

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Helping grandkids negotiate
challenging times

Bridging the technological divide

Older problem drinkers

Arts Alive in Nelson Tasman

Plus directory of clubs and activities,
food, books, gardening, and more



EDITOR'S Letter



Last year, we practised keeping our distance from other people in order to protect them, and ourselves, from Covid-19. Overnight, the words “social distancing” and “bubble” entered the language to describe a state that ensured our mutual health and safety.

In other circumstances, such behaviour would be considered unhealthy, and a certain path to loneliness and isolation, especially for older people.

During the Covid lockdown the effects of social isolation were more easily overcome by those who were already adept in the use of computers, mobile phones and other digital devices, and who already had access to the internet.

Despite the apparent ubiquity of technology, it's easy to forget that cost and a lack of knowhow still prevents many from using technology to connect to people, information and... yes... entertainment and distraction. And of course, “internet native” or not, many still prefer to conduct

business in person rather than via websites and call centres.

Nelson librarian Laura Findlay, while a great advocate for technology, discusses the “technological divide” in this issue of *Mudcakes & Roses*. Children's author Katie Pye emphasises the value of simple human warmth, unmediated by screens, in her piece on helping grandchildren through tricky times.

If you prefer your entertainment live, rather than on screen, or have an interest in local history you might be interested in attending a performance of *The Wairau Affray*, which also gets a mention in this issue.

Warm regards

Ro Cambridge

Where to pick up your next copy

Mudcakes & Roses is available at all Nelson City and Tasman District Council offices and libraries, as well as the following locations:

Richmond

- Oakwoods Retirement Village
- Tasman Medical Centre
- Night 'n Day Richmond
- Richmond Aquatic Centre
- Boulevard Café
- Summerset Richmond Ranges

Stoke

- Summerset in the Sun

Nelson

- New World
- Morrison Square
- Fresh Choice

Wakefield

- Four Square

You can also find it online at tasman.govt.nz/publications

In this issue

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- 9 Dangerous drinking isn't just a problem of youth.
- 10 *Beyond the Face* – a local exhibition of photos evoking the humanity and complex lives of older people.



Contact the editor

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On the cover

Photo by RODNAE Productions, sourced from Pexels.

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Te Kaunihera o te tai o Aorere



Te Kaunihera o Whakatū

Helping children through tricky times

Author Katie Pye writes books for children aimed at fostering connection and communication. In this article she suggests how you can help your grandchildren negotiate challenging times.

Are you worried about your grandkids? Here are a few ideas to help you support them through tricky times.

Be that listening ear

One of the biggest gifts we can give our grandkids is our time. Sometimes kids warm up into conversation, so the more time we can manage, the better. When kids are ready to talk, try not to fix it. Let them speak freely, affirm their feelings, and reassure them that they are loved. Hugs can work a treat!

Say “I love you” in their “love language”

In his book *The Five Love Languages*, psychologist Gary Chapman describes five different ways that people tend to give and receive love. The so-called “love languages” include physical touch, affirming words, seeking quality time, valuing gifts and valuing acts of service. Try to figure out how your grandkids receive love and say “I love you” in their language.

Help them talk about it

While some kids readily share, others are more reluctant. You can help them warm up to conversation by:

- Keeping connected with their world – it helps you ask relevant questions and shows you care.
- Memorising a few fantastic open-ended conversation starters – for example: If you could swap out something from your day, what would it be? or what’s something you are looking forward to / are worried about?



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- Being the star of your story time! Your lived experiences can be a huge support to your grandkids. Try engaging the grandkids with hooks like... I bet you can't guess... or Do you want to know something silly grandma used to do?
- Finding a conversation hook – try using something like a picture or a book to help transition a conversation. For example, *Breaking News* is a Humpty Dumpty retelling that sparks a conversation about coping through change.

Be a fantastic role model

In troubling times, kids often look to adults and watch how we cope. You can help your grandkids simply by making healthy choices, asking for help when you need it, and demonstrating to them how you reassure yourself. For example, I can get through this; I can find things to be thankful for; I can choose how I will respond to the situations I am faced with.

Add a touch of silly

There is nothing quite like silliness to lighten a mood. Whether it is putting on a persona, making a favourite toy talk, pretending to interview for TV, making up a story together, or getting out the tickle monster, kids respond well to FUN! The great news is that fun is often a magical starting point to help kids feel connected. The even better news is that having fun often makes us feel better too!

Border closures have meant that many of us have had to be more creative in connecting with loved ones. Have you found something that works well?

About the contributor

Katie Pye is a Nelson-based kiwi kid's book author and a mum on a mission. Her children's book series, *Fairytale Fraud*, takes traditional fairytales and adds a clever spin to them. Each book opens a conversation with kids in a non-preachy way. Katie's fun stories are available from www.fairytalefraud.com





The technology divide

Librarian Laura Findlay discusses why technology and the internet can divide as well as connect us, and suggests how we might bridge the technological divide.

Some of us tap and swipe through the day for fun and information, and for plenty of banal reasons too. However, for many others, accessing and then navigating the digital world remains a daunting and challenging task.

At the forefront of discussion about the technological divide is access. A computer or digital device and WiFi connectivity is still too costly for some people. While cost can certainly be a barrier, digital devices like phones have gotten cheaper over time.

There are also some great initiatives designed to make connecting to the internet more affordable. *Skinny Jump* for example, a partnership between libraries, the Digital Inclusion Alliance Aotearoa and the Spark Foundation provides broadband at a greatly subsidised cost. Visit www.skinny.co.nz/jump/home to check if you are eligible.

There are still challenges, even with an internet connection and a device in your hand: you need to know how to use these new tools. Novices are full of questions.

How do I set up my device? What apps do I need, and how do I use them? How do I change a setting? How do I look like I know what I'm doing? And, not infrequently, how can I be sure not to break it? Don't worry on that score – unless you drop it over the side of the Interislander! Simply pushing buttons won't damage your device.

The next concern of novice users are issues of privacy, security and trust. This worry is not ill-founded. Initially, the internet was an open, neutral space for sharing, but times have changed. Technology does present a whole range of privacy and security concerns, but business, government and entertainment is moving online apace and those who don't plug in can get left behind.

It's a balancing act between keeping abreast of technology and keeping yourself safe online. With the right support, and caution, these concerns needn't turn into mistrust or fear. Advocating for, and teaching digital literacy has an important role to play here. The government has outlined further initiatives in the Digital Inclusion Action Plan 2020 – 2021.

While it is wise to move cautiously, there are innumerable benefits to using technology, something that has become clear as we have faced the impact of Covid-19.

Internet banking, doctors' appointments, wayfinding, communication, and shopping are all made easier and faster with the assistance of the internet.

There's another positive aspect of technology: a whole world of entertainment and connection is at your fingertips. There is, literally, something for everyone on the internet.

Via apps and the internet, you can listen to audiobooks that turn off when you fall asleep, send silly GIFs to friends, take lots of photos, try new recipes or shop for ingredients, play games, learn a language, read stories to your faraway grandkids, explore museum collections, tune your guitar, browse newspapers, add to your family tree, write a blog, or watch the Atlantic Puffins on Seal Island.

