



**Welcome to the
TAMAHERE VISTA
September 2023**



With spring virtually knocking on our doors, and the Covid isolation now in the past, it's time to move out of hibernation mode and enjoy the feeling of the sun on our backs and, of course, the company of others. If you have ideas of what we can be doing to socialise more, do let your Committee members know. Some ideas might include meeting up for coffee somewhere in the city, a trip to Raglan, movie nights, a train trip to Auckland (and it's free!), monthly quizzes in the Community Centre and craft afternoons. I'm sure you will have plenty of ideas so pop them in the Suggestions Box in the Cherry Blossom Community Centre, or pass them on to a Committee member.

We have a huge number of residents who willingly, and without any fanfare, contribute to making life more comfortable here at Tamahere. People who deliver newspapers, bake for others, visit sick or lonely residents and help them with transport or shopping, co-ordinate the various groups in the Village, support their neighbours, help in the Chapel – and I may well have missed some - there are so many. On behalf of all the residents here, our sincere thanks; nothing you do is taken for granted.

We have a number of residents who are unwell at present. Please keep an eye out for your immediate neighbours – a bit like a neighbourhood watch. If you are not well, do let Karen know.

Our featured Residents of the Month are Keith and Janice Glover who have been in our Village for eighteen months.

Have a very happy September! Daylight saving starts on Sunday 24 September – it will soon be Christmas!!

Carole Fleming (Editor)

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Our Residents of the Month ...

This month, it is my pleasure to introduce you to Keith and Janice Glover. Keith and Janice moved into Villa 10 in our Village eighteen months ago, and have truly made it their home.

Keith was born and raised in the Wairarapa, and Janice hails from Tauranga. Her father worked with the State Advances Corporation, as it was known in those days, and the family had moved around the North Island many times during their younger years.



It was when her family were living in Masterton, that Keith and Janice met – of all places, on a blind date. They were aged 14 and 16 at the time, and have been together ever since. They celebrate their 50th wedding anniversary in October this year!!! Congratulations to you both, and we hope you have many more happy years together! They have two sons, Kevin and Tom.

Janice has wide experience having worked as an office clerk, cashier, telephonist for the Wairarapa Power Board and later at the Auckland Savings Bank.

Keith started his working life as a farm hand, and after a time, he and Janice moved to Auckland, then later to Hamilton where they bought a business. For 23 years, they owned the Highway Meats Butchery on Cambridge Road in Hillcrest. Interestingly, their business was next door to Attrill's Pharmacy (owned by Beverley Attrill and her late husband), where Jack's Café is now!

Keith is very keen on tinkering in his shed. He has made things for many people in the Village, sharpens knives, scissors, and loves helping people. His woodwork skills are exceptional – residents who use the Harakeke Lounge will have used the side tables he made out of old bed heads, and would have appreciated their beauty.

He and Janice are very musical, and many residents have heard them play the ukelele. They have formed two Ukelele Groups in the Village, who regularly play in the Harakeke Lounge, and for the residents at Atawhai Assisi. All of the ukeleles are hand made by Keith! Real craftsmanship!

Janice's mother was a resident in the Eventide Rest Home until her death, following which her father came to live with them. He was able to be part of the Day Programme here for some time before he too died. These connections with Tamahere Eventide made it a natural choice for them when they were looking to move into a retirement village.

Tamahere has become their home and they are very settled here. Keith assures me they have the best villa in the Village, and I could understand why he feels this way with the tui feeding in the trees beside them, and the gardens looking a picture!!

Janice spends much of her time supporting neighbours and walking their little dog. Keith was elected Chairman of the Residents' Committee earlier this year, and tells me he is happy to be part of the Committee as they work to enhance the life of all the residents in this community.

Keith and Janice – we are delighted you chose Tamahere to be your forever home, and thank you for all you are doing to care for this place, and all of us who live here.



VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Never apologise for showing feelings. When you do so, you apologise for telling the truth.”

Benjamin Disraeli



1. At present we are making some changes to the Care Centre. John and Andrew are working on these changes – please be patient as they free themselves up for this work. Further details of the changing location of the Day Programme and Rest Home Lounges will be explained at the next opportunity.

2. Power – A reminder that we do not control the electricity supply to our Village. The electricity is supplied by Waipa Networks as it is to the whole of our community. Most power cuts are caused by environmental factors and car accidents.

Should you want to know why a power cut has occurred, call Waipa Networks on 0800 800 769 or check their website, waipanetworks.co.nz.

