

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

ArtWalk: from the walls of The Suter to the walls of Nelson City

What do we know about that star over Bethlehem?

Not just a gallery: Refinery Artspace supports artmaking and artists

A directory of local clubs and activities for seniors

Plus puzzles, columns on gardening, food, books and the environment



EDITOR'S Letter



On the eve of publication, I'm in Auckland and the world looks very different from here.

In Nelson, along with most other locals, I observed the protocols mandated by government and common sense, to protect myself and those around me from Covid-19. Nelson was blessedly free of Covid though, so all the scanning, social distancing and mask-wearing felt largely theoretical.

That's not how it feels in Auckland, where community transmission is on the rise. I'm staying in an area of Auckland that has frequently featured in "locations of interest". I'm 68. I have a chronic health condition. The protection of the vaccination I received six months ago may be waning. Consequently, every time I've left the house, I've been hyper-aware that I'm taking a risk.

I've avoided public transport, unnecessary outings, and supermarkets and parks where social distancing is clearly not being observed. I've kept well

away from people with ill-fitting masks. But as it happened, the risk of Covid approached from a quite unanticipated route: a child at my unvaccinated granddaughter's daycare contracted the virus. Thankfully, after a few anxious days, my granddaughter, her parents and I have tested negative, and my weeks-old grandson has displayed no symptoms.

It's possible, perhaps even probable, that the virus will rear its ugly head in Nelson once travel restrictions are eased. The challenge for Nelson, particularly over Christmas and New Year, will be to welcome family, friends and out-of-town visitors while maintaining a wary regard for the risk of Covid. Let's see if we can do it!

Wishing you a healthy and happy holiday season.

Ro Cambridge

In this issue

- 3 Twenty-six artworks from The Suter Art Gallery now on Nelson city walls are rich with the history and geography of the region.
- 4 Space scientist Dr Duncan Steel suggests that the star of Bethlehem was a comet which can help date the birth of Christ.
- 5 The late Dave Perret describes how, newly arrived in New Zealand, he was completely baffled by Kiwi slang.
- 8 Refinery Artspace is more than a gallery, it supports artmaking and artists in the Top of the South.

Where to pick up your next copy

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

Richmond

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

Stoke

- Summerset in the Sun

Nelson

- Fresh Choice
- Morrison Square
- New World

Wakefield

- Four Square

You can also find it online at tasman.govt.nz/publications

Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz
Post: Mudcakes and Roses,
PO Box 688, Nelson.

On the cover

An artwork titled *Summer in Nelson* by Irvine Major is installed as part of the new ArtWalk in Nelson.

Photo © Tim Cuff.



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Nelson City Council
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Painting by John Gully. Photo © Tim Cuff

ArtWalk: this gallery never closes

Over the last few months 26 artworks from The Suter Art Gallery Te Aratoi o Whakatū have appeared on walls around Nelson, transforming the city into an open-air gallery accessible to all.

The idea of reproducing gallery paintings on city walls occurred to Anne Rush, director of MakeShift Spaces during lockdown in 2020 on her daily walks through the inner city. Anne found solace and sanity on these walks, and it occurred to her that empty walls could be employed as the ultimate open-air art gallery. Anne consulted with Julie Catchpole, director of The Suter and they hatched a plan to make the idea a reality.

The artworks were selected for their connection to the landscapes of the region, or to artists who lived and worked here. They were then placed at sites around the city which would add further resonance to the artworks. Marjorie Naylor's portrait of Perrine Moncrieff sits in the Nelson bus station, right next to where Naylor had her studio (now Ian Will's jewellery shop); Jane Evans' *Ladies Day*, featuring voluptuous women in patterned frocks, is next to Taking Shape, a women's clothing store; Ross Ritchie's *Still Life with Mullet* sits next to Harry's Fish Shop; and William Allen's *Nelson Landscape* is framed beautifully by a textured grey wall and brickwork paving.

Except for Bill Hammond's *All Along the Heaphy Highway* on the external wall of the Elma Turner Library, permission had to be obtained from building owners

before the artworks could be installed. Anne undertook the process of obtaining these permissions and enlisted assistance from supporters and donors, who responded positively to an idea which would enliven the city and make The Suter's collection more accessible.

The artworks can be enjoyed as stand-alone discoveries, or part of a route that takes about 40 minutes to walk – unless you're tempted to enjoy a coffee on the way. Each artwork is labelled in a format familiar to art gallery visitors, and also has a QR code which, when scanned, links to further information about the artist, subject and location.

For visitors, the ArtWalk work provides a novel way to learn about local history and geography. Charlotte Sadd's painting, for example, depicts the building of Rocks Road, while *The Apple Pickers* by Rita Angus connects to the history of seasonal workers and communes in the region. Paintings by John Gully, Leo Bensemann and Toss Woollaston depict landscapes on both sides of the Tākaka Hill.

Maps are available from The Suter Art Gallery, Elma Turner Library and Nelson i-SITE.

More information

MakeShift Spaces: www.makeshiftspaces.nz

ArtWalk & Downloadable map:

www.makeshiftspaces.nz/artwalk-map

Christmas star or comet? By Dr Duncan Steel

For Christians, the idea of a star in the heavens above Bethlehem heralding the birth of Jesus derives from a few verses in the Gospel of Saint Matthew. But what do we actually know about this fabled star, and how it may help us calculate when Jesus may have been born?

Using widely witnessed celestial events, like comets and eclipses, the records of different civilisations can be compared and allow us to calibrate their calendars against our own. If the Star of Bethlehem was actually a known comet – rather than a star – we would be able to derive a chronology for events in the Holy Land around the same time.

The ancient Chinese identified a bright comet that might just help in this regard. But before we look into the calculations this historical record makes possible, it is worth noting that Jesus was actually born in 5 BC, four years earlier than our dating system suggests. It's a mistake that's been known for over 400 years, and derives from the work of a sixth century monk in Rome who, compiling a set of tables for future Easter dates, also wanted to frame them against the lifetime of Jesus. He misinterpreted records stating that the Nativity occurred in the 27th year of the reign of Augustus Caesar. The monk assumed he should count from 27 BC (when Augustus changed his name from Octavian), rather than 31 BC (when as Octavian, he defeated Mark Anthony and Cleopatra, becoming the first Roman Emperor).

But back to the skies above Bethlehem. It has been suggested that the Star of Bethlehem was a supernova: a hugely bright exploding star. In his account however, Saint Matthew describes a star appearing in the east and moving across the sky, eventually hanging above Bethlehem and guiding the Magi in their quest for the Christ child's birthplace.

Stars usually transit across the sky in step as Earth turns, but Saint Matthew's star doesn't move that way. So, what might it have been?

