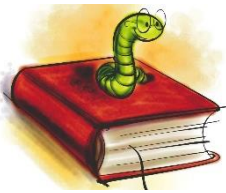




Welcome to the  
**TAMAHERE VISTA**  
October 2019



I can't believe that we are this far through 2019 - two more months until Christmas is upon us! But let's make the most of this beautiful time of the year before we get to the really hot months of summer.



October 1<sup>st</sup> is International Day of Older Persons and the Hamilton Libraries are running some events to celebrate. As part of this celebration members of the Hillcrest Library staff are coming here on that day at 2.00 pm to give us a presentation on the resources they have available. These will include their Homebound Service, e-books, family history databases and their new Heritage Collection database. They are happy to answer any questions and can also do some on-site registrations for library membership and bring out some of the newer books in their collection. Please come along to this presentation if you are able - it should be an interesting afternoon.

Don't forget that the Inter-Village Quiz is coming up on Wednesday afternoon 13<sup>th</sup> November and we are hosting it here in the Community Centre. If you haven't been to one of these inter-village events, they're lots of fun. There are usually about eight villages from in and around Hamilton competing, some of them bringing two teams of four people.



We will be looking at putting two teams together from Tamahere so, if you think you could boost our "knowledge base", we would be very pleased to hear from you. Please contact me on 856 9269 if you would like to be involved. And if you are uncertain and would like to test your "brain power", we are holding our own quiz here on Tuesday 15<sup>th</sup> October at 2.30 pm in the Community Centre. Come along and give it a go!

Our mail sorters and deliverers would be extremely grateful if you could ensure that the mail you receive has your villa number shown in the address. We can't make senders do this, but we can let them know that this is important for us. So, if you receive mail without your villa number included, please contact the senders - a telephone call is usually all it needs. Thank you in anticipation.



The Knit & Natter group is getting short of wool and wonders if anyone has some stored up that they would be willing to donate. If so, could you please contact Beverley Attrill on 856 5167 or bring it along to their Friday morning get-together in the library in the Community Centre.

**Jean Robertson, Editor**

### **ACTIVITIES PLANNED FOR OCTOBER**

|                           |   |
|---------------------------|---|
| Monday 1 <sup>st</sup>    | Hillcrest Library Presentation in the Community Centre at 2.00 pm       |
| Wednesday 9 <sup>th</sup> | University Performing Arts in the Community Centre at 3.00 pm           |
| Tuesday 15 <sup>th</sup>  | Tamahere Village Quiz, Community Centre at 2.30 pm                      |
| Thursday 17 <sup>th</sup> | Save the Children Stall, Community Centre, mid morning to mid afternoon |
| Monday 21 <sup>st</sup>   | Operatunity - The Three Tenors  |
| Tuesday 22 <sup>nd</sup>  | Fashion Parade by Black Pepper, Community Centre at 2.00 pm             |
| Thursday 24 <sup>th</sup> | Expresso Barbershop Quartet, Community Centre at 2.30 pm                |
| Friday 25 <sup>th</sup>   | Happy Hour, Community Centre at 3.30 pm                                 |

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### **NEWS FROM THE RESIDENTS' COMMITTEE**

As I write to you, the weather over recent days has been beautifully sunny, the sky bright blue with wisps of clouds and, at times, a gentle breeze. What a wonderful part of the world we live in. Just to add to this beauty, the blossom is starting to burst open on the trees.



A very special occasion was celebrated here on 21<sup>st</sup> September. Neville Jack, who has been the Chairperson of the Tamahere Eventide Board for many years, was invested with his Queen's Birthday Honours award, right here in the Community Centre, which he had opened and with so many people around him that he knew and had worked with. It was very significant for his family and friends as well as the Board members. (More about this on page 13).

### **CONGRATULATIONS NEVILLE FROM EVERYONE IN THE VILLAGE**



The Mediterranean Banquet was a great success. Some people were apprehensive, thinking that the menu was out of their comfort style - just ask any of the 40 or so who came! The food was superb thanks to Ron and Kay, who had the oversight of the cooking. If you have never eaten Paella or Panna Cotta - you missed a treat.

Thank you to Margaret Love for her piano music and to those of us who were mad enough to "have a go" at Greek Dancing!



