

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Climbing in Bhutan

Clay Week 1 – 9 October

2022 Nelson Arts Festival 20 – 30 October

Age Concern's Nelson office

PLUS

A directory of local clubs and activities for seniors

Community news, puzzles, cooking, books, gardening and the environment



EDITOR'S Letter



Fire, plague and flood. In the last few years Nelson Tasman has suffered them all: fires in Pigeon Valley in 2019, Covid in 2020, and flooding last month which triggered a two-week state of emergency.

Walking home from town one night during the flood, I felt almost too panicky to cross the Collingwood Street bridge. The usually mild-mannered Maitai was now a ravaging monster, churning with mud and debris, thundering and roaring its way to the sea. Nature as a powerful and destructive force.

A few days later, walking beside the now-quiet river, I came upon another form of boisterous, kinaesthetic energy: a procession of laughing, chattering school kids, shepherded along the riverbank by their teachers. Nature as a powerful and positive force.

It might seem too glib to segue from these thoughts to the contents of this little magazine.

And yet it contains evidence of the ways humans have found to live upon a planet totally indifferent to our existence: growing and preparing food, keeping our homes warm, writing and reading, keeping memory alive and, most conspicuously in this issue, creative expression.

We preview two major creative events – the Nelson Arts Festival, and Clay Week. It's a month when performers and makers of all kinds share their perceptions of a world which is as powerful, and as mysterious, as rivers and children.

Ro Cambridge



In this issue

3 The 2022 Nelson Arts Festival, freed from the constraints imposed by Covid, offers a varied programme of creative events from 20 – 30 October.

6 Clay Week in October celebrates pottery as a craft and an art form with enduring ties to Nelson.

7 Amateur potter Hella Bauer who delights in getting her hands dirty, explains her fascination with clay making.

9 Intrepid globetrotter Edith Royds, of Hope, shares her experience of walking in the mountains of Bhutan.

10 A new office in Nelson makes it easier for locals to tap into the activities and support offered by Age Concern.

Where to pick up your next copy

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

Wakefield

- Four Square

Richmond

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

Stoke

- Ernest Rutherford
- Summerset in the Sun

Tāhunanui

- ReStore (The Habitat Hub)

Nelson

- Fresh Choice
- New World

You can also find it online at tasman.govt.nz/publications and nelson.govt.nz/mudcakes-and-roses

Contact the editor

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On the cover

Ceramics by Fiona Sutherland.
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Your spring tonic Nelson Arts Festival 20 – 30 October

The arrival of warmer weather and the Nelson Arts Festival is sure to lure you out of your winter hibernation. What's more, the festival's new Pay What You Can ticket pricing lowers the financial barriers to attendance.

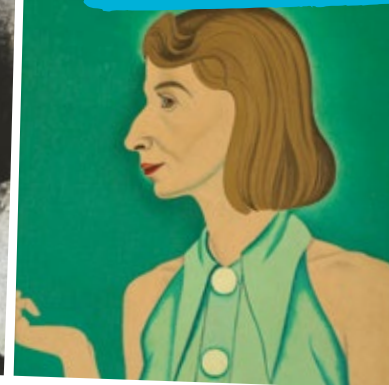
Here's a roundup of just some of the treasures to be found in the 2022 Nelson Arts Festival.

Pukapuka Talks: The Pukapuka Talks programme is always a delight for both mind and spirit. This year the programme includes a tribute to the life and work of the enigmatic and brilliant Keri Hulme (1947 – 2021). It's happening at the Theatre Royal on Sunday 23 October, with Becky Manawatu as MC. Special guests Patricia Grace, Whiti Hereaka, Marian Evans, Matt Salmons and Ariana Tikao will each share a piece of Hulme's writing which has influenced them, and then read a new, specially commissioned work of their own, written in response. The readings will be connected by some of Hulme's favourite songs.

Dementia – The Forgotten Epidemic: Best-selling authors Wendy Nissen and Charity Norman get together at the Suter Theatre to discuss dementia treatment and care. Their books *Remember Me* and *My Mother and Other Secrets* both document their experiences with caring for a parent with dementia. This will be a moving and informative panel discussion that explores how we can let our loved ones die with dignity.

Italian Moods: Enjoy the romance and passion of Italian music with *Italian Moods* at the Nelson Centre of Musical Arts. Raffaele Bandoli and Louis Lucas-Perry offer a programme featuring opera to traditional songs, baroque to contemporary jazz, and everything in between. Close your eyes and you will be under the Tuscan Sun.

Rita Angus Exhibition: Selected works from Te Papa's summer exhibition *Rita Angus: New Zealand Modernist – He Ringatoi Hou o Aotearoa* will be on show at the Suter Gallery. This free exhibition includes an optional audio tour and an illustrated talk.



Daylong Jazz at the Boathouse: If music gets you in the mood, you're in luck. Tui-winning jazz bassist Umar Zakaria along with Ruby Solly (cello, taonga pūoro), Tristan Carter (violin), Duncan Haynes (piano) and Luther Hunt (drums) take over The Boathouse on Monday 24 October with *Sun Song Suites*. Enjoy all four performances during the day or stay for just one or two. The composition explores our relationship to the sun, and you'll be able to listen to fine contemporary jazz as the sun moves across the sky. Magic.

For the Grandchildren: Take your grandchildren (or your inner child) to some magical events designed for children. *The King of Taking* is presented by one of our most talented storytellers and clowns. The story follows the hilarious antics of a juvenile and selfish king with circus, mime and a whole lot of velvet. And at Victory Community Centre a vibrant cast of Pasifika artists from Te Taiuhu performs *Tupu*, a fun show for kids about identity, collaboration, kindness and resilience.

Accessibility – physical and financial

This year's festival is committed to making events accessible to all. Wheelchairs are welcome in all spaces and a phone call will ensure a companion seat at no extra cost.

Many events are free, and the rest are "Pay What You Can", thanks to a partnership with the Ministry of Culture and Heritage, and the Nelson Building Society (NBS). Each event has a range of ticket prices; you choose the price you can afford to pay.

MORE INFORMATION AND BOOKINGS:

Visit www.nelsonartsfestival.nz or pick up a copy of the programme booklet at your local library or the Nelson City Council customer service centre.

Active ageing

Corrective exercise specialist Brianna Wehner, our new (young!) columnist, offers some practical advice on staying stronger, and more mobile for longer. Brianna's grandmother Trish, aged 77, and her friend and tennis partner Jean, aged 91, demonstrate the effectiveness of some simple exercises.