Bright celestial objects that shift relative to the stars include the planets, but also comets. It happens that in 7 and 6 BC there were several conjunctions (near-approaches in the sky) involving Jupiter, Saturn and Mars. These happen infrequently, typically at 800-year intervals. The Magi could have interpreted these as portents of a special event. They would then have been primed for action when a bright comet appeared early in 5 BC.

We know about this comet from Chinese records which describe its visibility over 70 days, shifting from east to west compared to the background stars, until its progress slowed. This makes sense astronomically, due to the relative motion of the comet and Earth, and tallies with the biblical account.

The timeframe can be narrowed by taking other factors into account. For example, how long it would take the Magi to travel from Mesopotamia to the Holy Land, the timing of Passover in 5 BC and the fact that shepherds tend their flocks in the fields after lambing. These factors and other evidence suggest that Jesus may have been born in the middle of April that year.

It wasn't until centuries after the birth of Jesus that a date was set for the celebration of Christmas, based on a combination of astronomy and Judeo-Christian tradition: the Annunciation at the equinox in March (traditionally 25 March) in 1 BC, the Nativity nine months later at the solstice (25 December), and then the naming and circumcision of Jesus on 1 January in AD 1.



About the contributor

Dr Duncan Steel is an astronomer/ space scientist who lives in Nelson.



Recollections... of my first job in New Zealand



An extract from *Adventures of a Wiltshire Moonraker* by David Perrett.

Born in England in 1936, Dave completed his National Service with the Royal Army Veterinary Corps. Afterwards he served as a dog tracker with the King's African Rifles in Kenya during the Mau Mau Uprising. In New Zealand he enjoyed a long career with the Department of Agriculture. Dave passed away suddenly in August 2021. This excerpt from his memoir is reprinted with permission from his family.

We drove deeper into the country on winding rural roads with no streetlights, houses or buildings in sight. After about an hour we turned into a steep driveway into a gully. The Land Rover careered down the bumpy farm track and came to a lurching halt outside a desolate brick farmhouse. A scruffy guy with a long beard beckoned me inside. No one offered to give me a hand with my luggage. Without a word to Tom or me, our driver took off at great speed.

Tom showed me to the shearers' quarters – basically just a tin shed out the back. After I'd finished unloading my gear he asked, "Do you like plonk?"

"What's that?" I asked.

"All the Dalmatian people in Auckland make it and I've got a few jars."

Plonk turned out to be wine, a pretty bad one at that, so after a couple of glasses, I turned in for the night, tired, fed-up and damned hungry.

As Tom cooked breakfast at seven o'clock the next morning, I thought to myself, where's Mrs Melling? Tom explained that the place was a bit of a mess as he'd just come out of Mt Eden and didn't have a wife. I'd just arrived in New Zealand and had never heard of Mt Eden, so I didn't think anything of it.

At hay-making time, Tom and I stopped work at midday and swam in the river or stock pond, something I couldn't imagine happening in England. On the downside however, after our six o'clock tea we worked until nine or ten o'clock. "Don't worry, Dave," Tom told me, "in New Zealand we don't pay overtime but we do pay bonuses." I asked for details of these

bonuses but Tom said they varied too much to explain.

One of my jobs was fencing out the back of the farm where I met one of Tom's neighbours.

"How do you get on with Tom?" the neighbour asked.

"Alright I guess, why's that?"

"Well, you know he's just come out of Mt Eden?"

"Yes, he mentioned that. Where is Mt Eden exactly?"

"It's the prison up in Auckland, mate! Tom and his brother were caught trying to castrate a man at the Greytown Races and they both got two years!"

I went to bed that night with my door firmly closed and a chair up against it!

After a year I'd saved enough money to move on. After being paid-off, I asked Tom about my bonus. He stopped and thought for a moment, disappeared into the house, and returned with a pair of slippers. "Here's your bonus, Dave!" he said and back he went inside.

Columnist: Sarah Ryder

Sarah Ryder, who curates this column, joined the *Forget Me Not Life Stories* team in 2018. She now helps people from all walks of life capture and preserve their stories in print, audio and on the internet. www.forgetmenotlifestories.co.nz



Our environment



Dinosaurs with feathers?

Dinosaur rEvolution: Secrets of Survival is the title of an exhibition of animated dinosaur models currently on display at the Nelson Provincial Museum. The life-sized dinosaurs react to visitors by roaring, waving their tails and grabbing at the air with huge claws.

What's unusual about these dinosaurs are their feathers. The models are based on well-preserved dinosaur fossils found in Mongolia and recent dinosaur research from China, America and the UK which show that dinosaurs were not necessarily the grey and green lizard-like creatures we usually imagine – they actually had feathers and quills.

Until now I had no idea that dinosaurs were in any way related to birds, so I thought I'd explore the topic as fossils are definitely part of our environment. Moreover, they can give us fascinating information about the distant past, as well as relatively recent times.

Dinosaur means fearsome lizard. Over the years this conception of the

animals has changed. Nineteenth century scientist Thomas Huxley believed dinosaurs were the ancestors of birds, but no one agreed with him. However, a 1990 find by archaeologists Ji Qiang and Mark Norell proved he was correct. The pair found complete dinosaur fossil skeletons with definitive feathers in the northern Chinese region of Liaoning, preserved in the fine dust from volcanic ash which was millions of years old.

As Paul Barrett, of the British Natural History Museum points out, not all dinosaurs had feathers. Feathers are mostly found on theropods, or meat-eating dinosaurs such as the T Rex. The sauropodomorphs had scales, but fossils of the other two major branches of the dinosaur family show feathers or structures that support feathers.

Dinosaurs died en masse during the extinction events of 65 million years ago. Birds survived because they ate less, reproduced faster, and could fly away from danger and so birds are really dinosaurs – living fossils.

