

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS



What's inside:

It's never too late to find your passion

Celebrating friendship and the passing seasons

Never be caught short again – use our loos!

Make a daily date with creativity

Community news and a directory of local clubs and activities for seniors

Puzzles and columns on cooking, books, gardening and the environment

EDITOR'S Letter



Because *Mudcakes & Roses* only makes an appearance every two months you won't read up-to-date news of national and international events in this little magazine.

Some days I find myself regretting that important current events must remain absent from our pages. On other days (and today is one of them!) I like to believe that by focusing on the helpful, local and positive, *Mudcakes & Roses* provides an oasis of sorts, a refuge from the onslaught of horror and doom which is omnipresent in other media.

It's in this spirit of positivity that we present the magazine this month. Long-time columnist Renée Lang has shifted the focus of her column: from now on she'll be writing about food and cooking. Appropriately enough in times of rising food prices, her first new column is about transforming leftovers into a stylish and tasty meal.

Another long-time columnist, Philippa Foes-Lamb, is best known for her expertise in the garden.

This month she tosses aside the gardening gloves and dons a tutu (that's her dancing on the cover) to prove that it's never too late to pursue a passion. Dancing and cooking are forms of creativity and Fred Robertson writes in this issue about another everyday way to exercise your creativity.

Gully and Gilly, the seagulls in our new comic strip "Life's a Beach", demonstrate a wacky sense of humour, and the creativity of their creator P. H. Red. This avian pair are in their senior years and will appear regularly from now on to share their unique perspective on life.

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

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

Stoke

- Summerset in the Sun

Nelson

- Fresh Choice
- Morrison Square
- New World

Wakefield

- Four Square

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

In this issue

- 3 Our gardening columnist reveals a passion for ballet as well as plants.
- 4 Memoirist Juliet Batten honours the seasons of our lives and long-lasting friendship.
- 7 Fred Robertson explains why he makes a "date" with creativity every day.
- 8 "Use Our Loos" promises to make a trip to town a lot less nerve-racking for anyone with a weak bladder.
- 16 Meet a pair of opinionated, semi-retired seagulls in our new comic strip.

Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz
Post: Mudcakes & Roses,
PO Box 688, Nelson.

On the cover

Philippa (our gardening columnist) in a ballet outfit.

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Nelson City Council | Te Kaunihera o Whakatū

It's never too late to rediscover (and live) your passion

Anyone who has met Philippa Foes-Lamb or has read her gardening column knows her irrepressible enthusiasm for plants and gardening. It's easy to imagine her in gardening gloves and a sun hat, but Philippa is just as much at home in a tutu and ballet shoes.

Philippa Foes-Lamb, who turns 60 this month, had a brief flirtation with ballet as a shy 10-year-old. She loved it, but didn't continue classes because she felt awkward and "not delicate enough" for ballet.

Fast forward five decades and Philippa attends four ballet classes a week at the Peta Spooner Academy of Dance, mostly alongside classmates still in their teens. She's passed three ballet exams and even has a ballet barre on her veranda so she can practise at home.

Gardening is Philippa's other great passion. Her great-aunt lectured in botany at the University of Canterbury, so it may be that she was genetically fated to love the plant kingdom. As a youngster she helped her parents in the home garden but it wasn't until the late 1980s, after returning from seven months travelling around the UK without seeing a single garden, that she was grabbed by the utter conviction – "I've got to have a garden!".

At the time, Philippa was pursuing a successful career as a P.A. Eventually the lure of gardening became too strong, and she gave up her day job in 1993 to work part-time at a garden centre in Island Bay, Wellington. Although it involved a drop in salary, Philippa loved the work and thrived there.



Philippa in the studio in tutu and pointe shoes

While establishing a cottage garden, she became fascinated with perennials and began propagating them. At a colleague's suggestion she placed an advertisement in the *New Zealand Gardener* magazine and within a fortnight had 40 requests for her catalogue. She handwrote notes, sending them to her father to type up and turn into a photocopied catalogue. Her mail order business was launched.

Over the years, Philippa has gardened in a variety of climates, including central Wellington, the Kāpiti Coast, New Plymouth and Singapore. Along the way she has written for gardening publications and hosted radio shows on gardening, including Fresh FM in Nelson for the past 17 years. Philippa now runs her own nursery in Nelson, specialising in heirloom perennials and other treasures.

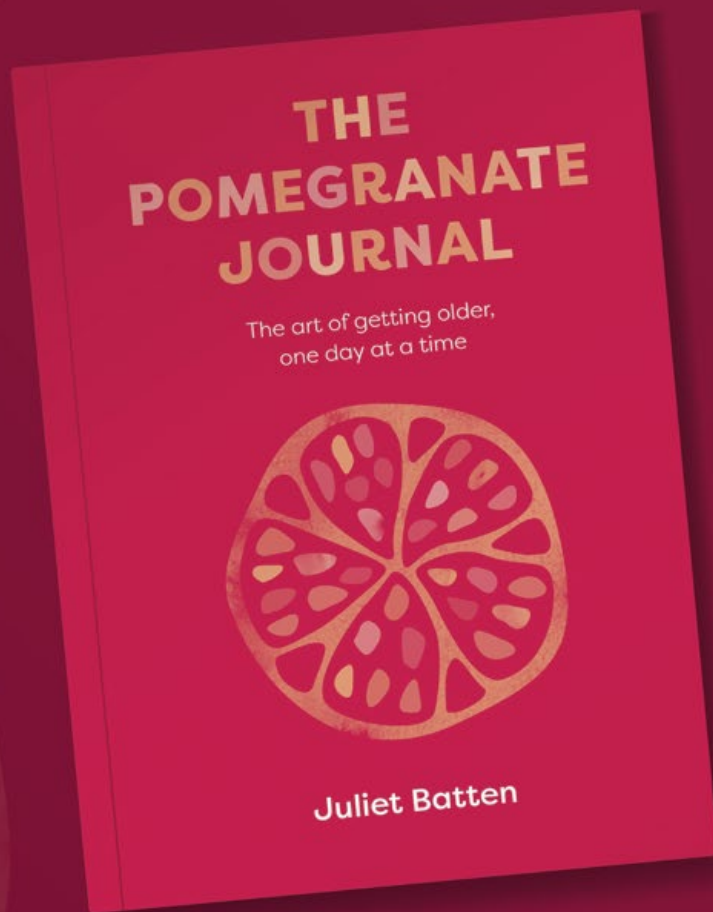
Philippa's passion for such physically demanding activities as gardening and ballet is surprising given that she had both hips pinned after a fall in her early teens and developed osteoarthritis by the age of 25. By the time she was in her early 50s hip pain was constant and she needed a crutch to walk.

After her left hip was replaced in 2014, Philippa was itching to begin dancing. Still in love with the romance and aesthetics of ballet, Philippa was thrilled to find a local ballet class and began attending in 2015. She hasn't looked back – ballet has improved her strength, posture, and mobility and it's also good for mental discipline.