At the September committee meeting we had full attendance and it was great to welcome Joan back. The committee is always happy to receive your suggestions - in writing please. These can be bouquets or brick bats!



For those of the residents who keep a watchful eye on the building of the hospital, it is great to see the bricked areas rapidly taking shape. I heard a comment recently - "wouldn't it be great if this new facility was given an architectural award".

In the past Residents' Committees have hosted opportunities for new villa residents to meet each other while enjoying a 'cuppa and cake' hosted by the Committee.

Recently such a gathering was arranged but, due to many different reasons, only one resident was able to come. For anyone who may feel that they missed out, we plan one more get together before the end of the year, along with other new residents who move into the village.

Driving out from the village certainly has its challenges; who would have thought a few weeks ago that we would have traffic lights in Cherry Lane!



I was delighted with the attendance at the meeting regarding the upcoming diversion on SH1 at Tamahere, when Grant, Jeremy and Paul from the Communications Team explained and answered questions that are relevant for work which will begin on October 1<sup>st</sup>. One word which was important to me was **Patience**, and I ask each of us to be mindful of the need for safety for motorists and the workmen.



As we alter our clocks at the end of September, it will seem that summer is not too far away.

Your friend

**Mary West, Chairperson**

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### **VILLAGE MANAGER'S COLUMN**

#### **Quote of the Month:**

"Be sure to taste your words before you spit them out".

*(Gaelic Proverb)*



**Villa:** No. 71, Ross & Brenda Pearce will be moving in on 21<sup>st</sup> October



**Men's Shed:** During the time when we were renewing the road around the maintenance shed, we discovered that the book for the men's shed was not being completed by everyone using it. We had assumed incorrectly (using the number of users from the book), that closing access to the men's shed would not inconvenience too many people. The sign-in book carries out a very important task in that we are able to monitor who is

using the shed and when.

Our Health & Safety policy is drawn up on the basis that it is to protect people. If we do not know who is using potentially dangerous equipment on site, we are unable to assess risk correctly. We have, therefore, created a set of procedures, in conjunction with your Residents' Association, that are designed not to be too onerous on any individual. Please read through these procedures before your next use of the men's shed.

From now on the only key to access the shed will be held in Reception in the Rest Home on a hook under the counter. As the Rest Home is open during daylight hours, this should not pose an issue for people. The only other procedure that we have strengthened is the requirement for two people to be present when using powered tools.

### **Use of the Men's Shed - Procedures to be followed**

***The men's shed is a community facility that is available for residents to carry out small woodwork, metalwork and art projects. It is located in the maintenance area behind the rest home.***

***To ensure the Health and Safety of those who use it, the following procedures have been put in place:***

- 1. Collect the key from the reception area of the rest home. NB The key to the power supply is in the shed.***
- 2. Follow the instructions located on the wall (in the shed) for use of these keys.***
- 3. There is a book (in the shed) which must be signed when both entering and leaving the shed.***
- 4. The power must only be switched on when two people are present. This is to comply with Health and Safety regulations.***
- 5. Please leave the shed as you found it. A cleaner or caretaker is not employed to look after it.***
- 6. The shed must be locked at all times when not in use.***
- 7. Report any damage or broken equipment to the General Manager Support Services.***

***Your safety is paramount. Thank you for following these Health and Safety procedures.***

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If any of these procedures will limit your enjoyment of this facility, please let me know. We have tried to make the procedures as general as possible, whilst providing the best protection for users of the shed:

#### **Café:**

I would like to thank everybody who has partaken of the recently introduced Wednesday evening meal. The feedback received from this is being used to improve the service. Again, if anybody has any input or changes that they would like to suggest, please talk to me direct and we will give these ideas due consideration. Our plan at this stage is to keep the Wednesday evening meal going on a regular basis.

#### **Villa Keys:**

The keys to your front door are security keys for your ongoing protection. The only way you can get duplicates for these keys needs to come through me. We believe that our contractor, who is able to provide us with keys the same day, is able to do this at a reasonable cost. If you require keys urgently please ring me direct and I will be able to order and pick up the same day for you.



#### **Security Doors:**

I have also had a number of people approach me about the keys not turning easily where a security screen door has been retro-fitted to one of the earlier villas (1-34). We have found that there is nothing we can do to alter the security door. However, Neil Cribb, when he was here, solved the issue by narrowing the top of the key itself

using a hacksaw. Whilst this sounds rather drastic, it does actually work! If anyone is having difficulty turning the key in their villa because of the screen door, please call in and see me and I will explain how this works.