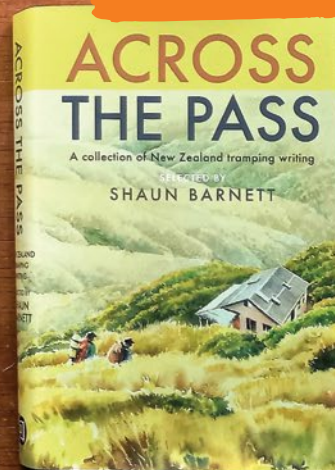
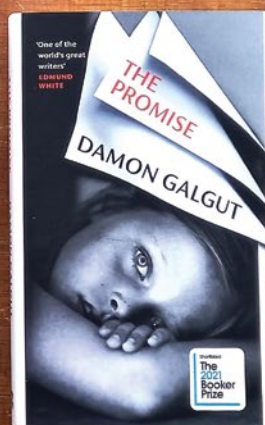
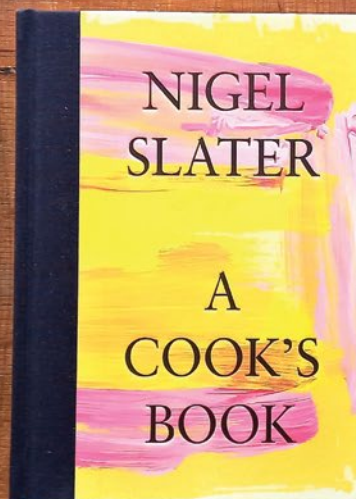
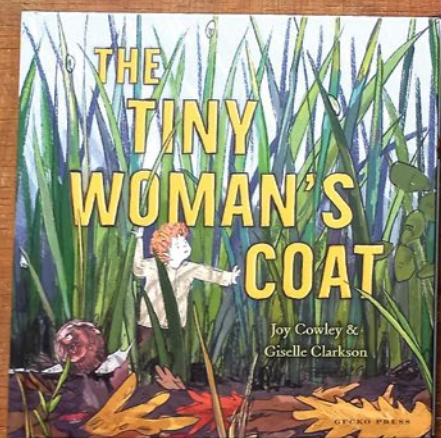
Fossils aren't only found in faraway places. A titanosaurus bone has been found in Hawke's Bay and members of the Nelson Rock and Mineral Club occasionally uncover fossils all over the region. Rockhounds have found fossils in the Baton valley, Mount Arthur, Tākaka Hill, Reefton and Eighty-Eight Valley Road. No dinosaurs yet, but a moth fossil found in Wakefield is estimated to be 227 – 238 million years old.

***Dinosaur rEvolution: Secrets of Survival* at the Nelson Provincial Museum runs until 27 March 2022. The exhibition will fascinate both adults and children curious about what dinosaurs might really have looked like. Kids can also play at being archeologists, uncovering dinosaur remains by brushing away the sand in which they are buried.**

More information:
www.nelsonmuseum.co.nz

Columnist: Pam Henson

Columnist Pam Henson, a retired English and Art History teacher, is also an outdoors enthusiast, having studied the geology, flora and fauna of natural landscapes including caves. As a writer, she worked towards a master's degree in environmental studies with the intention of advocating for the environment. Contact Pam at pam.e.henson@gmail.com



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 Tiny Woman's Coat by Joy Cowley

The tiny woman really needs a coat to keep warm, but how will she get one? The trees give her some leaves, the porcupine gives her a needle, the horse gives her its hair for the thread – everyone contributes something and the tiny woman can make herself a coat. This delightful book will be an instant favourite. Illustrated by Giselle Clarkson.

A Cook's Book by Nigel Slater

Nigel Slater is always superb company in the kitchen. In this substantial new book, he looks back over his life and revisits his culinary experiences from childhood to the present alongside 200 of his ever-wonderful recipes. Whether you have all of Nigel Slater's books already or none of them yet, this book will soon become the cookbook you turn to first.

The Promise by Damon Galgut

Galgut won the 2021 Booker Prize for this superb novel exploring the relationships between members of a decaying Afrikaans family in South Africa's transition from Apartheid. Distilled into accounts of four funerals, each a decade apart, Galgut provides deep insights into the complexities of ethical and personal failings, and the unfortunate resilience of injustice notwithstanding social change and notwithstanding stated intentions – in this case a promise of land owed to a former servant, a promise that is always deferred and never fulfilled.

Across The Pass: A Collection of New Zealand Tramping edited by Shaun Barnett

For generations, New Zealanders have taken to the hills and into the forests on foot to find out more about this land, its flora and fauna, themselves, and their companions. This book presents a wide gathering of writing concerned with tramping – from journals to yarns to poetry, from articles to fiction to songs – and captures something unique in the experience of Aotearoa. The book sits well on a shelf alongside *To the Mountains: A Collection of New Zealand Alpine Writing* by Laurence Fearnley and Paul Hersey.



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Making space for the arts in the Top of the South

Exhibitions, performances, rehearsals, workshops, festivals, funding advice... all this and more happens behind the hot-pink and red shopfront of the Refinery Artspace at 114 Hardy Street in Nelson.

Refinery ArtSpace moved to Hardy Street from its original Halifax Street location last year. The new premises, with its glass frontage and flexible interior spaces, have enabled the Refinery to extend its already impressive support of local creativity, and community and experimental contemporary art.

Exhibitions at the Refinery, which change monthly, cover a diverse range of art forms including painting, printmaking, photography, sculpture, ceramics, jewellery, textiles and woodworking. For 12 years the Refinery has been the home of *Changing Threads*, the competition and exhibition of textile art which attracts

entries from all over New Zealand. For the last decade it's also been home to an annual showing of exquisitely crafted wooden furniture made by graduates of the School of Fine Woodworking.

The Refinery offers affordable, bookable spaces for community meetings, talks, rehearsals and film screenings. Earlier this year, the Refinery was the venue for the Nelson Fringe Festival with comedy and cabaret performances, and children's shows.

But the Refinery is much more than just an exhibition and performance space. It is the home of Arts Council Nelson (ACN) whose mission is to stimulate and strengthen the artistic and cultural life of the community by promoting, initiating and supporting arts projects and activities. "We're a kind of Citizens Advice Bureau for the arts," explains Lloyd Harwood, Community Arts Manager for ACN.

The Arts Council's website is a good source of initial advice and information on local art events, workshops, classes and creative opportunities including competitions and commissions.

If you don't find what you need on the website, Lloyd and the rest of the ACN team – Janja Heathfield (Gallery Manager) and Heidi Lucas (Arts Administrator) – invite you to drop into the Refinery and have a chat. All of them are very approachable and have a wealth of experience and contacts in the arts; if they can't answer your question, they'll know someone who can.

They can also help you to develop your creative ideas into an achievable project, assist with promotion and publicity, and advise on using the Refinery for your exhibition, performance or workshop.

But wait, there's more! ACN can help you apply for funding from Nelson City or Tasman District Council's Creative Communities Schemes, particularly if your project is likely to encourage more local participation in the arts, or support young people or the artistic cultural traditions of local communities. Lloyd and his team can help you define your project and submit your application for funding.

What's on?

Notable amongst the many other events at the Refinery in December and January are an exhibition of beautiful wooden furniture, handcrafted by graduates of the Nelson Centre for Fine Woodworking (8 – 16 December), and *Fire & Earth*, an exhibition of contemporary ceramics from the Top of the South (until 13 February).

Check www.acn.org.nz for the full programme.

More information

Phone: 03 548 4640

Email: artscouncilnsn@gmail.com

Visit: 114 Hardy Street, Nelson,
open 10.00 am – 5.00 pm Monday to Friday

Website: Visit www.acn.org.nz or sign up for the Refinery's monthly email newsletter for a round-up of happenings at Refinery Artspace and other arts events in Nelson Tasman





Gardening tips and tricks



The challenges of unpredictable weather

Summer is upon us and I'm wondering what sort of weather this season will bring. Some years we have had blisteringly hot days for weeks on end, followed by drought. At other times we have had changeable weather and lower temperatures. This happened last year, even though they'd predicted it to be hot and very dry. Either way, summer can be a challenging time for our gardens and us.

