project that included 33 cities across 22 countries. In each city they engaged with numerous community organizations, older people, caregivers, politicians and service providers and sought information from countless documents. The results provided an insight on matters such as security, accessibility, Council policies, outdoor spaces/parks, effectiveness of organizations, sense of belonging, housing, availability of cultural/physical activities, social inclusion, infrastructure and many other factors that can hinder, as well as enhance quality of life.

Eventually, WHO published Guidelines for Age-Friendly Cities which defined eight key principles – see diagram on page 13. Although they overlap, specific indicators from each provide a framework to assess the age-friendliness of a city. Ultimately, this provides a broad picture about what currently exists, and how these factors influence the day-to-day lives of the older people in a city.

When working towards creating a more age-friendly city, older people must be active contributors to, as well as beneficiaries of, any initiatives. This in no way diminishes or disregards what currently occurs. Rather, we need to change how we think about 'old' age, considering capabilities as much as limitations.

Greater credence also needs to be given to the role and value of the older population in the adoption and enactment of new ideas. In essence, when planning for a different tomorrow, the

older population need to be “close to the action”. This will ensure that their community becomes an even more diverse, inclusive and dynamic place to live.

Creating a more age-friendly city is not without its challenges, but WHO strongly suggests that in the future, more energy should be directed to finding ways to openly:

- Recognise the wide range of capacities and resources among older people.
- Anticipate and respond flexibly to ageing-related needs and preferences.
- Respect older people's decisions and lifestyle choices.
- Protect those who are vulnerable.
- Promote older people's inclusion in, and contribution to, all areas of community life.

“Whatever the struggles, advancing a culture that respects older people whilst trying to enhance the quality of their lives and engagement in the community, is a worthy endeavour.”

Reports from cities around the world which have embraced the age-friendly concept indicate that making a difference is not straight-forward. It is not easy to visualise how a particular city would be if it was age-friendly, as there is no “one size fits all” model. It is helpful however, to move beyond the status quo, and adopt some alternative processes and practices. In particular, it is helpful to adopt more intersectoral collaboration and partnerships, in which ideas for action are co-produced in association with the community, with support from, rather than reliance on, a Council or any other single organisation.

Whatever the struggles, advancing a culture that respects older people whilst trying to enhance the quality of their lives and engagement in the community, is a worthy endeavour.

To see how some New Zealand cities (e.g. Hamilton, Tauranga) have approached the age-friendly concept, check their respective websites. The Ministry of Social Development’s website has

information on age-friendly cities. Elsewhere on the internet there is information on age-friendly initiatives in cities around the world to inspire you as you consider the sort of change you might want for your community.



How age-friendly is your city or community?

What could be done to make your place (city, suburb or community) more age-friendly?

How would you benefit from living in a more age-friendly community or city?

