

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Introducing the Bee Card and a new bus route

Preparing the garden for spring

Cooking with winter vegetables

Make/Shift Spaces enlivening Nelson's CBD

Plus gardening, books, puzzles and more



EDITOR'S *Letter*

During winter some of us suffer from SAD (Seasonal Affective Disorder) but I suspect that many more of us are feeling just plain sad right now. Not because the days are shorter and colder, but because the world seems such a terrible place.

Covid-19 is killing thousands and causing unprecedented personal, social, economic and political upheaval across the globe. There seems no end to the violence that attends racism and misogyny. It seems that democracy has no defence against manipulation by social media, dirty politics, and fake news. The environment seems similarly defenceless.

Even so, the older people we feature this month demonstrate remarkable optimism and creativity. Our Wild Things columnist goes on planting native bush on public land, and her own backyard. Penny Moulder goes on

creating intimate but powerful theatre. A group of women from Community Action Nelson, have transformed an empty Nelson shop into a community discussion space, hopeful that there's a way to make housing affordable for all.

These local examples of optimistic resilience and optimism may make you feel a little less sad. If you're also suffering from SAD, you may find an antidote in Renée Lang's column.

Warm regards

Ro Cambridge



Where do you pick up your **Mudcakes & Roses?**

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

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

Stoke

- Countdown
- Liquorland
- Summerset in the Sun

Nelson

- New World
- Morrison Square
- River Kitchen
- Fresh Choice

Wakefield

- Four Square

In this issue

03 Our environmental columnist Anne Hillson tells how to protect stands of native forest on farms and suggests which native trees to plant in urban gardens.

04 Make/Shift Spaces is transforming empty shops in Nelson's CBD into hubs of artistic and social endeavour.

06 Writing can be a lonely occupation. Fortunately, the New Zealand Society of Authors has a local branch which offers connection and support to writers at all levels of experience.

Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz

Post: Mudcakes and Roses,
PO Box 688, Nelson.

On the cover

Local actress Penny Moulder negotiates tricky situations in her latest solo play (see page 4) Image supplied by Kraftwork Design Studio.

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Te Kaunihera o

te tai o Aorere



Nelson City Council
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Wild things

Planting with the Future in Mind

Before I retired from sheep farming, I vested 10 hectares of my farm's native bush in a QE2 National Trust covenant.

This makes it legally safe from any human interference. Subsequent owners for example, cannot graze or raze any of this precious remnant of the Seventy Mile Bush in Hawkes Bay.

After selling up, we moved to Dannevirke. I missed my bush so I set about creating another one on an antiquated and irretrievable grass tennis court on our section.

We planted natives with a covering of tree lucerne to shelter them from the wicked frosts. Once the trees were established, we removed the Lucerne trees for firewood.

The bird population increased at least tenfold. Before we left Dannevirke, twelve years later, seven tui were permanently resident. They were intensely territorial, viciously seeing off all magpies, thrushes and blackbirds,

but allowing others to thrive. Fantails, kingfishers, warblers, waxeyes, chaffinches, bellbirds. Several keruru, and a couple of moreporks.

Of course, our tennis court wasn't the only native patch in town, and many gardens included several native trees chosen for their bird-feeding potential in providing seeds, fruit, nectar, leaves, and the insects that live on them. A good bird population already existed but given extra food resources they were able to increase.

I moved again, this time to a "lifestyle block" in Tasman district. During the Covid-19 lock-down I decided to plant another native patch like the one we had made in Dannevirke. However, including the natives on the roadside and on one side of my garden, this patch will be larger than three tennis courts.

Planting is slow work and hard on my ancient back, but I've had some help from a fit granddaughter. Because

I've chosen plants that can withstand our mild frosts I won't need tree lucerne this time. All the plantings have bird-feeding potential: cabbage trees, flax, wineberrys, karamu, various coprosmas, whiteywood, lacebark and lemonwoods. I'm not a chainsaw warrior – I've left several older, non-native trees within my new native patch.

I'm hoping we don't get another drought next summer. My 25,000-litre tank of water doesn't go very far in a drought, especially when I've got the hose in one hand and a book in the other.

I like to think that, if I finally move into town, I plant native plants again for the birds. Just a few species that can be pruned or are narrow so they don't shade the neighbours. Lemonwood (*Pittosporum eugenoides*) would be ideal, and perhaps a cabbage tree and a couple of lancewoods. But first, I need to finish planting my current rural planting project.

Columnist: Anne Hilson

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



Makeshift Spaces – Helen Moulder

New life in Make/Shift Spaces

An empty pharmacy becomes a theatre ... a vacant homewares shop becomes a hub for community discussions about affordable housing.

When retail spaces in a city remain empty for a long time, they often convey a feeling of melancholy and neglect. In 2018, when there were a growing number of empty shops in Nelson’s CBD, Nelson City Council commissioned Anne Rush to investigate how these spaces could be used productively between tenancies to enliven the inner city.



Anne Rush

The result of Anne’s research and discussions with local property owners was the establishment of Make/Shift Spaces. This not-for-profit organisation acts as a broker between the owners of vacant properties, and local creatives and community and special interest groups. Make/Shift Spaces aims to do more than just fill in the “missing teeth” in Nelson’s

CBD. It hopes that the activities which take place these spaces will grow community well-being, incubate new thinking, and challenge and inform our ideas about the civic environment. Overseas, similar initiatives have also led to greater business activity and increased tenancy rates.

Some older Nelson residents, in partnership with Make/Shift Spaces, are exploring the creative and community potential of spaces in the CBD which would otherwise have remained vacant.

Shopfront theatre

Actress and playwright Helen Moulder aged 72 for example. She has “always wanted her own theatre” and now, thanks to Make/Shift Spaces she has one. Helen has transformed a shop at 105 Collingwood street which once housed a chemist into The Shopfront Theatre, an intimate, 20-seat theatre performance space.

It’s the venue for Helen’s one-woman show *The Bicycle & the Butcher’s Daughter*, which she wrote in collaboration with director Sue Rider and runs until 16 of August.

The play centres on a business crisis which exposes the fault lines in the professional and personal lives of Olivia Paterson, CEO of a meat exporting company, her ageing conservative father, her frivolous art-loving sister and her vegan daughter. There's also a slightly mysterious young girl in the show, who's in remission from cancer and in love with her bicycle and the freedom it gives her.

Helen Moulder plays all five characters, transforming herself from one to the other with changes in voice and body language and simple modifications to her clothing. Helen has even managed to weave Covid-19 into the play and the result is theatre that is both funny and moving.