"When I'm dancing, I'm in a different world," says Philippa. "I'm totally absorbed in what I'm doing and everything else just fades away. Ballet has changed my life and I can't imagine my life without it now. I feel like a butterfly that emerged from a cocoon in my mid-fifties."



Delighted smiles from mother and daughter after Philippa's 2019 ballet performance at her mother's retirement home in New Plymouth



The art of getting older

In this excerpt from *The Pomegranate Journal*, memoirist Juliet Batten reflects on ageing, the passing seasons and enduring friendships.

On my way to the coast, I bought a pomegranate. I was driving to a house on a hill to spend four days with a group of women friends. In 1985 we formed a group to celebrate the seasons, and for the last twenty-five years have had the same eight members.

We were in our thirties and forties then, and now we are mostly in our seventies. My ageing is reflected in their faces as they, too, wrinkle and mature. Having the stability and bonding of a group as I go through the changes of ageing is something I treasure.

We intuitively reach for symbols to connect ourselves to the passing seasons. I placed the pomegranate on an altar we created, thinking it might play a part in our celebration of high spring, but nothing was revealed.

It desired no more than to sit there, an enigma. I brought it home unspoken to, unopened.

Yet when I looked at it later it gave me the title for this journal, with a thought that flashed into my awareness: "I am entering the pomegranate years."

At seventy-five, I'm aware of entering a new phase of life, with no psychotherapy clients or supervisees now that I have retired from that work. To ease the transition, I'm teaching online and seeing a few people for creativity mentoring. I'm still keeping a little too busy while knowing I need to learn to live into more spaciousness.

Last night I attended Renée's book launch for her memoir *These Two Hands* at the Women's Bookshop. She stood up to speak. Renée was feisty and funny, and looked great in a green and purple tunic and red shoes. Yet at eighty-eight she suffers from chronic pain. "I can deal with it during the day," she told Kim Hill in her radio interview. "It's the nights that are hard."

The years ahead are a mystery. Will I still be writing at eighty-eight? Will I be in pain both day and night? How long have I got to live?

Back home from the coast, I'm sitting on a small beach in my neighbourhood where I've taken the pomegranate out of my bag and placed it on the sand in front of me.

The pomegranate is an angular fruit. You can see the bones thrusting out, creating hollows between the segments. Greenish brown patches stain the top, then there's a circle around another dull red ring and then the socket where a stem has broken off.

Two dry flaps close over the socket, with pointed ends like petals, only woody. I pick up my coloured pencils and draw them, remembering how my artist years taught me to see and observe. Tentatively, I lift the flaps, and discover a little round recess inside, with a flat floor. I imagine crawling into it, my little crab self, and hiding away – hiding perhaps from the fear of being in pain as I age, with no escape.

I sense that the pomegranate holds seeds of knowledge, something I need to help me as I grow older, something that lies hidden beneath its dry exterior. The fruit feels solid and hard. How does one know if a pomegranate is ripe?



The years ahead are a mystery. Will I still be writing at eighty-eight? Will I be in pain both day and night? How long have I got to live?



I've never learnt to eat a pomegranate. I always thought it was the flesh you ate, and never found it palatable. Then I heard it was the seeds, but I still don't know how. Do you swallow them whole, or bite into them? How do you eat a pomegranate?

The first pōhutukawa blossoms are spilling out from clusters of white furry buds and dark green leaves. Even though they haven't yet gathered momentum, their colour is already lustier than that of the pomegranate, which makes me think of faded glory. Is that what ageing will be like? A slow fading, a loss of vibrancy?

About the contributor

Juliet Batten is a multiple award-winning writer and the author of 10 non-fiction books, including two memoirs, three about the seasons of nature, and two about ageing from midlife to old age. The Pomegranate Journal: The Art of Getting Older, One Day at a Time is available at www.julietbatten.co.nz/shop



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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Gardening tips and tricks

Autumn in the garden

Autumn is here and I wonder what the weather will do.

We had a fairly crazy summer, with very hot, dry conditions in January, followed by a wet, changeable February, then a fairly dry March.

Our property tends to be “the hole in the donut” because a lot of the weather systems go around us. The first weather “bomb” in early February missed us almost totally, but thankfully we got 110mm in mid-February which made me very happy.

It's the perfect time to plant all sorts of vegetables for winter harvest. Broccoli, cauliflower, cabbage, kale, silverbeet, spinach and lettuces (especially the leafy type) can all be planted or sown direct now. If you are sowing direct, it's best to put some seed raising mix in the bottom of your shallow furrow, sow your

seed and then top it with a little more seed-raising mix. I've found this increases the speed of germination because the seed-raising mix tends to hold more heat and is very friable so it's easier for your seedlings to push their way through.

I love growing peas and I always sow a second crop in autumn when it is slightly cooler and hopefully moisture abounds. Sowing them with the “eye” up aids germination and helps ensure you get very strong, healthy seedlings because they don't need to use their energy trying to turn themselves over.

If you are planting seedlings, it's important to be very gentle, because the roots are brittle and easily broken. Sweet peas can also be sown now – they may flower before winter but if they don't, they will sit quietly over the winter months, bursting into growth and flower in spring.

The most important thing to do for any member of the pea family is to dig in plenty of compost and sheep manure pellets before planting.

I love to dig a deep trench either against a trellis or in a circle around a bamboo tepee or other support – placing lots of compost and sheep manure pellets at the bottom. I dig them through and then add compost through the soil as I fill the trench. Once your peas or sweet peas are established, their roots will hit the gorgeous extra nourishment and you'll have a wonderful crop of peas or flowers for cutting.

Spring bulbs can also be planted now – apart from tulips which are planted in May. There are so many beautiful varieties available – try planting a mixture of different types of bulbs in containers so they can be placed around the garden when they are in flower.

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.



Make a date with creativity

Fred Robertson, who practises what he preaches, suggests that a daily date with creativity is a way to reflect, recharge and focus on what's important in everyday life.

Even if you are retired (I like to call it rewired!) the days can fill up very rapidly with household chores, visits from the grandchildren and so on.

I like to take time each day to pause and consciously observe the world around me. On a recent early morning walk, I stopped at the top of the hill as the sun brightened the sky and the path I was walking seemed to shine golden. The image was still in my mind when I slipped into bed that evening.

To capture these moments, I use a notebook with blank pages. On one page I record my reflections on the day – often in the format of a haiku poem. Everything around you has potential for a haiku – food, animals, insects, the ocean, hands, sky, food, etc. For example, this is the haiku I wrote on the day of the walk described above:

*Clay path turns golden,
as sun rises over hills,
early morning walk.*

On the facing page of my notebook, I record my impressions as scribbles or drawings, or jot down a relevant quote. The Quote Garden website (www.quotegarden.com) offers an excellent range of quotes to choose from.