I asked my Pop why he doesn't garden as much anymore. "It's these jolly knees!" he replied.

A sunny day in Nelson. Out the window you spot a patch of garden that needs tending to. Perfect! A therapeutic way to spend your morning, you think. Then another thought sneaks in. What if I get down and can't get back up? Or can't get up without a struggle and plenty of added sound effects? Maybe the only therapeutic part of the morning will be having a laugh at myself!

If you're like my Pop, with his "jolly knees", or his "bung back" you might decide to tackle the garden anyway. If not, leave the garden for another day and try these moves – they'll help improve your mobility and functional strength.

Columnist: Brianna Wehner

Brianna is the founder of Align Functional Fitness, specialising in corrective and restorative exercise. She uses personalised functional exercises to help clients build muscles for stronger, more efficient, and pain-free movement. She loves seeing clients increase in confidence and regain the ability to do things they believed were no longer possible. brianna@alignfunctionalfitness.com

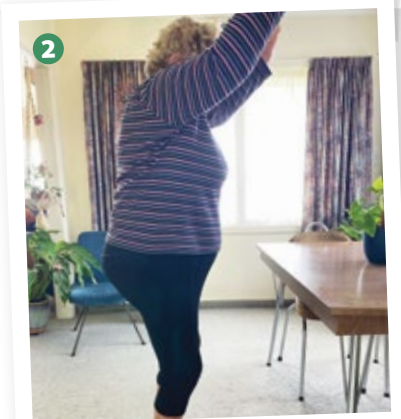
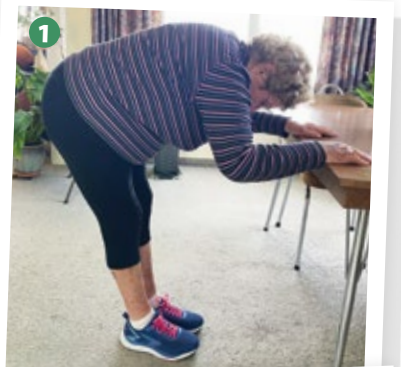


Hinge and reach

This move is great for stretching the muscles down the back of your legs (hamstrings) and through your back and shoulders, keeping you mobile.

- 1 While holding onto a chair or table, bend at your hips, keeping your back nice and straight.
- 2 Stand back up tall and reach your arms to the ceiling.

If comfortable, try bending towards your toes instead of the chair. Bend by shifting your hips backwards, not by rounding your spine.

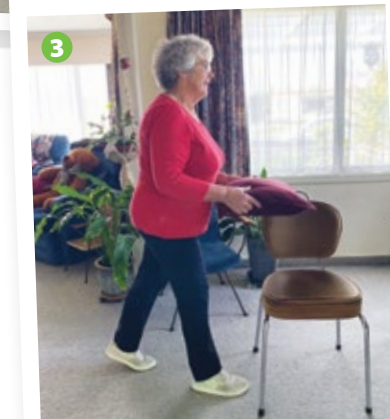
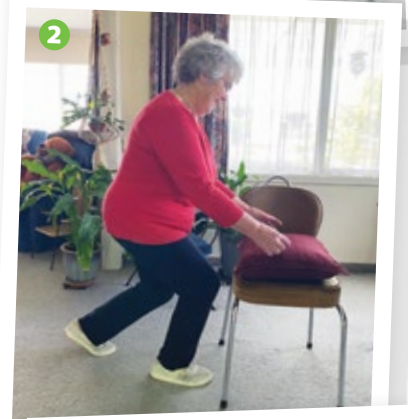
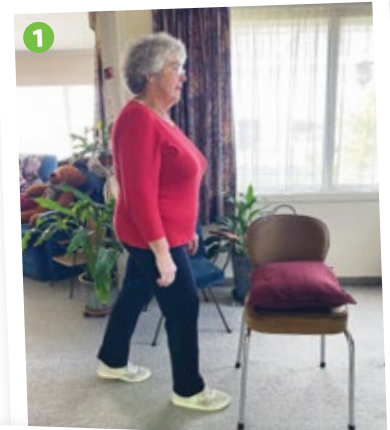


Split stance, bend, lift

Great for strengthening leg muscles, helping to protect your knees and making it easier to get up and down.

- 1 Stand in a split stance near a chair with a pillow on top.
- 2 Bend both knees slightly and grab the pillow.
- 3 Stand back up tall holding the pillow in close.

After eight repetitions, switch legs so your other foot is in front and repeat. If comfortable, try picking the pillow up from the ground. Keep your back straight.





Food for thought

Three cheers for asparagus!

Now that spring has arrived and we're gradually shedding layers of clothes, and choosing to be outdoors a lot more, it's time to plan how to cook some of the delicious treats that nature provides at this time of year.

For me spring is all about fresh asparagus; forget the canned stuff. Asparagus has a relatively short season in that it's pretty well done and dusted by Christmas, but during the 12 weeks or so when it's plentiful, I just can't get enough of it.

Asparagus offers such a unique taste and texture that it's best treated simply. With this in mind, I offer three very simple but seriously delicious suggestions for enjoying this prince of vegetables.

1. Most of us are familiar with asparagus rolls made with canned

asparagus and white bread, but I urge you to make them with very fresh lightly steamed stalks, preferably on the thin side. Not many of us are fortunate enough to own an asparagus steamer, myself included, so here's what I do.

I fill a good-size shallow pan (a frying pan is ideal) with water and bring it to the boil, at which point I add the trimmed stalks and allow them to simmer for 3–4 minutes. Remove the stalks from the pan and set them aside while you spread an appropriate number of Molenberg bread sandwich slices (trimmed of crusts if you prefer) with some good quality mayonnaise. Place a cooled stalk of asparagus on top of each bread slice, sprinkle with some fresh lemon zest and roll up. It's that simple. And incredibly good.

2. My next suggestion is even simpler and best done using

plump fresh stalks that have been trimmed. Wrap each stalk from top to bottom in a lean strip of bacon. Place the wrapped asparagus under a hot grill or on the barbecue, turning every couple of minutes so the bacon is cooked on all sides and is crisp and succulent. Best eaten with your fingers, believe me.

3. Finally, if you're not scared of garlic, arrange some trimmed plump stalks in an oven dish and sprinkle generously with good quality olive oil and crushed garlic – as much as you like. Bake in a hot oven for about 15 minutes until the asparagus looks quite wrinkled and the garlic has browned but not burned. Remove from the oven, sprinkle with some freshly grated Parmesan cheese and return to the oven for 5 minutes. When the asparagus is baked like this, it takes on a very delicious sweetness.