The play was originally intended to run until August 16, but bookings have been so good that Helen has had to extend the season to August 30. If the space remains available through September, she intends to stage a season of *Gloria's Handbag*, another of her solo plays.

Community conversation space

A little further down Collingwood Street, in a shop opposite Prices Pharmacy, something quite different is



happening. The shop houses *What is a Home?* a project initiated by a group of older women – Penny Molnar, Jean Simpson, Raven Boss and Kindra Douglas – all of whom have been active for some years in local efforts to make housing more affordable. As they point out, with the median house price in Nelson at \$660,000, home ownership is beyond the wildest dreams of many people. Renters in the region also struggle to find affordable, long-term tenancies.

With the assistance of Make/Shift Spaces, the group has transformed what was once, ironically enough

a homeware shop called Nest, into a welcoming environment for community conversations. The group's aim was to create a place in which people from all walks of life could talk about what "home" means to them, and share ideas about ways to create more secure and affordable homes.

And it's working. Already the shop is shaping up as a community discussion space, a laboratory for the exploration of novel house-building ideas and a think tank identifying and finding solutions to the obstacles to cheaper housing. Intriguing building ideas, from the blue sky to the eminently practical, are displayed on the walls and a series of public presentations are planned for the coming months.

Pictured left: Raven Boss, Jean Simpson, Kindra Douglas, Penny Molnar with building owner Stuart Hebbard.

MORE
INFORMATION

The Bicycle & The Butcher's Daughter

Wednesday and Thursday, 2pm.
Friday and Saturday, 6pm. Sundays, 4pm.
Until 16 August 2020.

From 19 – 30 August show dates/times are yet to be decided.

Bookings and info on extended season available at: www.trybooking.com/nz/EGL

\$30, \$25 (Seniors, concession & groups of 4)
\$15 (Under 25's)

One hour 10 minutes. Some strong language.
Suitable for 15 years and over.

More information at
www.willowproductions.co.nz

What is a Home – A Community Conversation

- Located on the corner of Collingwood and Hardy Streets
- Open 12 – 2.00 pm on Tuesdays and Thursdays.



New Zealand Society of Authors

Are you a storyteller and a writer?

For our preliterate forbears, storytelling was a way to pass on knowledge, beliefs and history as well as to entertain. In the 21st century we are more likely to cluster around the glow of a screen than a campfire, but storytelling is just as vital and appealing to us now.

Of course, every story, however it reaches its audience is created by somebody. That somebody – the writer – often works in isolation, without much public recognition and often for little financial reward – few professionals are so poorly recompensed for their work as writers.

That's why the New Zealand Society of Authors (NZSA) offers much-needed support to writers in New Zealand. On an individual and personal level, the organisation supports writers with manuscript assessment, mentorships, news, information and advice, as well as

awards and fellowships. It also gives writers a collective voice on key issues such as copyright law, public lending rights and freedom of speech.

The society has an active local branch – Top of the South Writers – which hosts monthly get-togethers in Nelson, Tasman, Marlborough, Golden Bay and the West Coast. These gatherings give writers a regular opportunity to leave their sometimes lonely desk to meet other writers, celebrate successes and share writing tips.

These groups support writers of all ages and experience whatever genre they write in including children's and young adult, fantasy, crime, history, memoir, short stories and poetry.



Meetings are very informal and often have a guest speaker. They are a great way to become familiar with NZSA before committing to membership. Whether or not you are a member, you are welcome to attend. Meeting times and contact details can be found on the Top of the South Branch website www.topwriters.co.nz/writing-groups.html.

Outside of these in-person meetings, local writers communicate with each other through the Top of the South Writers Facebook Group www.facebook.com/groups/TOSWriters. The group is an invitation-only group so that members' communications with each other remain confidential. You can request to join the group by clicking on the "Join Group" button on the TOP Writers' Facebook Page.

With the support of other writers in the top of the south so close to hand, maybe it's time for you to begin writing your stories?



Pictured: Members of the local branch of the New Zealand Society of Writers enjoy a recent get together at the Prince Albert Hotel, Nelson.



Find out more:

NZSA: www.authors.org.nz

Top of the South Branch of NZSA:
www.topwriters.co.nz

Contact: Branch Chair, Lucy Hodgson
tosnzs15@gmail.com

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Gardening tips and tricks



Readying for Spring

Late Winter is here, and I am rain dancing like crazy. We've come to think of our area as "the hole in the donut" because major weather systems seem to go around us. We definitely need significant rainfall to take us comfortably into Summer.

With Spring on the horizon, now is the perfect time to prepare your vegetable patch so it's ready for planting. Hoe or dig it over thoroughly, removing any weeds before applying a good amount of compost.

Over the years I've worked out that the thicker the layer of compost the better at this stage. I put it on by the barrowload, raking it to approximately 20cm thick then lots of sheep manure pellets are tossed on top. After watering the pellets thoroughly (or after rain) and

they've swollen up, I dig them and the compost through the soil and top it with a thick layer of straw.

I prefer red clover straw because it takes longer to break down and it doesn't grow clover – but barley or pea straw are great too and are also more readily available. The worms will have a field day for a few weeks – coming up to work on the compost and manure.

When Spring arrives, planting couldn't be simpler – all you need to do is move the mulch aside slightly, plant your plants and move the mulch back – taking care not to have it too close to the stems of your plants. This method is far easier than planting and then trying to tuck the mulch around fragile seedlings.

Lawns have continued to grow even though it's winter. If you need to mow, it's best to keep the level of

your mower fairly high – this will help avoid the blades digging into the surface of the soil. If you have mossy areas, it's a good idea to rake the area gently with a metal rake then aerate the area using a garden fork – moving it forwards and backwards. You can also don your golf shoes and walk over the area. Both processes let air into the roots of the grass, keeping them healthy while also helping to prevent moss growth.

Sow tomato seeds under cover now, using a good seed raising mix – I test them all regularly and swear by Dalton's Premium Seed Raising Mix, available at Bunnings. Tomato seed sizes vary so the rule of thumb is to cover them to twice the depth of the seed size.

Continue to deadhead pansies, primula, polyanthus and viola for continuous flowers.

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.





Food for thought



Making the most of Winter veggies

The variety of fruit and vegetables in our stores decreases in the wintertime, so we have to be a little more creative with the ones we do have.

Root vegetables are plentiful at this time of year. Think beetroot, carrot tops, parsnip and kohlrabi, swede, celeriac and daikon. One way to make the most of them is to use the green leafy parts as well as the roots. The leaves are often more nutritious than the root itself because of their chlorophyll content.

Think about edible weeds like chickweed, dandelion and mallow or the green herbs like chives, sage, parsley, rosemary, coriander, thyme, fennel, tarragon and bayleaf. And don't forget rocket, spinach, kale and silverbeet.

