

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Spring in the garden

Pukapuka Talks at the Nelson Arts Festival celebrate diversity

What's the role of an End of Life Doula?

The rights of the older person – how does New Zealand score?

Plus food, books, puzzles and local community news



EDITOR'S Letter



Language purists tend to sneer at the use of clichés. Writing teachers warn against clichés because they have grown banal and threadbare from overuse.

In fact, it wasn't such a cliché, writing students would be instructed to "avoid them like the plague".

However, now that every nation in the world is battling the spread of Covid-19, this particular cliché suddenly doesn't seem so banal, in fact it has a new power and vividness.

As we head into an election with two important referenda, many other common turns of phrase suddenly seem more relevant and serviceable too. Now we seem to be stuck between a rock and a hard place, going to hell in a hand basket (or riding an emotional roller coaster) might it not be worth remembering that a chain is only as strong as its weakest link and that united we stand, divided we fall?

This month's issue contains a feature by Lee Curtis who explains her role as an End of Life Doula. Whatever



your opinion on euthanasia, her description of her work with the dying and their families makes interesting reading on the eve of our referendum on end of life choice.

Older people are particularly vulnerable in times of economic and social upheaval. This makes the U.N. report on how well New Zealand realises the rights of older people featured in this issue highly relevant too.

On a brighter note, daffodils – those heralds of spring – are in bloom everywhere. Somehow, they make it easier to grin and bear it, believe that time heals all wounds and that every cloud has a silver lining.

Warm regards

Ro Cambridge

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Contact the editor

For topic suggestions and submissions:

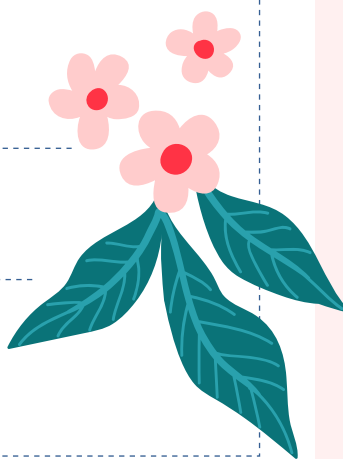
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On the cover

This amusing image by British artist Sarah Goldbart was amongst art contributed by artists from around the world in response to a U.N. request for graphics which would help fight the spread of Covid-19 and unite the world during the pandemic.

In this issue

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- 05** The Nelson Arts Festival goes ahead in spite of Covid-19
- 06** U.N. Report suggests New Zealand could do better to realise the rights of the older people.





Gardening tips and tricks

Hello spring!

Spring is well and truly here, bringing with it a myriad of tasks in the garden. It doesn't matter what size property you have, at this time of year it's very easy to become overwhelmed. My advice (which I also desperately need to heed) is to make a weekly list of "things to do in the garden" – listing tasks in order of priority. Crossing each task off the list as you complete it really makes you feel as though you're accomplishing something.

Summer crops such as courgette, pumpkin, cucumbers and tomatoes can all be planted outdoors now. It is a good idea to choose the most sheltered spot possible, keeping some frost protection handy just in case we're hit by unexpected cold snaps. Dig in plenty of compost,

plant, then side-dress your treasures with sheep manure pellets. These pellets provide nutrients over a long period of time which is brilliant – you can tell how much I love them.

Citrus trees will benefit from a boost now too – they have surface roots so, again, sheep manure pellets are fabulous because they won't burn. If you like to use granular citrus fertiliser, follow the dosage instructions carefully and water it in really well. If you have citrus in containers, sheep manure pellets really are the best thing to use – a small handful for a largish pot.

Scarlet runner beans can be sown now – being perennial (coming back year after year), they benefit from good preparation before sowing. Dig a trench approximately 30cm deep, add lots of good compost and aged manure, then mix compost through the remaining soil before filling the trench back in. Water well, then sow your beans to twice

the depth of the size of the bean. A great tip with any type of bean seed is to sow them "eye" up – the eye is a little dark slit at one end. This makes a huge difference to germination rates because the bean doesn't have to force new growth around corners to reach the surface of the soil.

Dwarf beans and peas can also be sown now. October is the last month to sow a pea crop, whether edible or sweet peas – both detest summer heat, which causes them to develop mildew very quickly.

It's still a bit early to plant capsicum, chilli and eggplant outdoors. It's a great idea to buy them and pot them up, sitting them somewhere warm and sheltered, ready for planting in the ground in early November – they will have strong root systems by then and will take off quickly.

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.



Working with the dying

Lee Curtis explains the role of an End of Life Doula and what drew her to her work with the dying and their families.

For almost 15 years I enjoyed my life as a wildlife photographer, and a writer and editor of books and articles about wildlife. Then in 2014, challenging family circumstances prompted me in a quite different career direction.

As my father aged, my brothers avoided the topic of his – or anyone else’s – eventual death even though our mother’s death had been traumatic and not something any of us wanted to repeat. Our family so obviously needed someone to face the prospect of my father’s death and dying that I decided to learn as much as I could about the dying process, the options, and the logistics of death.

First, I attended a retreat on the “Spiritual Care with the Dying” led by a wonderful Buddhist nun which had been recommended to me. For six days we learned to face our fears about death, share our hopes and explore our weaknesses and strengths. We could choose to die well, or remain in denial and then be shocked that we, or someone we loved, was dying or dead. The retreat was a life-changing experience and one of the most engaging and expertly facilitated workshops I have ever attended.

The approach to death we explored at that retreat whet my appetite for more. I undertook every end of life training program available in Australia over the next two years, including training to become an End of Life Doula. Then I went to the U.S. to learn from Frank Ostaseski, the co-founder of the world-renowned Zen Hospice in San Francisco. While I was there, I did voluntary work at two hospices in Washington D.C.

As a young woman I had trained as a lay midwife in Northern California and helped some of the county’s

poorest women deliver their babies at home. To be present at a birth was enormous privilege and one for which I am eternally grateful.

The first time I sat with a dying person I had a similar feeling of awe and privilege. Ushering someone out of the world moved me as much as welcoming them in. Both entail allowing yourself to be vulnerable – not something we are encouraged to do in the western world. Being with the dying has taught me how to listen deeply and be comfortable with silence.