3. Karen, her husband, and our trainer, Sue, were lucky enough to come with me to a Soccer game at Waikato Stadium – see the photo.

I just wanted to thank you all because these tickets were given to us by Coca Cola under their contract for the Café. We had a great night. After I got back to my apartment in Victoria Street, I was awoken by the Zambian supporters on the other side of the road, singing about their victory, till about 1am - the sounds of Africa echoing through the streets of Hamilton! A great night!



Have a good month -

David McGeorge



CHAPLAIN'S KORERO

Kia ora e te whānau. Warm greetings as we start to see the first signs of spring at Tamahere.

In the church year the period between 1 September and 4 October is known as the “Season of Creation”. It’s seen as a time to renew our relationship with our Creator and all creation and to pray and act together as the people of God for the earth, our common home.



The dramatic weather events of the last year have made us more aware than ever of the crisis facing our home. The floods and fires that have destroyed homes, livelihoods and lives have been a tragic reminder of the way human well-being is interwoven with the well-being of the earth. If the earth is in trouble, so are we.

In 2015 Pope Francis wrote a powerful letter drawing the world’s attention to this crisis. He noted issues like climate change and pollution, the loss of the earth’s biodiversity, the depletion of fresh water resources and the growth of global inequality. All of these things, he said, have caused the earth to cry out pleading that we take another course.

This year I hope we will find new ways to celebrate the gift of creation and to work together for justice on climate issues. There are many things we can do: offer to help in the gully, take part in a community clean-up, buy less plastic and increase recycling and ask our political candidates questions about their commitment to this task.

In the chapel we will mark the Season of Creation with special services on 3 September and 1 October (when we will hold a Pet Service for St Francis Day). I am also organising a short creation walk or pilgrimage to the new Tamahere reserve on Alfred Main Drive (weather permitting) on Monday 11 September. More details to follow!

For the last few weeks I’ve been bringing one small part of creation into work in the form of our dog Felix. He’s a small ten year-old poodle who is friendly and gentle and he’s been a big hit with staff and residents. He brings back happy memories for many and is thoroughly exhausted when he gets home! Praise God for the gift of our pets.

Ngā manaakitanga,

Susan



NEWS FROM KAREN

Hello everyone –

I realise we have mentioned scams many times now, but the Police and media are advising us all to be vigilant. Almost every day now we hear of ordinary people being scammed. It seems to be a common approach that they try and make the person panic by creating a sense of fear. Please do not press any buttons or keys on your phones or computers should this happen to you. Don't be seduced by their slick way of talking. If you are in doubt, hang up the phone, close the computer, and call Karen, the Police, or your bank.



The Rawleigh's Master Distributor, Alison Hucke, will be here on Monday 18 September with a display of their products.

“Slice-Off” Competition – we didn't proceed with this as for some reason, all our busy bakers must have been very busy doing other things.

But wait – Tamahere's Got Talent is back!! If you can sing, juggle, play the flute etc, please put your name or your team's name on the list outside my door. Lots more information is yet to come, so watch this space!!

Also coming up, is another Fashion Parade from Caroline Eve – so watch this space!

Do you like our new look?? These are the Ladies of the Café!!

Have a very happy September!!

Karen
Village Activities Organiser



My aim is to keep you in your independent Villa or Apartment for as long as possible.

I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department.

INTERESTED?? Contact Chris, Karen or David to discuss.

Chris' Housekeeping Tip for the Month

Baking Soda is a natural and eco-friendly deodoriser and cleaner that works wonders on glass stovetops and many other surfaces.

Sprinkle baking soda on the glass and lay damp paper towels on top. Let the baking soda work on the grime for 15 minutes, then wipe the dirt and residue away with paper towels.

Wipe down the stovetop with a clean damp cloth to remove the remaining baking soda residue.

News from the Maintenance Team

Dehumidifier - The Maintenance Team have lent a Dehumidifier to a Villa, but are not certain which Villa this. If you have this, would you please return it so that it is available again in case of an emergency.

EV Charging Station – We now have an EV charging station at the Harakeke plant room. There is a 2 hour maximum charging time sign as others may wish to use it. This is especially good for those family members who may arrive from out of town to visit and can now re-charge their vehicles.



Recycling - I have finally sourced a company that will take our plastic, glass and metal tins for recycling. It has certainly been a task to find a company that actually recycles. They all say they do however, we have found out some truths, it actually goes to the landfill.