Chop these leafy greens and include them in soups, curries, salads and any baked vegetable dish. Herbs

add wonderful flavour to everything. Almost all of them can be juiced or added to smoothies. You will feel the benefit in a very short time if you can eat some of them raw once or twice a week. Spirulina powder is also a very good source of chlorophyll.

Chlorophyll is the green pigment found in plants and is often called 'plant blood' due to its close resemblance to haemoglobin, the red blood cells that transport oxygen to your blood. It has a good amount of magnesium too which many of us are deficient in. Vitamin A, C, E and K are also prevalent. Chlorophyll improves digestion, waste elimination, balances fluid levels, reduces constipation, improves skin and hair. Overall, it allows our body to function at an optimal level. There is also some suggestion that it acts as an anti-inflammatory and an anti-oxidant, and may bind with heavy metals, aiding their elimination from the body.

Here's my simple formula for a green smoothie:

- 1 cup liquid (filtered water or coconut water)
- 1 apple
- 1 banana
- 1 handful of greens
- 1 handful of berries
- 1 – 2 other fruit as desired
- 1 teaspoon spirulina (optional)

Put ingredients in order listed into a blender and whizz till smooth. The result may not be as smooth as you prefer – it depends on the efficiency of your blender. If so, pour the liquid through sieve. If you prefer a thinner consistency, add a little more liquid. Cheers and here's a toast to your good health!

If you're interested in recipes for healthy foods, keep an eye out for my live demonstrations at the Nelson Farmers Market.

Columnist: Sally Rees

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





Keeping warm

I used to have a Fox Terrier named Pete who, like me, dreaded the cold. He'd worked out exactly how close to an open fire it is possible to sleep without melting your eyeballs or having your furry rump burst into flames.

Surviving these risky experiments in thermodynamics made Pete a huge fan of the scientific method. So much so, that he went on to test gravity as well. When the sun hit the couch, he'd arrange himself along the ridge of the couch back and adopt the lateral snooze position: front and hind legs extended in opposite directions, head on paws, eyes closed. Lowering himself into sleep, relaxing to the point of utter catastrophe, he could jerk himself into consciousness at the exact moment he was about to topple off his perch.

My own experiments in keeping warm are less death-defying, but the results are equally useful. I know for example exactly how many layers of merino it is possible to wear and still be able to bend your arms – or fit them into the sleeves of a puffer jacket. I also know how many scarves you can wrap around your neck and still swivel your head.

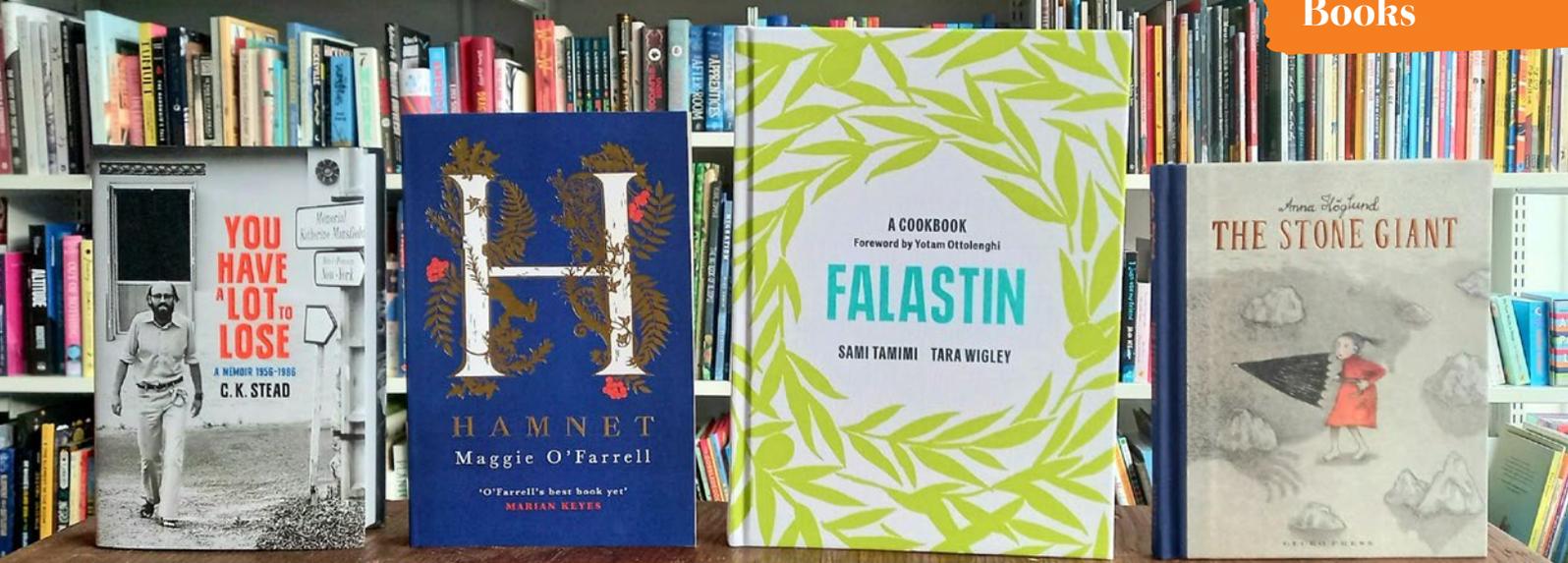
For someone as sensitive to the cold as me, winter means abandoning all pretensions to style. What looks dashing on the ski-slope or mountaintop looks plain

daft in the city. You must resign yourself to looking like a shambling bear and being unable to execute acts of fine motor coordination. Ever tried winking a coin out of your wallet while wearing mittens?

There was a time, long ago, when achieving my ideal body temperature did not require the simultaneous application of an electric blanket and hot water bottle. I can remember splashing in winter gutters as a kid and thrilling to the torrent of icy water pouring over the top of my gumboots. I can remember lifting up panes of ice from frigid puddles with naked hands. Something must happen to your thermostat as you age. It's the only way to explain why, on days when I'm in full alpine regalia, young women can expose midribs, shoulders and thighs but not a single goose bump.

The older woman has just one advantage in winter, and that's the ability to generate hot flushes. There's a downside to this unique talent though. A sudden hot flush can be fatal to one encased head-to-toe in a wind-proof, rainproof, ultra-loft goose-feathered garment: being too hot is as deadly as being too cold. I'm going to suggest to Kathmandu that they install a quick release mechanism in all down jackets which enables the wearer to rip them off when a hot flush hits.

Lives could be saved.