As an End of Life Doula, I do not simply sit with the dying. My job might start when my client has been diagnosed with a life-limiting illness. Or it might begin even sooner when someone wants advice on navigating end of life legal issues and logistics. This can include writing a will, choosing an enduring power of attorney, making an advance care plan or discussions with friends and family.

Ignorance can cause suffering, so education is a vital part of alleviating that pain. Once family members understand what is happening, they often step in and take over my role, and that is how it should be.

I assess the strengths and weaknesses of family members and help each of them take on a meaningful role: Uncle John may not be comfortable sitting with his dying sister but could run errands and act as chauffeur; Cousin Susie may be great at hand massages; little Bobby may love to sing to his dying grandma the lullabies she sang to him when he was a baby.

Whenever possible I try to empower family members to deal with issues that arise. I often act as a go-between with nurses, doctors, and other members of the palliative care team so the family can stay with the dying person.

My ultimate goal as an End of Life Doula is to ensure that the dying person and their family spend quality time together and that each of them has their physical, emotional, and/or spiritual needs met.

Contributor: Lee Curtis

Recently (and happily) stranded in New Zealand due to Covid-19, Lee Curtis, was an Australian wildlife writer and photographer but is now a trained End of Life Doula, and dementia consultant and educator. You can email Lee at lee@ataglance.com.au





2020 Nelson Arts Festival literary programme celebrates diversity

The Nelson Arts Festival's literary programme, Pukapuka Talks, is happening again this year from October 20 to 28, provided we remain at Alert Level One.

For the first time in many years, the literary events will happen mostly in the inner city rather than at Founders Heritage Park. By collaborating with inner city venues, the Festival is able to offer a number of koha and free events.

The multi-talented octogenarian Rachel McAlpine will be the first author to step up to the microphone when she reads from her new collection, *How to Be Old*, at Nelson Live Poets at Red16 on Tuesday October 20. It's an opportunity to hear some of her wisdom about living a life full of joy.

On Friday October 23, award-winning Kurdish-Iranian journalist and author Behrouz Boochani and fellow Iranian refugee Golriz Ghahraman will be speaking publicly together for the first time, at Old St John's, about the books they have each written about their experiences as refugees: *No Friend but the Mountains* and *Know Your Place*. This special event is being presented in association with Multicultural Nelson Tasman and the New Zealand Society of Authors (NZSA, the local arm of PEN International). Tickets are available on a sliding scale from \$8 to \$16 and are selling fast.

Behrouz Boochani returns to the stage at 11am the following morning at the Suter Theatre, where he will be joined by Chinese NZ writer Rose Lu (*All Who Live on Islands*), Bhutanese-Nepali student Resika Sapkota and Olivia Hall (Director, Māori at NMIT), to discuss



Pictured

Top right: Rose Lu.

Top Left: Behrouz Boochani

Bottom Right: Olivia Hall.

Bottom Left: Resika Sapkota.

Aotearoa's ethnic diversity and to explore some important questions about human rights for all in the session, 'Our People, Our Cultures, Our Languages'.

Another five sessions, including internationally renowned Nelson/Tasman-based authors Miriam Lancewood and Christine Leunens, take place at the Suter later that day and on Sunday October 25.

On Monday October 26, New Zealand's most popular cookbook author, Annabel Langbein, appears in conversation with Nelson food writer Nicola Galloway at Pic's Peanut Butter World. The ticket price includes a welcome drink and canapés on arrival.

Read full arts festival programme or buy tickets at www.nelsonartsfestival.nz/festival-events/ and www.eventfinda.co.nz

If events are cancelled because of a change in Covid alert levels, all tickets will be refunded – less booking fee.



The rights of the older person

How does New Zealand score?

Rosa Kornfeld-Matte is the United Nations Independent Expert on the rights of older persons.

A Chilean academic and public servant, Kornfeld-Matte visited New Zealand recently at the invitation of the government and the Human Rights Commission. The purpose of her visit was to “to identify and exchange good practices and to share recommendations on the realisation of the rights of older persons.”

She told journalists she had been wanting to visit New Zealand for years because of its progressive reputation. However, she found the actuality to be somewhat different to her expectations.

So, what did she find, how does she score New Zealand approach to its older citizens?

She began by acknowledging the Government’s good intentions. She praised the recent adoption of its new strategy “Better Later Life – He Oranga Kaumātua” and the universal nature of our superannuation system. But she also expressed a number of concerns.

In reality, she said, many older New Zealanders are “living meagre, twilight existences of poverty and desperation” and this is especially true of older Māori people.

Kornfeld-Matte said the inadequacy of superannuation was a complaint that repeatedly came up in her conversations with older people. She noted that the level of superannuation is set very close to the poverty line and is based on the assumption that most New Zealanders will enter old age with a mortgage free home. However, increasingly our older population is

relying on the rental market, so the number of older people facing real hardship and a lack of security in their later years, is likely to increase. On a more positive note, Kornfeld-Matte could see that in the longer term Kiwisaver would provide a savings buffer to help in older age.

New Zealand has one of the highest reported rates of domestic violence. The rate of abuse and neglect of older people – 75% of which is inflicted by their families – was on the increase. This may take the form of financial abuse where relatives may grow impatient for an inheritance. Or it can be undue pressure placed on older relatives to move into care so a family home can be sold. It is estimated that 1 in 10 New Zealanders over 65 will experience some form of abuse.

There are likely to be problems in the care sector in the future, including a shortage of caregivers given the growing proportion of older persons in need of long-term care. This is already having an impact on our prison system which is seeing an increase in older prisoners but lacks sufficient dementia care facilities.

Kornfeld-Matte ended her visit with a practical suggestion: the appointment of an independent national commissioner to represent older New Zealanders and to ensure that the pledges in the government’s “Better Later Life” strategy become a reality.

Kornfeld-Matte’s report will now be formally presented to the United Nations Human Rights Council, after which the NZ government will have the right to respond.