All of my friends adore summer in Nelson Tasman and oh, how I wish I did, too. It seems I'm a delicate flower, wilting completely in anything over 21°C. If only I could click my fingers and go to colder climes until autumn!

My labour of love, otherwise known as the "folly of Philippa,"

is my kitchen garden, which is in our paddock – quite a distance from the house. I'd always wanted a classic English-style kitchen garden surrounded by a brick wall, but I quickly realised this wasn't economically feasible, so I went for a hornbeam hedge instead. In hindsight, I think brick walls would have been preferable because the hedge tends to leach the goodness from the garden beds closest to it.

The land was previously farmed so every weed known to man except oxalis invades the space. Even my asparagus – which is known to be invasive in perfect conditions – is struggling in a bed that is packed with couch grass and convolvulus. To my delight it still manages to produce a reasonable crop against adversity, which I'm very thankful for.

The kitchen garden started around 12 years ago with 14 beds that were 1 metre wide and 6 metres long. It took me a few years to

realise that the beds were far too labour intensive, so I began gradually changing some of them to permanent crops. I also joined four beds together to form two main beds in which I grow our vegetables, rotating them each season.

I now have two Reefton peaches, a Lobo and Sturmer apple, a Dawson cherry, sweet chestnut (*castanea sativa*), Morepark apricot, blackcurrants, redcurrants, gooseberries, raspberries and globe artichokes as permanent crops in the kitchen garden and I adore them all.

As you may have guessed, I don't have a lot of spare time for my garden so there are often copious weeds, too. I don't let this faze me because I still grow magnificent vegetable crops amongst them. I just need to turn a blind eye. Very healthy weeds can be a sign that your soil quality is magnificent – there truly is a bright side to everything!

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.





That's life

Photo © Markus Spiske on Unsplash

A happy holiday in spite of Covid

Ho ho ho! The holiday season is upon us and as this column goes to print, it's unclear just how much Covid restrictions will affect traditional approaches to Christmas and New Year. However, it's likely to be one of the strangest periods that many of us have experienced, particularly if we have family in the North Island. Nelson Tasman is blessedly free of Covid at the moment, but its prevalence further north will certainly have an effect on what we do, who we do it with and where we go.

So, let's look at some ways to make Christmas happy and enjoyable, rather than a time to feel sorry for ourselves because of thwarted plans or being unable to spend time with our nearest and dearest as we'd hoped.

- If you live alone or if there's just the two of you, consider joining forces with others in similar circumstances to share a pot-luck Christmas dinner. I know from personal circumstances that it can be just as much fun as a traditional meal – and sharing the burden of prep and cleaning-up is surely a big plus.
- Consider changing things up and plan a picnic instead of a formal sit-down meal. Our fantastic climate lends itself to outdoor eating at this time of year and you can make it as simple or as complicated as you wish. It could be on your lawn, or you could load everyone and everything into the car and head to a favourite outdoor spot. Think crystal glasses and real napkins if you want to add a special sense of occasion (and don't forget the insect repellent).
- If numbers are down in your household, what about treating yourself to Christmas dinner at a restaurant? You get to dress up, enjoy a delicious meal and, possibly best of all, you get to walk away leaving the detritus on the table for someone else to clean up. What's not to like?
- And last but not least, how about volunteering your time to help others less fortunate? Even as I write, somewhere not that far from you there'll be some kind of community Christmas dinner being planned. These events rely very heavily on volunteers, so keep an eye out for details in your local paper or on your community Facebook page.

However you decide to spend Christmas this year, I hope it'll be a happy time for you and your whānau – even if some of them are only available at the end of a telephone or Zoom session.

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.



Food for thought

Spirulina is an organism that grows naturally in both fresh and salt water and it's something of a superfood.

It contains high levels of high-quality protein with all essential amino acids, B vitamins, vitamins K and E, copper, iron, magnesium, phosphorous, zinc, calcium, potassium, manganese, omega-3 and omega-6 fatty acids, and many of the other nutrients the human body needs. Its iron content is higher than any other food, and it is much more easily digested.

Spirulina also contains a higher concentration of chlorophyll and beta-carotene than carrots.

One of the proteins in spirulina is the natural blue pigment phycocyanin, which has anti-inflammatory and antioxidant properties.

Look for good quality spirulina in health food shops, especially brands which are made in New Zealand. They often have a better flavour and smell. Spirulina produced at lower temperatures retains more goodness, although it is a little coarser in texture. New Zealand

made spirulina is not organic, but it is grown sustainably with minimal environmental impact. Spirulina should be stored in a cool dark place.

On its own, spirulina doesn't taste particularly pleasant. However, the flavour is easily disguised when it's partnered with other foods – sweet or savoury. Try stirring it into juice to improve palatability, or add it to hummus, soups, salads, yoghurt, smoothies and raw baking.

The following pesto recipe utilises spirulina and is absolutely delicious. Use it as you would any other pesto.

Spirulina pesto (makes 300g)

Ingredients

- 1 cup cashew nuts
- 2 tbsp hemp seeds
- 1 cup fresh basil leaves
- 3 small garlic cloves
- 1 tsp spirulina powder
- 3 tbsp lemon juice
- 1/4 cup nutritional yeast
- 1/3 cup olive oil

Method

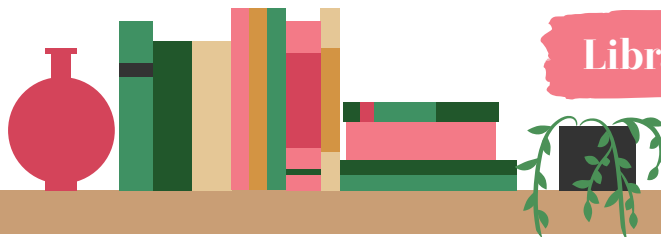
- Soak cashew nuts in cold water overnight or in boiling water for an hour.
- Drain cashews and add to high powered blender or food processor.
- Add hemp seeds, basil leaves, garlic, spirulina powder, lemon juice and nutritional yeast. Blitz until reasonably combined.
- With the motor on a continuous low blend, start pouring in the olive oil until well combined. Season with a pinch of salt and pepper.
- Transfer mixture to a jar and keep in the fridge. Use within a week.

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.



Tasman District Libraries



Get the CreativeBug

Keen to give your loved ones handmade gifts this year? Look no further than CreativeBug for gift ideas and video instructions on how to make them. You'll find CreativeBug listed in the e-Resources section of our website.