If I'm drawing, I use felt tips, coloured pencils or pens, just letting my mind wander. As a kid I used to doodle over the telephone book, much to Mum's annoyance! It's interesting what happens when you have no subject or outcome in mind.

I also use this page to memorise song lyrics, a poem, or a Māori proverb (whakatauki). If I go over it each night, I soon learn it by heart.

I sometimes write birthday reminders or my goals for the year in the back of the notebook. For example, I want to plant 1,000 trees before I turn 70. That's 200 a year for five years! To achieve this goal, I take part in estuary planting projects for Tasman District Council.

About the contributor

Fred Robertson, 68, is now retired having taught for 35 years in state schools and integrated Steiner schools in Tasman, Motueka, Hawke's Bay and Dunedin, as well as adult art classes. He has an ongoing interest in the creative arts including writing and drawing.



**Clay path turns golden,
as sun rises over hills,
early morning walk.**



**Sunflowers dropping,
seed heads becoming heavy,
last bees still visit.**



When you've got to go, you've got to go

Nelson City Council's "Use our Loos" initiative, supported by local businesses, means you'll never be caught short again!

From early February, businesses around Nelson, Tāhunanui and Stoke will display "Use our Loos" stickers in their windows, to show that people are welcome to use their toilets – without making a purchase.

"Having access to toilets is a big issue, particularly for older people, and that fear of getting caught out can put them off leaving the house," says Council's Chair of the City for All Ages Working Group, Councillor Matt Lawrey. "A recent survey shows access to toilets is the third most common area of concern for older people living in Nelson".

Council therefore approached local businesses in the city centre, Tāhunanui and Stoke to ask if they would allow the public access to their toilets. As a result, 10 local businesses are set to be the first to carry new "Use our Loos" stickers, making it easier for people to find a loo when they need one.

The Council has also launched an interactive online map to help people find toilets when they are out and about.

The idea grew from a conversation between Council's Group Manager Strategy and Communications, Nicky McDonald, and Cr Lawrey about the high cost of building public toilets, the need to provide more services for our ageing population, and Council's goal of attracting more people into the central city.

The initiative – the first of its kind in New Zealand – is modelled on a successful campaign in London, which also encouraged businesses to make their toilets accessible to the community.

"We're really thrilled local businesses are supporting this campaign. The 'Use our Loos' stickers will be helpful to

older people, but they're going to benefit people living with disabilities, people looking after young children, and pretty much everyone," says Matt.

"With a bit of luck 'Use our Loos' will also attract more customers to participating businesses and encourage more people to come and enjoy the central city. It's part of making Nelson an accessible city for people of all ages."

If you have a business and would like it to be part of the "Use our Loos" project please contact Council's Community Partnership Adviser Bill Huppler, email bill.huppler@ncc.govt.nz or call 03 539 5573.



It's part of making Nelson an accessible city for people of all ages.



Here's another solution

If you have bladder or bowel problems and dread being caught out, Continence New Zealand provides a toilet card that clearly states that the holder has a medical condition and needs to use a toilet quickly. Most places you visit will be willing to help you. Apply for a toilet card at www.continence.org.nz/toiletcards Continence NZ also offers helpful information and support for continence problems.



Our environment



Greg and Alison Pickford

In praise of volunteer trappers

Alison and Greg Pickford shoulder their packs and begin to climb. They are off to check a trapline in the hills behind Richmond. I've been invited to go along. I've done a bit of tramping in my time, but this trail looks a bit, well, invisible. I can see Alison scampering above me as she hauls herself on branches and roots up the tiny muddy track. Greg is far ahead.

We catch up with him at the first of the DOC 200 traps where he is carefully resetting the wooden box with its lethal spring and burden of food to attract the prey. He shows me how to reset, but I'm not keen to try. I like my fingers too much.

There was no catch in the trap. As we climb up the steep little gully I can see pine trees on either side. I'm puffing and panting. Fortunately, Alison can talk and climb at the same time, explaining that Tasman District Council have planted pines on the ridges in Kingsland Forest

but left the steep-sided gullies in native bush. As in much unattended native bush in New Zealand, the birds and trees were slowly being wiped out by introduced animals such as stoats, possums, rats, mice, weasels and ferrets.

We are following the gurgling stream up through a tangle of supplejack, mahoe, tawa and a variety of other natives. Sometimes a bellbird's clear notes sound in the dappled gloomy air. The Pickfords made the trail through the gully themselves and between their visits no one else much uses it. This explains its impenetrable air of Mirkwood-like mystery.

Stopping at traps on the way, we finally reach the ridge. Greg carries the day's haul: one small mouse. Greg tells me that he doesn't expect to catch much these days. The Pickfords used to visit their traps weekly, and their first haul consisted of 45 rats and 17 possums.

Today's poor catch reflects their success over years of hard work. The other sign of success is the increasing birdsong: tui, bellbirds, fantails, waxeyes, brown creepers, shining cuckoos, pigeons, the odd kingfisher and a pair of karearea now flit about the bush-filled gullies.

Inspired by the example of the Brook Waimarama Sanctuary, the Pickfords joined Native Bird Recovery Richmond in 2008 which now has 17 volunteer trappers. The Pickfords are part of a wider movement. Across the top of the South Island, squadrons of volunteers trap predators in the Marlborough Sounds, as well as Kahurangi and Abel Tasman National Parks.

NGOs and the Department of Conservation coordinate the restoration of our sadly depleted environment. But the future health of our ecological systems depends on bold and hard-working volunteers.

Columnist: Pam Henson

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



Food for thought



Frittata for a stylish, easy and thrifty meal

Way back, when I was part of a largish family living in the provinces, struggling to fit in with the Kiwi way of life, I used to envy all my friends who got to enjoy fish and chips on Friday night. This was at a time when anyone who spoke with an accent or had an unusual name was viewed with great suspicion – and my Dutch family was guilty on both counts.

Worse, fish and chips, which was about the only form of takeaway food available back then, was the very last thing my mother would consider feeding us. Given she had seven mouths to feed, the cost of food played a large part in her choice of meals and Friday night was a very practical example of how she made things stretch.

During the week, all leftover vegetables, especially potatoes, were carefully hoarded in the fridge.

On Friday nights they'd be chopped up and then tossed in a large frying pan, along with what might now be viewed as an unseemly amount of butter, until they were suitably crisp. At that point my mother would beat at least six eggs, often more, with some milk and pour it over the vegetables. The pièce de résistance was a good handful of grated cheese scattered over the top before the pan was popped under the grill until the cheese melted and turned golden brown.

These days such a dish is known as a frittata (although the vegetables have probably been expressly cooked for the purpose) and is often served as a sophisticated light lunch alongside a crisp green salad. Little did we know...

I'm hoping my description will suffice as a recipe but here are a couple of tips to make your frittata even more delicious. This dish can be eaten hot or at room temperature.