Information for this article was contributed by the team supporting work on A City For All Ages, Nelson’s strategy for older residents. The Steering Group developing the strategy is busy examining Kornfeld-Matte’s findings.

Bowel Screening

A little test could save your life

The National Bowel Screening Programme aims to save lives by finding bowel cancer at an early stage when it can often be successfully treated. The test is quick, clean and simple to do. You do it by yourself at home.

The test is free for men and women aged 60 to 74 years who are eligible for publicly-funded healthcare.

If you're eligible to take part, soon after your 60th birthday you will be sent an invitation to join the programme, a consent form and a bowel cancer screening test kit with instructions on how to use it.

Already Done it? Do it again!

Screening is offered every two years, so if you have done a test before and returned a negative result, you will be offered a second test two years after the first one if you are still eligible.

Your second test is just as important as the first one.

Haven't quite gotten there yet?

If you received a test kit in the post in the past two years but didn't complete it, you will be given another

chance to take the test. You will be sent a test kit two years after you were sent the first one if you are still eligible.

Worried about your bowel health?

Bowel screening is a preventative programme that finds bowel cancer at an early stage before you may notice any symptoms.

If you are experiencing symptoms, such as a change in your normal bowel movements that continues for several weeks or blood in your bowel motion (poo), it is important to seek advice from a doctor who may refer you for a specialist assessment.

You can be any age to be referred to a specialist by a doctor. If you are aged 60-74 and experiencing symptoms, don't wait to receive your test kit in the post – see a doctor as soon as you can.

The same applies if you are younger than 60, or older than 74.

If you have questions or concerns about this life-saving test consult your family doctor, or a health professional on the free helpline: 0800 924 432



**This little test
helps find bowel
cancer early**

Free bowel screening is available in the Nelson Marlborough region.

Eligible people aged 60-74 will be sent a test kit in the mail.

The test is simple, hygienic and you can do it at home.

Make sure your doctor has your correct address so you don't miss out.

**Done it once?
Do it again.**

You'll receive a second test kit two years after you returned your first, negative test if you are still eligible.

**Time to
screen**

National
Bowel
Screening
Programme



Wild things

In her final column, Anne Hilson writes in defence of farmers and farming

It makes me mad when I hear farmers cited as the major cause of our environmental problems.

I talked recently with protesters who had chained themselves to the gates of the Ravensdown fertiliser plant near Richmond to protest the use of synthetic fertilisers on farms. They were keen to point out that farmers make rivers unswimmable because of the fertilisers they use, the run-off of cow poo and the muddy puddles cows make which are then washed into rivers.

They weren't so keen to discuss the negative effects of urban life on water and the environment.

Urban wastewater isn't just what we flush down the toilet. It's also the muck from sinks, dishwashers, baths, much industrial and commercial waste, and surface runoffs such as debris from streets and car washing. Some local authorities have been

dragging the chain on the treatment of this urban wastewater and therefore contributing to filthy rivers for years.

Here's one example. I once worked for a North Island City Council which was struggling to deal adequately with its wastewater. Thirty years later and they are still apparently struggling. In 2011 their Regional Council ordered them to stop polluting a major river but gave them time to decide how they would do it. In 2014 that council agreed to apply for a new consent – by 2022! So far, they have considered 26 options for reducing pollution and narrowed the list down to six.

Another North Island example. A small rural council (population 6000) which had outgrown its wastewater treatment system chose to replace it with a cheap system that seemed to have worked for another township with a population of only 400. It involved floating wetlands, sand

filtration and positioning beside a large river. Three years ago, that council pleaded guilty to breaching the environmental rules in the Environment Court. They agreed to do a comprehensive study to find a solution "as soon as reasonably practical". No result so far. And yet, nobody chains themselves to council offices demanding action.

Farmers have been working quietly on their environmental issues for many years, and regenerative agriculture is getting underway. Over the last 40 years, a farmer I know, has fenced off 28km of waterways from stock, planted 30kms of shelter, placed over 30 hectares into QE 2 covenants, constructed four wetlands, fenced four dams, and planted them with native species. All without taxpayer assistance.

Many other farmers are undertaking similar work. Give them a break. Rural change takes time, just as urban changes do.

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.



Food for thought



The Wondrous Sprout!

Sprouts are a great, economical way to get fresh greens onto your plate. Sprouts are easy to grow – you don't need a garden – and they are ready to eat after a just few days.

Sprouts are also little nutritional powerhouses. They contain essential amino acids, and minerals such as phosphorous, magnesium, zinc, calcium, manganese, and copper. They often also contain Vitamin A, and many of the other vitamins B, C, E and K.

What's more, nutrient levels are often higher in sprouts than in mature plants. The seeds must be soaked before they will germinate and this soaking increases the enzymes and fibre content which, in combination, help break down food more efficiently.

Many types of seeds and beans can be used for sprouting including mung, alfalfa, blue peas, buckwheat,

adzuki, chickpeas, soybean, black bean, green pea and snow pea sprouts, broccoli, kale, mustard, radish, silverbeet, clover, cress, fenugreek, pumpkin, sunflower, and all of the lentils.

To sprout, soak seeds or beans in water for a few hours or overnight. Rinse and place them in a jar covered with a mesh sprouting lid (these can be found in health food stores) or a piece of muslin and secure with a rubber band.

Rinse at least twice a day in cooler temperatures and three times a day when it's warmer. Keep the jar upturned slightly on an angle for best drainage. Sprouts grow fastest if kept in the dark so cover the jar with a dark towel or tea towel for the first few days. Keep rinsing for 3 – 4 days till the sprout reaches 1– 2 cm long then place in indirect sunlight where they will develop green tips containing chlorophyll. Give them a final rinse, checking for any sliminess

before putting in a container and keeping in the fridge.

It's important to rinse the sprouts thoroughly and not to keep sprouts sitting in the fridge for too long. Making smaller amounts more often will ensure they are always fresh. If you are buying sprouts beware of any which look old, soft or slimy.

Sprouts are generally consumed raw, but can also be cooked and used in omelettes, salads, soups, sandwiches, stir-fries, pastas and rice dishes. They can even be used in smoothies, pancake batter or ground to a paste to spread on bread, crackers or vegetables.