Reluctance or resistance is a reasonable but unfortunate response to the sometimes bewildering and complex online world. Fortunately, many library programmes now address this situation with a relaxed and hands-on approach to digital education.

At Nelson Libraries our *Back to the Future* programme is designed to teach older adults in the community some tech-savvy skills and most importantly, how relevant – and fun – cyberspace can be.

Details about Nelson Libraries' Back to the Future "Tech Taster" programme can be found on page 15 in this issue of Mudcakes & Roses.

About the contributor

Laura Findlay is the Digital Engagement Librarian at Nelson Public Libraries. She juggles devices, gadgets, apps, videos, modems and emails with a refreshing dose of books, boardgames and handicrafts. She has worked at the library in various roles for nine years.



Thinking ahead for peace of mind

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services – Here to help with any questions you may have about options available.



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Our environment

Save the earth! It's the only planet with chocolate!

Are you concerned about climate change and the effect it will have on your grandchildren – in fact, everyone who is younger than you?

Even in your back yard, you've probably noticed how changes in the weather affects the flowers and vegetables in your garden. Although many of us are already recycling more, travelling less, and changing to plant-based diets, emissions in New Zealand are still rising.

Sometimes the problem of climate change can seem overwhelming. But help is at hand!

A group of people in the region started the *Nelson Tasman Climate Forum* about a year ago, believing that national and local government was not doing enough to reverse the trend to overheating the planet.

It's a testament to the hard work and commitment of the group that they have already published an online helpful, informative and reassuring

book called *The Climate Action Book*. Well-illustrated, colourful, and not too dense, it is highly accessible and easy to read.

The structure of the book reflects the structure of the Climate Forum: it's got seven main sections named for the areas where the experts think we need to make changes including what we grow and eat, how we create energy, and where we live and work.

Each section suggests remedial actions that we can take as individuals, communities, businesses, or governance bodies.

As individuals we can change the way we live in small ways: we can write letters or make submissions, and we can volunteer with organisations around our region. There doesn't have to be an all-consuming struggle between the desire to volunteer and the desire for an afternoon nap: you can micro-volunteer.

The older generation especially has valuable insights into how to live more simply instead of continuing on our wasteful, throwaway, single-use trajectory.

The Climate Forum has four hui a year and welcomes everyone. Members vary from well-qualified experts in scientific fields to people like you who recognise the need for community action and want to help.

It is a democratic organisation which holds elections each year. Each hui includes activities such as tree planting and flax weaving as well as discussion and planning for future events and projects. Hui are highly social, usually ending with supper or a trip to the pub, so they are a good place to meet other concerned earthlings.

***The Climate Action Book* is free to download here: bit.ly/3vij6oE**

Find some chocolate and sit down for a good read!

Columnist: Pam Henson

Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at e.henson@gmail.com



That's life

Inverary Station, mid-Canterbury

Become a grey nomad this winter

Our travel bubble is gradually expanding. We've been able to fly to Australia since April, from 18 May the blue skies, warm waters and golden sands of Rarotonga have been ours for the taking. However, many of us are not certain that overseas travel is a good idea. Yet.

So, what do you do when you're busting to escape your four walls but are reluctant to cross the Tasman or the Pacific? You plan a New Zealand road trip of course! Or perhaps you follow my chaotic example and just load up your car with every conceivable holiday need (including the dog), point your car in an out-of-town direction and see what happens. Actually, I had a plan, but it wasn't much more than an intention to head south.

So far it's been wonderful. I'm not quite home yet; in fact, I'm writing this from an extremely comfortable, and dog-friendly, motel in Springfield.

The weather has been glorious: sunny skies and frosty but cosy evenings for the most part, although my venture over to the West Coast tomorrow may be accompanied by thunderstorms and hail. If that happens, I'll consider it to be all part of my "roadie adventure".

It helps to have a decent-size car so you can pack in everything except the kitchen sink. I didn't pre-book any accommodation, but I appreciate not everyone is comfortable doing this. Alternatively, consider hiring a campervan; the rates are much friendlier this time of year. The lack of overseas tourists means the roads are relatively empty, which is a good thing, believe me.

If you're heading south from Nelson I highly recommend the east coast route. From Blenheim onwards my jaw remained in fully dropped position. Engineers have done an amazing job reconstructing SH1 and there are now very few delays.

Be sure to stop at Kaikōura, if only to sample fresh blue cod and chips – crayfish was a bit rich on various levels for my budget. I turned inland after Kaikōura to sample high country station life for a day or two before heading down to Geraldine and then reconnecting with the coast road.

A couple of days in Oamaru saw me exploring the town's magnificent Victorian architecture, then it was on to Dunedin via Moeraki where I had lunch at Fleur's restaurant, which should be compulsory for all travellers. How I wish I had another week to explore Central Otago. Next time!



Columnist: Renée Lang

Renée Lang runs Renaissance Publishing, specialising in book publishing and packaging. She also offers non-fiction editing and proofreading services. When she's not glued to her computer, she enjoys cooking up a storm and walking her dog.



Food for thought

All things bright and beautiful

Romanesco is a beautiful, chartreuse coloured, cone-shaped, intricately patterned vegetable. It's a member of the brassica family (which includes cabbage, kale and cauliflower) and is thought to be a hybrid of broccoli and cauliflower. It tastes something like broccoli, but with a unique earthy and nutty flavour.

Its fractal growth pattern makes it very beautiful but it is also nutritionally rich with vitamin C, vitamin K, fibre and carotenoids. It's not often found in local shops, but most greengrocers will buy it in for you if you ask for it.

When buying Romanesco choose a head that is bright in colour without discolouration or brown spots. The stem should be firm, the head should be dense and heavy and the leaves should not be wilted.

In preparing Romanesco for the table, it's most important not to overcook it or it will turn to mush and lose a lot of its unique flavour.

Some cooking suggestions:

- Break the head into smaller pieces. Blanch in boiling water for a few minutes until it turns a bright green. Drain and drop quickly into a bowl of ice-cold water to set the colour. Toss cooked florets into cooked pasta, add olive oil and some grated hard cheese.
- Break the head into smaller pieces and pickle it. You can pickle quickly with vinegar and water, or a salty brine which will ferment, giving you a delicious tangy snack.
- Roast whole or divided in two. Rub in some good oil and a little unrefined sea salt and roast in a hot oven. This will bring out its lovely nutty flavour.
- Eat raw. The individual florets make an attractive and novel dipping vegetable.
- Steam or sauté with garlic and olive oil, in a stir-fry, include in a soup, or a quiche with a tangy blue cheese.

Reminder

Free *Just Cook 4 Healthy Ageing* classes for seniors start in Richmond on Monday mornings, 14 June – 5 July. Contact me to book yourself a spot. Call 021 1709 443 for more information.

Columnist: Sally Rees

Sally Rees, a qualified chef, and Home Economics teacher, loves working with raw food and fermented foods. She teaches food classes in Nelson and enjoys no-dig gardening at the Waimarama Community Gardens. Website: www.naturalnosh.nz. Facebook: Natural Nosh.