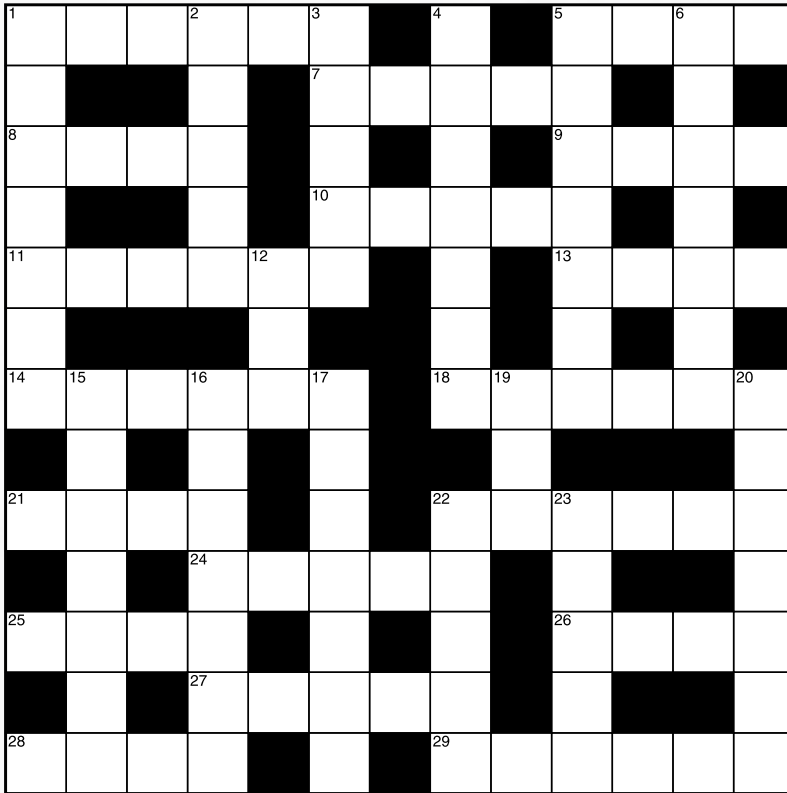


Contributor: Bevan C Grant

From 1993 until his retirement in 2013 Bevan was a Professor at the University of Waikato. Since the mid-90’s his focus has been on gerontology, and he has worked with local authorities on age-friendly city ideals and age-related policy development. Should you wish to talk about the above in more detail, you can email Bevan at bcg@waikato.ac.nz.



Crossword



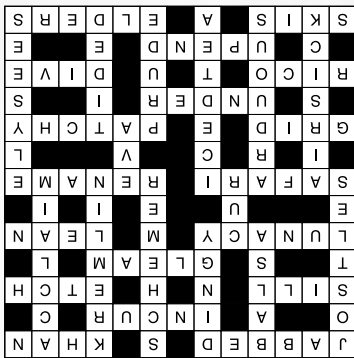
ACROSS

1. Poked
5. Genghis ...
7. Lay oneself open to
8. Window ledge
9. Inscribe
10. Sparkle
11. Madness
13. Slope
14. Game park tour
18. Change title of
21. Criss-cross structure
22. Uneven (in quality)
24. Below
25. Territory, Puerto ...
26. Swoop
27. Turn upside-down
28. Performs slalom
29. Tribal seniors

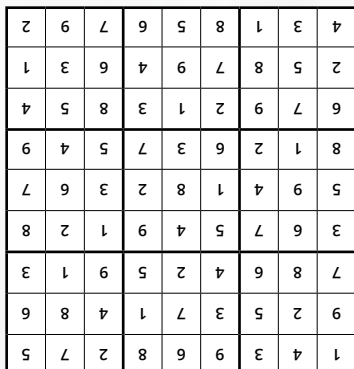
DOWN

1. Bumps roughly
2. Light timber
3. Drab
4. Conspirator
5. Moscow citadel
6. Praise
12. Aggressive dog
15. Ill on plane
16. Laborious
17. Chilled cuppa (4,3)
19. Argentina's ... Peron
20. Paris boulevard, Champs ...
22. Priggish person
23. Kept us going, ... us over