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 alzheimers top of mind

Alzheimers organisations around Aotearoa ran awareness raising activities in September to mark World Alzheimers Awareness month. Because lack of exercise is a risk factor for the disease this year's theme was 'Get Moving for Dementia'.

Alzheimers, is one of the most common forms of dementia. Heather Lackner from Alzheimers Nelson Tasman says that "Awareness of the disease is imperative so people can access a timely diagnosis and sufferers can be fully informed and supported."

It's estimated that the number of people living with some form of dementia in NZ will be around 170,000 by 2050 – more than twice the current count. This is significant for Nelson Tasman where a third of the population is over 65, the age group most affected by dementia.

The Top of the South literally jumped headfirst into its programme of awareness activities. Tracey McConnachie from Driving Miss Daisy Nelson West skydived to raise funds and awareness of Alzheimers disease and services available in Tasman. Tracey took the leap because the Driving Miss Daisy team is often called upon to transport and support people with Alzheimers.

The memory walk which Alzheimers Nelson Tasman traditionally runs each September was curtailed by Covid uncertainty, but a lovely alternative was provided by Sandra Rogan and her husband Barry. They invited the community to picnic and enjoy the fresh blooms in their century old Tapawera garden during September

and donated the proceeds to support Alzheimers Nelson Tasman's services.

"We are very grateful to Sandra and her volunteers who brought the garden to life for visitors and made handcrafts – many of them in purple which is our awareness colour!" said Heather.

Sandra opened the gardens in this way in memory of her mother, Firman Viola Newey (nee Prior) who loved gardening. "Understanding, coping and living with dementia is not simple or easy" says Sandra "so we all need to know and understand the progression and care of this disease, so we need to have as much conversation about dementia as possible."

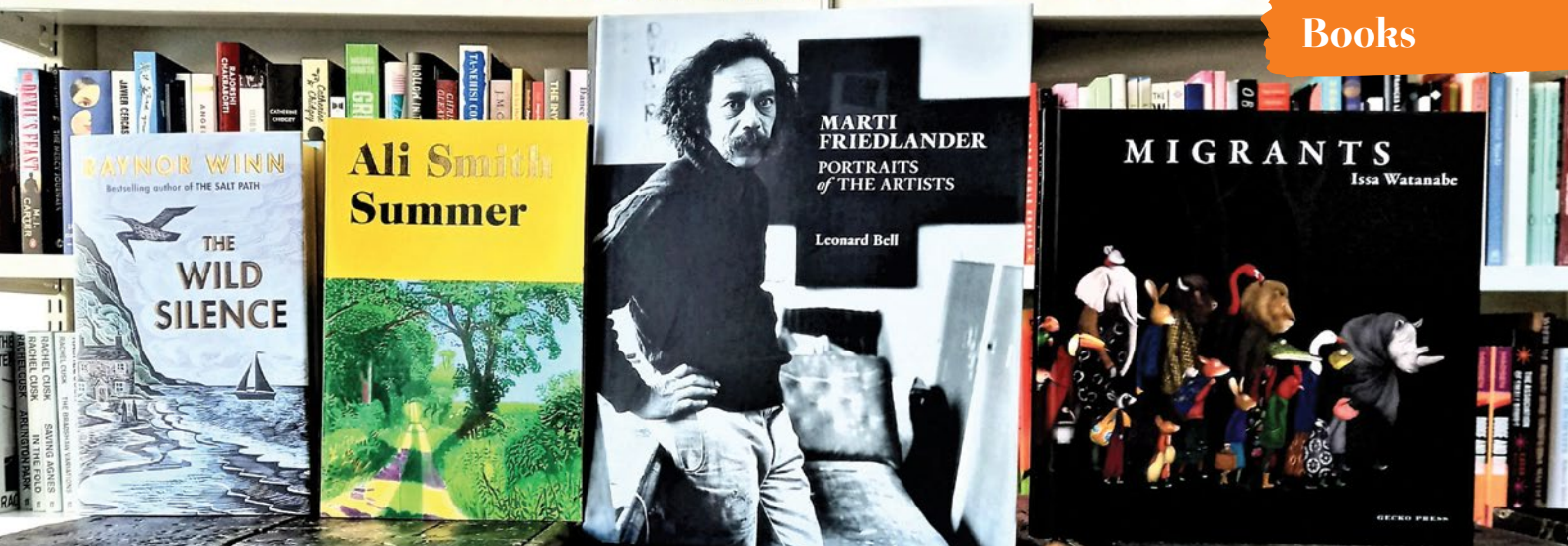
Alzheimers Nelson Tasman works to reduce the stigma and discrimination associated with Alzheimers and all other types of dementia. They provide information on living well with dementia and how to reduce the risk factors of the disease. The organisation's Dementia Friend programme, which is open to individuals and businesses, makes a huge difference for people living with dementia.

For more information, or to offer support:

Contact Alzheimers Nelson Tasman on
03 546 7702 or visit
www.alzheimersnsn.org.nz/nelson

Photo: Sandra Rogan and her garden volunteers

From left, standing, Sandy Rogan, Shirley Percy, Jenny Quillam, Sandra Nicholls and Margaret Budgen. Seated, Anne Steele, Geraldine Carleton and Yo Tye. Janet Moffat on the mower.



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.



The Wild Silence by Raynor Winn

Raynor Winn’s book *The Salt Path* quickly became a favourite for many people. In that book, she told of how, after her husband was diagnosed as terminally ill and they lost both their home and their jobs, they rediscovered a sense of purpose and meaning when they walked the coastal path around the southwest coast of Britain, and surrendered themselves to the restorative powers of nature and simple effort. In this much-anticipated sequel, the couple attempt to settle after their journey but find that self-esteem, trust and a sense of home are not so easily achieved. After they are contacted by someone who had read Raynor’s book, and offered the chance to rewild a Welsh farm, their lives start to change in unexpected ways.