Columnist: Renée Lang

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



Nelson Clay Week



Nelson Clay Week 1–9 October 2022

Some of the country's leading potters will be in Nelson for the inaugural Nelson Clay Week featuring a series of exhibitions, workshops, masterclasses, open studios, public demonstrations and a market day.

"Nelson Clay Week is a celebration of pottery, as a craft, an artform and an industry that has had a massive impact on Nelson and New Zealand, since the 1950s," said Lloyd Harwood, Community Arts Manager at Arts Council Nelson. "We've invited some of the country's best potters to gather for a series of exhibitions, workshops and events, for an exchange of techniques and ideas, and to show their work."

Nelson Clay Week will begin with two days of **Open Studios**, with more than 15 potters across Nelson, Tasman and Marlborough welcoming the public to their workshops. The Week will finish with a **Potters Market** in Queens Gardens, showcasing more than 30 potters selling their wares.

At the top of Trafalgar Street, 1903 Square will be renamed **Potters Square** for five days of demonstrations, kiln firings and a chance for people to try their hand at some clay work. Kids, too will be encouraged to get involved by contributing to a public sculpture of hundreds of clay fish; an event timed to coincide with the school holidays.

Refinery ArtSpace will present **Pushing Clay Uphill**, an exhibition of the more dynamic and experimental aspects of ceramic practice from around the country,

as well as boasting the inaugural Forsyth Barr Contemporary Ceramic Award. There will also be a series of exhibitions and window displays across the city.

For those who want a more hands-on experience, there are at least 25 workshops, although many of these sold out with hours of being announced. The Suter Art Gallery is hosting a Panel Discussion, and across town at Arden Bar there will be more informal gatherings for an exchange of ideas on the past, present and future of ceramics.

Nelson Clay Week will become a biennial event that aims to be a real gathering point for national and international potters, and admirers of all things clay.

MORE INFORMATION: www.clayweek.nz



Learning to work with clay

My cupboard is full of mismatched mugs and cups, and plates of all shapes and colours. Most hold more than just food or beverages. A memory. A story. A place.

Picking up my latest purchase at a pottery club, I was asked "Do you want to try? Come back on Monday, and I'll show you around."

My first teacher was a lifelong potter. She started as a child, shaping the clay she found in the paddock behind her house, and never stopped. An apprenticeship, a degree, always with, and around clay. Now in her late fifties and creator of stunning sculptures, she was a fabulous if challenging teacher.

So much to learn. About the clay – it comes in grey and white and red, sand colour and speckled. The red one is gritty, which I discovered while working on a wheel and it grazed the skin of my hands. Some clay is hard, some is soft. How to get it to just the perfect consistency?

So much to learn. Throwing a bowl on a pottery wheel requires full focus, and balance. Left and right hand need to work together, need to be stable, to complement each other. No time to think about anything else, no distraction. I was hooked.

So much to learn. To dry the clay so it doesn't crack. To fire the clay at just the right temperature. Glazes an entirely different learning curve. Is this food-safe? Does this glaze work with this clay? What will it look like? You never know, every firing brings new surprises. This might change after years of practice, but I'm not there. Yet.

Contributor: Hella Bauer

A collector and occasional creator of pottery, Hella Bauer is looking forward to getting her hands sticky with clay again after a break due to a new job and the arrival of a grandchild.



Hand building is co-creation between hands and clay: clay has as much personality as its shaper. Some clays dry fast and crack. Some people have hot hands. Other clays stay malleable. Some people have cold or sweaty hands, slender or thick fingers.

What will work on any specific day? Clay behaves differently if it's cold or hot, dry or humid. Working with clay is grounding. What is today? It's tactile – hands that too often tap on keyboards create something useful, three dimensional rather than hidden within a screen.

Clay is creation for the joy of it. It can be fast: in a two-hour session I created a chameleon. There's no purpose to it, but I loved creating it, prodding and poking the clay into shape. Now the chameleon makes me smile whenever I look at it.

So much to learn. It's possible to create something on a one-off afternoon. Or spend decades learning and playing and creating with clay and glazes. Clay Week in Nelson this month is an opportunity to explore all things clay. Give it a try.





Our environment

Shibden Hall

Home heating – an historical perspective

Keeping your home warm has always been a challenge. This fact has become very clear to me while I have been travelling in England and visiting historic houses.

One of the homes I visited was Shibden Hall in West Yorkshire. Its low ceilings and dark-panelled rooms are famous as the location for the popular TV series, *Gentleman Jack*. The series was based on the life of Anne Lister, who once owned Shibden Hall, and who led a public and private life that was unusual for a woman of her time. However, my main interest was in the building itself

The house was visible from the main road approaching Halifax, its blackened external beams peeping through the summer-leafy trees that have grown up around it since it was first built in 1470.

It was originally constructed of wood, then later encased in the local stone.

I ambled around admiring the dry warmth in the rooms, wondering how the caretakers keep out the damp which so often plagues old houses. Originally, the house was heated by wood fires in nearly every room, but I discovered that the house now has underfloor heating. Installed around 1950, a system of pipes run through the cellars, carrying warmth to all parts of the house.

The Romans were the first to use underfloor heating, employing a hypocaust system which used fires and channelled hot air through underground chambers. Fishbourne Palace near Chichester, which I also visited, is a good example of this luxurious feature of Roman life. It is surprising that the system didn't catch on with Britons when the Romans left England.

Saltaire village and mill, with its art galleries and architecture, is another favourite destination of mine.

The village was built by Sir Titus Salt between 1854 and 1868 to house his mill workers and managers.

It had nothing as sophisticated as underfloor heating – coal fires heated bedrooms, kitchens and washing tubs.

As different fuels and technologies have developed, house construction and the ways of heating and preventing damp in our homes has also changed. My house in Nelson has underfloor heating, though it works on a different principle than the Roman one! A heat pump under the house delivers heat to the rooms above via tubes and grilles in the floor.

The modern ideal house is so well constructed that it doesn't need much heating. A low energy house (also known as a Passive House) has large, north-facing windows, small windows to the south, airtight construction, wrap-around insulation, and efficient solar heating. This energy-saving design reduces carbon emissions and will help New Zealand meet its commitment to being a net zero carbon emitter by 2050.

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

Recollections of... The longest climb

By Edith Royds

Edith Royds of Hope is an intrepid traveller who has been globe-trotting for the past five decades. This is an edited extract from her travel memoir *Escaped as a Bird*.