Problem drinking – it's not just youngsters who over-indulge

Discussions of problem drinking often focus on the drinking habits of young people. However, a recent government survey suggests that older people, particularly older men, are drinking at potentially harmful rates.

The survey showed that 38% of men over 65 years were not meeting Ministry of Health guidelines (see below) and that 63% had consumed alcohol in the last week. Older women fared markedly better but 25% of them felt worried or stressed about someone else's drinking.

A 2017 report from Massey University comparing eight countries found that New Zealand had the second highest proportion of older drinkers. Interestingly, hazardous drinking scores in older New Zealanders were higher in men, those with good economic living standards, and those in good physical health.

"Older New Zealanders are more likely to drink, to drink more often, and to drink in more harmful quantities than older adults in most other countries included in this study," said Dr Andy Towers, co-leader of the research.

Does it really matter if you indulge a little more in your later years?

Unfortunately, while overconsumption isn't good at any age, older people are more susceptible to alcohol because they metabolise it less well. Overconsumption increases the risk of falls, interactions with common

prescription medicines, and conditions like liver disease, cancer, high blood pressure and dementia.

Drinking too much in later years may be the result of a lifetime habit, or it may be a way to deal with loneliness, bereavement, depression or even boredom.

If you are concerned about your drinking you could try these strategies for cutting down:

- Make every second glass a non-alcoholic drink.
- Only drink with meals.
- Have a hot drink instead of alcohol.

If you can't manage to reduce or control your drinking on your own it can help to talk to someone – a trusted non-judgemental friend or family member, or your GP.

However you achieve it, moderating alcohol consumption can boost your wellbeing.

Ministry of Health guidelines

The NZ Ministry of Health advises that to reduce risk of harm from alcohol we should all have:

- No more than 3 (males) or 2 (females) standard drinks per day.
- No more than 15 (males) or 10 (females) standard drinks per week.
- At least 2 alcohol-free days per week.



Arts Alive!

Calling all composers!

A group for composers of classical music is being formed in Nelson. It's the brainchild of 68-year-old Mary Celeste who writes choral and chamber music.

While attending the annual Nelson Composers Workshop for composers from all over Aotearoa New Zealand, Mary found it exciting and inspiring to hear the work of other contemporary composers and feedback from mentors. She also saw the benefit of being able to discuss the creative and technical challenges of composing and envied the way that groups from other centres were able to work together. This started her thinking how she could develop that collegial atmosphere here in Nelson.

Mary is launching *Composers' Network Nelson* with funding from the Creative Communities Scheme distributed by Arts Council Nelson. The aim of the group is to share information and ideas, give feedback on each other's work, get expert advice, and collaborate on musical projects.

The initial meeting of *Composers' Network Nelson* is at 6.00 pm on Thursday 10 June at the Nelson Centre of Musical Arts (NCMA).

For more information contact Mary on 027 213 5027 or celestialmary@outlook.com

The premiere of Mary Celeste's latest composition, *Motet for a Starling called Matisse*, a five-movement piece for choir and starling, will be performed by Chroma Chamber Choir (and Matisse, the starling!) during the choir's Lunchtime Series concert at NCMA on 29 July.

Bookings and concert information from NCMA.



Beyond The Face portrait exhibition

Recently, Age Concern commissioned professional photographer Tim Cuff to take photos of 12 local older people. The resulting portraits – including the portrait of Vivienne Rata (above) – will be exhibited at the Elmer Turner Library in Nelson in June.

Entitled *Beyond the Face*, the exhibition challenges viewers to look beyond the ageing faces and consider the life experience, skills and talents of each subject.

The subjects were interviewed during the project so that a written profile of their lives could accompany each portrait.

Even though the project was initiated by Age Concern, staff still found themselves surprised and amazed at the stories revealed during the photographing and interview process. The combination of the photos and the profiles showed just how rich the lives of these older people are, and the extent of their achievements, and contributions to the community.

When: 31 May to 25 June 2021

Where: Elmer Turner Library Nelson (during opening hours)



Arts Alive!

Nelson's favourite free winter festival is back!

This year Te Ramaroa Light Nelson Festival will once again transform the city into a winter wonderland of colour and light. The festival features more than 30 magical light installations from local and national artists, complete with some roving entertainment that will include some distinctly lampshade-y characters created especially for the event. The festival runs from 9 – 13 July.

Full information is available at www.teramaroa.nz



The Wairau Affray

A new locally written play examines a pivotal moment in Nelson's early history, and race relations in colonial New Zealand.

Written by Justin Eade and directed by Giles Burton, *The Wairau Affray* takes a new look at a dispute between Nelson colonists and local Māori over land ownership in the 1840s. An ill-fated attempt by the colonists to confront Te Rauparaha and a party of his men at Tuamarina in 1843 was the first major armed clash between Māori and Pakeha in New Zealand – and the only one to occur in the South Island.

Younger actors bring the story to life on stage, but playwright Justin Eade says he is grateful for the support and feedback he has received from older Nelsonians and Marlburians, including researchers and historians John and Hilary Mitchell, and John Grey, kaumatua and former chairperson of the Ngāti Toa Rangatira Ki Wairau Trust.

The play will be performed in Blenheim and Nelson:

- ASB Theatre, Blenheim: 24 – 26 June. Book online at www.eventfinda.co.nz/venue/blenheim-civic-theatre
- Theatre Royal, Nelson: 1 – 3 July. Book online at www.theatreroyalnelson.co.nz/show/the-wairau-affray



The Webonaut

News and stories from the internet

Our webonaut Ro Cambridge searches cyberspace for interesting news and ideas on age, ageing and the lives of older people.

Open the web browser on your computer, mobile phone or other device, and type the "bit.ly" link for the topic you're interested in into the search bar.

Australian initiative narrows the tech divide

Statistics suggest that in Australia alone there are around 23 million unused mobile phones. Most are perfectly functional or can be made so. A Sydney woman, concerned about the global scale of e-waste that this statistic suggests, founded *The Reconnect Project* which refurbishes pre-owned phones (and tablets and laptops) and distributes them to people who would otherwise not be able to afford them, including women's shelters, refugee services and youth outreach programmes.

Read more: bit.ly/3vilydn

Ever wondered why your shoelaces come undone?

Yes, this is a trivial matter, but I've always been irked by shoelaces than seem to magically untie themselves. By the time I can no longer bend over far enough to retie the laces, this might be more than simply irksome. The solution to this problem is, of course, to be found online. Follow the instructions on this website and not only will your shoelaces remain secure, but the bow will sit at a neat right-angle to your shoe. The site goes very, very deep into shoelace esoterica so enter at your own risk!

Read more: bit.ly/3wAkUJV

How hot will the world be for your grandchildren?

Here's another, even more (seriously) frightening website... It contains an online calculator with which you can plot major events in the life of your child or grandchild against projected global-temperature increases.