The Trust does not want our recyclables to go into a landfill. Part of the Trust's ethos is to do the right thing and recycle, which is good for the planet and less mess for our children's children to deal with. There will be a cost to the recycling which we will monitor and advise you if there will be any small increase in the monthly fees.

So please continue to separate your recyclables from your normal rubbish. Continue using the recycle bins for the plastic, glass and tins. Note the plastics are the plastic containers not plastic wrap, cellophane and bubble wrap.

Can all of your food scraps please go into your own compost bins if you have them, rather than with the green waste collection. The gardeners are not appreciating having to deal with the smelly scraps which have sometimes turned to liquid being among the garden waste.

So - there you have it - we are all doing our bit to save the planet, well rubbish wise anyway.

Kind regards

Andrew

Children's Logic:

"Give me a sentence about a public servant," said a teacher.
The small boy wrote: "The fireman came down the ladder pregnant."
The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked.
"Sure," said the young boy confidently. "It means carrying a child."



**FREE Cooking and nutrition course for older people
with limited cooking skills or who have lost
confidence and motivation to cook**

Learn to plan and cook economical simple healthy dinners for 1 or 2 people
plus shopping tips, label reading and time-saving cooking strategies

Three-hour classes held over four weeks

Includes morning tea and lunch

Dates: Wednesday, September 6th, 13th, 20th & 27th, 2023

Time: 10.00-1.00pm

Venue: Hamilton East Methodist Church Hall, 20 Wellington
Street, Hamilton East (parking at the back)

To register email Leanne: leanne.young@xtra.co.nz

or for more information phone Leanne: 027 341 4202

Note: You must be able to come to all four classes and stand for one hour while cooking.

Just to keep the brain cells ticking over A Fun Quiz!

1. The crosses of St George, St Patrick and St Andrew make up which flag?
2. What does Popeye have tattooed on his arm?
3. What garden was Jesus arrested in?
4. Which British explorer is recorded to have been the first European contact with the east coast of Australia?
5. How many straight edges does a cube have?
6. In the song, "The Twelve Days of Christmas", how many lords are leaping?
7. How many lines are in a sonnet?
8. Who was the author of "Peter Rabbit"?
9. Which tree produces conkers?
10. Which gas has the chemical formula CO?
11. Which acid can be found in vinegar?
12. Who wrote the series of "The Famous Five" children's books?

(for the answers, see page 14)

News from the Residents' Committee



It was a busy meeting this month. Some things coming up to look forward to –

1. Our Pre-Christmas Craft sales table. It's time for all the crafters to get ready and start preparing items for sale.
2. We have another dessert and coffee evening in the pipeline. Watch for more details!
3. We have made a donation of \$500 to the St John Health Shuttle.

Have a happy September – its nearly spring!!

Keith Glover
Chairperson

From “The Home of Gardening”

Kia Ora -

It's the perfect season to be planting tomatoes, spring onions, and peas, as well as other delicious veges.



As we are near spring, in a few weeks, our team have done some amazing planting by Reception, the Café and Dementia units.

We have also managed to save some Totara trees and hope in the near future, they will provide a home for native birds and wildlife.

Have a lovely month ahead!

The Gardening Girls

The grandmother was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!"

The Assisi News

Building Update

The Village Barn is progressing very quickly now, as these photos show. The first photo shows the verandah along the side of the building facing what will be the bowling green. The second photo is taken from the car park at the main entrance to the property.



The gardens at Assisi are looking spectacular, and we congratulate Sandra and Gina for their sterling work.

The Chapel at Atawhai Assisi

This is open every day for residents to use for personal prayer or simply a peaceful place to sit. Monsignor Frank celebrates Mass on Wednesdays, Saturdays and Sundays – the times are shown below.



The Chaplain leads Bible Study in the Chapel on Mondays (not the last Monday of the month), at 11am and also a Combined Chapel Service at 11am on the last Tuesday of each month. Details of these are shown below.

All residents and their families or friends are most welcome at all of these.

Garden Message from Atawhai Assisi

Hi everyone,

Welcome to the spring, and I hope everyone is enjoying the daffodils around the complex and the little lambs frolicking in the paddock across the road.

Isn't it amazing how fast the new café (the Village Barn) complex is progressing and hopefully over the next couple of weeks, we will be planting the Pohutakawa trees in the front gardens to match the villa complex gardens.

I have finally replaced the orange bark of Villas 2 and 3 with brown bark, which has made the planting that are in the gardens, stand out. I hope that by the time you read this, I have finished tidying the run-off pond.