In Bhutan our biggest challenge was the steep five-hour climb to Taktshang Monastery or Tiger's Nest, one of Bhutan's most famous sacred sites, which is perched on the side of a cliff 900 metres above Paro valley floor. It is said that Guru Rinpoche arrived on the back of a tigress and meditated there, hence the name, Tiger's Nest.

Oldest in our party of 12 and stubborn, I was determined to make it to the top. We set off at 8.30 am before it got too hot. We had the choice of riding bareback on a horse half of the way, then climbing or walking the rest. Because of my horse-riding accident, I was adamant I wouldn't ride a horse. Instead, I spent three quarters of the day climbing to the top on foot just to be able to say, "I did it!"

Carrying a backpack and a walking stick I did quite well at the beginning, but I've never been good at climbing. A group of locals came past and said, "Old lady, can we take your pack for you?"

I was so exhausted I promptly said, "Yes, here you are," and handed it over. When we got to the halfway point, we stopped, and they returned my backpack. I had a rest, knowing the steepest part of the climb was still to come.

The next part of the day, I stumbled along on my own. Doreen stopped at the halfway mark, but I was pig-headed and dragged myself up, bit by bit. A wonderful Indian guide caught up to me and encouraged me for the remainder of the climb. Every time we reached a vantage point, he took photos of me. I would never have got to the top without his encouragement.

At about three o'clock, I reached the top. It was wonderful, worth the effort and deeply satisfying.

The amazing thing is that I ran almost the whole way back down; it was so easy going down compared to coming up. I think it only took me about one and a half hours to reach the bottom. On the way, I met a group of people coming up to look for me. They couldn't believe I still had so much energy!

At the hotel, I took a shower and changed before joining the rest of the group for dinner. When I walked into the restaurant there was a big round of applause. I was the oldest in the group, but I'd done what a lot of the younger ones hadn't managed to do. Although I didn't realise it at the time, I'd also given myself a hernia – diagnosed after my return to New Zealand!



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



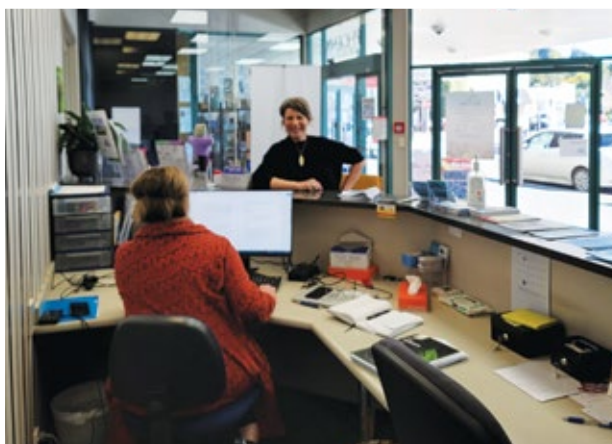
Age Concern now has an office in Nelson

Age Concern is dedicated to improving the quality of life and well-being of older people in Nelson Tasman. Until recently, the organisation operated solely from premises on Oxford St in Richmond.

However, it has recently established a second office in central Nelson, at 18 Bridge Street, opposite the Nelson bus station. It means older Nelsonians can more easily access the agency's visiting, elder abuse response and carer relief services, as well as weekly social connection activities.

Age Concern was encouraged to trial the move by support from Make/Shift Spaces, a local organisation devoted to revitalising empty retail spaces, and the building's owner, who was willing to make the space available on an initial rent-free basis. Now that a formal lease is in place, Age Concern is building on its regular classes and group activities.

If you'd like to drop in for a chat, you'll receive a warm welcome at the Nelson office during opening hours, which are currently Tuesdays, Wednesdays and Thursdays between 9.00 am and 2.00 pm.



Caroline Budge, Manager of Age Concern, and Joleen McEvoy, Visitor Service and Carer Relief Support, in the Nelson office.



The exterior of Age Concern's Nelson office currently features a photo gallery of local seniors.

Age Concern has space to share

At the rear of Age Concern's new Nelson office there's a large room with great potential as a gathering and activity space.

Age Concern already hosts some activities in the space, but is keen to extend its use.

It would be ideal for small-scale activities like club meetings, seminars, classes, or more informal gatherings such as poetry readings, sing-alongs, musical performances, sewing bees and games afternoons.

The space has good accessibility, heat and lighting, and tea-making facilities. There are plenty of chairs for seated gatherings, but these can be stacked out of the way if an open floor space is required. What's more, it's centrally located and there's plenty of parking close by.

Share your bright idea

Age Concern would love to hear from you if you or a group you belong to could make good use of this space.



Or perhaps you have a bright idea about how it could be used for the benefit the city's older residents?

If so, please contact Caroline on 03 544 7624 or email manager@ageconcernnt.org.nz



Gardening tips and tricks



Supremely tasty spring plantings

Spring is a truly glorious season. This year it feels more poignant because of the devastating floods in August – my heart goes out to anyone whose home or garden was affected.

From mid-October all of your favourite summer vegetables can be planted with abandon. I'm ordering bedding and vegetable plants from Evandale Nurseries in Southland for Bay Landscapes because they have a lot of different, exciting varieties than other wholesale growers.

Evandale has a fabulous range of tomatoes – including some different varieties I haven't seen before. One that really excites me is Supreme Sweet 100 – a cocktail tomato that is resistant to cracking. Last year I lost a lot of my crop because it rained while they were ripening, causing them to crack.

My favourite tomato of all time is Tasty Tom – grown exclusively by Evandale. This tomato has been bred specifically for its flavour and is truly gorgeous. The tomatoes are approximately 4–5cm in diameter with intense flavour – they remind me of the lovely ones Dad grew every year in Invercargill called Best of All.

If you have a small space, give red or yellow Tumbling Toms or patio tomatoes a try – they are perfect for hanging baskets, containers or vegetable pods. I've planted Patio Prize in the latter and it's doing really well.

I'm thrilled to say that I've managed to grow some Pink Brandywine tomato plants from three-year-old seed. This is a beefsteak variety with the most delicious flavour – seed for this beauty is no longer available so I'm planning on growing this tomato in a totally different area so the seed will come true.

Last year I didn't have any Nelson Isle of Capri tomatoes, which was a disaster – pukekos completely destroyed my 2021 crop so I couldn't save any seed. You can imagine my excitement when I realised there were seedlings popping up last summer where they had grown. I took lateral cuttings and planted them in my tunnel house so I could save the seed. This year I have a good supply of plants again.