Suitable for crafters of every age and ability, CreativeBug is free to use with your library membership. Go to www.tasmanlibraries.govt.nz/e-library/e-resources-a-z/ then sign up, or log in using your library card number and PIN.



Join us on Instagram and get the inside scoop

We have the hottest hashtag on Instagram: #tasmandistrictlibraries. Check us out on Instagram and see why. You'll get to see behind-the-scenes library action, the inside scoop on new books and have a good laugh at librarians getting up to all manner of hijinks. Great fun!

Christmas Take & Make kits

Until 18 December, Motueka Library will be providing a different Christmas-themed craft kit each week. Pick up your free kit and make simple crafts to give away as gifts, decorate your home, or simply enjoy the act of crafting. Free. While stocks last!

MORE INFORMATION

Phone: 03 543 8500

Website: www.tasmanlibraries.govt.nz



Nelson Public Libraries



Let us read you a story

*"Books are the plane, and the train, and the road.
They are the destination, and the journey. They are home."*
Anna Quindlen

Books and reading bring people together like nothing else, and a library is a great place to connect. With this in mind we have started two groups which connect people through words. Reading together has become immensely popular in the UK where it's been shown that getting together to share the experience of listening really makes people feel better.

The first of our groups, Shared Reading, involves sessions run by one of our librarians who will read a short story or poem aloud, before inviting others to talk about what we have read. There is no obligation for participants to read or comment. It's perfectly OK to listen and enjoy a cup of tea.

The Shared Reading group meets Tuesdays 11.00 am – 12.00 pm in the Elma Turner Library. No bookings required.

Our other group is called Tea & Tales. This dementia-friendly shared reading group is a collaboration between the library and Alzheimers Nelson. Sessions are adapted to suit people with dementia by using shorter texts with larger print, and poems that may be better known by older people. As well as improving wellbeing, these groups also help in the preservation and promotion of language skills.

Our Tea & Tales group meets Wednesdays 11.00 am – 12.00 pm in the Elma Turner Library. No bookings required.

MORE INFORMATION

Phone: 03 546 8100

Website: www.nelsonpubliclibraries.co.nz





Our Community News and Information

What's happening at Age Concern Nelson Tasman

We wish you all a happy holiday and hope you will enjoy connecting with friends and family over Christmas and New Year.

Christmas Care Packages

Last year, thanks to your generosity, we were able to distribute 65 care packages to older people. The packages contain treats and kindness at a time of year which are much appreciated by people who find themselves alone at this time of year.

We're now seeking donations for this year's Christmas Care Packages, including non-perishable foods, toiletries and treats. Richmond Primary School is kindly helping us by gathering donated goods and creating Christmas cards and tags which will accompany the Care Packages.

If you want to contribute to the good cheer, please drop off your donations to Age Concern Nelson Tasman at 62 Oxford Street, Richmond by Friday 10 December 2021.

Give our calendar for Christmas

We've used the photos from our *Beyond the Face* exhibition to create a calendar. Sales of the calendar will provide valuable funds for Age Concern Nelson Tasman. The calendars are \$20 each. To purchase, contact Liz on admin@ageconcernnt.org.nz or phone 03 544 7624 ext 9.

Our ongoing activity groups

Age Concern runs the following groups in its hall at 62 Oxford Street, Richmond:

- Sing Yourself Well, Tuesdays 10.00 am – 11.30 am
- Tea & Talk, Wednesdays 10.00 am – 11.30 am
- Move Good Now, Thursdays 10.00 am – 11.00 am
- SpinPoi, Thursdays 1.00 pm – 2.00 pm.

Stay Safe Driving Course

This is the course for you if you are an older driver and would like to brush up on your road knowledge. The next course runs on Thursday 22 January 9.30 am – 12.30 pm, at the Olive Estate Lifestyle Village, Richmond.

Life Without a Car

Not being able to drive needn't limit your activities or independence, or prevent you from enjoying life. The next Life Without a Car course runs on Monday 21 February from 10.00 am – 11.30 am at Oakwoods Retirement Village, 357 Lower Queen Street, Richmond. Free transport to the workshop is available.

To register for our *Staying Safe Driving* or *Life Without a Car* courses phone Jackie on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz



Photo © Tim Cuff

Age Concern Nelson Tasman supports older people to have a healthy lifestyle, full of opportunities and free from harm. We provide information, support, advice and referral for people aged 65+ and their whānau. We also promote social connections and help reduce isolation among older people.

Get in touch:

Phone 03 544 7624 • 62 Oxford St, Richmond

Email ageconnect@ageconcernnt.org.nz

Website www.ageconcernnt.org.nz

PLEASE NOTE: Our office closes midday Friday 24 December and reopens Wednesday 5 January at 8.30 am.

Our Community News and Information

Yoga away your woes on the beach

Imagine breathing in tune with the waves, enjoying the warmth of the sun on your skin while gently stretching and exercising your body with guidance from an experienced instructor. Sounds delightful, doesn't it?

Beach yoga is happening again this summer on Tāhunanui Beach, thanks to Kindred Yoga Studio. Everybody is welcome, from all backgrounds, levels of fitness, ability, age and experience.

Bex from Kindred Yoga reports that some participants take a quick dip in the ocean at the end of each session or hang around for a chat afterwards. "It's a great way to meet new friends," she says.

Where: Tāhunanui beach – in from the skate ramp opposite the rugby field

When: Saturdays & Sundays, 8.00 am – 9.10 am until April, weather permitting

Cost: \$5 per session



Free Neighbourhood Support workshops

Neighbourhood Support continues to offer free community workshops.



Topics include neighbourhood resilience planning, safe neighbourhoods and crime prevention, and how to connect with your neighbours and make a meaningful impact in your community.

More information: Visit www.tsns.org.nz or email charlotte@tsns.org.nz

Murchison Sport, Recreation & Cultural Centre



Staff of the Centre and members of the Executive Committee wish all locals a safe and happy holiday season.

We'd also like to thank you all for supporting us during a particularly tough year.

We look forward to delivering many more programmes and activities in 2022.

Michelle, Julia and the MSRCC Team

Please note that the Centre is closed from Sunday 19 December – Monday 10 January.

Phone: 03 523 9360 / 021 426 981

Email: murchison.centre@gmail.com

Website: www.murchisoncentre.co.nz

Our Community News and Information

Community gets a boost from Network Tasman Charitable Trust

Piano tunes will waft through our streets, local Riding for the Disabled Association (RDA) groups will expand their offerings, and wetlands will be protected following the allocation by Network Tasman Charitable Trust of more than \$150,000 to community organisations, groups and individuals in the region.

This year Network Tasman Charitable Trust allocated \$156,449 to 77 community organisations and three individual applicants.

Many of the grants went to organisations which provide services for seniors including Motueka Seniors Hub, Nelson Asthma Society, Nelson Civic Choir, Nelson Environment Centre (specifically, Kai Rescue), Nelson Symphony Orchestra, Nelson Tasman Business Trust and a variety of golf clubs.