Read more: bit.ly/3ffN1YJ

The gender pay gap particularly affects older women

This article from Newsroom points out that the gender pay gap not only affects women in their younger years but makes them more likely to suffer higher levels of poverty in their retirement years. Prior to Covid, the average old-age poverty rates in the OECD were 15.7 percent for women compared to 10.3 percent for men. Post Covid, the situation for older women will be even worse.

Read more: bit.ly/3wnn3Zg

Feeling a bit unsteady on your pins? There's an app for that!

You have to be willing and able to download an app to your phone to use NymbL, a free app (it's funded by ACC) aimed at helping you improve your balance and reduce your risk of falling. Once downloaded, the app describes simple exercises and then prompts to actually do them. The app's great advantage is that you can exercise at home without any special equipment.

Read more: bit.ly/3fJAsL



Gardening tips and tricks



Feeding the birds and the bees

Winter is here and I'm hoping for a "real" winter, despite NIWA's predictions for a warm one. I long for lots of cold, rainy days and harsh frosts, followed by beautiful days. I have fond memories of three weeks of frosts about 12 years ago – what fun we had watching ducks landing on our frozen pond, skidding to the other side with very surprised expressions!

As you will know, I love putting out treats for our birds, especially during winter. If you are considering making a feeding station and you or your neighbours have cats, it's really important to put a bit of thought into cat-proofing it. We put in a post at least 2–3 metres tall and slipped a piece of drainage pipe over the post –

this stops our cat and vermin from climbing the post. You can make a wooden platform with raised edges (or utilise an old wooden tray), screwing it onto the top of the post.

A simpler option is to put a hanging basket on the highest tree branch you can reach, or hang it from a hook on a pergola rail. Fill the basket with cheap potting mix and place an old plate on which to place food on top of the mix. I have several hanging baskets in our garden and they work really well.

Sugar water is perfect for tui, bellbirds and silvereyes (waxeyes). The ratio is one cup of sugar to one litre of water. Dissolve the sugar in a small amount of boiling water then top it up with cold water – this is faster than waiting for the litre of sugar syrup to cool.

Honeybees are also attracted to sugar water towards spring but

it is heart-breaking to find them drowning in it: once their wings are sticky, they have no hope of survival. I have a hummingbird feeder that I got from the USA so the honeybees can't get into it. I also use shallow bowls – the bees sit on the edge of the bowl without falling in. Any vessel you use for your sugar water will need to be cleaned regularly – this is really important as it helps ensure there isn't a build-up of harmful bacteria.

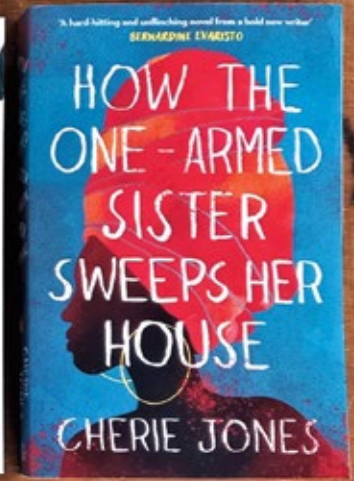
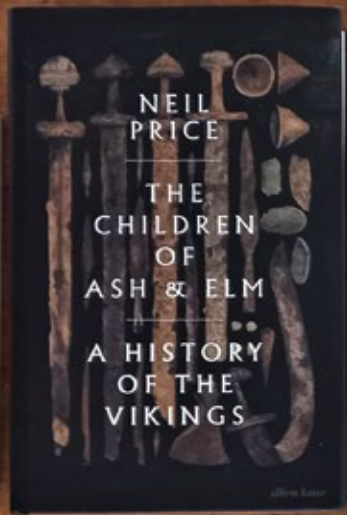
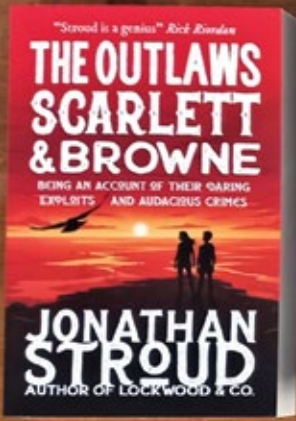
Apples and bananas are loved by sparrows, blackbirds, song thrush, silvereyes, tui and bellbirds. Greenfinches adore sunflower seeds – I put some out especially for them twice a day.

Silvereyes are tiny and they need lots of sustenance during the colder months. Dripping is perfect – I put out a couple of chunks every morning and they demolish it!

Columnist: Philippa Foes-Lamb

Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at foeslamb@xtra.co.nz for further information.





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.



The Children of Ash and Elm: History of the Vikings by Neil Price

How did Vikings see themselves and their world? From 750 to 1050 CE a cultural efflorescence in Scandinavia was felt everywhere from Constantinople to North America to the Asian steppes. This remarkable book, though, presents the Vikings entirely on their own terms – their politics, their cosmology and religion, their material world and technology, their concepts of gender, purpose and value – and provides a deep and entirely new interpretation of a much-misunderstood people.

How the One-Armed Sister Sweeps Her House by Cherie Jones

Short-listed for the 2021 Women's Prize for Fiction, this well-written multi-generational novel coils its way through issues of race, class

and gender in a Barbados where poverty and misogyny lurk under the surface and where a cautionary folk tale takes on multiple meanings for three very different women.

The Outlaws Scarlett and Browne by Jonathan Stroud

Scarlett McCain is a sassy young woman adept at robbing banks, outwitting the law, dealing with the Faith and keeping the mutant Tainted at arm's length. When she teams up with hapless teen Albert Browne and they try to make it safely to the Free Isles (in the lagoon covering what once was London), why are they being tracked by strange men in bowler hats? There are plenty of twists and turns, daring adventuring and an exciting plot to entice you into this intriguing post-apocalyptic novel. *The Outlaws Scarlett and Browne* is mesmerisingly good, and Stroud doesn't miss a beat in

laying down some great challenges: climate change, species mutation, psychological manipulation, and power struggles, as well as bravery, loyalty and friendship.

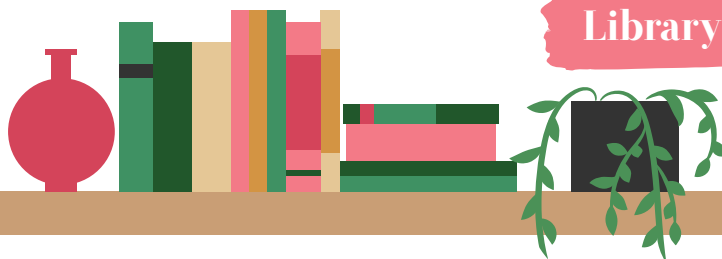
Hundred: What You Learn in a Lifetime by Heike Faller and Valerio Vidali

What do we learn in life? Heike Faller began asking everyone she met this question, recording their answer beside their age. How do the years pass, and how does our approach to life change as we grow up and grow older? Each page in this beautifully illustrated book reveals something that someone that age has learned about life. What age are you? This book would make a lovely gift for anyone of any age.

VOLUME:
15 Church Street, Nelson
Phone 03 970 0073



Tasman District Libraries



Kapa Kōrero – nau mai haere mai!