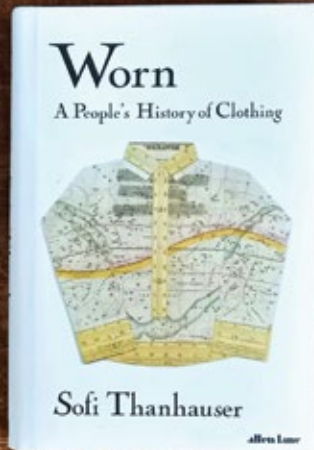
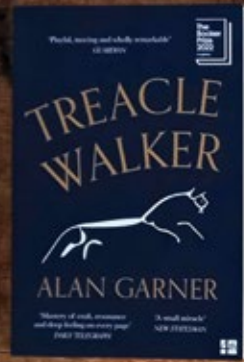
If you want to save your own tomato seed it's important that the variety you purchase isn't an F1 hybrid because these are sterile – they won't produce viable seed.

I adore growing tomatoes and I have great success growing them in 25-litre planter bags. These grow bags are really sturdy and have handles so they can be shifted fairly easily. I have these available for sale so please don't hesitate to email me at foeslamb@xtra.co.nz

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

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Te Puna Waiora: The Distinguished Weavers of Te Kāhui Whiritoi by Ngāhuia Te Awekōtuku, Donna Campbell, Nathan Pōhio and Awhina Tamarapa

A stunningly beautiful celebration of raranga (traditional Māori weaving), featuring a wide range of work from twenty pre-eminent weavers, plus interviews, biographies, and essays. Despite colonisation, raranga remained central to Māori life, and te whare pora (the house of weaving) remains a place of cultural continuity. The book is remarkable for its striking photography, for the range and complexity of woven items (including kakahu, whāriki [mats], kete, pōtae [hats], piupiu, tukutuku panels, pākē [rain capes], and paraerae [shoes]), and for its insights into approaches, techniques and materials. **\$60**

Treacle Walker by Alan Garner

Short-listed for the 2022 Booker Prize, *Treacle Walker* is a spare and moving story of a lonely boy who strikes up a friendship with a wandering rag-and-bone man who opens his eyes to new depths of experience. Melding myth, folklore and quantum physics, *Treacle Walker* is a novel about the acquisition of human depth, and an exploration of the possibilities and limitations of our ideas of time. **\$25**

Worn: A People's History of Clothing by Sofi Thanhauser

A wide-ranging and compelling look at clothing and textiles through the lens of five fabrics: linen, cotton, silk, synthetics, and wool. Thanhauser explores the social, economic, and environmental histories and impacts of some of our most intimate possessions, and shows us that the story of our clothes is a global story of complex and often surprising

relationships with impacts on people and environments usually far beyond our awareness. Well written, it is a lively, empathetic and engaging cultural history. **\$55**

Annual 3: A Miscellany From Aotearoa New Zealand edited by Kate De Goldi and Susan Paris

If you know of any children who are curious, discerning, up for anything, and ready for some stimulating stories, intriguing illustrations and very amusing amusements (or if you are yourself any or all of these things), you won't be able to do better than give them (or yourself) a copy of this wonderful book. Includes contributions from Maurice Gee, Paul Beavis, Giselle Clarkson, Ant Sang, Gavin Bishop, Kimberly Andrews, Tim Denee, Johanna Knox, Dylan Horrocks, Josh Morgan, Airini Beautrais, and it even shows you how to knit your own brain. **\$45**



Our Community News and Information

News from Age Concern

We love bringing people together to connect, share stories and laugh. We aim to help older people continue to live meaningful lives in an inclusive society. That's why we offer a range of core services such as visiting service, carer relief, elder abuse response, social connections as well as occasional courses and events. Here's what's coming up in October and November.

Cooking classes

Our cooking classes are relaxed and fun. They are ideal for anyone with only limited cooking skills, or who is struggling to cook for just one. Classes are taught by a qualified chef with community cooking experience, and participants share a meal at the end of the class. Our next course starts on 4 October and runs every Tuesday until 8 November.

To register contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz



AgeConnect Champions Awards: nominate your champion!

These awards showcase and celebrate the "good sorts" in our community. The ceremony will be taking place on 17 November this year and we're looking for nominations. The awards recognise those who contribute to the well-being of older people by helping them to feel that they are valued members of our community. These awards often reveal acts of generosity and kindness that the wider public aren't aware of. So, if you know someone doing great things for the older members of our community, now is your chance to share their story and nominate them as an AgeConnect Champion.

You can nominate an individual, a business or an organisation. Use the form on our website, phone Marnie on 03 544 7624 ext 5, or email ageconnect@ageconcernnt.org.nz

Care and repair

Do you have odd jobs, gardening, or minor repairs that need doing around your home but don't know who to call? We can match you with an affordable, trustworthy person (who has been police vetted) to do the work for you. Services include general gardening and lawn mowing, odd jobs, cleaning and footcare. Jackie has more information – phone her on 03 544 7624 ext 4, or email her community@ageconcernnt.org.nz

Advance care plan (ACP)

Imagine you have been admitted to hospital unable to speak and are critically ill. If you have an advance care plan, this will tell hospital staff how to treat you. You can get help to develop your ACP at one of our final workshops of the year: Tuesday 11 October from 10.00 am – 11.30 am at our Nelson office, or Wednesday 23 November from 1.00 pm – 2.00 pm at our Richmond office.

Our Community News and Information

Malediction and melodrama!

A death at the Bay View Hotel in Wakapuaka in the 1800s, and a series of odd occurrences at the hotel is the inspiration for *Malediction*, a locally written and performed play.

Mrs Charlotte Boseley, landlady of the Bay View Hotel, was found dead in the hotel, on 18 July 1874. Her husband was sentenced to 15 years' imprisonment for her murder. The Bay View Hotel was placed in trust for Boseley but was destroyed by fire the very year that he was released from prison.

Billed as a story of "excitement, exaltation of virtue and poetic justice", the play was written by Penny Taylor, from Wakapuaka, and will be performed by members of Histrionics, a not-for-profit group committed to bringing local history to life.

Patrons are encouraged to get into the spirit of the play by wearing Victorian costume.