Top tips

- Don't use waxy potatoes as they are difficult to crisp up (Agria are by far the best choice).
- Use a good quality oil rather than butter and make sure it's piping hot before you add the chopped-up vegetables of your choice.
- If you're not scared of garlic, add a couple of peeled and chopped cloves to the pan a minute or two before tossing in the vegetables.
- Throw in some chopped fresh herbs just before you add the egg mixture.
- While you can use any bits and pieces of cheese you may find lurking in the fridge, tasty cheese is always a good choice as it doesn't have such a high fat content and browns easily.

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.

Recollections of... life on the farm

By Garrick Batten



Garrick Batten writes short stories based on his rural work and life in New Zealand and overseas. This extract is from a collection of five-minute stories called *Short Head and Yard*. This and other books by Garrick are available from The CopyPress.

All in a day's farm work

There are big differences in climate between Warkworth and North Canterbury, but to the farm worker the principles seem much the same. It never rains when it's needed and doesn't stop when the sun is wanted.

I'd never seen snow before except in pictures. We'd already had a few flurries during late autumn storms, then colder winter weather started to squeeze the land and the boss wanted the heifers brought down from the back block. So, I toggled up in hat, bulky coat and gloves, climbed on the grey Fergie tractor and loaded the dogs onto the tray. Then we drove the winter sloppy

track through stream crossings, slipping around cuttings and setting gates for the return trip.

Fortunately, the cattle were mobbed in a sheltered gully out of the rising wind. The sky drained of light and suddenly the snow came. A sideways-driven white curtain of hardened flakes cut visibility. I'd heard about wind-chill and now I felt it. I began to freeze. The cattle kept moving, driven by the wind but not towards the gate. Dogs darted and barked, nipping at the heels of the bellowing cattle. In an hour, the ground was covered in snow. The track was difficult to see and properly steer on. Coldness bored into my trousered legs.

Eventually, trying to use dogs, shouts and curses to herd the cattle along, while simultaneously watching for breaking animals, steering the tractor and squinting through the ragged white screen became too much. The tractor slipped sideways into the water table. Reversing made it worse. What would the boss think? And more significantly, what would he say?

It was going to be a long walk, but perhaps that would at least warm me up. The cattle were reluctantly heading towards an open face, but at least in the right direction. Then Bob the huntaway got badly kicked by a stroppy heifer. It looked like a broken thigh on a very sad whimpering dog. This was now a quandary as the dog clearly had to be carried but I also still had to move a mob of cattle to the flats.

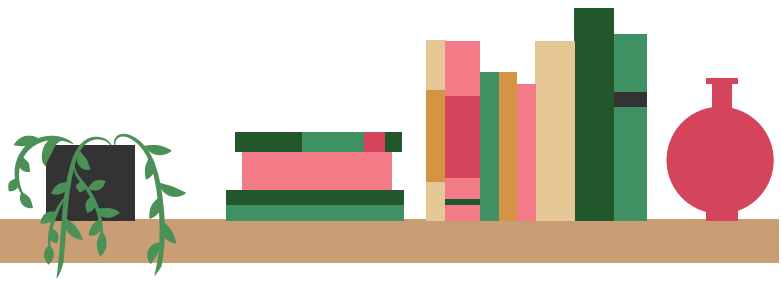
Stiffness and cold pain spread up from feet and tired legs, from frozen cheeks and cracked lips. The dog made a heavy warm collar on my shoulders as I lifted and settled him into place. The cattle had the sense to hurry down once they left their familiar ground, and they moved more quickly along the track. All the while, the snow was getting thicker on the ground. The wind was, if anything, stronger. Then, up out of the next gully, I suddenly saw Land Rover lights. The boss had come to help with fresh dog power and a flask of hot soup.

Columnist: Sarah Ryder

Sarah Ryder, who curates this column, joined the *Forget Me Not Life Stories* team in 2018. She now helps people from all walks of life capture and preserve their stories in print, audio and on the internet. www.forgetmenotlifestories.co.nz



Tasman District Libraries



Talking Café

Come along to the Wellby Talking Café at Richmond Library on the second Tuesday of every month from 1.30 pm – 3.00 pm. It's free and everyone is welcome for a cuppa and a relaxed chat with the hosts who, using the Found Directory, are able to talk about what's going on in the community and the resources that are available, to launch you on the path to connection with others.

How To Look At Art

If you love art, then this event is for you. Sarah McClintock, the Suter Art Gallery's Curator and Collections Manager, will visit Richmond Library for a special session with a mystery item from The Suter's collection. Discover the who, what, where, when and why of the art piece and learn more about how to look at art at this presentation at Richmond Library at 5.30 pm on Wednesday 27 April. It's free and everyone is welcome.

Bring the kids and make an Easter peg egg

Got some little ones in your life? Bring them along to Richmond, Motueka, Murchison or Tākaka Library between Thursday 14 April and Saturday 23 April to pick up a special Easter-themed Take & Make craft kit. You'll find fun Easter activities and everything you need to make a cute hatching egg. It's a fun, free, family activity for everyone.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



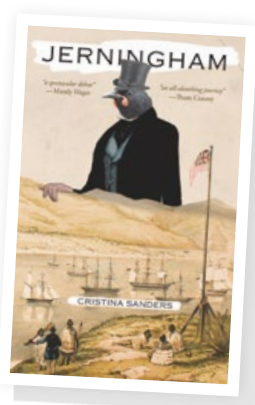
This April we are presenting talks and activities at the Elma Turner Library focused on aspects of Nelson's history.

The story of Appo Hocton

Karen Stade, who has written a biography of Nelson's first Chinese settler, in conversation with Diana Clark, who is a direct descendent. Tuesday 5 April, 11.00 am – 12.00 pm. Bookings required.

Author talk

Novelist Cristina Sanders will be talking about researching and writing *Jerningham*, her historical novel based on the life of the wild child Jerningham Wakefield. The story follows Wellington's colonial beginnings and the rise and inevitable fall of a charismatic young man. Saturday 9 April, 2.00 pm. Bookings required.



Mahjong and more – a weekend of Chinese board games

A drop-in day for adults to discover and play traditional board games. Saturday 2 April, 10.00 am – 2.00 pm and Sunday 3 April, 1.00 pm – 3.00 pm.

Digital tools for family research

Learn to use ancestry.com and FamilySearch to explore your family history. Thursday 21 April, 9.30 am – 11.00 am. Bookings required.