Projects for the month of September

- Continuation of re-seeding the grass areas.
- Weeding and tidying all the Villa gardens.
- Planting of the Road frontage gardens by the new Café.

Wishing everyone an amazing month of September, and don't forget Daylight Saving starts on Sunday 24th which means that Christmas and Summer aren't too far away!

Sandra, the Gardener



Atawhai Assisi Chapel

Catholic Mass Times

Wednesdays 10.30am
Saturdays 10.30am
Sundays 10.45am

Ecumenical Services

Bible Study, 11am - Mondays, 4th, 11th, 18th September
Combined Chapel Service, 11am -Tuesday 26 September

NEWS FROM VILLAGE GROUPS

Pool

On Mondays at 1pm and Wednesday evenings at 7pm, we play in the Cherry Blossom Community Centre. We would love you to join us. We are a friendly welcoming bunch!

If you've never played before, we have members who can help you.

Vision Impaired Group

Surely it can't be that time again! The months are just flying by and soon we will be celebrating with the man in the big red suit.

We have had a good turn out to our weekly coffee groups in the cafe on a Thursday and it is great to see everyone enjoying each other's company over a piping hot drink and some delicious goodies Kelly has baked.

We would love you to join us if you have a problem with your sight. We meet every Thursday in the cafe at 10.30 am, with the exception of the 2nd Thursday of the month when we meet and have morning tea in the downstairs lounge in Harakeke.

Hope to see you soon

Lyn Pettigrew (Rimu 1)



Petanque



We play a simplified form of Petanque every Saturday morning beginning at 10am on the court near Villa 28.

The boules are provided. Just bring yourself, and give it a go. It's very social and non-competitive.

Vivienne Baker (Villa 29)

Lawn Bowls

All is well on the bowling green. The weather has favoured us. We have moved indoors to play indoor bowls only three times this month and this has been equally enjoyable as outdoor bowls.



We have one new player and one who has returned having had a break for medical reasons. There are others who we are keen to return when their health permits.

John Grey
Bowls Facilitator (Villa 108)

The Book Club



The Book Club meets on the second Thursday of each month at 3pm in the Library – following Bingo. All are welcome to chat about books recently read, and books in general.

Some of the books read by members of our group this month include:

Harbouring – Jenny Patrick (Gladys)

The latest of Jenny Patrick's books about New Zealand life, mainly in the vicinity of Wellington about 1840.

A Welsh miner followed by his wife and son, are migrants connected with the New Zealand Company and the Wakefield brothers. Interwoven with their lives, is Hineroa, whose tribe had been defeated by Te Rauparaha resulting in her becoming a slave. The fluctuation of both Maori and Pakeha interests together with the influences of early missionaries are well illustrated and keep the narrative moving. Of interest is Hineroa's knowledge of Maori plants for healing.

Beyond the Outback – Bronwyn Blake (Beatrice)

Stories of surviving and thriving in the remote Australian outback. Self-sufficient country women who could cope with all the emergencies of family life in the outback.

Emerald to Pounamu – Marie-Ann Quinn (Lynda)

This compelling story is written by a Waikato midwife based on her family's story of immigrating to New Zealand from Ireland – hence the title from the Emerald Isle as Ireland is known in the greenstone country of Aotearoa.

When Marie-Ann's ancestors migrated to this country in the mid-19th century, they had little idea of what they were coming to. They only knew it couldn't have been any worse than the country they were leaving behind.

16 year-old Bedelia quickly shows her potential as a budding midwife while on board ship, and when they arrive in Nelson. Based on family history and personal experience, this book is a great read. It is in our library.

Card Making

We continue to meet twice a month - on the 1st and 3rd Monday mornings. Dates ahead are: Sept 4th & 18th; Oct 2nd & 16th, Nov 6th & 20th in the cafe from 10.30 - 12noon. Materials free.

We are surprised that it is now a year since we began, and are pleased the interest continues. We will soon be designing some Christmas cards so come along and join with our small friendly and industrious group.

Margery Bramwell (V37) and Edna Evans (V56)
Convenors

Knit and Natter Group

Knit and Natter ladies are busy creating jumpers, hats, singlets and rugs among other articles for Kids in Need Waikato. We include an update for you from their latest newsletter.