Connect with others and practice te reo Māori at the library. You are welcome whether you are a beginner or a fluent speaker. Kapa Kōrero meets at Motueka Library every Friday 11.00 am – 12.00 pm, and at Richmond Library every Monday (excluding public holidays) 10.00 am – 11.00 am.

Armchair Adventures

Three local adventurers will talk about their travels to far-flung corners of the globe. Martin Potter will talk about “sailing round the Horn” at 2.00 pm on 9 June. Tish Potter will discuss biking the back roads from Nairobi to Dar es Salaam at 2.00 pm on 16 June, and Gaylene Wilkinson will tell of her tramp down the spine of the South Island at 2.00 pm on 23 June.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz

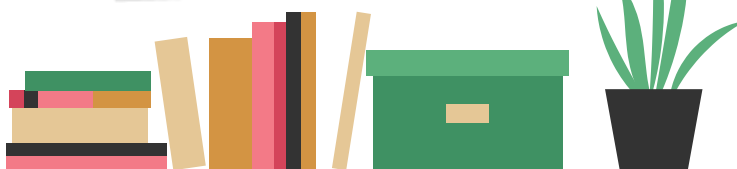


Talks by local author Chris Potter

Local author Chris Potter will talk about *My Beautiful Island*, his recently published book which concerns his early childhood in a Japanese POW camp during World War II, and his extraordinary mother Norah. Chris will speak at Motueka Library on Tuesday 1 June from 3.00pm, and at Motueka Library on Monday 14 June from 2.00pm. Cash book sales will be available.



Nelson Public Libraries



Back to the future with “Tech Taster” sessions

Join us as we journey back to the future with our weekly Tech Taster Sessions which will help you explore the digital world and discover what all the fuss is about.

Enter the world of online tools and activities. We’ll demystify digital jargon and make sure you’re safe in cyberspace while you have a go at writing an online diary, take better photos on your phone, find your way with Google Maps and listen to stories and music online.

We’ll take you on a walk down memory lane, helping you share favourite photos and record your stories online for future generations.

Beginners welcome! Come and have a laugh, enjoy afternoon tea, and gain some new skills to show off to the grandkids.

Tech Taster Sessions take place every Monday, 2.00 pm – 3.00 pm, at Elma Turner Library. Bookings are essential and can be made by phoning the library on 03 546 0414 or ask at the front desk.

One-on-one tech help: Book a librarian for an individual help session – at a time that suits you – or drop into one of our “Device Advice” sessions:

- Elma Turner Library: 2.00 pm Tuesdays and Thursdays.
- Stoke Library: 2.00 pm Tuesdays and Wednesdays
- Nightingale Memorial Library: 2.00 pm Fridays

MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Our Community News and Information

What's happening at Age Concern

Elder Abuse Awareness Week

Sadly, most older people are abused by someone they know. That's why the theme of Elder Abuse Awareness Week this year is *Elder Abuse Hits Close to Home*. In New Zealand, 79% of alleged abusers are family members, 56% of whom were adult children or grandchildren.

Age Concern Nelson Tasman provides information, support and advocacy around elder abuse. We also provide education to healthcare professionals, carers and agencies about how to spot elder abuse, what to do about it and how to promote dignity and respect for older people.

If you are concerned about yourself or someone you know please contact Mal on 03 544 7624 ext 2 or advisor@ageconcernnt.org.nz

TechConnect classes

If you are interested in learning how to use an iPad we suggest you enrol in our iPad users course which begins mid-June and runs for four consecutive weeks. The course includes basic use of the iPad for emails, accessing newspapers, e-books and audio books, streaming TV and movies, games, internet banking and online shopping.

We supply an iPad for you to experiment with during the course so you can decide whether an iPad is for you, before deciding to buy one.

When: Begins Monday 14 June and runs through to Monday 5 July, 2.00 pm and 3.00 pm

Where: Age Concern Hall at 62 Oxford Street.

Spaces are limited.

To book a place, contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz

Monday information sessions

This series of informative and interesting gatherings continues. All sessions run on Mondays, 10.00 am – 11.30 am, Age Concern Hall, 62 Oxford Street, Richmond.

- 14 June: The Brook Sanctuary on the wildlife sanctuary close
- 21 June: ASB presentation on the Stoke Banking Hub, scam / fraud tips and phasing out of cheques
- 5 July: Bike safety for older adults, suitable for standard and e-bikes. (BYO helmet if you have one.)
- 12 July: Personal finance help including power cost, dental issues and home repairs.
- 26 July: Nelson Quilters Guild showcase their creations.

Confident driving

We run a number of courses aimed at helping you boost your driving confidence as well as advice for those who can no longer drive. These classes are coming up:

- **Staying Safe Driving:** Monday 14 June
9.30 am – 12.30 pm, Summerset Richmond Ranges Activities Room, 1 Hill Street North, Richmond.
- **Life Without a Car:** Wednesday 30 June
1.30 pm at Ernest Rutherford Retirement Village, 49 Covent Drive, Stoke.
- **CarFit:** Wednesday 28 July, hockey / softball carpark, Saxton Field, 10.00 am – 3.00 pm. Bookings required.

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

Get in touch with Age Concern Nelson Tasman

Phone 03 544 7624 62 Oxford St, Richmond 7020

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz



Our Community News and Information

Covid-19 vaccination rollout – what you need to know

The free Pfizer vaccine is being offered to people in **Groups 1, 2 and 3.**

People who are aged 65 and over are included in **Group 3** which also includes people who are:

- disabled
- pregnant (any trimester)
- have a relevant underlying health condition*
- live in custodial settings.

If you are in Group 3

The large size of Group 3 means that not everyone will be offered the vaccine at the same time.

If you are in Group 3 you will be contacted over the next few months by a health official, using contact details held by your GP or healthcare provider. You do not need to do anything other than making sure your contact details are up to date.

If you don't have a GP you can register your contact details with Healthline on 0800 282 926.

Please be patient – everyone in the region over the age of 16 will be offered a free vaccine.

Flu vaccine first or Covid-19 vaccine?

Get your Covid-19 vaccine first if you already have an appointment booked, otherwise get your flu vaccine first. The Ministry of Health recommends a two-week gap between getting your flu vaccine and your Covid-19 vaccine.



Get the right information

Be aware of incorrect information on social media and websites. Misinformation is also circulating in the form of pamphlets. If it's not from Unite Against Covid-19, or the Ministry of Health, this information might not be trustworthy. The Nelson Marlborough Health website has up to date information about the roll-out in our region: www.nmdhb.govt.nz/vaccine

Accurate, evidence-based information is available from the Ministry of Health, Unite Against Covid-19, Immunisation Advisory Centre, Te Puni Kōkiri and Medsafe NZ websites and social media pages.

*Underlying health conditions: As at 21 May, underlying health conditions include:

- serious and chronic respiratory conditions, such as chronic obstructive pulmonary disease
- chronic kidney/renal disease
- diabetes
- coronary heart conditions
- stroke
- hypertension (high blood pressure)
- cancer, excluding basal and squamous skin cancers if not invasive.