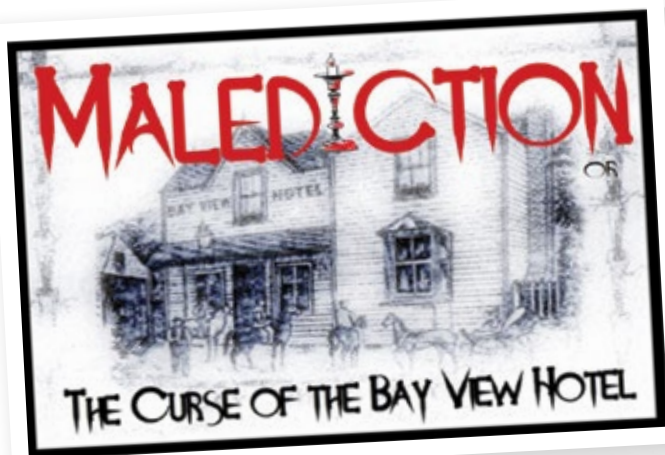
WHEN: 13 – 15 October, 7.30 pm

WHERE: All Saints Church, Vanguard Street, Nelson

BOOK: www.eventfinda.co.nz \$20 + credit card fee

Discover more about Histrionics on Facebook:

www.facebook.com/Histrionics-841146512645978



Puzzle solved!

Have you ever warily eyed those exercise contraptions dotted around local parks and reserves and wondered how to use them?

You don't need to wonder any longer. Beginning in October, and continuing over summer, there will be a series of free training sessions, designed to show older people how to use this outdoor exercise equipment safely.

As long as you can walk for 30 minutes unassisted, these sessions are for you. Each hour-long session is led by a qualified instructor, followed by a group get-together and coffee.

- Monday 31 October, 12.00 pm, Saxton Field outdoor exercise area
- Thursday 3 November, 12.00 pm, Tāhunanui Beach outdoor exercise area

For more information, contact Ange Baker, Falls Prevention Coordinator for Nelson on 021 790 415.

Our Community News and Information

Local memoir writer launches online course

You don't need to be the perfect speller or a prose stylist to write your memoir, says Tākaka memoir writer Charlotte Squire. You just need to have a story to tell.

"The best stories come with personality and honesty. People want to read the voices of their parents and grandparents, with all their unique ways of saying things, not someone else's voice."

Charlotte is launching an online course called *Write Your Memoir*, designed for people who want to record their lives or family histories, but don't know how to organise their information, where to start, or maybe don't feel that confident as a writer.

The course offers a roadmap for people to follow when writing their stories. It includes videos, templates, a Facebook support group, and a one-on-one session with her. Students can complete it at their own pace.

Charlotte has been a writer for over 20 years, including as a journalist for Stuff. She has supported dozens of people to write books.

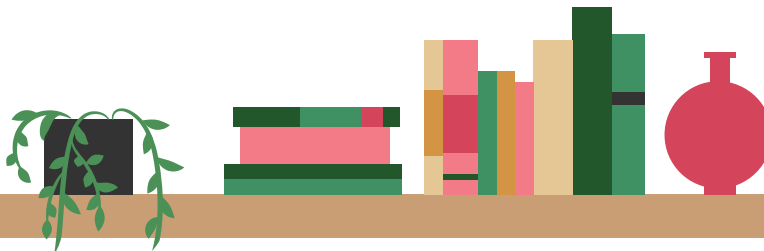


"Some people wonder if their memories even matter, but your life stories are your future generation's history. And one day they're going to want to know more about where and who they come from."

For more info visit www.charlottesquire.co.nz



Tasman District Libraries



Heritage, Holidays and History

Wondering what to do with the tamariki in your life these school holidays? Look no further than your local library. Richmond, Motueka and Tākaka libraries are all holding mindfulness mornings for children, which are practically guaranteed to leave you with calm kiddos for the afternoon; Tākaka Library is offering yoga for kids; and you're invited to make kindness rocks and worry dolls at Murchison and Richmond libraries. But wait, there's more! Visit www.tasmanlibraries.govt.nz or contact your local library for more information.

Family History Friday

The best place to start when you're researching your family history is Richmond Library for free professional guidance and advice. Come along to Family History Friday between 10.30 am – 12.00 pm on 28 October for information on how to access free genealogy resources and start your family history research.

Tasman Heritage

Tasman District Libraries has recently published a new online treasure trove of local history ephemera. It's a great place to learn more about your local history, further your research into family history and have a good laugh at tobacco leaf bikinis and other back-in-the-day hi-jinks. You can start unearthing local history letters, records, photos and oral histories online at heritage.tasmanlibraries.govt.nz

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Blogger-turned-author book launch – Ethically Kate

Living sustainably is almost a buzz word these days with countless articles and books dedicated to the subject. It can be a little overwhelming, but when you really pause to think about it, sustainable living is just simple living.

It's a return to basics through actions like re-using those bread bags or filling up glass milk bottles – things many of us grew up doing before it was trendy. The simplicity behind a greener life is why we are big fans of Ethically Kate, a blogger from Aotearoa who shares her life to show just how easy greener living can be.

We are excited to welcome Kate Hall to the library for the launch of her first book, *Better, Bolder, Different*, which is full of tips and tricks to inspire you to live a more sustainable life.

Come along on Wednesday 9 November, at 6.00 pm to the Elma Turner Pop-up Library. This is a free event with books available to purchase, thanks to Page & Blackmore Booksellers.

MORE INFORMATION

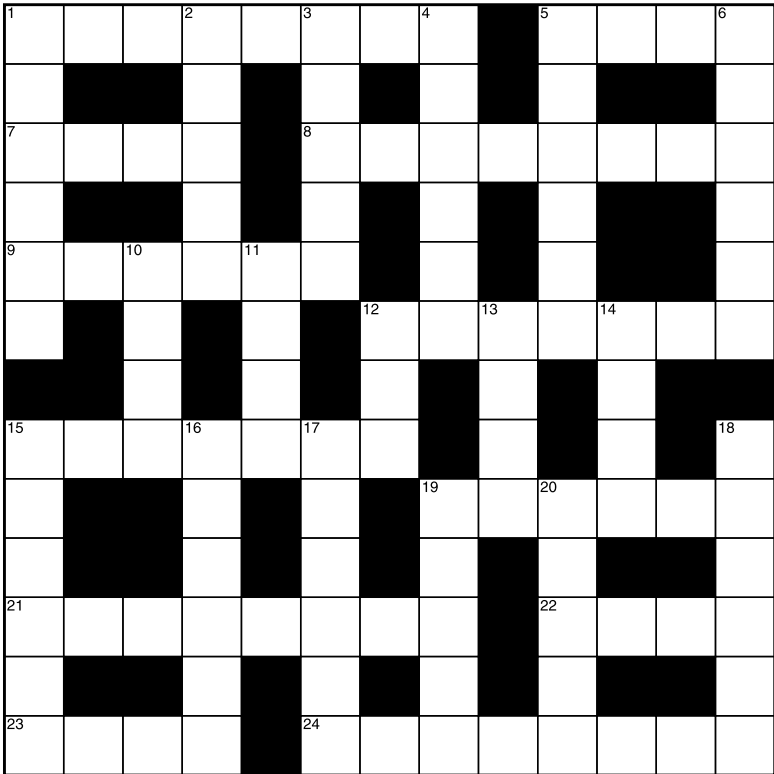
Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Crossword