Each year, the Trust uses income from the dividend it receives from Network Tasman Limited and income from the Trust's investment fund to allocate up to \$200,000



in grants and scholarships to individuals, groups and organisations within the company's distribution area.

Typically, the Trust supports projects in five main categories: social support services; sport and recreation; education; art and culture; environment and energy-saving.

The next round of grant applications opens in July 2022.

More information: www.networktasman.co.nz/grants-scheme or contact Gwenny Davis, Network Tasman Trust chairperson on 021 344 319, or Judene Edgar, Network Tasman Trust trustee on 021 541 927.

Share your ideas on how to make Nelson friendlier for people of all ages

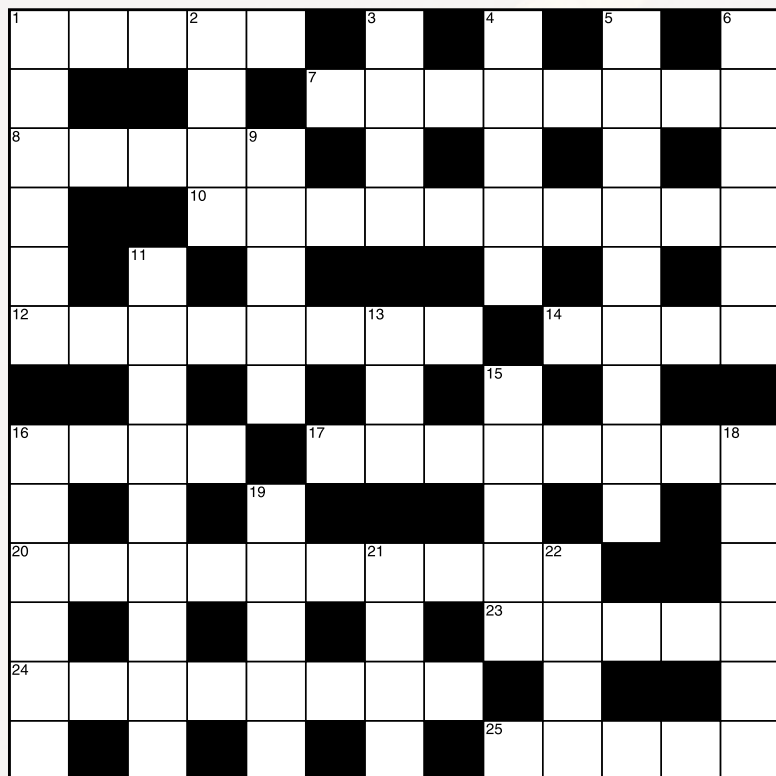
The City For All Ages Strategy is a community-led project, facilitated and supported by Nelson City Council. Although the project focuses on the over 65s, it aims to make Nelson a great place for people of all ages.

The Steering Group has been receiving community feedback on the strategy which covers the following areas: wellness, social, work, mobility, information, outdoors and housing. Submissions officially closed 18 November 2021, however, the Steering Group is still interested in your feedback.

More information: Visit www.cityforallages.nz or email cityforallages@ncc.govt.nz



Crossword



ACROSS

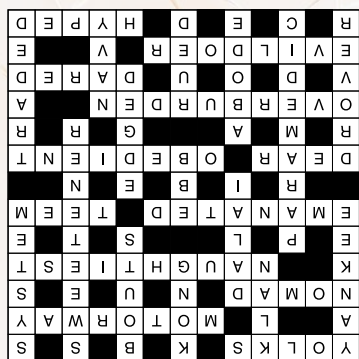
- 1. Yellow egg parts
- 7. Dual-carriage express road
- 8. Drifter
- 10. Most mischievous
- 12. Proceeded (from)
- 14. Pour with rain
- 16. Expensive
- 17. Compliant
- 20. Load to excess
- 23. Was brave enough
- 24. Villain
- 25. Overexcited, ... up

DOWN

- 1. Union Army combatant
- 2. Racist group, Ku Klux ...
- 3. Chinese city, Hong ...
- 4. Boxing matches
- 5. Bribe
- 6. The Solar ...
- 9. Tibet's ... Lama
- 11. Ambulance officer
- 13. Recede
- 15. Moved slowly
- 16. Aussie stockman
- 18. Did business
- 19. Home
- 21. Lamented
- 22. Sea-going defence force

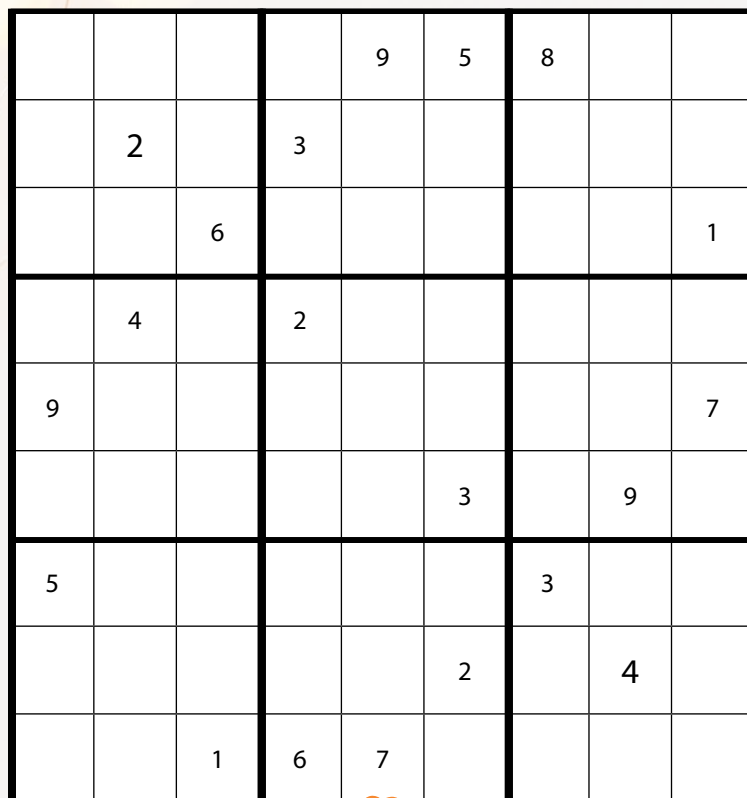


Crossword solution

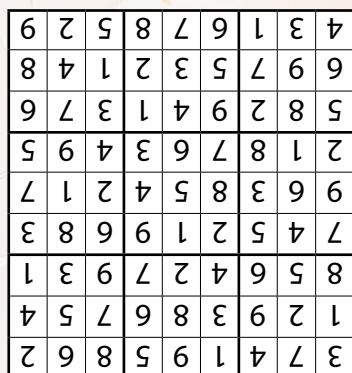


Sudoku

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



Sudoku solution



Thanks to Tasman resident 85 year-old Diny van Oeveren for creating our Sudoku puzzles



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Janet

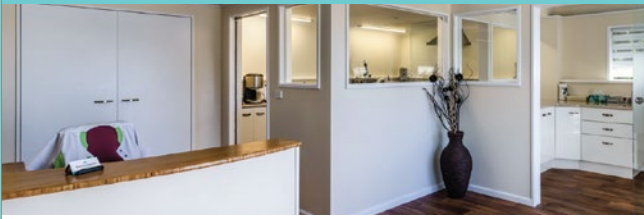


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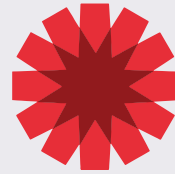
Need support and professional care in your own home?