Crossword solution

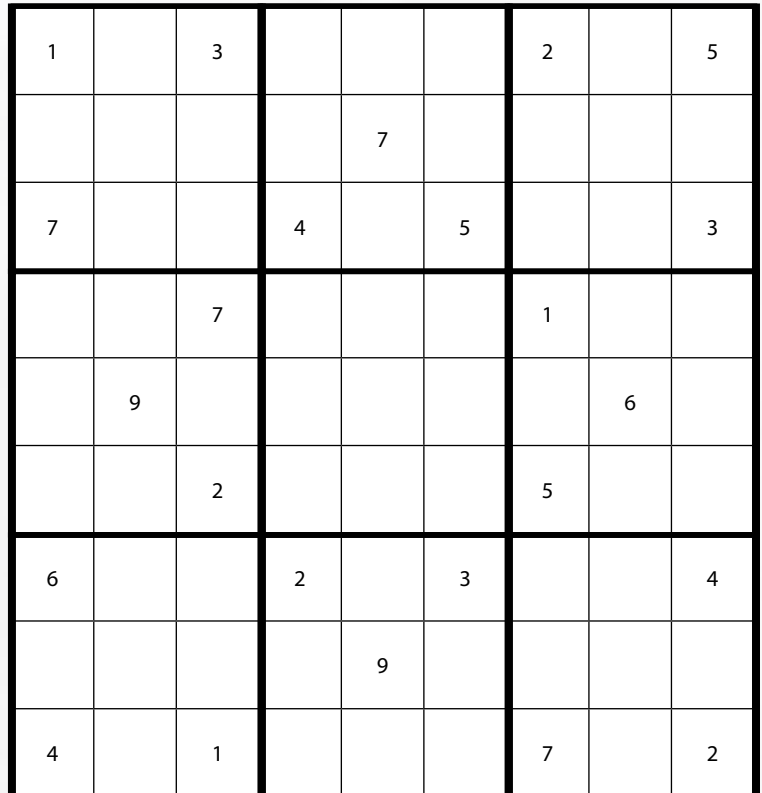


Sudoku solution



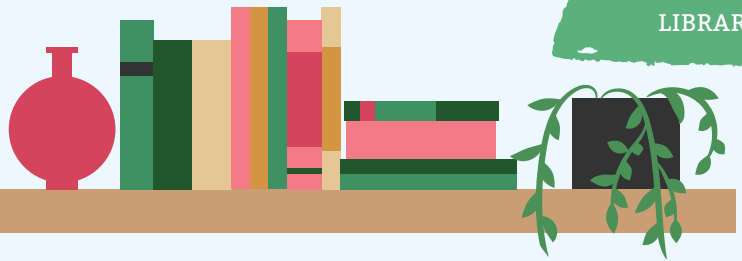
Sudoku

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



Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles

Tasman District Libraries



Pick n Mix time!

Winter is reading season. Long evenings, cold days – what better to do than escape into the pages of a good book?

To spur you on, Tasman District Libraries is running Pick n Mix, a winter reading promotion for adults. All you have to do is read one book, from four of the twelve categories listed on a reading record. Hand your completed reading record in at your local Tasman library and go in the draw to win a prize.

You'll have fun selecting and reading your four books. We've created some diverse options. Read a book that you've been meaning to read for ages, a book with a day of the week in the title, a memoir or biography, a novel in translation, or any of the other possibilities.

"Pick n Mix offers you choice, as well as the chance to win, whatever your situation, says Collections Librarian Ruth Lawley. "Whether you're an avid reader wanting to challenge yourself to read more widely, or pushed for time, but keen to mix your

reading up a bit. You create the level of challenge you want through the categories you choose to read."

Pick n Mix is runs at all Tasman libraries from 17 July to 31 August and you can enter Pick n Mix as many times as you want.

Get started by visiting your local Tasman library to pick up your reading record.

MORE INFORMATION



Website:

www.tasmanlibraries.govt.nz

Telephone:

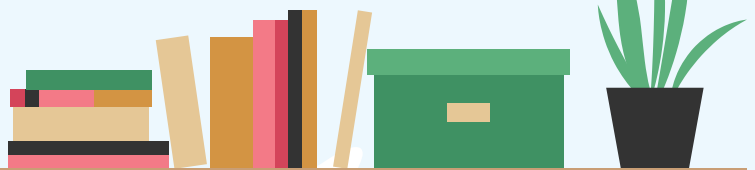
Richmond 543 8500

Motueka 528 1047

Takaka 525 0059

Murchison 523 1013

Nelson Public Libraries



Celebrate and learn – Family History Month August 2018

The interest in genealogy is growing as families, with relatives spread across the globe look for connection and their family's roots. People are often surprised, when they set out on their journey of discovery, at how time-consuming and complex the research can be. But help is at hand! We have organised a programme of talks, workshops and visits to assist anyone who is new to family history as well as those who have been involved for some time. Discover places, resources and people who can help you search your family history, or inspire you to explore the history of the places your ancestors lived.

Our Family History Month programme includes:

- Tuesdays July 7, 14 and 21 from 9.30 – 11.30 am Starting Genealogy – a course for beginners
- Saturday 12 July 2.00 – 3.00 pm Darryl Gallagher from the Nelson Provincial Museum – preserving your family photos
- Thursday 16 July, 9.30 – 11 and Friday 24, 8.15 – 9.15 pm Stoke Library – Recording family history on social media



- Sunday 19 July, 2.00 – 3.00 pm Author Julie Thomas on her family saga about the Horowitz family. A Friends of the Library talk.