**David McGeorge**

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## **ADVICE FROM KIRAN, OUR REHAB THERAPIST**

### ***Benefits of Walking for Seniors***



Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health.

- **Improves heart health.** Walking offers numerous heart health benefits. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart disease.
- **Lowers blood sugar.** After eating, taking a 15-minute walk has it helps you reduce the after-eating spike in blood sugar. Your body is using blood sugar more effectively to strengthen muscles, and insulin works better, too.
- **Reduces pain.** Studies have shown that walking helps reduce some pain due to chronic conditions like arthritis. Some seniors experience lower back pain, and walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.
- **Boosts mental health.** A daily walk can help you feel more positive about life. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.

#### **WALK**

#### **30 Minutes a Day for a Healthier Life**

##### **Walking:**

- |                                |  |
|--------------------------------|--|
| 1. Is easy on the bones        | 2. Increases Circulation               |
| 3. Keeps your heart pumping    | 4. Lowers Blood Sugar                  |
| 5. Strengthens your lower back | 6. Helps you maintain a Healthy Weight |
| 7. Reduces Stress and Anxiety  | 8. Keeps you Alive!                    |

#### **Keep on Walking**

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**Doreen Moir has recently purchased a shoe stretcher which she finds is working very well.**

**If anyone would like to borrow this, please phone Doreen on 859 1607.**



## **PETANQUE**



Unfortunately, this will not now be starting until November (weather permitting) and if the alterations have been completed on the site.

If you have any enquiries please contact Mollie Lear on 854 0778.

**Mollie Lear**

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**Here's a contribution from Len Schroeder who, amongst many other things, is our own "Lord of the Limericks" in the village.**

It sounded at first like the call  
Of footballers crammed in a  
maul;  
But in the Taiwanese cherry  
came songs loud and merry;  
The tuis were having a ball!

Do you remember this old  
chestnut?

The spring has come, the  
grass is riz;  
I wonder where the birdie is.  
The bird is on the wing.  
Now isn't that a funny thing?  
In fact I think it's quite  
absurd  
Because the wing is on the  
bird!

Some bric-a-brac:

- a. How come night falls without breaking,  
but day breaks without falling?
- b. On Father's Day we had a family lunch  
at which there were three fathers, two  
grandfathers and one great grand-  
grandfather, plus two grandmothers.  
How many sat down to lunch?



Thanks Len

Please keep  
those creative  
juices working

(Editor)

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## **DO YOU HAVE EXCESS FURNITURE AND OTHER ITEMS YOU NO LONGER NEED?**

If you do and you don't know where to start, here are a few of the organisations who are happy to come and take these and, in fact, are more than grateful to pass them on to people in need:

|                      |          |
|----------------------|----------|
| Habitat for Humanity | 849 7707 |
| Red Cross            | 846 0492 |
| Hospice              | 859 1260 |
| St Vincent de Paul   | 847 4044 |
| Salvation Army       | 859 2487 |



## **VISION SUPPORT GROUP**



The September meeting was held in two parts and included a presentation about Disability Dogs in the Community Centre at 2.30pm, which all residents were invited to attend, and our usual meeting in the library which was held partly before our meeting and then after the presentation.

The presentation was made by a group of people who care for and give early training to puppies who may be selected for future training. These puppies then move on to Springhill Prison, where selected prisoners care for and continue this training programme under supervision until the dogs go to live and work with people who need mobility help. It was a fascinating afternoon and of special interest to our group.



After the presentation we adjourned to the library, together with a few guests, to celebrate Margaret Love's birthday. Dorothy Brewer organised tea and coffee and Margaret had made two beautiful cakes which were much appreciated by everyone.

Bill Love demonstrated his talking book machine much to the interest of everyone.

October Meeting: 3.30pm, Tuesday 8<sup>th</sup> 2019 in the Activity Room in the Rest Home  
Note change of time and venue

October Coffee Morning: Thursday 31<sup>st</sup>, September 2019 in Café.

We would love more people to join us so why not come along to our next meeting or coffee morning.