Call Nelson's qualified provider of home-based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009

Email: nelson.office@healthcarenz.co.nz
Website: www.healthcarenz.co.nz



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Now is a good time to take advantage of Government insulation grants. Funding is limited, we encourage you to get in quick so you don't miss out!
Paul Brockie, Managing Director

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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. Freephone 0800 663 463.

Asthma Society (Better Breathing Classes)

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

Brook Sanctuary

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

Elysium Widow and Widowers Group

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

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz Phone 03 546 7681. Email admin@volunteernelson.org.nz

Fresh Focus Nelson

Meet Mondays 10.00 am – 11.00 am at Elim Christian Centre, 625 Main Road Stoke, for speakers' talks on a wide variety of subjects that provide education and entertainment. A number of series occur throughout the year during term time. All welcome.

Email fnelson2021@gmail.com or visit our Facebook – Fresh Focus Nelson 2021 for news and updates.

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.

Marching for Women 50+

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

Mobile Nail Care

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

Nelson Public Libraries

Free library services at Stoke, 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.

Senior Net (Nelson)

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

Steampunk – Hickety Pic Southern Steamers

Nelson meets every second Wednesday, Prince Albert Hotel. Motueka meets every second Tuesday, Paper Nautilus Café. New members welcome, dress-up encouraged but not enforced! Costume and prop workshops, op-shop visits and promenades at markets planned. Contact via Facebook: www.facebook.com/groups/721005124614168

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 65s

2.5 hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. 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. admin@volunteernelson.org.nz www.volunteernelson.org.nz

Wellby Talking Cafés

Everyone is welcome for a cuppa and a relaxed chat with hosts who talk about what's going on in the community. Pop in for a quick chat or stay for a longer conversation with friendly people. No need to register, just turn up on the day.

Tahunanui: Nook Café, Habitat Hub, 166 Tahunanui Drive, second Thursday of the month, 10.00 am – 11.30 am.

Stoke: McCashins, 660 Main Road Stoke, first and third Tuesday of the month, 10.00 am – 11.30 am.

Richmond: Happyz Café, 92 Bateup Road, check website for times. Phone 03 546 7681 (Holly). hello@wellby.com www.wellby.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

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

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

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

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 525 8464 (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).

Pöhara 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 03 525 9573 (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 Macdaren).

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Hope Social Indoor Bowls Club

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

Nelson Veterans Tennis Club

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

MĀPUA

Low-Impact Aerobics and Pilates

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

Māpua Craft Group

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

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).

Sioux Line Dance

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

The Coastal Stringers

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

MOTUEKA

Better Breathers Class

Mondays 11.30am during the school term. Brass Band Hall, 40 Wharf Street, Motueka. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz www.nelsonasthma.co.nz

Cycling

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

Marching

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



SERVICE DIRECTORY

Motueka Senior Citizens Social Club

\$3 per session. Coffee, tea and biscuits provided.

Indoor Bowls: Mondays & Wednesdays

1.15 pm – 3.30 pm. Phone 027 283 1595 (Brian).

Rummikub: Thursdays 1.00 pm – 4.00 pm.

Phone 03 526 8796 (Mavis).

Community Stories: First Friday of the month, 1.00 pm – 4.00 pm.

Holy Moly Activity Circuit: Second Friday of the month, 1.00 pm – 4.00 pm.

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

Monthly Social: Fourth Friday of the month, 2.00 pm – 4.00 pm.

Enquiries to 021 251 4359 (Chris, President).

Motueka District Museum

April – November: Open Tuesday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.

December to March: Open Monday – Friday, 10.00 am – 3.00 pm. Sunday, 10.00 am – 2.00 pm.

Phone 03 528 7660. Email: savepast@snap.net.nz
www.motuekadistrictmuseum.org.nz

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm.

Phone 03 528 5363 (Gary).

Riwaka Bowling Club

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

Riwaka Croquet Club

Play Monday and Wednesday morning from 9.30 am in summer and 10.00 am in winter.

Phone 03 528 9139 (Eileen).

Scottish Country Dancing

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

Sioux Line Dancing

Learners class, 10.30 am – 12.00 pm Thursdays, Motueka Rec Centre. Phone 03 528 6788

(Sue Wilson). Email sioux.wilson@yahoo.com.au

Social Recreation

Kiwi Seniors (Motueka).

Phone 03 528 7817 (Vonnice).

Sport Tasman Motueka

Monday: Badminton/Pickle ball

(social, all welcome), 10.30 am – 12.00 pm.

Tuesday: Sit n Be Fit, 10.30 am – 11.30 am.

Wednesday: Badminton (social, all welcome), 10.30 am – 12.00 pm.

Thursday: Sit n Be Fit, 10.30 am – 11.30 am.

Friday: Badminton/Pickle ball

(social, all welcome), 10.30 am – 12.00 pm.

\$5 per session or concession card or

10 for \$40. Phone 03 528 8228 (Tiegan).

Yoga

Dru Yoga classes in Upper Moutere.

Phone 03 527 8069 (Jill).

MURCHISON

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

Murchison Sport, Recreation and Cultural Centre

Email murchison.centre@gmail.com

Phone 03 523 9360. www.murchisoncentre.co.nz

Badminton: Tuesdays, 6.00 pm – 7.00 pm, Sports Hall. \$2 per person. All welcome.

No experience necessary, all equipment provided. Any queries, contact the Rec Centre team on 03 523 9360 or murchison.centre@gmail.com.

Older & Bolder (50+ years): Tuesdays, 1.30 pm onwards, Function Room. Older & Bolder is a FREE group get together. Drinks and snacks provided.

For queries, contact the Rec Centre team on 03 523 9360.

Pilates classes: Thursdays, 6.00 pm – 7.00 pm, Function Room. Suitable for all skill levels. These mat-work classes are run on a per term basis. For queries or to enrol, contact Sue Wilson on 029 281 3735.