Summer by Ali Smith

Smith’s outstanding quartet, written ‘in real time’, comes to its conclusion

with this eagerly anticipated and completely wonderful novel. Facing down some of the biggest issues of our time, Smith remains always playful, personable and pleasurable to read. She uses her characters, each captured perfectly, as a sort of a net to capture the moment in which we live, and about which we often feel bewildered. *Summer* is a book that will both stun you and fill you with hope, moments of kindness, forgiveness, and a window to a better world.

Marti Friedlander: Portraits of the Artists by Leonard Bell

Friedlander’s incisive photographs chronicled the country’s social and cultural life from the 1960s into the twenty-first century. From painters to potters, film makers to novelists, actors to musicians, Marti Friedlander was always deeply engaged with New Zealand’s creative talent. This thoughtfully assembled book, with Bell’s perceptive text, shows us new sides

of both well-known and forgotten artists and writers, as well as of the photographer herself.

Migrants by Issa Watanabe

The animals must leave their forest homes and make a long, uncertain, hard and dangerous journey in search of a place where they can make new lives. Much is lost and the dangers are great, but kindness, courage, and hope bring the migrants a deep strength. Will they be welcomed when they arrive? This exquisite wordless picture book stimulates empathy and discussion in a world in which the plight of others can sometimes be hard to understand.

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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.

Why can't we tell the truth about ageing?

New Yorker contributor Arthur Krystal argues that ageing isn't quite as positive or pretty as popular culture pretends. Why, he asks, are we asked to believe that our senior years are all about "the wonderful things to come: travelling, volunteering, canoodling, acquiring new skills, and so on" or that "retirement homes are hotbeds of lust and romance."

Read more:
<https://bit.ly/35TiBaJ>

Living in interesting times

During lockdown, Volume Books Nelson began sending out bulletins of "book-related links, articles and amusements for those isolated by the Covid-19 pandemic." It's of particular appeal to readers and writers, but the bulletin is also eclectic enough to appeal to many different tastes and interests.

Catch up on past issues:
<https://bit.ly/33ML533>

Don't let ageism bully you

A rousing and funny TEDtalk by Mariann Aalda who shares how, as a black woman from the south side of Chicago, she refused to be bullied by prejudice. Now that she's reached "old age" she's refusing to be bullied by attitudes to older people, and urges you not to be either.

Watch: <https://bit.ly/3kBhNLF>

Can better design make resthomes safer?

Covid-19 has exposed the lethal vulnerabilities of resthomes. In New Zealand and overseas. A recent article on the website This article from Bloomberg Citylab examines how better design of these facilities might make them safer for residents and staff.

Read more:
<https://bloom.bg/3iShlmn>

Printing yourself some money

Also on the website Bloomberg Citylab is an article about how cash-strapped communities in the U.S. are creating local alternatives to Uncle Sam's dollars and cents. This alternative currency can only be exchanged among people and businesses within a town, or even a single neighbourhood but offers a way for people to exchange goods and services with each other outside of the normal money-based economy.

Read more:
<https://bloom.bg/33Rm9r5>

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.



That's life

Photo by Yoal Desurmont on Unsplash

The blue season

Many of the people I know are of “retirement age” and are still getting used to not having to go to work five days a week.

You'd think with nothing much to do, we'd all be lying back, loving a new relaxed lifestyle.

And to some extent we are, but many of us are still awfully busy. We are even asking ourselves how we managed to run a household, raise children, maintain a garden and all the other tasks of everyday life, as well as go out to work 40-odd hours a week. One person I know is so determined to fill every waking moment of her day that she leaves me feeling positively dizzy in her wake.

Maybe it's something to do with that old cliché that nature abhors a vacuum. But it may also be because not everyone feels comfortable being idle. Take Val, for instance, who at 78 is still not fully retired.

“I was scared of retiring because I didn't know what I would do with myself if I didn't have to get up every morning and go to work” she says.

Her solution was to retire gradually, starting with reducing her workdays to four a week. Then, after a couple of years, she cut down to three days and so on until the present day when she is now as involved as she feels she wants to be.

After I discussed the subject with a number of older people one thing became very clear: if you are fit and healthy, life isn't very satisfying if you are just sitting around and doing nothing very much.

Individuals find meaning and satisfaction in retirement in a number of ways. Overseas travel is not the option it used to be in this time of COVID-19, but that doesn't stop some older people becoming grey nomads and travelling within New Zealand.

Others find satisfaction by becoming involved in voluntary work in their community. There's no shortage of useful work to be done whether it's from behind the counter in one of the region's many op shops, helping out at a local school or weeding in one of the glorious public gardens, or helping former refugees settle in Nelson. There are dozens of other possibilities too.

Whatever it is that you do that gets you out of bed in the morning and gives your day meaning, be sure to enjoy it. After a lifetime of work, you've earned it.



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.

Have your say in the future of Tasman District



In October and November Tasman District Council (TDC) is holding pop-up community events across the district to encourage community input into the development of a single, modern plan to replace the current resource management plans and policies.

Tasman district is a special place. Spread over nearly 10,000 km², it includes large mountainous areas, valleys and plains. Significant rivers like the Buller, Motueka, Aorere, Takaka and Wairoa run through it and flow to lakes and estuaries. The region has an abundance of native bush and bird life, deep caves, golden sand beaches in the landscape plus farming and horticulture and good fishing.

Its communities are as vibrant and diverse as the landscape. People flock to the region to enjoy its lifestyle opportunities and many of our communities are growing. This growth is happening most rapidly in our older populations.

It's vital to plan now for the future of this wonderful place to ensure appropriate, quality development and to protect and restore our land, air, and water.

“Tasman’s new plan, to be named Aorere ki uta, Aorere ki tai – Tasman Environment Plan, will set out how we’re going to look after our district for generations to come. We want your input in the development of the plan”

During October and November, TDC staff and councillors will be out and about, talking with people of all ages about Tasman’s issues and opportunities to find out what communities think makes our district special.

The information gleaned from these conversations will inform how the new Tasman Environment Plan will provide for environmental protection and restoration, appropriate development of Tasman’s towns, local centres, rural areas, and coast, and improve community resilience to natural hazards and climate change.