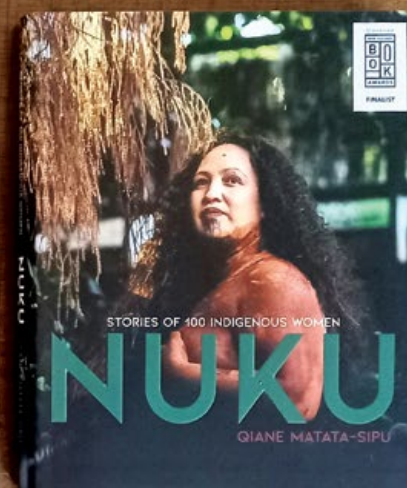
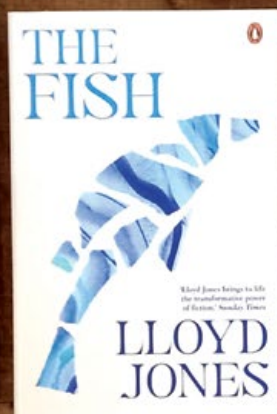
To make a booking email library@ncc.govt.nz or phone 03 546 8100.

MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Thinking volumes

VOLUME is an independent online bookshop based in Nelson stocking interesting fiction, incisive non-fiction, wonderful children's books and the best art and lifestyle books. VOLUME offers speedy, friendly service, expert advice, recommendations and subscriptions. Free delivery in central Nelson. www.volume.nz



Atua: Māori Gods and Heroes by Gavin Bishop

Beautifully presented and endlessly fascinating, Bishop's new book belongs on every child's and every adult's bookshelf. Lively illustrations and text tell the unique stories of Aotearoa's gods, demigods and heroes. **\$40**

The Fish by Lloyd Jones

In this fable-like novel from the author of (most famously) *Mister Pip* and (most recently) *The Cage*, the narrator's sister gives birth to a very different sort of child, who reveals the family's capacities for both love and shame and attracts the

opprobrium of small-town small-minded New Zealand in the 1960s. Just what is Fish's relationship with the sea beside which he was born, and what bearing might this have on the *Wahine* disaster? And what is the relationship between the narrator writing this account and the events that are contained within it? **\$36**

Actions & Travels: How Poetry Works by Anna Jackson

Jackson's close reading of 100 poems – by poets ranging from Catullus to Alice Oswald, William Shakespeare to Hera Lindsay Bird – gives real insight into how to read

poetry – and how to write it. Ten chapters improve our awareness of such elements as form, resonance, imagery, and simplicity. **\$35**

Nuku: Stories of 100 Indigenous Women by Qiane Matata-Sipu

An interesting and inspiring snapshot of indigenous wāhine today, in both text and superb photographs. Women from Aotearoa and beyond share their experiences as filmmakers, lawyers, musicians, scientists, entrepreneurs, leaders, artists, environmentalists, activists, mothers, academics, and holders of both traditional and innovative knowledge. **\$65**



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Our Community News and Information

News from Age Concern

Need help with work around the house? Introducing our Care and Repair service

Our Care and Repair service is designed to help older people to remain independent and keep on living at home. One of the challenges of ageing is getting help with household maintenance, gardening and other chores from trustworthy and properly qualified tradespeople.

We get so many requests for recommendations that we've responded by creating our own Care and Repair service. Jackie McIntyre, our Community Support Coordinator, facilitates the service, connecting the client and service providers. To be on our approved list, potential providers are interviewed, police vetted and have agreed to certain contract conditions. We are confident that they are competent, trustworthy, enjoy helping and are great at working with older people.

Martin Reading, who is a gardener, was the very first to go through the process. He describes the Care and Repair service as a "win-win if you want to help people, and you have a bit of time".

Thirty older people have used Care and Repair so far. Jackie says she's "really pleased with how its tracking, but we are looking to grow it". She's looking for more providers with life experience and skills in a wide range of activities: dog walking, pet sitting, cleaning, hanging curtains, general property repairs, clearing gutters, painting, water blasting, moving plants and concreting posts.

If you know of anyone to fill these roles or would like to use the service, phone Jackie on 03 544 7624 ext 4 or community@ageconcernnt.org.nz



Advance care planning workshops

Advance care planning is a process of discussing and planning for your future healthcare. It is focused on your preferences and involves both you, and the healthcare professionals responsible for your care. Mary-Ann Hardcastle, the Advanced Care Planning Facilitator from Nelson Bays Primary Health, will be running workshops at our Richmond and Nelson offices to help you complete your Advance Care Plan before lodging it with your GP.

- Wednesday 13 April, 1.00 pm – 2.30 pm, Richmond
- Wednesday 11 May, 1.00 pm – 2.30 pm, Richmond
- Wednesday 8 June, 12.30 pm – 2.00 pm, Nelson
- Wednesday 17 August, 12.30 pm – 2.00 pm, Nelson
- Wednesday 14 September, 1.00 pm – 2.30 pm, Richmond
- Wednesday 12 October, 12.30 pm – 2.00 pm, Nelson
- Wednesday 23 November, 1.00 pm – 2.30 pm, Richmond

For more information or to register, please contact Marnie on 03 544 7624 ext 5 or ageconnect@ageconcernnt.org.nz

Our Nelson office

Great news! Our trial of an office in Nelson has been so successful that we have taken on a lease of 18 Bridge Street (opposite the bus station) for the next 12 months. This means we can start planning activities to run out of the office. Stay tuned for more details. In the meantime, the office is open on Tuesdays, Wednesdays and Thursdays from 9.00 am – 2.00 pm. Drop in and say hello!

Our Community News and Information

Volunteer at the Nelson Tasman Hospice

Nelson Tasman Hospice is a community organisation that provides vital services to those with life limiting illness and their families. Volunteers enhance the services that the hospice offers by giving the gift of their time, releasing staff to focus on their specialist roles.

Nicole Goldsworthy says that as a volunteer she not only learns new skills but enjoys “helping people in my community as well. It’s great way to put my free time to good use”.

Another hospice volunteer, Viv Markland, says, “I volunteer to give back to an organisation that gave great support to myself and my husband when he was unwell.”

The hospice’s Volunteer Programme Manager, Krisca Gould, explains that they are always in need of volunteers for current, and future open roles. “Many of our volunteer roles are defined by necessity, but you might have a skill that we didn’t know we needed until we met you!”

If you would like to know more about volunteering with the team at Nelson Tasman Hospice please give Krisca a call on 03 546 3912 or email krisca.gould@nelsonhospice.org.nz

Pictured below: Hospice volunteers Nicole Goldsworthy, Viv Markland and Willie Gulbramsen

Three months of events celebrating Nelson’s heritage



This year Nelson City Council’s annual heritage month will run over three months to ensure that small COVID-resilient cultural events can be delivered for Nelson Whakatū.

Tuku 22 will take place over April, May and June, so that public events have more space between them, and have more time to be postponed if needed.

Community and Recreation Committee Chair Councillor Tim Skinner says adapting the event’s usual timing to make sure it could still go ahead this year is important for celebrating and supporting Nelson.

“The Tuku 22 Whakatū heritage events create a space for telling the diverse stories that weave together to form Nelson’s past, and offer a deeper understanding of our city, our community, and our heritage,” he says.

“Tuku 2021 events had an estimated \$495,000 of economic benefits to Nelson. We’re excited to be enabling small events for the community to enjoy, which will also help to revitalise our city in a difficult time.”