And join us on a journey of discovery:

- Bloodline Tour – visit libraries and archives which hold the regions family history resources: Ancestors Attic, Nelson Family History Centre, Nelson College Scriptorium, Waimea South collection at Richmond Library, Nelson Provincial Museum Research facility at Isel Park and the Research Room at Elma Turner Library.

Full details available from It's On, library@ncc.govt.nz / www.nelsonpubliclibraries.co.nz or phone 03 5460417

MORE INFORMATION

Phone, email or check our website for more information about Nelson Library programmes and services – within the Library and beyond.

Contact: 546 8100

www.nelsonpubliclibraries.co.nz



TASMAN AND NELSON DISTRICT

Age Concern

Offering support services, information and advocacy. Our services include Elder Abuse and Neglect advice and support, and an accredited visitor service. Ph. 03 544 7624. Richmond Office: 62 Oxford Street.

Alzheimers Society

Supporting all those living with dementia in our community. Our service provides information, education and advice to all those affected by dementia. Ph. 0800 004 001/546 7702

Arthritis New Zealand

Services available in Nelson; Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. Free Ph. 0800 663 463 for more information. An arthritis educator is also available.

Asthma Society (Better Breathing Classes)

Ph. 03 544 1562 for times and venues in each region.

Brook Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary. We need Visitor Centre Volunteers, Hosts for Public Events, Track Cutting, Invasive Plant Control, Trapping and Lizard Monitoring volunteers. W. www.brooksanctuary.org.nz/support Ph. 03 539 4920

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz or contact Volunteer Nelson for more information. 546 7681, admin@volunteernelson.org.nz

Hearing Association Nelson

Card group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month held in Stoke, Richmond, Motueka and Golden Bay. Please phone for an appointment. Ph. 03 548 3270

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus. Bookings Ph. 0800 008 011

Mobile Toe Nail Cutting Service

A new option for people who are unable to reach or see to trim their own toe nails. In your own home or residential care facility. Contact Lisa who has 28 years of nursing experience. Ph. 03 526 7420 or 027 821 1803

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events. Ph. 03 546 8100.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required, If you can walk, you can march. Uniforms supplied. Ph. 548 9527 (Diana) E. dianatony@xtra.co.nz

Senior Net (Nelson)

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings Street. Ph. 03 548 9401.

Stroke Foundation

Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 455 8302

Upright and Able for Falls Prevention

Free four week course for those over 65 who have had a fall. For more info: Ph. 03 543 7838 E. cherie.thomas@nbph.org.nz

Volunteer Nelson

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

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Ph. 03 524 8130 (Don)

Genealogical Group

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

Gentle Exercise Class

(through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 – 11.00 am (Free). Ph. 03 525 0105 (Erica) E. ericaphysiogoldenbay.co.nz

Golden Bay Contract Bridge Club

Golden Bay Community Centre, Commercial St, Takaka. Weds 7.00 pm & Fri 1.00 pm. Ph. 03 525 9744 (Leigh)

Golden Bay Garden Club

Ph. 03 525 8455 (Anne)

Golden Bay Patchwork and Quilters Guild

Ph. 03 524 8487 (Liza)

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons. 1.30 pm – 4.00 pm. Ph. 03 525 8445 (Mary)

Marble Mountain Country Music Club

4th Sunday of each month at the Senior Citizens Clubrooms. Ph. 03 525 9966 (Margaret)

Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper & games for \$3. Ph. 03 525 9491 (Nancy)

Pohara Bowling Club

Ph. 03 525 9621 (Jennifer)

Puramahoi Table Tennis

Ph. 03 525 7127 (Rene)

Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention. Private sessions as well. Learn how to use your breath and gentle movements to calm the body and mind. Ph. 03 525 7422 (Terry)

SeniorNet (Golden Bay)

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

Sit and Be Fit

Golden Bay Community Centre: Tues, 10.15 am – 11.15 am. Ph. 03 525 8770 (Jacinda) Collingwood Memorial Hall: Thurs 10.00 am – 11.00 am. Ph. 03 525 8770 (Jacinda) or Ph. 03 525 9728 (Jo). \$2 donation.