If you live, work, or play in the Tasman district come to one of the twenty pop-up Tasman planning community events listed below. Topics which will be covered range from air and water quality, to biodiversity, and how we use our rural areas, coast, and towns.

All ages are welcome with activities for the young, and young at heart!

If you can’t come in person, visit us online at www.environmentplan.tasman.govt.nz where you will find lots of ways to have your say. You’ll also discover more about our resource management challenges and opportunities, and what others think.





Pop-up Tasman planning community events in Tasman District:

TOWN	VENUE	DATE	DROP-IN TIME
Māpua	Mapua Bowling Club, 84 Aranui Road.	Mon, Oct 12	4pm – 7pm
Wakefield	St. John's Worship Centre, 130 Edward Street.	Monday, Oct 19	4pm – 7.30pm
Richmond	Inside the Richmond Mall (Ginger & @cquisitions entrance)	Wednesday, Oct 21 Thursday, Oct 22	9am – 6pm
Ngatimoti	Ngatimoti Festival, 4 Greenhill Road.	Sunday, Oct 25	10am – 4pm
Rotoiti	Rotoiti Community Hall, 22 Main Road, St Arnaud	Wednesday, Oct 28	4pm – 7pm
Tasman	Tasman Bible Church, 6 Williams Road	Thursday, Oct 29	4pm – 7.30pm
Motueka	Motueka Sunday market, Decks Reserve Carpark	Sunday, Nov 1	8am – 1pm
Brightwater	Brightwater Public Hall, Lord Rutherford Road North	Monday, Nov 2	3.30pm – 7pm
Collingwood	Collingwood Memorial hall, 9 Tasman Street	Friday, Nov 6	3.30pm – 6pm
Tākaka	Tākaka Community Hall, 88 Commercial Street	Saturday, Nov 7	10am – 2pm
Murchison	Murchison Recreation Centre, 82 Waller Street	Monday, Nov 9	3.30pm – 7pm
Riwaka	Riwaka School, 20 School Road	Thursday, Nov 12	3pm – 6pm
Tapawera	Tapawera Community Centre, 95 Main Road	Tuesday, Nov 17	4pm – 7pm
Motueka	TDC meeting room, 7 Hickmott Place	Wednesday, Nov 18	3pm – 7pm
Richmond (A&P Show)	A&P Showgrounds, 359 Lower Queen Street	Saturday, Nov 21 Sunday, Nov 22	9am – 5pm 9am – 4pm
Mārahau	Mārahau Hall	Monday, Nov 23	3.30pm – 7pm
Moutere Hills	Community Centre, 1539 Moutere Highway	Wednesday, Nov 25	3.30pm – 7pm
Kaiteriteri	Kaiteriteri Recreation Centre, 5 Kaiteriteri Sandy Bay Road	Thursday, Nov 26	3.30pm – 6.30pm



Community news – Age Concern

Monday Information Sessions

We're utilising our newly refurbished Hall (62 Oxford Street, Richmond) to host special Information Sessions each Monday.

The sessions offer a smorgasbord of informative talks and workshops by specialist guest speakers on a wide variety of topics relevant to being 65 and over – see programme details below.

If you'd like to attend please let us know by registering by phoning Marrit on 03 5447624 Ext 4 or emailing her at community@ageconcernnt.org.nz. Each session costs just \$3.00.

Hearing Information Session with Tracy Dawson from Hearing Nelson

- 12 October 10am – 11.30am

Advanced Care Planning With Carla Arkless

- 2 November, 10am – 11.30am

E-Bike Workshop with Easy Street Cycling

- 16 November, 10am – 11.30am (numbers are limited, please register with Marrit).

Enduring Power of Attorney With Kaye Lawrence from Community Law

- 30 November, 10am – 11.30am

Get Moving!

Hilary of Move Good Now has begun a new gentle movement class which meets every Thursday from 10am – 11am. Hilary is an experienced instructor and is particularly interested in how a combination of specific actions and movements benefits brain health



and improves movement and balance. She runs her own boxing gym in Upper Moutere that runs classes specifically for people with Parkinson's. Hilary also classes in adult dance fitness, adult beginner's Hip-Hop, low impact dance and seated exercises in the Mapua Community Hall.

The Move Good Now class takes place in the Age Concern and there's no need to register. Grab a friend and come along at 10am on Thursdays!

Tea & Talk

We run weekly Tea & Talk sessions throughout the Nelson-Tasman region. These are relaxed sessions where people get together for a cuppa and a chat and are a great way to make social connections. Cost \$3.00 per person.

Sessions run from 10am – 11.30am at these venues and times:

- Age Concern Hall, 62 Oxford Street, Richmond, Every Wednesday
- Victory Community Centre, 1 Totara Street, Nelson, Every Monday
- Elma Turner Library, 27 Halifax Street, Nelson, Every Friday
- Gateway Housing Trust, 24A Tudor Street, Motueka, Every Wednesday
- Anglican Parish Hall, 42 Commercial Street, Takaka, second Wednesday of month

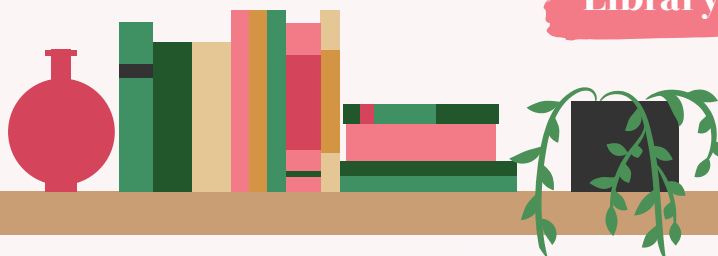
Get in touch with Age Concern Nelson Tasman

Phone 03 544 7624 62 Oxford St, Richmond 7020

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz

Tasman District Libraries



Spring Reading Challenge

Nurture the reading seed within you with our spring-themed reading challenge. Pick up an entry form from your library, choose five from the seven options and widen your reading horizons. Every completed entry will receive a super snazzy certificate of achievement. This reading challenge is open to all ages and runs until November.