**Jill Wilson (Group Supporter)**

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### **PHONE SCAMMING**

In November we are planning to have a talk by a Community Police Officer from Te Awamutu about this subject and what action we should take, if any.  
Watch out for more information regarding this.

A blonde woman was visiting her husband in prison.  
Before leaving she tells a Corrections Officer:  
"You shouldn't make my husband work like that. He's exhausted!"  
The officer laughs and says,  
"Are you kidding? He just eats and sleeps and stays in his cell!"  
The wife replies:  
"Rubbish. He just told me he's been digging a tunnel for months!"



### FROM THE CHAPLAINS' DESK



The Gospel reading for a recent Sunday was from Luke 15: 1 to 10 which is the Parable of the Lost Sheep and the Parable of the Lost Coin.

In verses 1-2 we read: "Now all the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them."

It is important to remember the situation which prompted Jesus to tell these stories and to ask ourselves "whom do we identify with in this situation – as well as in the stories that Jesus tells us."

When we read a novel or watch a movie we tend to identify with someone in it. Our way of identification can blind us to who we are, or who we could be. I think we are a curious combination of the lost and the found. Rarely are we completely lost. And rarely are we completely found. There is always a part of us that needs to be dragged and coaxed into the light, and there is always a part of us that is already there. The wonderful thing is that God wants us to enter fully into the light – to keep us safe and make us strong.

There is a clear message that Jesus wants us to understand in this passage from Luke, that is that God values and seeks out everyone, even the most unlikely persons. We are challenged to identify with both the shepherd and the poor widow in their sorrow and their joy, and to understand that all of us are valued.

Listen for God's voice. Follow this voice and you will discover wonderful parts to you that you never knew were there, and you will be made whole.

In David Adams book 'The Edge of Glory' a book of prayers in the Celtic Tradition I found this blessing which I offer to you.

Good shepherd, be over me to shelter me  
Under me to uphold me  
Behind me to direct me  
Before me to lead me  
About me to protect me  
Ever with me to save me  
Above me to lift me  
And bring me to the green pasture of eternal life.

**Carol**

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A woman was trying hard to get the sauce out of the jar. During her struggle, the phone rang so she asked her four-year-old daughter to answer it. "It's the minister Mummy" the child said. Then she added, "Mummy can't come to the phone to talk to you right now, she's hitting the bottle."



## Gardening in October

October signals that there is plenty to do in the garden. Spring crops and flowers will be starting to appear so it's time to plant more to ensure a continuous supply of delicious veges, juicy fruit and fragrant floral displays that will last you into the summer months!

### IN THE VEGETABLE GARDEN

Keep filling your patch with delicious spring veges. Popular spring crops to plant include: peas, beans, potatoes, carrots, cabbage, courgettes, broccoli, cauliflower, beetroot, leeks, and salad greens including rocket, spinach, mizuna, mesclun and lettuce. Towards the end of the month, as the weather warms, cucumbers, chillies and capsicums can also be planted.



- Herbs - plant basil, chervil, coriander, dill and tarragon in areas where frost has finished. Cut back sage, thyme and mint to encourage fresh new growth for the summer harvest.
- If you have already planted potatoes and are counting down to new potatoes for Christmas, continue mounding as shoots grow, until they are approximately 300mm tall. This protects them from wind and frost, prevents light reaching tubers and turning them green, and encourages tuber development.
- Labour weekend is traditional planting time for tomatoes - get yours in for a bumper crop of flavoursome tomatoes in summer!
- Apply a liquid fertiliser once a month to give plants a boost and kick-start for the season.
- Slugs and snails will be looking for food, and they will love your leafy spring salad greens and brassicas. Apply a slug & snail control to help stop them munching on your seedlings. Look out for aphids and white cabbage butterfly caterpillar as they will also be actively looking for food.

### IN THE FRUIT GARDEN

- Keep planting a variety of berries for summer snacking and desserts.
- Plant up pots with citrus to enjoy trees laden with juicy lemons, oranges, limes and mandarins ready to be plucked from the branch.
- Fruits require a position in full sun. Shelter from prevailing winds is preferable. Stake all young fruit trees to enable roots to anchor themselves into the soil for the first few seasons.
- Strawberries may be ripening in the very warmest and sheltered of areas.
- Fertilise citrus planted in the garden around the drip line.
- Add a layer of mulch around the base of fruit trees, to help retain moisture over the warmer months.