Takaka Golf Club

Ph. 03 525 9054

Takaka Golf Club Ladies Section

Ph. 03 525 573 (Rhonda Lash)

Takaka Spinning Group

Ph. 03 524 8146 (Margaret)

Takaka Table Tennis

Ph. 03 525 7127 (Rene)

University of the Third Age

Ph. 03 525 7202 (Moir)

Uruwhenua Women's Institute

2nd Tuesday each month 1.30pm. Ph. Nancy 03 525 9491 for venue.

Wednesday Walkers

Meet at Information Centre Carpark, Takaka – leaving 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Ph. 03 525 7440 (Piers Maclaren).

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Ph. 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Courts every Thursday. Ph. 03 547 6916 (Leona)

MAPUA

Sioux Line Dance

Tuesday – Mapua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere & Mapua. Ph. 03 543 2268 (Lynda)

Mapua Craft Group

Meets every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Plus guest speakers, demonstrations & group outings. Morning tea provided. Ph. 03 540 3602 (Julie Cox) E. juliecox@xtra.co.nz

Mapua Friendship Club

Mapua Public Hall. Ph. 03 540 3685 (Valerie)

Mapua Bowling Club

Ph. 03 540 2934 (Dave)

MOTUEKA

Cycling

Thursday night social biking group meets 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.

Indoor Bowls

Motueka Senior Citizens Hall. Ph. 03 528 7960 (George)

Sioux Line Dance

Thursday – Motueka Memorial Hall. Beginner Class, 6.30 pm – 7.30 pm. Improver Class, 7.30 pm – 8.30 pm. Ph. 03 528 6788 E. sioux.wilson@yahoo.com.au

Marching

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

Motueka 50+ Walking Group

All walks leave Deck's Reserve car park, where transport is arranged. Meetings last Thurs each month in RSA Club, High St, Motueka at 9.30 am. Ph. 03 528 7276 (Secretary Yvonne Hope) Ph. 03 528 6290 (President Nora Morris) Alternate walks: Ph. 03 528 4559 (Frances Neumann)

Wed: 60+ Gymmers, 9.30am \$5

Pickle Ball, 11.00am \$5

Badminton, 2.00pm \$5

Thurs: Sit n Be Fit \$5

Ph. 03 5288228 (Wendy)

Motueka Social Dance Group

Dances at Mapua Hall, 7.30 – 11.00 pm Ph. 03 528 5363 (Gary)

Riwaka Bowling Club

School Rd, Riwaka. Ph. 03 528 4604 (Kathy) Ph. 03 528 8347 (Pat)

Riwaka Croquet Club

Ph. 03 526 6237 (Nini)

Scottish Country Dancing

Ph. 03 543 2989 (Valerie)

Social Recreation

Kiwi Seniors (Motueka)
Ph. 03 528 7817 (Vonnice)

Yoga

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

MURCHISON

Murchison Sport, Recreation & Cultural Centre

Find out what is happening:
www.murchisoncentre.co.nz
E. murchison.centre@clear.net.nz
Ph. 03 523 9360

Murchison Golden Oldies
Ph. 03 523 9792 (Hamish Reith)

NELSON

Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am – 10.15 am, Tahuna Presbyterian Church, Muritai St \$6.
Ph. 03 547 0198 (Angie)

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221

Belly Dancing

Zenda Middle Eastern dancing
Ph. 027 689 0558 (Debbie)
E. dbsumner@xtra.co.nz or
Ph. 03 548 8707 (Gretchen)

Breast Prostheses and Mastectomy bras

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

Cardiac Support Group

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

Community Heart and Diabetes Services

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

Golf Croquet

Nelson–Hinemoa, Ph. 03 548 2190 (Bev)