Events in the Tuku 22 calendar include:

- Cultural Conversations on Hardy Street is showing a series of filmed interviews with recent migrants exploring their struggles, joys and feelings about their new home.
- “Histrionics” is performing a dramatic recreation of the region’s first aircraft flight and landing in Stoke just over 100 years ago.
- Community Art Works is celebrating the love of radio with a series of events running up to this year’s 90th anniversary of Nelson’s first radio station.

Visit itson.co.nz for the full programme.



Our Community News and Information

Changing Threads exhibition

25 March – 23 April, Refinery ArtSpace

Autumn heralds one of Arts Council Nelson's most popular exhibitions, *Changing Threads Contemporary Textile Fibre Art Awards*. Now in its 13th year, it's gaining more national attention with entrants from all over the country.

This year there were 135 works submitted from 70 artists which will be whittled down to 35 in the exhibition.

Creative Director Ronnie Martin has an unwavering passion for the exhibition. "I'm always enthralled by the works that are entered. Every year we have a fantastic mix of returning and new entrants. The exhibition *Changing Threads* never fails to please, and this year will be no exception."

The works embrace a myriad of twists and takes on traditional quilting, embroidery and twining techniques through to contemporary art practice. Many of the pieces contain stories: a forgotten grandmother; an attempt to repair a broken bloodline; the discovery of a beached whale; and commentary on identity, the environment and societal issues.



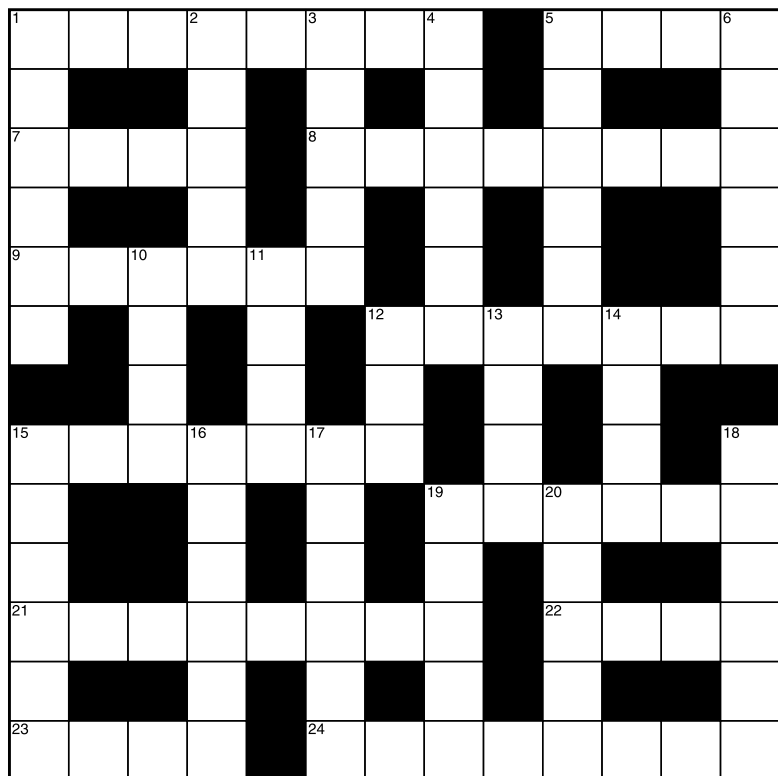
Improv Trio by Helen Beaven

Life's a Beach



P.H. RED ©

Crossword



ACROSS

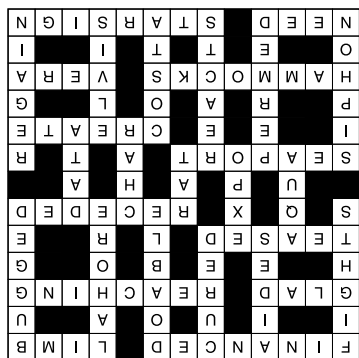
1. Supplied funds for
5. Leg
7. Contented
8. Arriving at
9. Poked fun at
12. Subsided
15. Harbour town
19. Invent
21. Swinging couches
22. Cosmetics gel, aloe ...
23. Require
24. Libra or Scorpio (4,4)

DOWN

1. Punch-ups
2. Assistants
3. Preserved (meat)
4. Possible
5. Pakistani city
6. Secretly recorded
10. Greenish-blue
11. Industry or trade exhibition
12. Large rodent
13. Sear
14. Facts
15. Drain off
16. Curled artificially
17. Responds to stimulus
18. Reacquire
19. Republic, ... Rica
20. Singer/actor, ... Presley

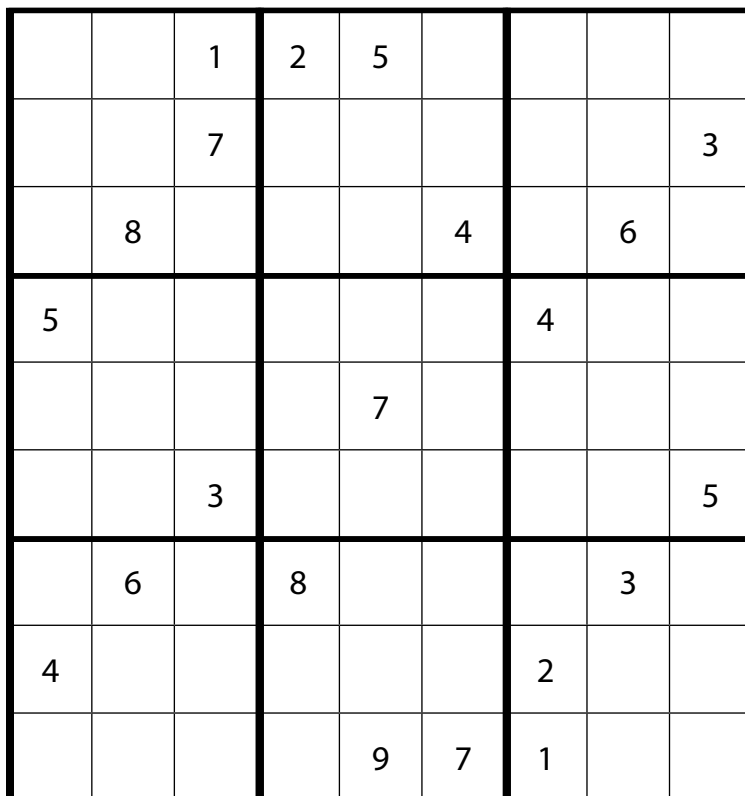


Crossword solution

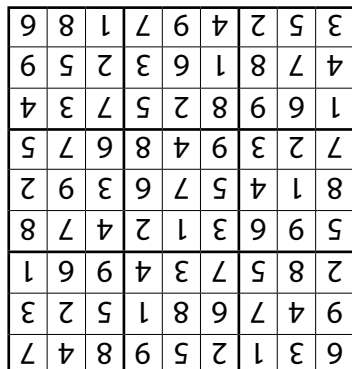


Sudoku

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



Sudoku solution



Thanks to Tasman resident 86 year-old Diny van Oeveren for creating our Sudoku puzzles