ACROSS

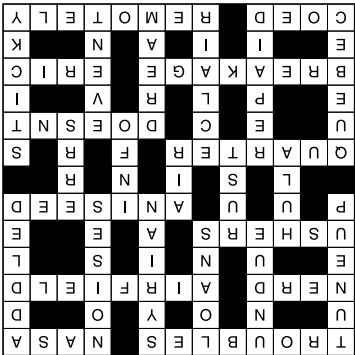
- 1. Difficulties
- 5. US space organisation
- 7. Dork
- 8. Runway zone
- 9. Cinema attendants
- 12. Ouzo flavour
- 15. One fourth
- 19. Fails to (5'1)
- 21. Crockery accident
- 22. Actor, ... Bana
- 23. Mixed gender (school) (2-2)
- 24. Distantly

DOWN

- 1. Engine service (4-2)
- 2. Improper
- 3. Mortgages, home ...
- 4. Damascus native
- 5. Squeaks and rattles
- 6. Confused
- 10. Exercise ring, ... hoop
- 11. Dilapidated car, ... bucket
- 12. Give vent to
- 13. Data
- 14. Miscalculates
- 15. French Canadian area
- 16. Refunded
- 17. Chocolate choux pastry
- 18. Dessert, ... date pudding
- 19. Reverie
- 20. Occasion

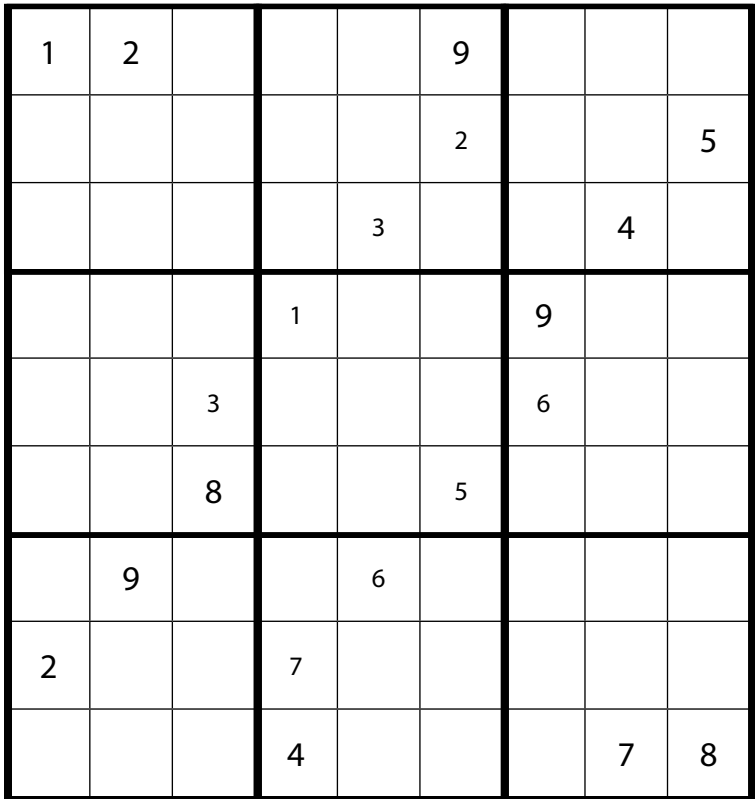


Crossword solution

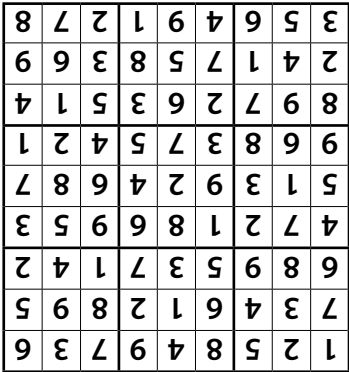


Sudoku

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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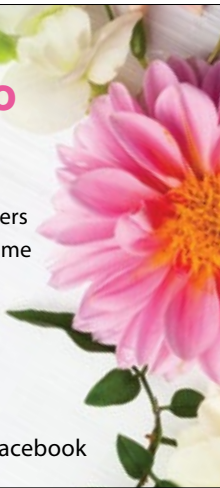
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TASMAN AND NELSON DISTRICT

Acc Strength and Balance Classes For Seniors

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

Age Concern

The 'go-to' agency for older people in the region providing support, advice, referral and activities for people aged 65+. Phone 03 544 7624.

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)

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

Brook Sanctuary

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

Elysium Widow and Widowers Group

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

Falls Prevention

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

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

Green Prescription

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

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Marching for Women 50+

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

Mobile Nail Care

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

Nelson Public Libraries

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

Senior Net (Nelson)

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

Top o' the South Steampunkers

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

Stroke Foundation

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

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

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

Volunteer Nelson

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

Wellby Talking Cafés

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

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

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

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

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

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pōhara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Tākaka Golf Club

Phone 03 525 9054.

Tākaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Tākaka Spinning Group

Phone 03 524 8146 (Margaret).

Tākaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 9422 (Diane).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings.
Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

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

Māpua Bowling Club

Phone 03 540 2627 (Di).

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Sioux Line Dance

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

The Coastal Stringers

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





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 Seniors Hub

\$3 per session, refreshments provided. For all enquiries phone 021 251 4359 (Chris).

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).

Knit & Natter: Wednesdays 10.30 am – 12.30 pm

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

Housie: Second and last Saturdays of the month, 1.00 pm – 4.00 pm

Senior Art Group: Fortnightly group TBA

Community activities: Yoga, Tai Chi, Journaling

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). Free phone 0800 731 317.