Gentle Yoga with Connie

Hearing House, 354 Trafalgar Square, Nelson Tuesday's (during school term) 10.30 – 11.45am. Suitable for anyone who is inflexible, thinks yoga too hard for them, or has a sedentary lifestyle. Numbers are limited to 12. Ph 035475331 or 0272976147 Email: jnc@jnc.co.nz

Government Superannuitants Association

Ph. 538 0233 (Margaret)
E. nelson@gsa.org.nz

Grandparents raising Grandchildren

Ph. 03 544 5714 (Paula)

Line Dancing

10.00 am Tuesday/ Thursday. Nelson Suburban Club. Free morning tea. All ages & gender, gentle cardio.
Ph. 03 547 9280 M. 0274 491 569
E. dianeneil@ts.co.nz

Marching

Silveraires Leisure Marching.
Ph. 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.

Ph. 03 545 2181 (Judy)
E. randjpittman@gmail.com

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2 Supper provided. All new members welcome.
Ph. 03 540 3288 (Valerie)

Nelson Grey Power

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

Nelson Male Voice Choir

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

Nelson Petanque Club

Wed and Sun 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.
Ph. 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.
Ph. 03 547 7516 (Len)

Nelson Provincial Museum

For details, visit
www.nelsonmuseum.co.nz

Nelson Social Dancing Club

Dance at Club Waimea, Queen Street, Richmond 7.30 pm to 11.15 pm the second Saturday of each month. Ballroom, Latin, Rock n Roll and sequence dancing, live music. Members \$10, non members \$15. Note: no stiletto heels please!
Ph. 03 544 8052 (Lynn)

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall, 156 Toi Toi St, Nelson. Ph. 03 547 5721 (Kelly) Ph. 03 547 7226 (Ian)

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Ph. 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Ph. 5466562 (Roger or Shirley).

New Zealand Society of Genealogists, Nelson Branch

Meetings every 4th Monday 7.30pm Feb Oct at Nick Smiths Rooms Quarantine Road, Stoke. Library 67 Trafalgar Street, Nelson, Mon 1-4, Thur 10-4, Sun 2-4. All welcome. nelson@genealogy.org.nz

Pottery

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

Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided.
Ph. 03 548 8245 (Jo Ann)
E. nzsilveryogis@gmail.com
W. www.silveryogis.co.nz

Stoke Tahunanui Ladies Club

Meets third Wednesday each month.
Pauline Ph. 03 547 5238

Sit and Be Fit

A 35 min class to music. Victory Community Centre, Totara St, Nelson – Tuesdays 11.00am. Ph. 03 546 8389 (Leigh)

Super Seniors (65+)

10.30 am – 12.30 pm Meets third Friday each month. All Saints Church Foyer, 30 Vanguard St (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation \$5
Ph. 548 2601 (Anne-Marie)

Support Works

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

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 28 Halifax St, Nelson Ph. 03 548 4699

Table Tennis

Nelson Table Tennis Club
Ph. 03 547 5066 (Kay)
Ph. 03 544 8648 (Glenda)

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi with Gretchen

Classes in Nelson, Stoke & Richmond
Ph. 03 548 8707 (Gretchen)
E. kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the 2nd Thursday each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui. Ph. 03 548 0272 (Jennifer).

Ukulele with Gretchen

Nelson and Richmond, groups or private.
U3A: Ph. 03 548 7889 (Paul)
E. membership@u3anelson.org.nz

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

Meet every Tuesday at 1.30 pm at Anglican Church, 238 Vanguard St, Nelson for cards and games.
Ph. 03 546 9057 (Jan)

Victory Sit & Be Fit

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

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome. Ph. 03 545 9180 (Jeff).

Yoga

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

Yoga

Hot Yoga Nelson Ph. 03 548 2298

RICHMOND

Aqualite:

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. \$5.00 per session, Mondays & Wednesdays. 8.00am and 8.40am. Increase strength, improve balance and manage pain

Badminton Richmond

Morning Badminton
Ph. 03 544 44120 (Dawn)

Bfit4ever

Nicola Rae, 021 0788609 or 546 8444

Body Power Pilates & Yoga Centre

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

Hope–Ranzau Women's Institute

1.15 pm first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond, Visitors welcome.
Ph. 03 544 5872 (Brenda)

Richmond Bridge Club

Bridge lessons – Monday evenings & Tuesday afternoons.
Ph. 03 544 6734 (Shirley) 348 Lower Queen Street

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every 2nd, 3rd and 4th Thursday of the month. Learn to Spin, Knit, Crochet, Weave or Felt.
Ph. 03 986 0079 (Margaret)

Chair Yoga

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street.
Ph: 03 544 3955 E. club50@sporttasman.org.nz. All sessions \$4.00.