Thinking volumes

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



Hamnet by Maggie O'Farrell

Set in a plague-stricken Elizabethan England, O'Farrell's tender and incisive novel looks at the effects on William Shakespeare and his wife Agnes — and on their relationship — of the death of their son Hamnet. O'Farrell has steeped herself in period details and issues, yet also delivers a novel of contemporary urgency. Her capacity to bring us stories from just off history's stage, and to penetrate the entanglements of history and literature makes this utterly compelling.

You Have A Lot To Lose: A memoir, 1956-1986 by C.K. Stead

In this second volume of his memoirs, Stead takes us from the moment he left New Zealand for a job in rural Australia, through study abroad, writing and a university career, until he left the University of Auckland to write full time aged

fifty-three. Always exacting in his opinions, Stead provides interesting perspectives on literary friends and foes, such as Janet Frame, James K. Baxter, Alen Curnow and A. S. Byatt, and provides insight into both the personal and the political aspects of social change through the 1960s and 1970s.

The Stone Giant by Anna Höglund

Who knew that with an umbrella and a mirror you could defeat a giant who turns everyone to stone with her gaze? This beautifully illustrated fairy tale, based on Swedish author Elsa Beskow's Tripp, Trapp, Trull, brings us a tale of bravery, audacity and cleverness. When her father, a knight, doesn't return from his quest to overcome the giant, a child sets off to find him, swimming across the sea and following a path through the forest. She gets the help she needs from an old woman in a cottage, and liberates not only her father but everyone else who has been turned

to stone. The wonderful illustrations are a combination of copper plate etchings and watercolour, with rich blacks and greys and small petals of colour. Exquisite.

Falastin by Sami Tamimi and Tara Wigley

Sami Tamimi wrote the wonderful Jerusalem cookbook with Yotam Ottolenghi (who contributes a foreword to this book), and here returns to present the recipes, cuisine and stories of the Palestinians of Bethlehem, East Jerusalem, Nablus, Haifa, Akka, Nazareth, Galilee and the West Bank. The book is beautifully presented, with photographs, personal stories and an exciting, diverse range of delicious food.

VOLUME:

15 Church Street, Nelson
books@volume.co.nz
Phone 03 970 0073
Text 021 197 0002





The Webanaut

News and stories from the internet

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

How to use these links to find out more

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

Shopping Malls into housing

Many suburban shopping malls in the US which were already struggling to survive seem likely to collapse in the era of Covid-19. One novel solution that's been touted is the conversion of these commercial properties into housing and apartment complexes.

Visit: bloom.bg/3327M4w

Invisible in advertising

In a 2014 survey of people aged 70 and older, fewer than half of the respondents felt that commercials

represented their age group in a respectful way.

As an article on Considerable.com points out, advertisers often overlook older adults who are “the most important consumer group” and that “today’s mature consumers are diverse and more active than ever before. They want the [advertising] images to reflect this.”

Read more: bit.ly/39B8wPf

A good example

Leading by example is Australian company McIntyre, makers of merino fashion wear. The father and aunt of the company’s owner are pictured in the company’s latest catalogue looking pretty darn cool!

Take a look: bit.ly/3giv9dO

Death over dinner

The Covid-19 crisis has been a stark reminder of the importance of having conversations about death, end of life decisions, death rituals, and what happens after we die. Talking about death is a way to prepare for the approach of life’s most challenging moments, and helps us articulate and affirm who we are and what we ultimately care about.

This website takes you through a wonderfully well-thought out process for hosting a “Death Over Dinner” event. It helps you word dinner invitations, prepare specific materials for you and your guests to read / listen to / watch in advance, and supports you with hosting and conversation prompts. It is suggested that small groups of 3 – 8 guests work best.

More information: bit.ly/3g7jDSJ

Life on Senior Planet

When the Senior Planet Centre was launched in Manhattan in 2013, with the motto “Aging with Attitude” it was America’s first technology-themed community centre for older adults.

Nearly 15,000 seniors attended during the first year and the centre has gone on to become a brilliant example of what’s possible when older people join together with state-of-the-art facilities, technology, and learning programmes.

The Senior Planet website is well worth a look for its range of programmes, advice, plus inspiring news from and about older people “living with attitude.”

Read more: <https://bit.ly/3jLIL3s>



That's life

Photo by Yoal Desurmont on Unsplash

The blue season

Winter blues. Cabin fever. Seasonal Affective Disorder (also known as SAD). No doubt you'll have heard of at least one of these names for a mood that hits many of us at this time of year.

I know it affects me – maybe not seriously but the Mental Health Foundation acknowledges that for some people it can be “seriously disabling and prevents them from functioning normally without continuous medical treatment”.

Believe it or not, the drop in sunlight hours at this time of year can affect the body's chemical balances and make our body clock “go out of step”. It is less likely to occur in New Zealand than in countries with lower sunlight hours in the winter. But that doesn't mean it doesn't happen here in New Zealand. And while there's not enough space here to go into it in any detail, it is important

to recognise that it's a form of depression and as such should not be taken lightly.

So how does it manifest itself? Again, according to the Mental Health Foundation, it can affect how you sleep, your energy levels, your relationships, your work and your appetite. If you recognise these symptoms and find yourself struggling at this time of year, have a chat with your GP, who should be able to offer some practical help or possibly prescribe appropriate medication.

Although it might be hard to motivate yourself, there are things you can do on a daily basis to keep those blues away. As mentioned earlier, a lack of sunshine can exacerbate the problem so it's worth making the effort to get yourself outside to soak up some winter sunshine as often as possible.

In the process of writing this article I did a quick check in with my friends

to find out how they get through winter. Several of them stated that the compulsory exercise that comes with owning a dog makes an enormous difference to them. This makes sense as we already know a good walk will release endorphins that do a lot for lifting your mood. Clearly you don't need a dog to enjoy the benefits of a brisk walk but take it from one who knows; it certainly helps.

Another friend relies on taking homoeopathic remedies throughout winter, while someone else swears by the benefits he receives from regular tai chi classes. Baking – and then sharing the fruits of her creative activity – helps another friend get through the blues. Just remember that however you choose to get through this last month of winter, take heart in knowing that spring – with its promise of sunshine and warmer weather – is just around the corner.

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.



Our Community

News from Age Concern

Refurbished hall open



Our new office spaces and the refurbishment of our hall are complete at last and we had a great turnout for the blessing and opening event in June. Come in and admire the result!

Our Tea & Talk and Sing Yourself Well groups are already meeting in the new hall resumed in the hall and are greatly enjoying being back in situ. As more activities take off we know that the hall will become the vibrant community hub we envisaged.