Ear Cleaning

Registered nurse providing a gentle micro-suction service. ACC and war veterans registered. No surcharge. Based at home in Atawhai. Contact 027 442 7040 (Debby). sandow.debby@gmail.com

Elysium Widow and Widowers Group

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

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square. Tuesdays, 10.30 am – 11.45 am. Thursdays, 5.30 pm – 6.45 pm. Phone 03 547 5331 or 027 297 6147 (Connie). Email connie@jnc.co.nz

Government Superannuitants Association

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

Grandparents Raising Grandchildren

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

Marching

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

Nelson Antique Bottle and Collectables Club

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

Nelson Blood Cancer Support Group

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

Nelson City Probus Club

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

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 (Gaille).

Nelson Petanque Club

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

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club

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

Nelson Social Dance Club

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

Nelson Table Tennis Club

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

Nelson-Whakatū Menzshed

We are a group of mostly retired men who enjoy getting together, making stuff, contributing to the community and generally having a good time. Meetings Tuesday and Thursday from 9.00 am, 236 Haven Road, Nelson. Phone 027 608 0377 (Robert). Email robertshade@hotmail.com www.menzshed-nelson.org.nz

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

Repair Café at nook.

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





ReStore Nelson

Volunteer with us. A variety of roles and flexible hours. Donating your time helps us support housing for families in our community. Your donation of quality used goods helps too. We may be able to arrange collection. The Habitat Hub, 166 Tāhunanui Drive, Tāhunanui. Phone 03 547 4626. Email nelson@habitat.org.nz habitat.org.nz/restore/nelson

SeniorNet Nelson

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

Silver Yogis

Beginner's yoga for adults 50+. Mats and props provided. Phone 027 208 0468 (Jo Ann). Email nzsilveryogis@gmail.com www.silveryogis.co.nz

Stoke Tāhunanui Ladies Club

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

Super Seniors (65+)

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

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. Next meeting is at Saxton Field Football Clubrooms at 10.00 am on 26 November. Biomedical scientist Eric Buenz will speak on the effects of lead from bullets on the food chain. Phone 03 544 3057 (Nan). Further information on our website u3anelson.org.nz or 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 (Gareth).

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bit4ever

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

Body Power Pilates and Yoga Centre

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

Chair Yoga

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

Club 60

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

Easy Exercise

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

Gentle Yoga with Connie

Headingly Centre, Richmond. Wednesdays 10.45 am – 12.00 pm. Phone 03 547 5331 or 027 297 6147 (Connie). Email connie@jnc.co.nz

Hope – Ranzau Women's Institute

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

InnerWheel

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

Keep Active

ACC approved strength and balance class. Falls prevention and rehabilitation fitness, social connections and fun. Thursdays 9.15 am, Holy Trinity Hall, 27 Dorset Street, Richmond. Phone 021 0788609 (Nicola), email nicola@bfit4ever.nz

Keep Richmond Beautiful

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

Lunch on the Hill

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

MenzShed Waimea

Waimea MenzShed has been catering for the interests, health and well-being of men since 2010. We have a large smoko room, well equipped wood and metal workshops and small garden plots. Open Mon – Fri, Richmond Park, 384 Lower Queen Street. Contact 027 282 0185 (Alan) or email mens.shed.waimea@gmail.com

Nordic Walking

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

Pottery

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

Prost-Fit

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

Richmond Bridge Club

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 3315 (Sandra).

Richmond Croquet Club

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

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

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

Richmond Physiotherapy

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

Richmond Scottish Country Dancing Club

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

Richmond Slimmers Club

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

Richmond Tennis Club

Social tennis Tuesdays 9.30 am and Saturdays 1.30 pm. All abilities welcome. Beside the Badminton Hall, Gladstone Road. www.richmondtennisclub.co.nz

Richmond Waimea Community Whānau 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).



SERVICE DIRECTORY

Waimea Music Club

Meets fortnightly on Sundays from 1.15 pm – 4.00 pm at Stoke Methodist Hall, Neale Ave Stoke. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat) or 03 544 9446 (Jim).

Yoga Classes for stiff and sore spots

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

STOKE

Acting Up Drama Group

Meets each Monday 10.30 am – 12.00 pm at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. No previous experience necessary! Phone 03 538 0400 (Anne) or 03 546 6570 (Glenys).

Chair Yoga at Saxton

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

Central Garden Club

Meets every second Wednesday of each month, 1.30pm, Methodist Church Hall, Neale Ave, Stoke. Guest speakers and afternoon tea. New members very welcome. Contact 03 541 8646 (Rob or Lynn).

Clogging/Tap Dancing

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

Dru Yoga Classes

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

Greenmeadows Community Centre

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

Line Dancing

Gentle cardio dance routines set to great music. All ages/genders, bring cup and pen, wear soft-soled shoes. Free morning tea. Tuesdays: 9.15 am beginners (all welcome), 10.45 am experienced. Warnes Hall, Songer Street, Stoke. Session times can change. Phone 027 449 1569 (Diane) or 022 068 5695 (Athol). Email dianeneil6@gmail.com

Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly, welcoming club. Roll-ups Thursdays at 6.00 pm and Saturdays 1.30 pm. Phone 021 167 3380 (Rachel).

Presbyterian Support

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

Safety and Confidence

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

Senior Walking Group

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

Stoke Bowling Club

Phone 03 547 7440. Email stokebowls@outlook.com

Stoke Central Combined Probud Club

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

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities at Greenmeadows:

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

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

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

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

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

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

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

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

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

Monthly movie: Contact office for details.

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

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Tāhunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speakers on the third Tuesday of every month, plus outings and activities each week. Phone 021 148 2580 (Ian).

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

Over 50s Fun & Fitness

Gentle exercises for strength and balance followed by a cuppa. \$5 koha. Every Friday, 10.30 am – 11.30 am, St Peter's Anglican Church building, Main Road, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

Sioux Line Dancing

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

Tea and Talk

Monthly sessions on the last Tuesday of each month (except December) from 10.00 am – 11.30 am, Memorial Hall, Tapawera. Phone 027 752 5975 (Janine – Tapawera Connect).

Visual Art Society

Phone 03 522 4924 (Shirley, President) or 03 522 4984 (Dallas, Secretary).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Higgins Heritage Park

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

Live Well, Stay Well Activity Group

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

Wakefield Art Group

All levels of interest welcome. Bring your own paint, pencils or pastels. Thursdays 9.00 am – 12.00 pm, Wakefield Village Hall supper room. \$4 session, morning tea provided. Phone 03 541 8822 (Alison).

Wakefield Bowling Club

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

Walking – Wakefield

Rural Ramblers. Phone 03 541 9200.

Willowbank Heritage Village

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



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

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