Croquet

New members very welcome. Golf croquet Thursday & Sunday 1.00 pm. Association croquet Winter – Wednesday & Saturday 1pm, Summer 10.00 am. Lawns opposite Health Centre lower Queen Street.
Ph. 03 541 0623 (Sherly)
Ph. 03 544 7268 (Betty)

Easy Exercise

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

Euchre (May to Sept only)

Warm & friendly. Cuppa and raffles. Richmond Bowling Club. Fridays 1.30 to 4.00 pm. \$3.00 per session.
Ph. 03 5442749 (Monica)

Sioux Line Dancing

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

Taster classes & courses with Physiotherapist Jacqui Sinclair. Full details go to W. www.jacquinclair.com
Ph. 03 544 1645

Pilates Classes

Richmond Recreation Centre. Mon 12.30 to 1.30 pm or Wed 9.15 to 10.15 am.
Ph. 03 538 0318 (Sue) M. 021 034 4109.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. All welcome. No experience needed.
E. craftpotters@ts.co.nz

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1pm. Bowls provided. Ph. 03 544 8060 (Jean)

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every 2nd, 3rd & 4th Thursday of the month. Learn to spin/knit/weave/crochet/felt or if you just want to meet others who enjoy working with fibre.
Ph. 03 544 9982 (Dianne)

Richmond Indoor Bowls

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

Richmond Physiotherapy

Knee classes: Wednesday 10.00 – 11.00 am, \$10.00. Pilates: Tuesday 12.00 – 1.00 pm, \$15.00. Pilates: Thursday 5.00 – 6.00 pm, \$15.00. Senior Fit Class: Tuesday 10.00 – 11.00 pm, \$15.00.
Ph. 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening 7.30 pm. Methodist Church Hall, Neale Ave, STOKE. Contact 5440902 or 5418211. C Stanton, Sec RSCD club. cstanton@actrix.co.nz

Richmond Senior Citizens

62 Oxford Street, Richmond. Cards Tuesday – 1.30 to 4.00 pm. Bus trip & lunch first Wednesday of each month, cost varies. Craft Group – Thursday 9.00 – 12 noon. Cards – Thursday 1.30 to 4.00 pm. Exercise classes & cuppa – Friday 10.00 to 11.00 am. Friday Rummicub 1.00 pm – 3.00 pm. Hot lunch – Friday 12 noon \$5.00. Ph. 03 544 9174 (Pauline or Terry)

Richmond Slimmers Club

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

Richmond Waimea Community Whanau Group

Network, share information and learn more about your community. Meets the first Tues of each month, 12 noon – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea & coffee provided) Ph. 03 544 7624 (Sue Tilby, Age Concern)

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford St Richmond, Tuesday & Thursday Cards 1.30 pm – 4.00 pm. Friday Rummicub 1.00 pm – 3.00 pm.
Ph. 03 544 5563 (Kath)

Sit and Be Fit

Mondays 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5.00 pp.

Sport Tasman Richmond

(RTH) 9 Cambridge Street
Ph. 03 544 3955. \$5 per session, discounted concession cards available. Mondays & Fridays: 9.00 am – 10.00 am: Easy-beat (Highest intensity class) 10.30 am – 11.30 am: Shapeup (Lower intensity, with seated options). Tuesdays: CLUB50+ 9.30 am: Meet at the centre to join in the Social, recreational activities & outings. Programmes available at the centre or enquire at number above. \$4 per session, with some extra costs being incurred.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am beside the Badminton Hall, Gladstone Rd. www.tasmantennisclub.info

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

Go to www.jacquinclair.com for full details or Ph. 03 544 1645

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge.
Ph. 0212 398 969 (Delia)

Clogging/Tap Dancing

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

Give It A Go

A variety of easy activity options. New activity each week such as Tai Chi, Croquet, Petanque and Aqua Aerobics.
Ph. 03 546 7910
E. wendy.get@sporttasman.org.nz to get up to date information and or to book a space.