### IN THE FLOWER GARDEN

- Try growing a few different things this season - plant vibrant blooms in the vege patch to brighten things up. Flowers in the vege garden also encourage bees, helping pollinate vegetables like tomatoes and beans!
- Popular spring flowers include lobelia, dahlia, cosmos, gerbera, marigolds, petunia and sweet pea.
- Pick iris, wisteria, delphiniums, Queen Anne's Lace, stock, snapdragons, lavender, chrysanthemum, gerbera, sweet pea, roses, poppies, freesias.



- Plant up pots and containers with new seasons bedding and perennial plants, remember to lay a slug & snail control around container plantings too - slugs and snails don't just attack plants in the garden. Choose larger rather than smaller containers to allow plenty of room for the roots to develop. Plant flowers in potting mix for the best results.
- An application of a liquid fertiliser every 2-4 weeks will keep your flowers thriving.
- Apply bulb food to spring bulbs as they finish flowering to ensure best flowering for next year.
- Prune back camellias, magnolias and azaleas as soon as they finish flowering to encourage new growth for next season's flowers.

**Enjoy the beautiful spring weather – and Happy Gardening!!**

### **Bowls Report**

Sunny days are here again so come and join us on the bowling green each Tuesday and Thursday morning at 8:50 am for the first round.

Morning tea is at 10:00 am and you can put your name in with David for the second round if that suits you better.



We are planning to send some teams to play in a big tournament at Claudelands Bowling Club, in the near future.

**Helen Periam**

### **Atawhai Assisi Chaplain's Reflection October 2019**



As Tamahere holds a collective breath in anticipation of the cherry trees blossoming, here at Atawhai Assisi, we are surrounded with daffodils within and without. The yellow blooms have been heralding the rejuvenation of creation for some time now, and late last week we received a donation of countless blooms which have been placed throughout our complex to ensure the message gets home to everyone!

The new concrete foundation and footpaths have been laid in readiness to move our much-loved Aviary to a more sheltered space as well as making it more accessible for residents and visitors. In the meantime, the wild birdlife and activity has multiplied and added to the music and song which are so much a part of this place.

Over recent times the residents here at Atawhai Assisi have greatly enjoyed the visit and music offered by the Tamahere Eventide Choir, while our own Choir has been able to come and share with Tamahere Eventide residents, too. Music has the power to soothe our hearts and uplift our spirits. It helps us embrace our own memories and stories, as well as re-connect with the bigger stories which have shaped, and continue to share our lives, relationships, communities and world.

This month we remember the Franciscan Order whose vision and ministry brought this community to birth and the Sisters of Mercy whose presence and ministry continue to be the heart and soul of who we are and what we share with one another. There is a special joy to being part of these two Christian communities and the relationships which continue to grow and bless us all. May God's grace at work in each of our lives, enable us to be gifts to one another as we continue to share the journey, joy and peace.



Rev Sandy Neal TSSF

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### Choir Report

Choir practices are now underway for our end of year concerts.

As we are learning some new songs and carols it is important that members remember to come to practice each Monday at 2:50pm.

If you are thinking of joining us, to be part of these concerts, please come now.



**Ann Bunney**

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### BOOK GROUP



Our book group meets together every third Thursday of the month at 3.00 pm in the Community Centre library (straight after Bingo). Anyone who would enjoy companionable discussion of books is very welcome to join us. These are the books discussed at our September meeting:

C'est La Folie by Michael Wright: (From Beatrice Hughes)

Michael had a degree in English Literature and was a theatre critic. He decided on a more adventurous life and moved to France to renovate a 15<sup>th</sup> century farmhouse. Tells how he coped with rural life in France and became part of the community there. A witty and honest read.

The Salt Path by Raynor Winn: (From Val Bailey)

A story of a couple who lost their savings and professions in a failed business venture. Rather than lament, they decided to pack up and walk the Salt Path around the south of the UK (below Cornwall) - a distance of approximately 630 miles. Very interesting.

No One Remembers you for your Dusting by Megan McIndoe: (From Gladys Button)

The true story of an artist, Zoe Ireland (nee Hamilton). She grew up in Kawhia then attended Elam School of Arts in Auckland, then married and moved to a farm close to Rotorua. She managed to combine family life with her art - sometimes with difficulty.