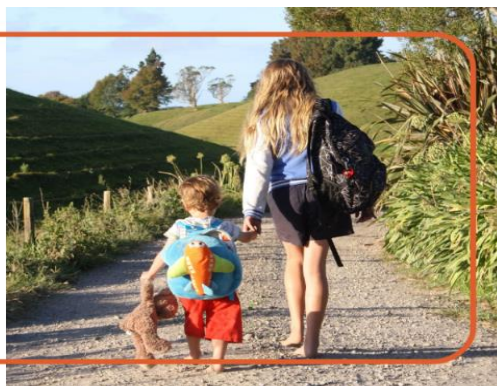
It is a truly worthy charity that we support through our group's knitting, sewing and crochet efforts, Keep up the good work!

Jill Wilson ph 856 4080

Helen Painting ph 854 7662

Kids in Need Waikato

provide care packs for children in care, personalised to meet each child's needs.



Winter 2023 has well and truly been our busiest yet. It is clear that there is an increase in demand for our service directly from caregivers but also from the agencies we support around the Waikato. We put together 188 care packs in May and 140 in June.

So far in 2023, Kids in Need Waikato has put together 866 care packs. The growth we have experienced over the past two years has led to a new shed being built on site at KIN HQ. The purpose of the new shed is to provide bulk storage options and an open plan space to host larger groups of volunteers and events, such as our Christmas campaign.

The shed will be finished over the next few months and we are excited to provide the community with an opportunity to visit in early November. More details to come!

We know it's August now - but Christmas is a big operation here at KIN! We are really excited to be planning an amazing Christmas campaign and even more excited to share a little magic this Christmas with the tamariki we support.



We continue to meet and play in the Library area of the Cherry Blossom Centre on Thursday afternoons from 1.30pm until 3pm. We generously share the chocolates with all, especially the new players.

Come along and try your luck and have an enjoyable social time – winning chocolates and sorting out the world's problems!

See you Thursday!

Ann Hartstone

Ph: 839 9082

Widows' Wellness Wednesday

A casual get together is offered to bereaved ladies (no matter how long ago) on the 2nd Wednesday of the month. This will be held in the library at 2.30pm with a cup of tea or coffee.

It is an opportunity to relax and mix with others in a similar situation; to share experiences and memories, to make new friends.

Tamahere Quiz Group

We have been running monthly Tamahere Quizzes for just over 3 years now; the people involved are great fun and we enjoy the involvement immensely. When the 2021 lockdowns came, we moved (from Community Centre) to Zoom quizzing which has lots of advantages.

In our Zoom quizzes we are joined by a team of 5 from Hilda Ross; this team is one of the best in Hamilton, giving our Tamahere quizzers very good practice! The Tamahere teams are extremely good, they have taken part in several Intervillage Quizzes with great results.

Also, we have a team of 5 from Aparangi Care Centre, they are in their 90's and mainly unable to get out or do much at all. Apparently, they wait with excitement for the next quiz each month!

We are 3 years older now, oh dear, where has the time gone! We find that quizzing from the comfort of our own home each month is much easier for us, and so the Zoom goes on. If you would like to join in the fun, please phone 022 541 9864.

We understand that the next Inter-village Quiz is likely to be Thursday 12 October - details later.

Caroline & Jim Higby
Ph 022 541 9864

Retarded Grandparents

After summer school holidays, a teacher asked her young pupils how they spent their time away from school. One child wrote the following:

We always used to spend summers with Grandma and Grandpa. They used to live in a big brick house, but Grandpa got retarded and they moved to Auckland. They go to a building called a wrecked centre, but they must have got it fixed because it is all okay now, and they do exercises there. There is a swimming pool too where they all jump up and down with their hats on.

At their gate, there is a doll's house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out. They go cruising in their golf carts. Nobody there cooks, they just eat out. And they eat the same thing every night – Early Birds.

Some of the people can't get out past the man in the doll's house. The ones who do get out, bring food back to the wrecked centre and call it pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded some day soon. When I earn my retardment, I want to be the man in the doll's house. Then I will let people out, so they can visit their grand children.

Our Rehabilitation Corner

Exercise tips for older adults:

Check with your doctor before starting any exercise programme. Find out if any health conditions or medications you take, affect the type of exercise you should choose.

Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming.



Start slow. If you are new to exercise, a few minutes each day puts you well on the way towards building a healthy habit. Slowly increase the time and intensity to avoid injury.

Walking is a wonderful way to start exercising. Exercise does not have to mean strenuous activity or time at the gym. In fact, walking is one of the best ways to stay fit. Best of all, it does not require any equipment or experience – and you can do it anywhere!