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 – 9.45 pm.
Ph. 03 547 3230 (Buddy)

Just Us Drama

Meets each Monday 10.30 am - noon at Whakatū Presbyterian Church Hall Lounge, Upper Songer Street Stoke to rehearse skits and plays for to performing to various groups. No previous experience necessary! Enquiries to Marion 5470509 or Jane 0210578754

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Rd, Stoke. Ph. 03 547 7022 (Philippa) 03 547 2660 (Anne)

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1.00 pm. Ph. 03 547 7485 (Kay)

Presbyterian Support

Visit us at 360 Annesbrook Drive, Nelson. 10.00 am to 3.00 pm most days. Enliven Positive Ageing Services

– social & activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments & lunch provided. Van transport to & from the centre. Ph. 03 547 9350 (Trish)

Safety & Confidence

Ph. 03 543 2669 (Cornelia)
Saxton Seniors, Saxton Stadium

Senior Walking Group:

Tuesday & Thursday 9.30 to 10.30 am \$5.00.

Senior Circuit: Tuesday 10.00 am, \$5.00 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday & Thursday 9.30 to 10.30 am.

Chair Yoga: Wednesday 10.30 am.

Tai Chi for Health:

Ph. 03 538 0072
E. stadium@sporttasman.org.nz

Stoke Bowling Club

Ph. 03 547 1411 (Allen)

Stoke Central Combined Probus Club

Meets every 4th Tuesday 10.00 am, Nick Smiths Rooms, Waimea Rd.
Ph. 03 547 0941 (Colleen)

Stoke Old Time Country Music Club

Stoke School Community Hall. Every 2nd Sunday 6.30 pm. All welcome to a lovely evening of singing, and musical instruments.
Ph. 03 542 3527 (Dick Knight)

St Barnabas Stoke

Coffee and Chat – Wednesdays, 10.30 am. No charge. Out To Lunch – community lunch. First Wednesday of each month, 11.45 am. Donation accepted.

Stoke Seniors Club

Contact Karen, Mel or Anne at 548 Main Road, Stoke. Ph. 547 2660
E. stokeseniors@xtra.co.nz

Regular activities at Stoke Memorial Hall:

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

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm \$3.

Mel's Memory Lane Chat Group: Twice a month at 11.00 am Tues – Thurs.

Sit & Be Fit exercises to music: Tuesday and Wednesday at 11.00 am. \$3 500 Club – Wednesdays at 1.00 pm \$3.

Stoke Seniors Hall: Scrabble Club: Mondays 1.00 pm. \$3.

Weekly Afternoon Entertainment (Tuesday – Thursday.) Contact 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).

SERVICE DIRECTORY

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

Monthly movie: Contact office for details.

Stoke Seniors Choir: meets Thursdays from 11.00 am to noon. Contact Anne.

Special trips:

Monday outings – café lunch/picnic.
Thursday – out @ about local tiki tour from 11.00 am.

Girls Own:

Monthly on Friday.

Lads @ Large:

Monthly on Friday.

TAPAWERA

MENZSHED

Contact: John
Ph. 03 522 4616
E. menzshedtapawera@gmail.com

Visual Art Society

Ph. Kay 03 522 4368
Walking – Tapawera
Rural Ramblers Ph. 04 541 9200

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every 2nd Tuesday (mornings)
Ph. 03 541 9693 (Margaret)
Ph. 03 542 2235 (Yvonne)

Willowbank Heritage Village

Open every first Sunday in the month (September – May). Stroll the village and visit the stores + our Victorian Cafe, 1950s Burger Bar and 1970s Milkshake Bar. More info: willowbank2002@gmail.com

Walking – Wakefield

Rural Ramblers Ph. 03 541 9200

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