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www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook



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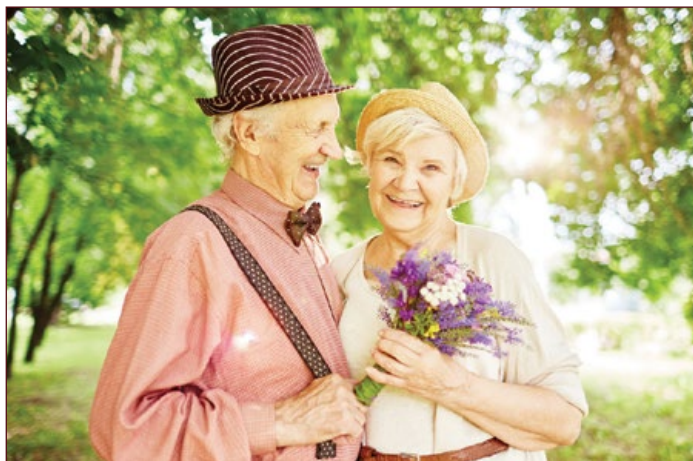
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Janet

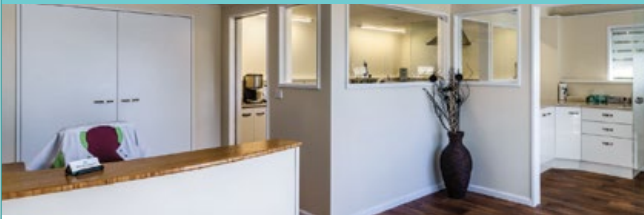


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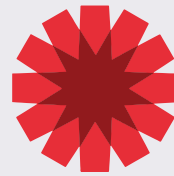
Need support and professional care in your own home?



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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Your home could be eligible for an insulation grant, 80%–100% off the cost of your ceiling and underfloor insulation

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To be eligible for an insulation grant you will need to be the homeowner (owner-occupier) of a home built before 2008 and one of the following:

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Now is a good time to take advantage of Government insulation grants. Funding is limited, we encourage you to get in quick so you don't miss out!
Paul Brockie, Managing Director

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TASMAN AND NELSON DISTRICT

Age Concern

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

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Elysium Widow and Widowers Group

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

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 – 11.00 am at Elm 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. All welcome. Email fnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for news and 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.

Marching for Women 50+

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

Mobile Nail Care

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

Nelson Public Libraries

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

Senior Net (Nelson)

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

Steampunk – Hickety Pic Southern Steamers

Nelson meets every second Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Café. 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

Stroke Foundation

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

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

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

Volunteer Nelson

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

Wellby Talking Cafés

Various locations throughout Nelson, Stoke and Richmond, check the Wellby website for details: www.wellby.org.nz Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. You can pop in for a quick chat or stay for a longer conversation with friendly people. There is no need to register, just turn up on the day. Phone 03 546 7681 (Holly). Email hello@wellby.com

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

Wednesday, 7.00 pm. Friday, 1.00 pm. Golden Bay Recreation Centre 2032 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

Tuesdays 1.00 pm at the Senior Citizens Hall. 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

First Wednesday of 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).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

Enjoy simple crafts, sharing, caring and morning tea. Plenty of materials and guidance. First and third Fridays of the month 10.00 am – 12.00 pm (term time only). Hills Community Church supper room. \$3 per session. Contact 027 741 8575 (Julie Cox) or 03 540 3901 (Barbara Halse).

Māpua 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).

Sioux Line Dance

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

The Coastal Stringers

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

MOTUEKA

Better Breathers Class

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

Cycling

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



Marching

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

Motueka 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).

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 in summer and 10.00 am in winter.
Phone 03 528 9139 (Eileen).

Scottish Country Dancing

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

Sioux Line Dancing

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

Social Recreation

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

Sport Tasman Motueka

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

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

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

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

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

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

Yoga

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

MURCHISON

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@gmail.com
Phone 03 523 9360. www.murchisoncentre.co.nz

Badminton: Tuesdays, 6.00 pm – 7.00 pm,
Sports Hall. \$2 per person. All welcome.

No experience necessary, all equipment provided.
Any queries, contact the Rec Centre team on
03 523 9360 or murchison.centre@gmail.com.

Older & Bolder (50+ years): Tuesdays, 1.30 pm
onwards, Function Room. Older & Bolder is a FREE
group get together. Drinks and snacks provided.
For queries, contact the Rec Centre team on
03 523 9360.

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

NELSON

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).

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

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 randjittman@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@xtra.co.nz

Nelson Hinemoa Croquet Club

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

Nelson Male Voice Choir

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

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting
speakers, problem plants discussed. Meeting
each month at the Le Cren Room, Broadgreen
Historic House. All welcome.

Phone 027 818 1458 (Gaile).

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

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 Social Dance Club

Meets the second Saturday of the month, live
music, 7.30 pm to 11.00 pm, venue advertised
on www.itson.co.nz and in community papers.
Ballroom, Latin and New Vogue. Members \$10,
non-members \$15. Vaccination pass required.
Phone 021 160 1358 (Chris).

Nelson Table Tennis Club

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

Nelson 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).

New Zealand Society of Genealogists, Nelson Branch

Meetings held monthly at either St Barnabas
Church or Elma Turner Library.
Library, 67 Trafalgar Street, Nelson:
Monday, 1.00 pm – 4.00 pm. Thursday,
10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm.
All welcome. Email nelson@genealogy.org.nz

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

SeniorNet Nelson

SeniorNet Nelson supports people aged over 50
to learn to use and enjoy computers and other
technology in their everyday lives. Help sessions,
courses, interest groups and one-on-one
tutoring available. Phone 03 548 9401 (Peter –
leave message). contact@seniornetnelson.org.nz
www.seniornetnelson.org.nz

Silver Yogis

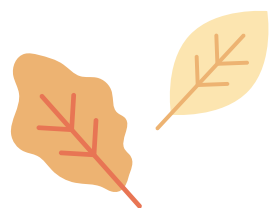
Beginner's yoga for adults 50+. Mats and props
provided. Phone 03 548 8245 (Jo Ann).
Email nzsilveryogis@gmail.com
www.silveryogis.co.nz

Stoke Tāhunanui Ladies Club

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

Super Seniors (65+)

Meets third Friday each month, 10.30 am –
12.30 pm. All Saints Church Foyer, 30 Vanguard
Street (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.

Tāhunanui Bowling Club

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

Tāhunanui Community Centre

A range of activities and services on offer, walking, gardening, cycling and free counselling. Phone 03 548 6036 (Katie or Jacqui). www.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, Tāhunanui. 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. Everyone is welcome. Meetings are currently on hold until 2022 due to Covid restrictions. Phone 03 544 3057 (Nan). Email davnan23@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 (Garth).