SpinPoi classes

These gentle movement sessions using poi are designed to improve grip strength, balance and ability to sustain attention. Dr Kate Riegle van West, who did her PhD in the health benefits of SpinPoi on older adults, trained local staff last year so Miriam Clark, our Funding and Communications Officer will be leading these classes which are great fun! Sessions run every Tuesday from 2 – 3pm. There's no need to register – just turn up on the day.

Keeping warm – we have a (free) solution

Winter has truly arrived and keeping warm without drastically increasing your heating bill can be a challenge. We have a solution! We have a number of handmade blankets, quilts and beanies to give away. Available from: Marrit on 544 7624 Ext 4 or community@ageconcernnt.org.nz.

Our annual AgeConnect champions awards

These awards in October are all about recognising amazing acts of kindness, generosity and service to older people in our region. Nominate an individual or an organisation. Complete the form on our website www.ageconnect.org.nz/nominate-a-champion or contact Ruth, our AgeConnect Coordinator on 5447624 ext 5 or ageconnect@ageconcernnt.org.nz.

Additional other elder abuse response advisor appointed

An increase in Ministry of Social Development funding means we are able to employ a second Elder Abuse Response Advisor. Our current advisor has been very busy over recent months as the Covid-19 lockdown highlighted elder abuse issues. The role is a diverse one that encompasses elder abuse awareness and prevention, case management, and education to those supporting older people and the wider community.

Contact Age Concern on 5447624 Ext 2 for support and information about Elder Abuse.

Get in touch with Age Concern Nelson Tasman

Phone 03 544 7624 62 Oxford St, Richmond 7020

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz

News and Information

Nelson Museum

Nelson Provincial Museum launches online exhibitions

Thanks to the museum's online exhibitions, you can enjoy a visit to the museum without venturing out into the cold. Fans of rugby and local history will be particularly interested in these two exhibitions:

Rugby 150 years on

This, the museum's first online exhibition, celebrates the 150 years of rugby in New Zealand. A lot has changed in the sport since Nelson Rugby Football Club took the field against Nelson College on 14 May 1870. It's presented in association with Nelson College Old Boys' Association, Nelson College and Nelson Rugby Football Club. Visit the exhibition at www.nelsonmuseum.co.nz/rugby150

Caption: Nelson College Rugby Tournament 1936



Everything was noise and movement

This exhibition commemorates the 91st anniversary of the Murchison earthquake in 1929 in which 17 people died. Presented in collaboration with Tasman's Murchison Museum, this exhibition features recordings of eye-witness accounts of this destructive earthquake.

Visit the exhibition at www.nelsonmuseum.co.nz/murchison-earthquake

Picture supplied. Caption: Busch's Slip - Post-quake Devastation.

Greypower seeks new board members

Sue Sara was elected as president of Grey Power Nelson at the organisation's AGM in July. There are still vacant positions on the board which Grey Power Nelson would like to fill. Contact Sue if you are interested in joining the board in its work promoting the welfare and wellbeing of older persons.

Sue Sara (President)

Email: admin@greypowernelson.org.nz. Phone: 03 547 2457 or 021743465



Our Community

New Bee card changes bus travel for Supergold card holders

The newly introduced prepay Bee Card is designed to make travel by bus easier for Supergold Card holders and improve city and transport planning in the future.

To enjoy existing free or discounted bus services, you'll need to have funds loaded onto a Bee Card.

As you get on the bus you'll have to "tag on" by passing your Bee Card in front of the card reader at the door. The reader will recognise you as a Supergold customer. Your trip will be free between 9am and 3pm and after 6.30pm on weekdays and all day weekends and public holidays. Outside of these hours you'll receive the senior fare discount.

When you get off the bus, you reverse the process and "tag off". It's important to "tag off" when you get off the bus, otherwise you'll be charged a default fare, even if you

are travelling within the free period.

Carry your Supergold Card with you as occasionally you may also be asked to show it as proof of your eligibility for discount travel.

Get a Bee Card: From Council customer service centres (Richmond or Nelson), the bus station in Bridge Street, Nelson, your local library, or order from www.beecard.co.nz

Topping up your Bee Card: Top up your card at the places above. Minimum top up amount is \$5. Bee Cards are free of charge until 31 October. After that they'll cost \$5.

ALL ABOARD THE NEW RICHMOND BUS LOOP! STARTING 3 AUGUST

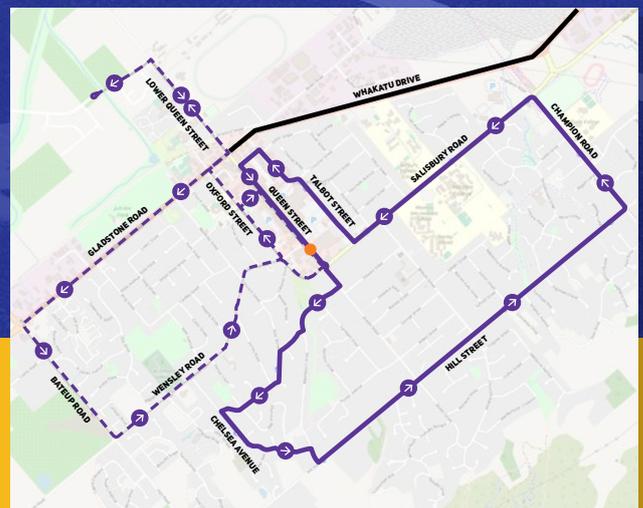
Start and finish in Queen Street for visiting shops and services and making easy connections to Nelson and Stoke bus routes. Travel to Hill Street and Champion Road in the east. Travel to Lower Queen Street and Three Brothers corner in the west.

Hail and ride route - No formal bus stops, you can wave down the bus anywhere along the route where it is safe and legal for the bus to stop. Just make sure the driver can see you.

One fare zone only - Adult price is just \$2 to ride the loop when you use your Bee Card.

The new Bee Card is a pre-paid "tag on-tag off" card that makes it cheaper and easier to catch the bus. The card is free until the end of October and the minimum top up amount is \$5.

Pick up a Bee Card at beecard.co.nz, from the Council customer service centres (Richmond or Nelson), the bus station or your local library.