*Prepared by: Rosalyn Pelaez,
TEH Allied Health and Rehab Coordinator
Source: www.helpguide.org*

The Answers to the Quiz on page 7

1. The Union Jack;
2. An Anchor;
3. The Garden of Gethsemane;
4. James Cook;
5. Twelve;
6. Ten;
7. Fourteen;
8. Beatrix Potter;
9. The horse chestnut tree;
10. Carbon Monoxide;
11. Acetic Acid;
12. Enid Blyton.

All residents receive a copy of the Vista each month. These can be on paper and delivered to your letter box or, in the interests of saving our planet (and the trees, and reducing waste etc) you might choose to have an electronic copy.

If you would prefer to receive your copy by email, please contact the Editor, at christchurchclass@gmail.com

Our Chuckle Corner

Two things to make your day better:



- Do not watch the news.
- Stay off the bathroom scales.

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



A group of 15-year-old girls decided to meet for dinner.

They discussed where to eat and finally agreed on McDonald's next to the Sea Side Restaurant because they only had \$6.50 between them and Jimmy, the cute boy in science class, lived on that street.

Ten years later, the same girlfriends, now 25 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because it had free snacks, there was no cover charge, the beer was cheap, the band was good and there were lots of cute guys.

Another 10 years later, the same girlfriends, now 35 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because the meal combos were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

Ten years later, the same girlfriends, now 45 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because the martinis were big and the waiters were handsome.

Another 10 years on, the same girlfriends, now 55 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because the prices were reasonable, it had windows that opened (in case of hot flushes), the wine list was good and fish was good for their cholesterol.

Ten years later, the same girlfriends, now 65 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because it had an early bird special and the lighting was good.

Fast-forward 10 years and the same girlfriends, now 75 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because the food wasn't too spicy and it was nice and quiet.

Ten years later, the same girlfriends, now 85 years old, discussed where to meet for dinner. Finally, they agreed to meet at the Sea Side Restaurant because they'd never been there before and felt like trying something new.

Tamahere Retirement Village – Calendar of Events – September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour Coding Green Exercise Groups Black Church Services Red Groups, Trips (Shopping etc), Games Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		cc = Small Lounge in Cherry Blossom Centre CC = Cherry Blossom Centre and Cafe C = Wesley Chapel HDL= Harakeke Downstairs Lounge			1 9.15 Back Strength/CC 10.0Knit&Natter/HDL	2 10.0 Petanque– nrV28
3 4.00 Service in Wesley Chapel led by Rev. Dr Susan Thompson (Season of Creation)	4 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	5 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /HDL (Mons Frank)	6 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	7 PODIATRIST HERE 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 4.0 BYO Social Evening/CC	8 9.15 Back Strength/CC 10.0Knit&Natter/HDL	9 10.0 Petanque– nrV28 11.0 Catholic Liturgy /C (Sue Kenrick)
10 4.00 Worship in Wesley Chapel led by Rev. Barry Neal	11 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 1.30 Season of Creation Pilgrimage 2.30 Walking Gp/CC	12 9.15 Lawn Bowls 10.30 Chartwell	13 9.15 Sit & be Fit/CC 10.30 New World 2.30 Widows Wellness Wednesday /cc 7.00 Pool/CC	14 9.15 Lawn Bowls 10.30 VIG Mtg /HDL 1.30 Bingo/cc 3.00 Book Club /cc 4.0 BYO Social Evening/CC	15 9.15 Back Strength/CC 10.0Knit&Natter/HDL	16 10.0 Petanque nr V28
17 4.00 Worship in Wesley Chapel led by Mary West	18 9.15 Seated Exercises/CC 10.30 Card Making/library 10.30 Rawleighs' Products /CC 1.0 Board Games Pool/CC 2.30 Walking Gp/CC	19 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /C (Mons Frank)	20 9.15 Sit & be Fit/CC 10.30 New World 11.00 Holy Comm'n (Rev. Dr Susan Thompson) 7.00 Pool/CC	21 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 4.0 BYO Social Evening/CC	22 9.15 Back Strength/CC 10.0Knit&Natter/HDL	23 10.0 Petanque nr V28 11.0 Catholic Liturgy (Lynn Fromont)
24 DAYLIGHT SAVING STARTS 4.00 Worship in Wesley Chapel led by Dianne Sundberg	25 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp /CC	26 9.15 Lawn Bowls 10.30 Chartwell	27 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	28 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc	29 9.15 Back Strength/CC 10.0Knit&Natter/HDL 3.30 Happy Hour /CC	30 10.0 Petanque nr V28 2.00 Mandarin Youth Group /CC