The White Mouse: Autobiography (From Colleen Potter)

The story of Nancy Wake and her work with the resistance in World War II. An immensely brave woman.

Song of the Skylark by Erica James: (From Leany Delange)

A young girl down on her luck who moves back to her parents. She volunteers to work in a Rest Home and forms a friendship with a woman in her nineties. When she listens to her new friend she realises she is not the only one to have bad luck and sometimes life has a way of surprising you.

Big Sky by Kate Atkinson: (From Nina Curran)

Everyone has enjoyed Kate Atkinson's prize-winning books set around World War II - "Life After Life" and "God in Ruins". Now she has created a character who was ex-military, then a Cambridge constable and now a private investigator. After a chance encounter with a desperate man on a crumbling cliff, he is drawn into a sinister network of men procuring young (mainly Polish) girls, to work as sex slaves in the UK. Of course, justice prevails, but only after wonderful writing.

**Nina Curran 856 4446**

**Two Irish blokes were stood on a cliff with their arms out:**

**One had a row of budgies on each arm and the other had a row of parrots down each arm and they both jumped off, landing on the rocks below.**

**Later, in hospital, both with multiple broken bones and cuts and bruises, Paddy said "Well, I'm not going budgie jumping again."  
And Murphy said, "and that's the last time I'll try parrot gliding."**

**Paddy's Faith Healing Discontent**

**Paddy asks, "Mick, how did you get on at the faith healer meeting last night?"**

**Mick replies, "He was absolute rubbish. Even the fella in the wheelchair got up and walked out!"**



**Paddy is on his final question for a million pounds with Chris Tarrant and has only one life line left - phone a friend. The question is, "which bird does not make a nest? A sparrow, a swallow, a blackbird or a cuckoo?"**

**Paddy calls Murphy and Murphy answers, "Paddy, that would be a cuckoo, 100%".**

**Paddy wins the million pounds.**

**Afterwards Paddy rings Murphy and says, "How the heck did you know that?"**

**"Well Paddy, you great thick git .... it lives in a clock!"**

**A little boy got lost at the swimming complex and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"**

### **QSM for Tamahere Eventide Home Trust Board of Trustees Chairperson**

**Neville Jack** was awarded the Queen's Service Medal for service to the community, in the Queen's Birthday Honours earlier this year. His investiture took place on Saturday 21 September at Tamahere Eventide Home and Retirement Village in the company of his wider family and friends, by the Mayor of Hamilton, Andrew King, on behalf of the Governor General.



Neville was the chair of the Tamahere Eventide Home Trust from 1994 to 2019 and remains as a Board of Trustee member. During this time Neville was instrumental in developing 108 villas, 19 rental apartments, a community centre, cafe, purchase of Atawhai Assisi Home & Hospital from the Catholic Church and a hospital and apartment block that is under construction.

Neville also served on a number of boards including the Tidd Foundation - a funder of a large number of charitable organisations. Neville lead the redevelopment of the Hamilton East Methodist Church building, which received three awards.

**Our warmest congratulations to Neville – a well-deserved award!**

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## Tamahere Retirement Village – Calendar of Events for October 2019