Make a photobook for Christmas

It's not too early to be thinking about Christmas! Take part in a Photobooks class at Richmond Library on Monday 19 October and get your Christmas gift sorted – while also learning new skills and organising your photos. The class is free but bookings are essential. Contact Richmond Library 543 8500 to book your spot.

We have extended the deadline for our Community Quilt Project until 31 October so it's not too late to contribute. Stitchers new and experienced, young and old, are invited to stitch an A4 sized piece of fabric with a word or image relating to their experience of Level 4 Lockdown. Drop it off to your library by the end of October and be part of a very special collaborative community project.

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



We've got it all sewn up!

Who says libraries were just about books?

At the Elma Turner Library you'll find sewing machines amongst our books and periodicals. If you don't have access to a sewing machine but you have a sewing project in mind, or just feel creative head into the library for free use of one of our sewing machines.

We supply the machines, scissors, pins and needles, tape measure, seam ripper, bobbins and black and white thread. All you need to bring is your fabric, patterns and any coloured thread you need. And you do need to be confident in using a sewing machine.

If you need inspiration or help with a sewing technique, we have plenty of books you can consult on almost any imaginable kind of sewing, including soft furnishings, clothing and bags.

To make a booking to use a sewing machine, contact us on (03) 546 8100, fill out a booking form on our website, or ask one of our friendly staff next time you are in the library.



MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz



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



Maureen Pugh

National List MP based in West Coast – Tasman

0800 628 7336

[wct.maureenpugh](https://www.wct.maureenpugh.govt.nz)

National

Funded by the Parliamentary Service. Authorised by Maureen Pugh MP, Parliament Buildings, Wellington.



Thinking ahead for peace of mind

Planning your funeral in advance is a sensible way of ensuring your wishes are adhered to as well as sparing your family or loved ones unnecessary worry about arrangements in their time of grief. There is no age limit. Young or old, the best time to plan is now. Planning leaves nothing to chance and gives you one less thing to worry about. It is also important to realise that once your plan is made, you are not locked into it. Our funeral planning offers flexibility to make alterations as circumstances change. Speak to the team at Waimea Richmond Funeral Services – Here to help with any questions you may have about options available.



WR
WaimeaRichmond
FUNERAL SERVICES
03 544 4400

Phone us today for a **FREE INFORMATION PACK** on pre-planning or pre-paying.

03 544 4400 · 24 Champion Road, Richmond · www.wrfs.co.nz · support@wrfs.co.nz



Services as unique as you

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.

Give us a call. We're available to help, anytime.



marsdenhouse.co.nz

03 548 2770 (24/7)

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Janet

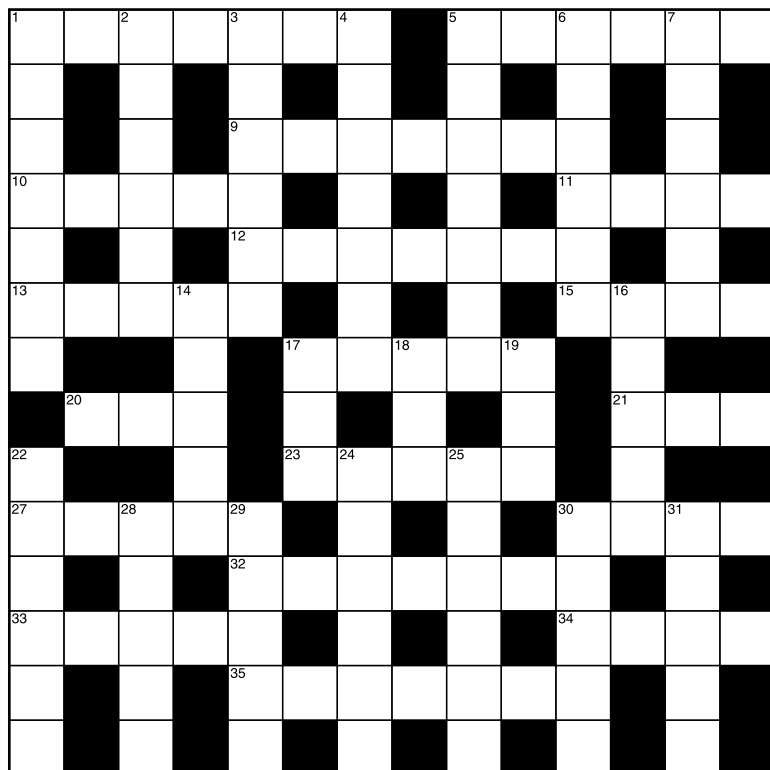

Access

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.**

Crossword



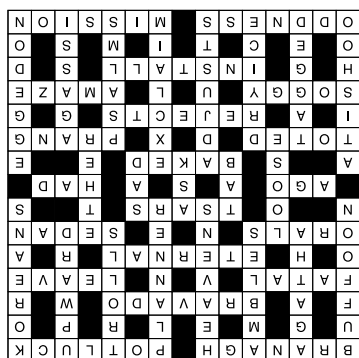
ACROSS

1. Actor/director, Kenneth ...
5. Randomness (3,4)
9. Show of courage
10. Lethal
11. Yearly holidays, annual ...
12. Perpetual
13. Spoken tests
15. Family car
17. Russian emperors
20. In the past
21. Owned
23. Roasted
27. Carried (gun)
30. Collision
32. Knocks back (proposal)
33. Drenched
34. Astonish
35. Set up (machinery)
36. Weirdness
37. Space flight

DOWN

1. Clown
2. Writer, ... Christie
3. Strolls
4. Skies
5. Organiser
6. Cave-dwelling monsters
7. Towards the top
8. Seoul natives
14. Unrestrained
16. Anaesthetic gas
17. Bar account
18. Inquire
19. Distressing
22. Sneeze noise (1-6)
24. Twiddles with
25. Shout
26. Goaded (5,2)
28. Earmarked
29. Solid CO2 (3,3)
30. Biblical prayers
31. Tennis ace, Andre ...

Crossword solution



Sudoku solution

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

Sudoku

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

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

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.