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

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).

Chair Yoga

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

Club 60

Senior adventures (under 60s welcome too) active fun, social recreation with weekly planned outings and activities. Meets every Wednesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions \$5. Phone 03 544 3955. Email stadium@sporttasman.org.nz

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).

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).

Hope – Ranzau Women's Institute

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

InnerWheel

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

Keep Richmond Beautiful

Working bees every Wednesday morning planting native trees, building walking tracks, coastal clean ups and some weed control. Phone 021 243 6628 or 03 544 7085 (Greg). Email gregandalisonpickford@gmail.com www.facebook.com/KeepRichmondBeautiful.KRB

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pottery

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

Prost-Fit

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

Richmond Bridge Club

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Croquet Club

Come and join us at 348 Lower Queen Street, Richmond. Have fun, learn a new skill. We play both Association and Golf Croquet. All welcome. Phone 021 757 468 (Kaye).

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

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

Richmond Physiotherapy

Knee classes: Wednesdays, 10.00 am – 11.00 am, \$10.
Pilates: Tuesdays 12.00 – 1.00 pm, Thursdays 5.00 pm – 6.00 pm, \$15.
Senior Fit Class: Tuesday, 10.00 – 11.00 am, \$15. Phone 03 544 0327.

Richmond Scottish Country Dancing Club

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

Richmond 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).

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

Sit and Be Fit

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

Social Cards 500

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

Tasman Aquarium Club

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

Veteran's (55+) 9 Hole Golf

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

Waimea Combined Friendship Club

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

Waimea Music Club

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).

Yoga Classes for stiff and sore spots

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

STOKE

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 03 538 0400 (Anne) or 03 546 6570 (Glenys).

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).

Line dancing with Diane and Athol

All ages and genders, gentle excellent cardio, excellent music to achievable dance routines. Meet and make new friends, free morning tea. Beginners welcome. We are a caring community. For further details please phone 027 4491 569 or 022 068 5695 (Diane). Email dianeneil@ts.co.nz

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.

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Central Combined Probud Club

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

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities at Greenmeadows:

Art Class: Mondays 10.00 am, cost \$3.

Art tutorial once a month, \$5.

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

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

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

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

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

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

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

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

Monthly movie: Contact office for details.

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

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Tāhunanui Men's Club

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

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

Sioux Line Dancing

Learners class, 7.00 pm – 8.30 pm Tuesdays, Tapawera Druids Hall. Phone 03 528 6788 (Sue Wilson) or 03 522 4352 (Kirsty Griffith). Email sioux.wilson@yahoo.com.au

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Higgins Heritage Park

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

Live Well, Stay Well Activity Group

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

Wakefield 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

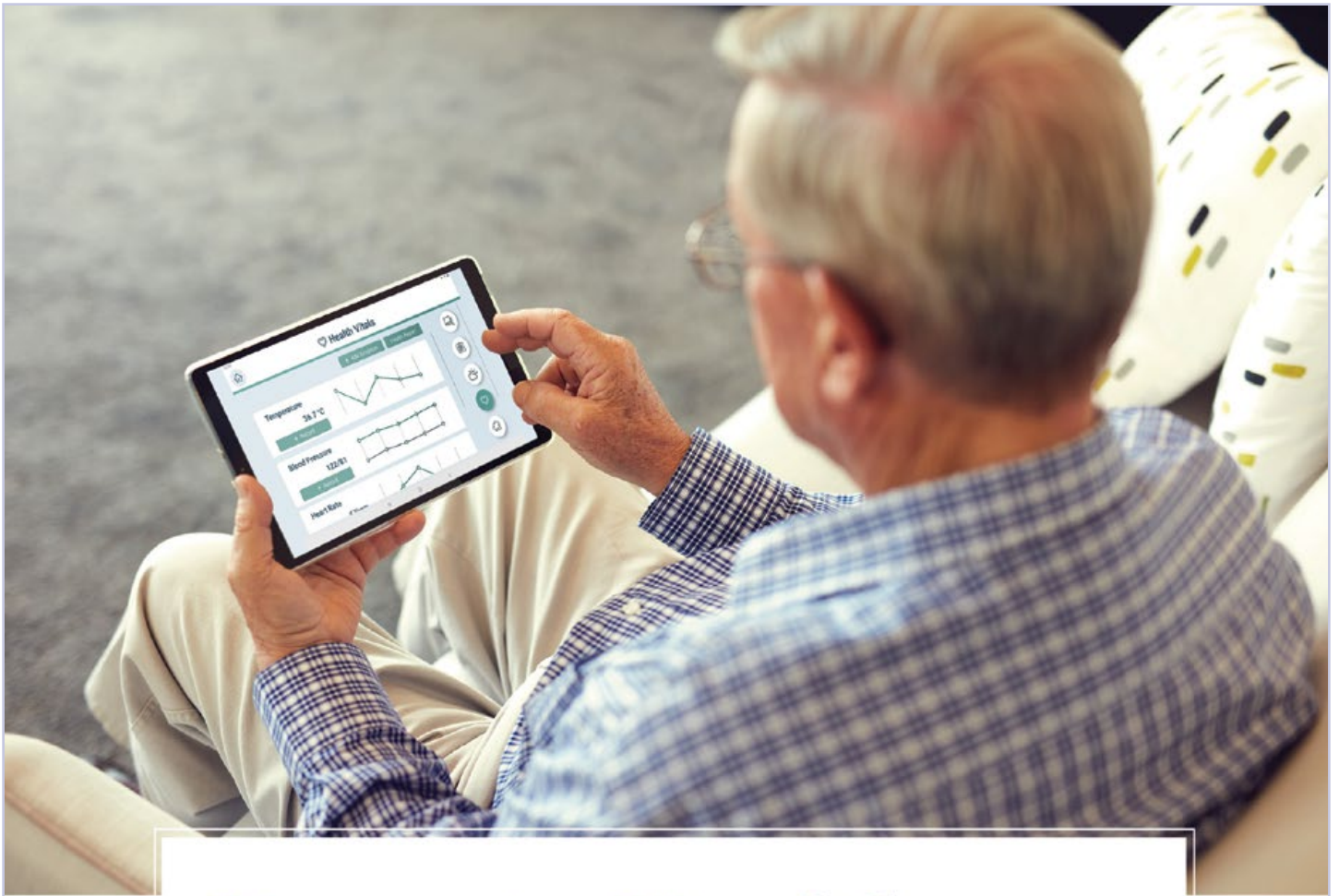
In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Café, 50s Burger Bar and 70s Milk Bar. www.willowbankwakefield.co.nz

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Email mudcakes@hothouse.co.nz with your updated content, and we'll edit it for you. If you would like to add a new listing, simply email us to request a copy of our handy directory template.



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