Yoga: Tuesday, 3.15 pm – 4.15 pm, Function Room. Come along to our gentle Yoga classes. These classes are run on a per term basis. For queries or to enrol, contact Rebecca Hockey on 03 523 9005.

NELSON

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707. Email kitesfun@gmail.com

Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke. Phone 03 547 5378 (Helen Clements). www.classiccontours.co.nz

Cancer Society Nelson

102 Hardy Street, Nelson. Support and information for anyone affected by cancer. Cancer Helpline: 0800 226 237.

Any cancer, any question. Phone 03 539 1137.

Email info@cancernelson.org.nz

www.cancernelson.org.nz

www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

Information and support to people affected by cardiovascular disease.

Phone 03 545 7112 (Averil).

Community Heart and Diabetes Services

Nelson Bays Primary Health for education, awareness and support.

Phone 03 543 7836 / 021 409 552 (Bee 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).

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.

Tuesdays, 10.30 am – 11.45 am.

Thursdays, 5.30 pm – 6.45 pm.

Richmond Headingly Centre

Wednesday 10.45 am – 12.00 pm.

Phone 03 547 5331 / 027 297 6147 (Connie).

Email connie@jnc.co.nz

Government Superannuitants Association

Phone 03 538 0233 (Margaret).

Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Phone 027 724 4913 (Sharon Norris).

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 randjpitman@gmail.com

Nelson Blood Cancer Support Group

Coffee every second Monday of the month at Honest Lawyer in Stoke, with added information meetings at the Cancer Society offices in Nelson. We are here for each other when support or understanding is most needed.

Phone 03 544 3037 (Graham Sturgess) or

03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2, supper provided. New members welcome. Phone 03 540 3288 (Valerie).

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and wellbeing of all those citizens 50+. Phone 03 547 2457.

Email nelsongreypower@xtra.co.nz

Nelson Hinemoa Croquet Club

Saltwater Lane (off Halifax Street, beside squash and tennis courts). Give croquet a go: friendly supportive club, for competition or just fun. Coaching and equipment available. Individuals or groups catered for. Contact Alan on 03 546 6227, 027 438 7552, alanwinwood@xtra.co.nz or Nettie on 03 548 8432, 027 682 8168, nettiebarrow@gmail.com

Nelson Male Voice Choir

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

Phone 03 544 3131 (John).

Nelson Orchid Society Inc.

Cultural talks, repotting demonstrations, visiting speakers, problem plants discussed. Meeting each month at the Le Cren Room, Broadgreen Historic House. All welcome.

Phone 027 818 1458 (Gaile).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the Trafalgar Park grandstand, off Trafalgar Park Lane. Boules and tuition provided.

Phone 03 546 6562 (Roger or Shirley).

Nelson Philatelic Society

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

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz

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

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

Nelson Social 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 Table Tennis Club

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

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).

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

Pottery

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

SeniorNet Nelson

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

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 Tāhuanui 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.

SERVICE DIRECTORY

Tāhunanui Bowling Club

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

Tāhunanui Community Centre

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

Tai Chi and Qigong with Gretchen

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

Taoist Tai Chi Internal Arts for Health

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

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, Tāhunanui. Phone 03 544 0494 (Helen).

Ukulele with Gretchen

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

U3A Nelson

University of the Third Age open to all retirees. Interest groups meet in own homes. Two-monthly meetings. Everyone is welcome. Meetings are currently on hold until 2022 due to Covid restrictions. Phone 03 544 3057 (Nan).
Email davn23@gmail.com

Victory Community Centre

Offers a variety of classes during term-time. Phone 03 546 8389. Email reception@victory.school.nz (for a programme brochure).
victorycommunitycentre.co.nz

Victory Laughter Yoga Club

Stretch, breathe, laugh, relax.
Phone 03 546 8389 (Gareth).

Victory Senior Support

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

Victory Sit and Be Fit

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

Yoga

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

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

RICHMOND

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).

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

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).

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).

Hope – Ranzau Women's Institute

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

InnerWheel

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

Keep Richmond Beautiful

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

Lunch on the Hill

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

MenzShed Waimea

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

Nordic Walking

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

Pottery

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

Prost-Fit

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

Richmond Bridge Club

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

Richmond Bowling Club

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

Richmond Creative Fibre Group

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

Richmond Croquet Club

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

Richmond Indoor Bowls

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

Richmond Ladies Friendship Club

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

Richmond Physiotherapy

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

Richmond Scottish Country Dancing Club

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

Richmond Slimmers Club

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

Richmond Tennis Club

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

Richmond Waimea Community Whānau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12.00 pm – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea and coffee provided).
Phone 03 544 7624 (Sue Tilby, Age Concern).

Sioux Line Dancing

Wednesday – Club Waimea, Richmond.
Beginner Class, 6.00 pm – 7.00 pm.
Improver Class, 7.15 pm – 8.30 pm.
Phone 03 528 6788 (Sue Wilson).
Email sioux.wilson@yahoo.com.au

Sit and Be Fit

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

Social Cards 500

Waimea Lounge A&P Showgrounds. Tuesdays and Thursdays, 1.30 pm – 4.00 pm. \$2 covers afternoon tea, prizes and unlimited parking.
Phone 03 544 5563 (Kath).

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non-expiry concession cards available. Club60+ Senior Adventures: (under 60s welcome too). Active fun, social recreation with weekly planned outings and activities. Every Tuesday 9.30 am. Car-pooling available.

Tasman Aquarium Club

Meetings held second Monday of the month at 7.00 pm. Keeping tropical freshwater, aquatic plants, marine fish and corals. Everyone welcome.
Phone 03 544 3116 (Robin).

Veteran's (55+) 9 Hole Golf

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

Waimea Combined Friendship Club

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

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).

Yoga Classes for stiff and sore spots

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

STOKE

Acting Up Drama Group

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 03 547 5126 (Rose) or 03 546 6570 (Glenys).

Chair Yoga at Saxton

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

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.

Greenmeadows Community Centre

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

Housie Evening

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

SERVICE DIRECTORY

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

Stoke Bowling Club

Phone 03 547 1411 (Allen).

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 10.00 am, at The Stoke Methodist Church Hall, 94 Neale Avenue, Stoke. Phone 03 970 6872 (Rosemary).

Stoke Old Time Country Music Club

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

Stoke Seniors Club

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

Regular activities at Greenmeadows:

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

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

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

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

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

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

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

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

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

Monthly movie: Contact office for details.

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

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

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday.

Stoke Tāhunanui Men's Club

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

Tai Chi Chu'an and Qigong

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

Variety Entertainment Club of Nelson

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

TAPAWERA

MenzShed

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

Sioux Line Dancing

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

Visual Art Society

Phone 03 522 4368 (Kay).

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Higgins Heritage Park

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

Live Well, Stay Well Activity Group

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

Wakefield 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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