Elysium Widow and Widowers Group

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

Hope Social Indoor Bowls Club

Held at Hope Recreation Hall, Tuesday 1.30pm – 3.30pm. \$3.00 per session. We are a fun social group catering for

everyone. New members welcome. Contact Robin 03 544 3116.

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 juliehcox@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).

Housie 1.30 pm – 3.00 pm. Phone 03 528 7703 (Ethel).

Housie 1.30 pm – 3.00 pm. Phone 03 528 7703 (Ethel).

Marching

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

Motueka District Museum

Opening Hours:

April – November: Tuesday – Friday, 10am to 3pm. Sunday, 10am to 2pm.

December to March: Monday – Friday, 10am to 3pm. Sunday, 10am to 2pm.

Email: savepast@snap.net.nz

www.motuekadistrictmuseum.org.nz

Phone 03 5287660.

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@cancernelson.org.nz.

www.cancernelson.org.nz.

www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

Information and support to people affected by cardiovascular disease.

Phone 03 545 7112 (Averil).

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.

Phone 03 543 7836 / 021 409 552 (Bee Williamson). Free phone 0800 731 317.

Elysium Widow and Widowers Group

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

Nelson Hinemoa Croquet Club

Saltwater Lane off Halifax Street. Social play Sunday and Tuesday afternoons from 12.30pm. Ph 03 548 3977.

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 randjipittman@gmail.com.

Nelson Blood Cancer Support Group

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

Nelson 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 nelsongreyreypower@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

USA 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: davn23@gmail.com. Next meeting: Wednesday 28 October at Nelson Golf Club, 38 Golf Road, Nelson. Speaker: Nathan Fa'ave, a professional athlete and adventure racer.

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 info@craftpotters.org.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 am, \$15. Phone 03 544 0327.

Richmond Scottish Country Dancing Club

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

Richmond Slimmers Club

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

Richmond Waimea Community

Whānau Group
Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 – 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.

Richmond Tennis Club

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

Tasman Aquarium Club

Meetings held second Monday of the month at 7pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome. Contact Robin 03 544 3116

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.

Waimea Combined Friendship Club

Interested in making new female or male friends of a similar age and interests? We invite you to monthly meetings, 3rd Thursday 9.45am at Hope Church Ranzau Road with interesting speakers, outings and group activities. For more information phone 021 134 1013 (Claude).

Waimea Music Club

Alternate Sundays from 1.15 pm – 4.00 pm at Loney Hall, 4 Wensley Road, Richmond. Anyone is welcome to join in with a song etc or just come along and listen. Phone 03 544 5766 (Pat).

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).

Tai Chi for Health

Phone 03 538 0072.

Email stadium@sporttasman.org.nz.

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Central Combined Probuss 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

The Stoke Central Combined Probuss Club

Welcomes both men and women as new members. Join us on the fourth Tuesday of each month (except Dec and Jan) at 10am, at The Stoke Methodist Church Hall. 94 Neale St, Stoke. Phone 03 9706872 (Rosemary).

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 menzshedtawawera@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)

Wakefield Bowling Club

Outdoor bowls, summer and winter.

Phone 021 220 1289 (Margaret).

Email wakefieldbowlssecretary@gmail.com

www.sporty.co.nz/wakefieldbowls

Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

Willowbank Heritage Village

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

www.willowbankwakefield.co.nz

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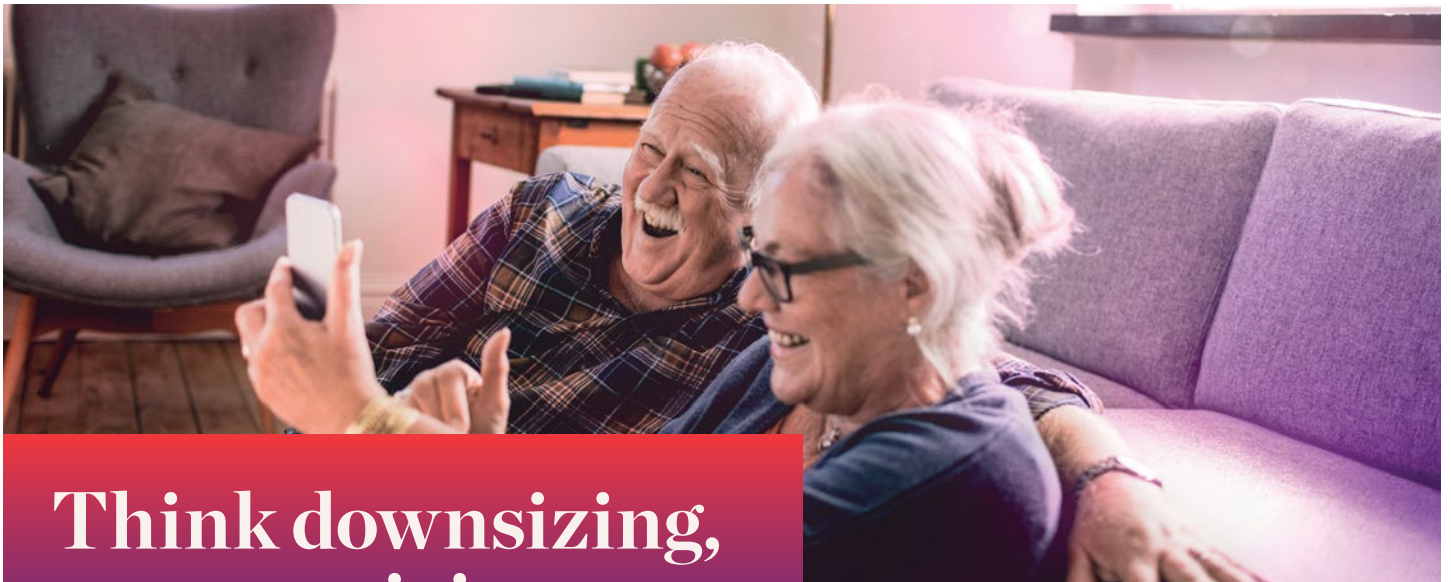
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