RICHMOND LOOP

Start/Finish Stop
 Richmond Eastern Loop
 Richmond Western Loop

Route 8: East 8E > Champion Road

MONDAY TO FRIDAY

SATURDAY

Eastern Loop		AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	AM	AM	AM	PM	PM	
Depart	Richmond Queen Street	6:45	7:45	9:00	10:00	11:30	12:30	2:05	3:10	4:20	5:25	6:25	7:45	9:15	11:15	12:40	2:40
Arrive	Richmond Queen Street	7:10	8:10	9:25	10:25	11:55	12:55	2:30	3:35	4:45	5:50	6:50	8:10	9:50	11:40	1:05	3:05

Route 8: West 8W > Three Brothers Corner

MONDAY TO FRIDAY

SATURDAY

Western Loop		AM	AM	AM	AM	PM	PM	PM	PM	PM	AM	AM	AM	PM	PM	
Depart	Richmond Queen Street	7:15	8:15	9:30	10:30	12:00	1:00	2:35	3:40	4:55	5:55	8:15	10:15	11:55	1:45	3:45
Arrive	Richmond Queen Street	7:40	8:40	9:55	10:55	12:25	1:25	3:00	4:05	5:20	6:20	8:40	10:40	12:10	2:10	4:10



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

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Janet

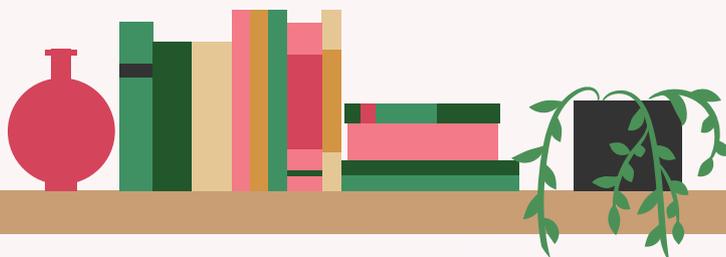


Make yourself at home with Access

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

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

Tasman District Libraries



Get stitching for our community quilt!

We just love having our doors open again! Thank you for being so patient as we navigated our way through the constraints of the Covid-19 lockdown. During lockdown we had to modify our opening hours and the services we could offer. We are back to normal operation and we're excited about having all our usual services available plus some interesting extras.

Community Quilt Project

To celebrate the incredible coming together of the community during lock-down we're running a special creative project for anyone, in the Top of The South / Te Taihu to take part in, regardless of age or stitching ability. Simply stitch a word or image reflective of your experience of Level



4 lockdown on an A4-sized piece of fabric. Drop your stitchery off at our Motueka, Murchison, Richmond or Takaka branches. We'll then join all the pieces to create a Community Quilt which will be exhibited throughout the region.

Computer Classes

Want to buy or sell on TradeMe but don't know how? Got photos you'd like to turn into a book? Want to begin using Facebook? Richmond Library can help with its free introductory computer classes which also include info about online banking, family history research and more.

See our website for more info on all library activities.

MORE INFORMATION

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Celebrate family history at the Elmer Turner Library this month



Learn how to uncover your family's history, and be inspired to explore the past in which your ancestors lived.

Wednesday 5 August, 10am – 12pm: Ancestors Attic (NZ Society of Genealogists, Nelson Branch) is available to answer genealogy questions at Community Corner.

Friday 14, 21, 28 August, 9.30 – 11.30am: An Introduction to Family History. A 3-part course with tutors from the NZ Society of Genealogists. Cost \$10 for 3 sessions. Bookings required.

Thursday 13 August, 9 – 11.30am: Computer Class - Facebook for Family History. Bookings required.

Sunday 16 August, 2pm: The care, preservation and recording of old photographs. Presented by Darryl Gallagher, Sr. Curator Photography, Nelson Provincial Museum. Koha.

Tuesday 18 August, 11am – 12.30pm:

FamilySearch Michael Higgins (New Zealand and Pacific Islands manager, FamilySearch) will introduce FamilySearch, and demonstrate tips and tricks to get the most out of the website.

Sunday 30 August, 2pm: Tableland – the history of Mount Arthur. Ray Salisbury will talk about his forthcoming book, drawing on his family's long association with the area.

For bookings or more information please contact us on library@ncc.govt.nz or (03) 546 08414.

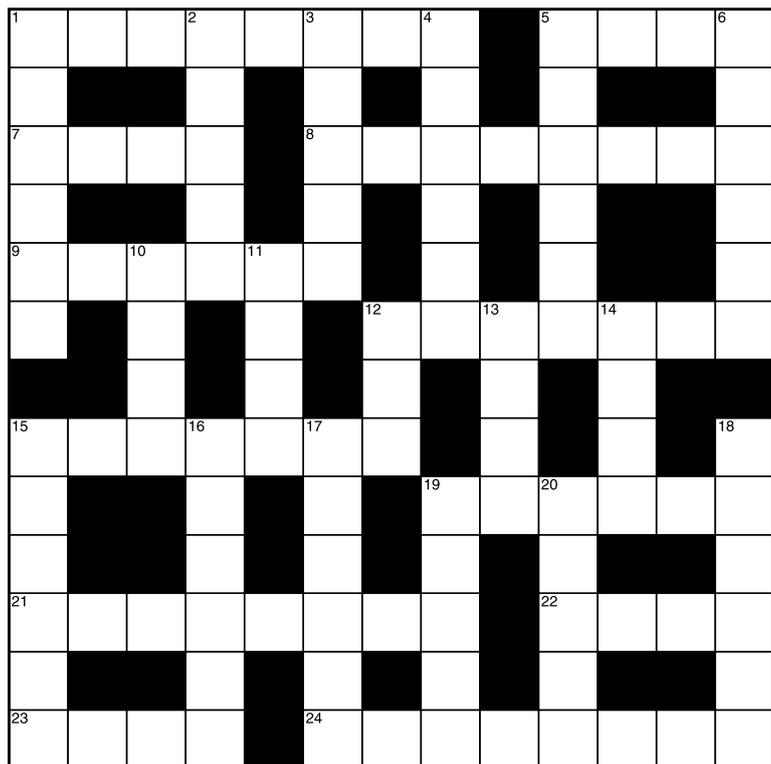
MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



Crossword



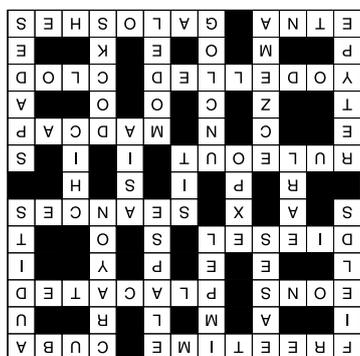
ACROSS

1. Leisure (4,4)
5. Largest West Indies island
7. Geological eras
8. Soothed
9. Fuel oil
12. Ouija sessions
15. Reject (4,3)
19. Wildly impulsive
21. Sang alpine-style
22. Clay lump
23. Mediterranean volcano
24. Rubber overshoes