The Ministry of Health updates this list as they review the latest evidence on which underlying health conditions could put people at a greater risk from Covid-19.

The online tool is updated with health conditions as they are added: www.covid19.govt.nz/vaccines

You can also talk to Healthline about your health condition and groups: phone 0800 611 116.



Services as unique as you

Today's families are bringing new values, preferences and opinions that are changing the world of funeral service. They are thinking differently about how they want to honour their loved ones and have new perceptions of the funeral service profession. Your requests and wishes are important to us at Marsden House. We reflect the changing cultural landscape by listening and actioning your requests and wishes.

Give us a call. We're available to help, anytime.



marsdenhouse.co.nz

03 548 2770 (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



www.nelsontaxis.co.nz

MOBILITY VEHICLES 0800 843 826

TAXIS 03 548 8225




TOTAL MOBILITY

Nelson City Taxis has 5 Total Mobility hoist vans for all wheelchair requirements.

Our Total Mobility drivers all hold current First Aid certificates.

Over 30 years' experience transporting Nelson's Total Mobility customers.



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YOUR BUSINESS
IN MUDCAKES
& ROSES!**

EMAIL: reception@hothouse.co.nz

SUBJECT LINE: Mudcakes Advertising

New Dentures, Relines & Repairs





BaysDentures

quality, crafted with care

Daniela has been crafting high-quality dentures for more than 25 years. All dentures are personally hand-crafted and professionally manufactured on site in our modern, easy access dental clinic.



Your new smile is just a phone call away!

Daniela Steenpass

03 546 4455

41 Washbourn Drive, Richmond
www.baysdentures.co.nz



I needed help to feel confident in my home again - Access was there.

Janet



Access

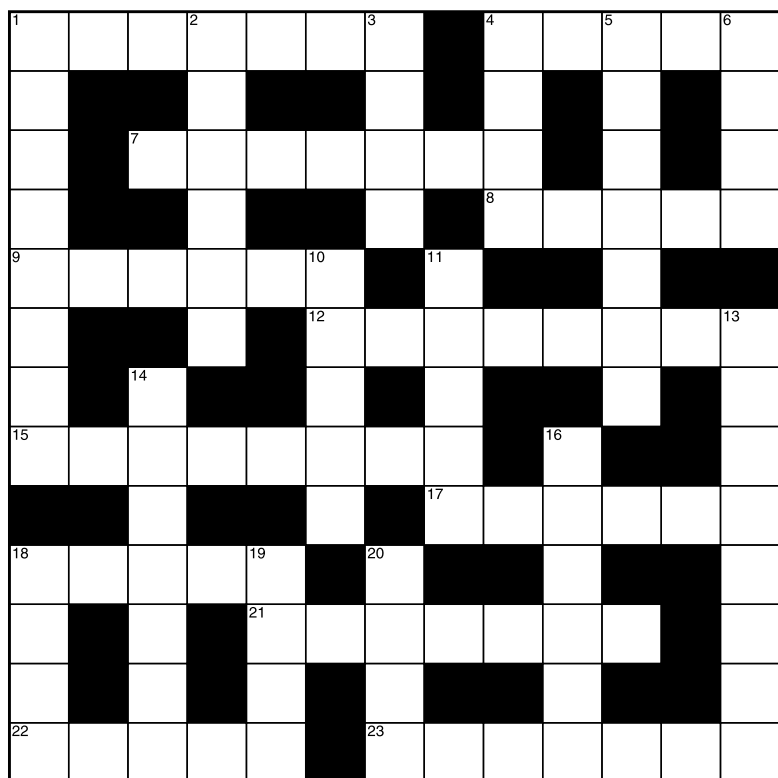
Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on **0800 284 663.**



Crossword

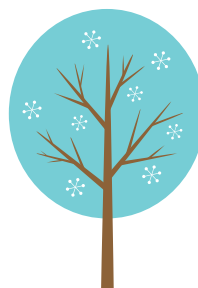


ACROSS

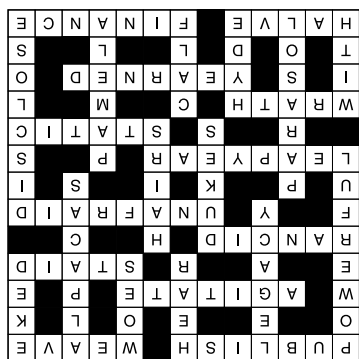
- 1. Prepare and issue (book)
- 4. Use loom
- 7. Stir up
- 8. Sedate (character)
- 9. Rotten
- 12. Unfearing
- 15. 366 days (4,4)
- 17. Wireless crackle
- 18. Fury
- 21. Ached (for)
- 22. Reduce by 50%
- 23. Bankroll (event)

DOWN

- 1. Influential
- 2. Will's bequests
- 3. Learn (of)
- 4. Troubles
- 5. Fleecy Andes mammals
- 6. Scraped (out a living)
- 10. Highest ranking peers
- 11. Nitpick, split ...
- 13. Divulge
- 14. Umbrella
- 16. Actress ... Anderson
- 18. Accompanied by
- 19. London's ... Park
- 20. Lower leg's back muscle

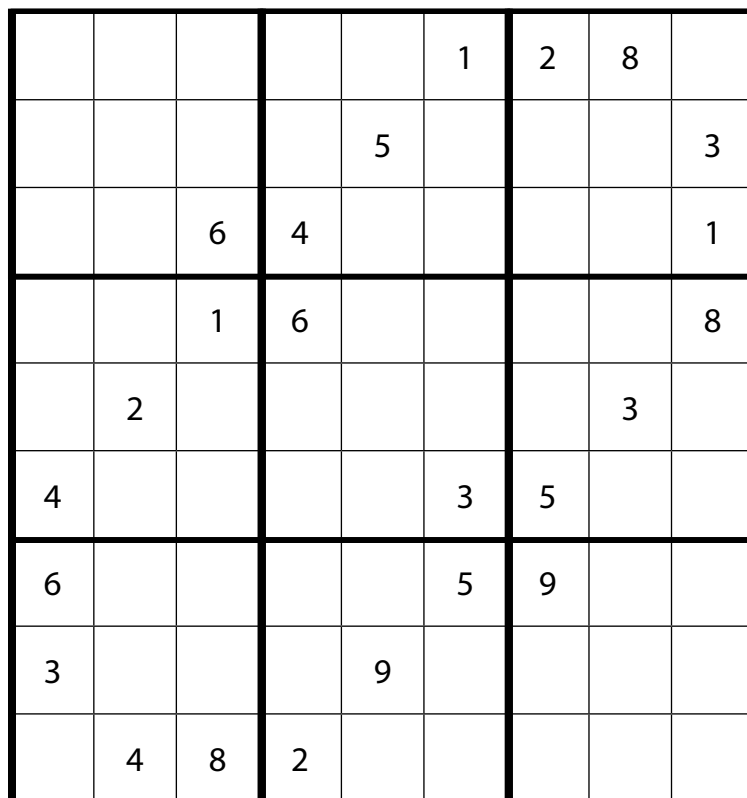


Crossword solution

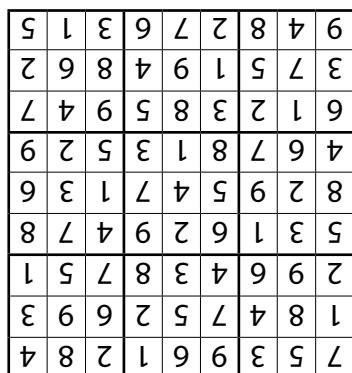


Sudoku

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



Sudoku solution



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

TASMAN AND NELSON DISTRICT

Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street. www.ageconcernnt.org.nz

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

New Better Breathing Circuit at Club Waimea. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz www.nelsonasthma.co.nz

Brook Sanctuary

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

Elysium Widow and Widowers Group

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

Found Directory

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

Fresh Focus Nelson

Meet Mondays 10.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time.