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|--|
| C= Chapel, CC=Community Centre, cc=Small Lounge in CC, SW=Susanna Wesley Room (opposite Chapel), ACR=Activities Room, AC=Assisi Chapel, C&cwC=Coffee & Chat with Chaplains, MC&C=Men's Coffee & Chat with Chaplain |  |   |  |  |  |  |
| 6 <u>SUNDAY ROAST</u><br>4.00 Chapel Service led by Liz Lightfoot  | 7<br>9.15 Balance Class/CC<br>1.00 Games etc/CC<br>1.00 Danny Savage/C<br>2.50 Choir Practice/C                        | 8<br>9.00 Lawn Bowls<br>10.30 Chartwell<br>10.30 Exercises/Gym<br>2.00 Hillcrest Library Talk/CC  | 2<br>9.15 Strengthening/CC<br>10.30 New World<br>1.30 Margaret Love/C<br>5.30 Evening Meal/CC<br>7.00 Snooker/CC                       | 3<br>9.00 Lawn Bowls<br>10.00 Hydrotherapy<br>1.30 Bingo/cc  | 4<br>9.15 Back Strength/CC<br>10.00 Knit & Knatter/cc<br>11.00 Catholic Mass/C<br>1.30 Vocal Duo/C   | 5<br>6.30 Movie in RH Lounge   |
| 13 <u>SUNDAY ROAST</u><br>4.00 Chapel Service led by Rev Shelley Walker  | 14<br>9.15 Balance Class/CC<br>1.00 Games etc/CC<br>1.30 Big John/C<br>2.50 Choir Practice/C                           | 9<br>9.00 Lawn Bowls<br>10.30 Chartwell<br>10.30 Exercises/Gym<br>11.30 Volunteers' Lunch<br>3.30 Vision Impaired/ACR                         | 10<br>9.15 Strengthening/CC<br>10.30 C&CwC/cc<br>10.30 New World<br>3.00 Performing Arts/CC<br>5.30 Evening Meal/CC<br>7.00 Snooker/CC | 11<br>9.00 Lawn Bowls<br>10.00 Hydrotherapy<br>1.30 Bingo/cc<br>1.30 Two's Company/C   | 12<br>9.15 Back Strength/CC<br>10.00 Knit & Knatter/cc   | 12<br>11.00 Catholic Commn/C<br>2.00 Scooter Club<br>6.30 Movie in RH Lounge |
| 20 <u>SUNDAY ROAST</u><br>4.00 Chapel Service led by Joan Myles  | 15<br>9.15 Balance Class/CC<br>1.00 Games etc/CC<br>1.30 Big John/C<br>2.50 Choir Practice/C                           | 16<br>9.00 Lawn Bowls<br>10.30 Chartwell<br>10.30 Exercises/Gym<br>11.00 Bible Convrnsn/SW<br>1.30 Carol/Glenda/Bev/C<br>2.30 Village Quiz/CC | 17<br>9.15 Strengthening/CC<br>10.30 New World<br>11.00 Holy Commn/C<br>5.30 Evening Meal/CC<br>7.00 Snooker/CC                        | 18 <u>PODIATRIST HERE</u><br>9.00 Lawn Bowls<br>10.00 Hydrotherapy<br>1.30 Bingo/cc<br>3.00 Book Club/cc<br>Mid am-mid pm/Save the Children Stall/CC | 19<br>9.15 Back Strength/CC<br>10.00 Knit & Knatter/cc<br>10.30 Peter King/C                         | 19<br>1.30 Phoenix Players/C<br>6.30 Movie in RH Lounge                      |
| 27 <u>SUNDAY ROAST</u><br>4.00 Chapel Service led by Liz Lightfoot   | 21<br>9.15 Balance Class/CC<br>10.15 Operatunity<br>10.30 I-Pad Class/cc<br>1.00 Games etc/CC<br>2.50 Choir Practice/C | 22<br>9.00 Lawn Bowls<br>10.30 Chartwell<br>10.30 Exercises/Gym<br>11.00 Bible Convrnsn/SW<br>1.30 Glen Carley/C<br>2.00 Fashion Parade/CC    | 23<br>9.15 Strengthening/CC<br>10.30 C&CwC/cc<br>10.30 New World<br>5.30 Evening Meal/CC<br>7.00 Snooker/CC                            | 24<br>9.00 Lawn Bowls<br>10.00 Hydrotherapy<br>1.30 Bingo/cc<br>2.30 BBShop Quart/CC   | 25<br>9.15 Back Strength/CC<br>10.00 Knit & Knatter/cc<br>1.30 Laurie & Piri/C<br>3.30 Happy Hour/CC | 26<br>11.00 Catholic Commn/C<br>6.30 Movie in RH Lounge                      |
| 28 <u>LABOUR DAY</u><br>9.15 Balance Class/CC<br>1.00 Games etc/CC<br>2.50 Choir Practice/C  | 29<br>9.00 Lawn Bowls<br>10.30 Chartwell<br>10.30 Exercises/Gym<br>11.00 Bible Convrnsn/SW                             | 30<br>9.15 Strengthening/CC<br>10.30 New World<br>1.30 Geoff Walker/C<br>5.30 Evening Meal/CC<br>7.00 Snooker/CC                              | 31<br>9.00 Lawn Bowls<br>10.00 Hydrotherapy<br>1.30 Bingo/cc   | All items in green are arranged by the Rest Home and Village residents are welcome to attend these.  |  |  |