DOWN

1. Paddocks
2. Lessens
3. Incite to action
4. Pass (of time)
5. Infant's drawing implement
6. Certifies (accounts)
10. Rank of peer
11. Industry or trade exhibition
12. Pose (for picture)
13. China/Korea continent
14. Fashionable
15. Rewrite on keyboard
16. Allergy rash
17. Clear (drain)
18. Garden tools
19. Cover girl or mannequin
20. Arrives at wharf

Crossword solution



Sudoku solution

8	5	2	7	6	4	9	1	3
4	9	1	5	8	3	6	7	2
6	7	3	2	1	9	4	8	5
3	4	6	9	5	1	7	2	8
1	8	7	3	2	6	5	4	9
9	2	5	4	7	8	3	6	1
5	1	8	6	9	7	2	3	4
2	6	4	1	3	5	8	9	7
7	3	9	6	8	4	2	1	5

Sudoku

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

				4			5	
2			1					
		8					3	
		5			8		6	1
				2				
3	4		9				7	
	7						4	
					3			2
	5			6				

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

TASMAN AND NELSON DISTRICT

Age Concern

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

Alzheimers Society

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

Arthritis New Zealand

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

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Elysiun Widow and Widowers Group

A small group who meet for friendship, coffee weekly, and meals out twice a month. New faces very welcome. Phone Virginia 5440814.

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.

Friends social club

Welcomes single men and women (50+). If you are active, enjoy life and making new friends, join one of our weekly events. Includes walks, restaurants, movies, and pot luck dinners. Contact Clive on 021 205 4731 or Rose on 021 128 3405.

Hearing Association Nelson

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

Hearing Therapy Services Life Unlimited

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

Mobile Nail Care

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

Nelson Public Libraries

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

Marching for Women 50+

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

Senior Net (Nelson)

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

Stroke Foundation

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

Upright and Able for Falls Prevention – for over 65's

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

Volunteer Nelson

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

GOLDEN BAY

Astanga Yoga

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

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

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

Gentle Exercise Class

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

Golden Bay Contract Bridge Club

Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka Wednesday, 7.00 pm. Friday, 1.00 pm. 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 5259530. Email greypowergb@gmail.com.

Indoor Bowls/Cards

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

Marble Mountain Country Music Club

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

Motupipi Indoor Bowling Club

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

Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

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

SeniorNet (Golden Bay)

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

Sit and Be Fit (\$2 donation)

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

Takaka Golf Club

Phone 03 525 9054.

Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Takaka Spinning Group

Phone 03 524 8146 (Margaret).

Takaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

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

Wednesday Walkers

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

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

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

MĀPUA

Sioux Line Dance

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

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

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

Māpua Creative Fibre Group

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

Māpua Friendship Club

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

Māpua Bowling Club

Phone 03 540 2934 (Dave).

The Coastal Stringers

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

MOTUEKA

Cycling

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

Motueka Senior Citizens Hall Activities

\$2 per session. Coffee, tea and biscuits provided. Indoor Bowls Mondays and Wednesdays 1.15 pm – 3.00 pm. Phone 03 528 7104 (Terry). Rummikub Thursdays 1.00 pm – 4.00 pm. Phone 03 528 8960 (Dylis).

Cribbage Every first and third Tuesday of the month 1.00 pm – 3.30 pm. Phone 03 528 4260 (Judy).

Activities Afternoon Cards, darts, quoits. Every second Friday of the month 1.30 pm – 3.30 pm. Phone 03 526 8796 (Mavis).

Housie 1.30 pm – 3.00 pm.

Phone 03 528 7703 (Ethel).

Marching

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

Motueka 50+ Walking Group

All walks depart Rec Centre car park, Old Wharf Road, 9.00 am (transport can be arranged). Meetings are held on the last Thursday in each month at RSA Club, High Street, Motueka at 9.30 am.

SERVICE DIRECTORY

President Trevor Michel, Secretary Shirley Hurrell. Phone 03 528 9434.

Monday, Wednesday & Friday: Badminton/Pickleball, 10.30 am – 12.00 pm, \$5pp.

Tuesday & Thursday: Sit n Be Fit, 10.30 am – 11.30 am. \$5pp.

Tuesday & Thursday: Move 2 Music (low impact) aerobics, 9.30 am – 10.30 am. \$4pp.

Motueka Social Dance Group

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

Riwaka Bowling Club

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

Riwaka Croquet Club

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

Scottish Country Dancing

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

Social Recreation

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

Yoga

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

MURCHISON

Murchison Sport, Recreation and Cultural Centre

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

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

NELSON

Angie's Aerobics

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

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@cancer Nelson.org.nz. www.cancer Nelson.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.

Death Café

Death Café Nelson. Monthly discussion, Nelson Turner Library, first Saturday of the month 1.30 pm and 3.00 pm. Film nights also held. Email nelsondeathmatters@gmail.com (Kristine) or phone 027 939 0024 (Barbara). www.deathcafe.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).

Golf Croquet

Nelson–Hinemoa, Phone 03 548 2190 (Bev).

Government Superannuitants Association

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

Grandparents Raising Grandchildren

Phone 021 062 6583 (Paula Eggers). 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 randjpittman@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 Male Voice Choir

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

Nelson Petanque Club

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

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month (Summer) 7.30 pm. Second Sunday (Winter) 1.30 pm, Stoke School. Phone 03 547 7516 (Len).

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz.

Nelson Social Dancing Club

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

Nelson Scottish Country Dancing Club

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

Nelson Scrabble Club

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

Nelson Senior Citizens Social Indoor Bowling Club

Phone 03 546 6562 (Roger or Shirley).

Nelson Table Tennis Club

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

New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm (February – October) at Nick Smiths Rooms, Quarantine Road, Stoke.

Library, 67 Trafalgar Street, Nelson: Monday, 1.00 pm – 4.00 pm. Thursday, 10.00 am – 4.00 pm. Sunday, 2.00 pm – 4.00 pm. All welcome. Email nelson@genealogy.org.nz.

Nelson 50+ Walking Group

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

Pottery

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

Silver Yogis

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

Stoke Tahunanui Ladies Club

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

Super Seniors (65+)

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

Support Works

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

Suter Art Gallery

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

Tahunanui Bowling Club

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

Tahunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

The Probus Club

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

Ukulele with Gretchen

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

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings at Nelson Golf Club, 38 Bolt Road, Tahunanui. 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 (Gareth).

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square. Tuesday, 10.30 am – 11.45 am
Thursday, 5.30 pm – 6.45 pm

Richmond Headingly Centre
Wednesday 10.45 am – 12.00 noon

Connie Phone 5475331 / 0272976147
Email connie@jnc.co.nz

RICHMOND

Aqualite

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

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

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

Body Power Pilates and Yoga Centre

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

Hope – Ranzau Women's Institute

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

Richmond Bridge Club

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

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 03 986 0079 (Margaret).