Email ffnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for updates.

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Mobile Nail Care

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

Nelson Public Libraries

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

Marching for Women 50+

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

Steampunk – Hickety Pic Southern Steamers

Nelson meets every second Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Cafe. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook: www.facebook.com/groups/721005124614168

Senior Net (Nelson)

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

Stroke Foundation

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

Upright and Able for Falls Prevention – for over 65s

2.5 hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. Email marnie.brown@nbph.org.nz

Volunteer Nelson

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

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

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

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

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

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Takaka Golf Club

Phone 03 525 9054.

Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Takaka Spinning Group

Phone 03 524 8146 (Margaret).

Takaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

Second Tuesday each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

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

Hope Social Indoor Bowls Club

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

MĀPUA

Sioux Line Dance

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

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

Every Friday in the supper room at Hills Community Church from 10.00 am – 12.00 pm (term time only) for simple craft work. Enjoy guest speakers, demonstrations and group outings. Morning tea provided. Phone 03 540 3602 (Julie Cox). Email juliehcox@xtra.co.nz

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Māpua Bowling Club

Phone 03 540 2934 (Dave).

The Coastal Stringers

Meet at the Boat Club rooms, Māpua Wharf, Fridays 1.30 pm – 4.00 pm. Phone 03 540 3010 (Colleen) or 03 540 2627 (Diane).

MOTUEKA

Cycling

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

Motueka Senior Citizens Social Club

\$3 per session. Coffee, tea and biscuits provided.

Indoor Bowls: Mondays & Wednesdays

1.15 pm – 3.30 pm. Phone 027 283 1595 (Brian).

Rummikub: Thursdays 1.00 pm – 4.00 pm.

Phone 03 526 8796 (Mavis).

Community Stories: First Friday of the month, 1.00 pm – 4.00 pm.

Holy Moly Activity Circuit: Second Friday of the month, 1.00 pm – 4.00 pm.

Quiz: Third Friday of the month, 1.00 pm – 4.00 pm.

Monthly Social: Fourth Friday of the month, 2.00 pm – 4.00 pm.

Enquiries to 021 251 4359 (Chris, President).

Marching

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

Motueka District Museum

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

Motueka Social Dance Group

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

Riwaka Bowling Club

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

Riwaka Croquet Club

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

Scottish Country Dancing

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

Social Recreation

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

Sport Tasman Motueka

Monday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

Tuesday: Sit n Be Fit, 10.30 am – 11.30 am.

Wednesday: Badminton (social, all welcome), 10.30 am – 12.00 pm.

Thursday: Sit n Be Fit, 10.30 am – 11.30 am.

Friday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.

\$5 per session or concession card or 10 for \$40. Phone 03 528 8228 (Tiegan).

Yoga

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

MURCHISON

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@clear.net.nz
Phone 03 523 9360. www.murchisoncentre.co.nz

Older & Bolder (50+ years): Tuesdays, 1.00 pm – 2.45 pm, Function Room. Free group get together. Attendees are asked to bring a plate to share for afternoon tea. Coffee and tea provided. All welcome, but please note that sessions are designed for ages 50+.

Badminton: Tuesdays, 6.30 pm – 7.30 pm, Sports Hall. \$2 per person. All welcome. No experience necessary, all equipment provided. Any queries, contact the Rec Centre team on 03 523 9360 or murchison.centre@gmail.com.

Pilates classes: Thursdays, 6.00 pm – 7.00 pm, Function Room. Suitable for all skill levels. These mat-work classes are run on a per term basis. For queries or to enrol, contact Sue Wilson on 029 281 3735 or at sue@suewilson.kiwi.nz

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

NELSON

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Prostheses and Mastectomy Bras

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

Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237. Any cancer, any question. Phone 03 539 1137.

Email: info@cancernelson.org.nz

www.cancernelson.org.nz

www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

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

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.

Phone 03 543 7836 / 021 409 552 (Bee Williamson). Free phone 0800 731 317.

Elysium Widow and Widowers Group

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

Nelson Hinemoa Croquet Club

Saltwater Lane off Halifax Street. Social play Sunday and Tuesday afternoons from 12.30 pm. Ph 03 548 3977.

Government Superannuitants Association

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

Grandparents Raising Grandchildren

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

Marching

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

Nelson Antique Bottle and Collectables Club

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

Nelson Blood Cancer Support Group

Coffee every second Monday of the month at Honest Lawyer in Stoke, with added information meetings at the Cancer Society offices in Nelson. We are here for each other when support or understanding is most needed.
Phone 03 544 3037 (Graham Sturgess) or 03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2, supper provided. New members welcome. Phone 03 540 3288 (Valerie).

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+. Phone 03 547 2457.

Email nelsongreypower@extra.co.nz

Nelson Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (summer) 7.30 pm. Second Sunday (winter) 1.30 pm, Stoke School.
Phone 03 547 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. No stiletto heels please! Phone 03 544 8052 (Lynn).

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club

Come and join us for social indoor bowls and a cuppa every Wednesday and Friday afternoon, 1.15 pm – 4.00 pm. Beginners welcome. Trafalgar Street Hall in the City. For information phone 03 548 9006 (Maria) or 027 497 9330 (Karin).

Nelson Table Tennis Club

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

New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm (February – October) at Nick Smiths Rooms, Quarantine Road, Stoke.
Library, 67 Trafalgar Street, Nelson:
Monday, 1.00 pm – 4.00 pm. Thursday, 10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm. All welcome. Email nelson@genealogy.org.nz

Nelson 50+ Walking Group

Mini walks and longer walks every week to suit all fitness levels. Everyone welcome.
Phone 03 539 6402 (Roger) or 03 547 7690 (Alan).

Pottery

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

Silver Yogis

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

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50 to learn to use and enjoy computers and other technology in their everyday lives. Help sessions, courses, interest groups and one-on-one tutoring available. Contact Peter Thompson, Phone 03 5489401 (leave message).
Email contact@seniornetnelson.org.nz
www.seniornetnelson.org.nz

Stoke Tahunanui Ladies Club

Meets third Wednesday every month.
Phone 03 547 5238 (Pauline).

Super Seniors (65+)

Meets third Friday each month, 10.30 am – 12.30 pm. All Saints Church Foyer, 30 Vanguard Street (city end) Nelson. Includes: morning tea, guest speaker, activities, light lunch, suggested donation, \$5. Phone 03 548 2601 (Anne-Marie).

Support Works

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

Suter Art Gallery

Exhibitions, floortalks – see www.thesuter.org.nz for details, 208 Bridge Street, Nelson.
Phone 03 548 4699.

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

The Probus Club of Nelson City welcomes men and women as new members. We meet on the second Thursday of each month (except December and January) at 10.00 am, at The Nelson Golf Club, 38 Bolt Rd, Tahunanui. Phone 03 544 0494 (Helen).

Ukulele with Gretchen

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



U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. Next meeting 10.00 am – 12.00 pm 23 June at Elim Church, Main Road Stoke. Speaker is Duncan Steel, space scientist, on the impact of satellites on our lives. All welcome. Phone 03 544 3057 (Nan). Email davman23@gmail.com

Victory Community Centre

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

Victory Laughter Yoga Club

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

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square. Tuesdays, 10.30 am – 11.45 am. Thursdays, 5.30 pm – 6.45 pm.

Richmond Headingly Centre
Wednesday 10.45 am – 12.00 pm.

Phone 03 547 5331 / 027 297 6147 (Connie).
Email connie@jnc.co.nz

RICHMOND

Aqualite

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. Mondays and Wednesdays, 8.00 am and 8.40 am. \$5 per session. Increase strength, improve balance and manage pain.

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

Phone 021 078 8609 / 03 546 8444 (Nicola Rae).

Body Power Pilates and Yoga Centre

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

Hope – Ranzau Women's Institute

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

Richmond Bridge Club

Sessions Monday and Thursday, 1.00 pm (be seated by 12.45 pm). Wednesday 7.10 pm (be seated by 7.00 pm). For lessons phone 027 407 0274 (Leigh).

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 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. Phone 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. All sessions, \$4. Phone 03 544 3955. Email club50@sporttasman.org.nz

Richmond Croquet Club

Come and join us at 348 Lower Queen Street, Richmond. Have fun, make new friends, learn new skills. New members welcome. First three visits are free.

Club days: Golf croquet 9.30 am – 12.30 pm Thursday, 1.00 pm – 3.30 pm Thursday, Saturday, and Sunday. Association croquet 9.30 am – 12.00 pm Wednesday and Saturday. Phone 021 757 468 (Kaye).

Easy Exercise

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

InnerWheel

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email info@craftpotters.org.nz

Prost-Fit

Exercise class for men living with prostate cancer. All levels of ability and great camaraderie. Phone 021 547 811 (Leigh). Email leighsdream@gmail.com

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1.00 pm. Bowls provided. Phone 03 544 8060 (Jean).

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 9982 (Dianne).

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

Meets the first Thursday of the month at Richmond Church of Christ. Meet new friends, hear interesting speakers, share morning tea, monthly outings. Contact 03 544 4833 (Marion) or 03 544 1854 (Joan).

Richmond Physiotherapy

Knee classes: Wednesdays, 10.00 am – 11.00 am, \$10.

Pilates: Tuesdays 12.00 – 1.00 pm, Thursdays 5.00 pm – 6.00 pm, \$15.

Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15. Phone 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening, 7.30 pm. Methodist Church Hall, Neale Avenue, Stoke. Phone 03 544 0902 or 03 541 8211. C Stanton, Sec RSCD club. Email cstanton@actrix.co.nz

Richmond Slimmers Club

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

Richmond Tennis Club

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

Richmond Waimea Community Whānau Group

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

Social Cards 500

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

Sit and Be Fit

Mondays, 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5 per person.

Sioux Line Dancing

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

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non-expiry concession cards available. Club60+ Senior Adventures: (under 60s welcome too). Active fun, social recreation with weekly planned outings and activities. Every Tuesday 9.30 am. Car-pooling available.

Tasman Aquarium Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classes for stiff and sore spots

Visit www.jacquinclair.com for more information. Phone 03 544 1645.

Waimea Combined Friendship Club

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

Waimea Music Club

Alternate Sundays from 1.15 pm – 4.00 pm at Loney Hall, 4 Wensley Road, Richmond. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat).

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Phone 021 239 8969 (Delia).

Clogging/Tap Dancing

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

Dru Yoga Classes

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

Greenmeadows Community Centre

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

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday, 7.15 pm – 9.45 pm. Phone 03 547 3230 (Buddy).

Acting Up Drama Group

Meets each Monday 10.30 am – 12 noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. Rehearse skits and plays to perform to various groups. No previous experience necessary! Phone 03 547 5126 (Rose) or 03 546 6570 (Glenys).

Nelson Line Dancing – Stoke

All ages and genders. Gentle cardio. Methodist Church Hall, Stoke. Free morning tea, just turn up. Phone 027 4491 569 (Diane).

Ngawhatu Bowling Club

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



Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am – 3.00 pm (most days). Enliven Positive Ageing Services – social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

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

Senior Walking Group

Tuesday and Thursday, 9.30 am – 10.30 am. Walk for the full hour or choose to do the Shape up class at 10.00 am. Walking and exercises followed by a cuppa. For more details phone 03 538 0072.

Tai Chi Chu'an and Qigong

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

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Old Time Country Music Club

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



Stoke Tahunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week. Phone 03 547 7841 (Ian).

Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke. Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz Regular activities at Greenmeadows:

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

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

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit n Be Fit: Exercises to music, Tuesday and Wednesday at 11.00 am, \$3.

500 Club: Wednesdays at 1.00 pm, \$3.

Scrabble Club: Mondays at 1.00 pm, \$3.

Weekly afternoon entertainment: Tuesday – Thursday. Contact the office for programme details.

Tuesday – Thursday meals: A two course midday meal for \$10 (members), \$12 (non-members). Please book (preferably by 9.30 am the day before).

Housie: \$5 a card. Phone 03 547 2660 for dates.

Monthly movie: Contact office for details.

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

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Central Combined Probuss Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10.00 am, at The Stoke Methodist Church Hall, 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

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

Higgins Heritage Park

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

Wakefield Bowling Club

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

Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

Willowbank Heritage Village

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

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

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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**This applies to homeowners who live in their home (built before 2008) and either live in an eligible area or have a community services card. Conditions apply.*

Contact us today

Visit us at 146 Pascoe Street, Stoke
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03 547 2503 or 0800 423 454
info@absoluteenergy.co.nz

www.absoluteenergy.co.nz



Village Centre Now Open!

POP IN ANY WEEKEND IN JUNE BETWEEN 10AM AND 3PM

Summerset Richmond Ranges' brand-new village centre is open!

The village centre offers a wonderful range of resort-style facilities, like the pool, spa, bowling green, library, café and bar.

It also means our full range of living options are now available too. From serviced apartments, to care and dementia care in our industry-leading memory care centre.*

We'd love to show you around. Just pop in any time between **10am and 3pm, on any weekend in June**, and see for yourself why our residents love the Summerset life.

Summerset Richmond Ranges
1 Hill Street North, Richmond | 03 744 3432

*Licence to occupy.


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