Chair Yoga

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

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions, \$4. Phone 03 544 3955. Email club50@sporttasman.org.nz.

Richmond Croquet Club

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

Club days:

Golf croquet 9.30 am – 12.30 pm Thursday, 1.00 pm – 3.30 pm Tuesday, Thursday, Saturday, and Sunday.

Association croquet 9.30 am – 12.00 pm Wednesday and Saturday.

Phone 021 757 468 (Kaye).

Easy Exercise

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

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.

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pottery

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Indoor Bowls

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

Richmond Physiotherapy

Knee classes: Wednesday, 10.00 am – 11.00 am, \$10.
Pilates: Tuesday, 12.00 – 1.00 pm, \$15.
Pilates: Thursday, 5.00 pm – 6.00 pm, \$15.
Senior Fit Class: Tuesday, 10.00 – 11.00 pm, \$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 / 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 Waimea Community Whānau Group

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

Social Cards

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

Sit and Be Fit

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

Sioux Line Dance

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

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non expiry concession cards available.

Monday and Friday;

Easy-beat: 'High intensity' aerobic and circuit class for the more active (9.00 am – 10.00 am).

Shape-up: 'Low intensity' aerobic and circuit class for those getting back into fitness (10.30 am – 11.30 am).

ACC approved strength and balance programmes

Club60+ Senior Adventures: (under 60's welcome too). Active fun, social recreation with weekly planned outings and activities Every Tuesday 9.30 am. Car-pooling available.

Tasman Tennis Club

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

Veteran's (55+) 9 Hole Golf

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

Yoga Classess for stiff and sore spots

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

STOKE

Chair Yoga at Saxton

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

Clogging/Tap Dancing

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

Dru Yoga Classes

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

Housie Evening

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

Just Us Drama

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 027 547 8178 (Brian)

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Road, Stoke. Phone Ken Holmes (547 4301), or Robyn Walsh (547 3231).

Nelson Line Dancing – Stoke

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

Ngawhatu Bowling Club

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

Presbyterian Support

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

Safety and Confidence

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

Senior Walking Group:

Tuesday and Thursday, 9.30 am – 10.30 am, \$5. Senior Circuit: Tuesday 10.00 am, \$5 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday and Thursday, 9.30 am – 10.30 am.

Chair Yoga: Wednesday, 10.30 am.

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/Pickle ball (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 (Wendy).

SERVICE DIRECTORY

Tai Chi for Health:

Phone 03 538 0072.
Email stadium@sporttasman.org.nz.

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Central Combined Probus Club

Meets 10.00 am, every fourth Tuesday, Methodist Church Hall, Neale Avenue, Stoke. 03 547 0941 (Colleen).

Stoke Old Time Country Music Club

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

Stoke Tahunanui Men's Club

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

St Barnabas Stoke

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

Stoke Seniors Club

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

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

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

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

Scrabble Club: Mondays 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. Please ring 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

Greenmeadows Community Centre

Flex 'n Flow: Thursdays 12.00 pm, \$8

Strength 'n Stretch: Mondays 10am, \$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.

TAPAWERA

MENZSHED

Phone 03 522 4616 (John).

Email menzshedtawapawera@gmail.com.

Visual Art Society

Phone 03 522 4368 (Kay)

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 03 541 8176 (Sonja) or

03 541 8124 (Sandra).

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).

Waimea Area Quilters Biennial

Quilt Show 2020

Postponed earlier in the year due to COVID-19. Will now take place on Saturday 17 and Sunday 18 October 20 at Wakefield School Hall 10.00 am – 4.00 pm.

Refreshments available – in aid of the School Pool Refurbishment Fund.

Phone 03 541 9689 or 027 364 0773 (Sue)

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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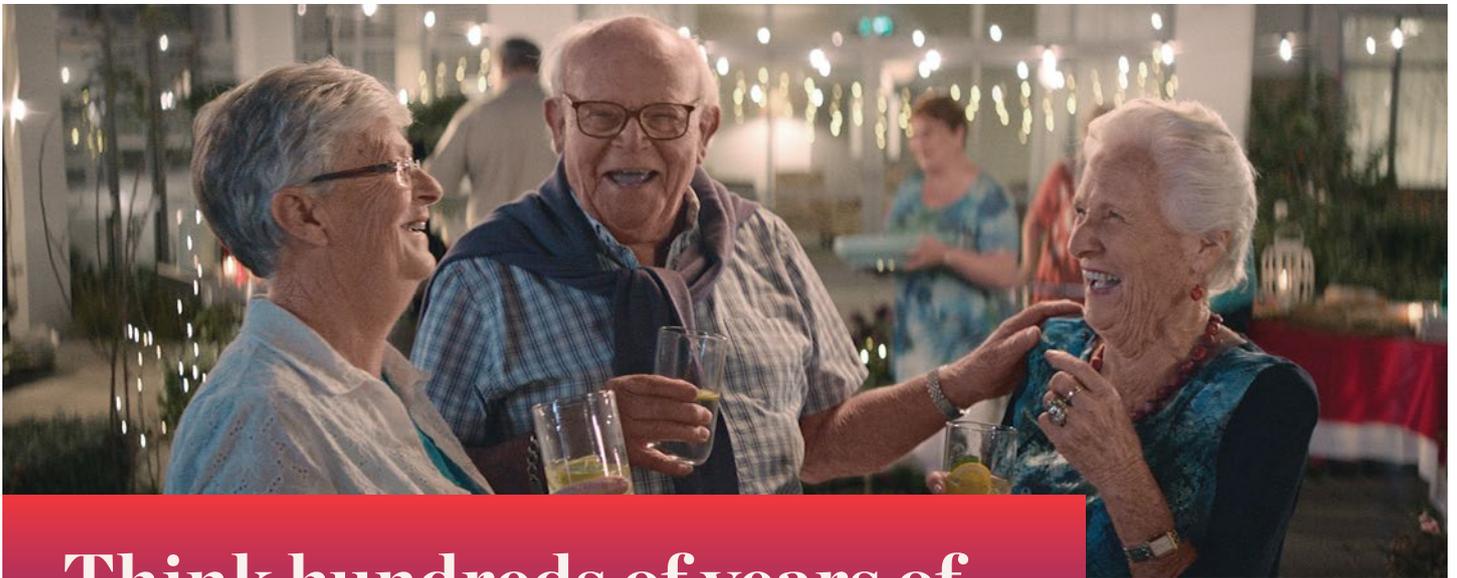
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