

# Welcome to the TAMAHERE VISTA December 2023



The end of the year is upon us, and for many it's been a busy one.

The authorities are warning of another wave of Covid over these holidays. It seems neverending, and maybe it is. However, booster vaccines are available for the vulnerable, and that includes our age group. These are available at local pharmacies.

A warm welcome to our new neighbours – we trust you will soon feel quite at home in the Village. We know we are biased, but we believe we are in the best village in the country. Our sister village at Atawhai Assisi is looking quite spectacular too. Their community centre is due to open, and the villas are showing signs of a real community blossoming.

Our featured Resident of the Month is June Boswell who has been in our Village for nine years. I am always surprised by the depth of talent among our residents; June is no exception!

A reminder, that there will be no issue of the Tamahere Vista for January. A one-page calendar will be prepared showing significant dates and any last minute notices. The next full issue of the newsletter will be distributed at the end of January for February.

Have a very happy and peaceful Christmas with your loved ones – and a safe and fun-filled New Year!

<u>Carole Fleming</u> (Editor)

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#### Our Resident of the Month ...

It never ceases to amaze me when I meet and hear the story of a resident, just how interesting their lives have been - such wisdom, so many experiences and all extremely interesting. It has been my privilege to meet and learn more about our latest Resident of the Month – June Boswell who lives in Villa 91.

June was born in Grey Lynn, Auckland, where they lived until she was 4, and the family moved to New Plymouth. June had one brother who was five and a half years older than her. June started school at Westown School, where her school reports described her as "a good wee girl". They lived there for two years and then moved to Otahuhu. June went to Otahuhu Primary and then on to Otahuhu Technical High School. This was a huge school for the



time, with 1400 pupils from Form 1 to Form 7 (known as Second Year 6<sup>th</sup>). June told me that David Lange went to their school and his father was their doctor. "He took out my adenoids and tonsils!" David's mother was Matron of the Maternity Hospital which was next door to the Lange's family home.

June first met her husband, Noel, at his sister's wedding. June worked with her, and their staff went to the wedding where she met the bride's brother. A long story – but on the day June sat her last School Certificate paper, they came out of the hall to be told that the school was closed, they were to gather their stuff and stay home. It was the time of the Polio Outbreak! Meanwhile, her father had a friend who was the foreman of Residential Construction (part of the Fletcher Holdings Companies), and he arranged for June to start work straight away in their office as a shorthand typist. So that brought her school days to an abrupt end!

June vividly recalls working in the Fletcher Holdings offices, where Sir James Fletcher was in charge. He had a broad Scottish accent which was not the easiest to follow if you were taking down shorthand! At times, she had to make the morning tea for the bosses – using only the best silver service, no less!

June and Noel were married in the Presbyterian Church in Otahuhu, and bought a home in Mt Albert. They have one daughter who is living almost at our back gate, in Cherry Lane, and a son who also lives locally, in Western Heights. They have seven grand-children and fourteen great grand-children. Sadly, Noel passed away in May 1992 when they had been married for 39 years.

Together, with some other mothers from the Kindergarten, June was part of an entertainment group. She chuckled as she told me that they used to go out to entertain "the old people", with mime, dance and songs.

June loves to dance even now, but learnt tap dancing with a friend from a man who was himself a brilliant dancer, and who had been part of the Kiwi Concert Party during the War. She kept up her tap dancing, and later line dancing as well, for many years.

June is an avid traveller. Their travels were to England, Scotland, Ireland, Wales, Vietnam, Honolulu, Fiji, Australia, Italy, Canada, Alaska and through the United States.

In 1962, June moved to Hillcrest where she lived until she later moved to Tamahere. She explained that she used to come to her daughter's home to visit, and ended up coming through the back gate.

June worked at Mason Mesco for 15 years, from 10am till 3pm each day, until 1980 when she was made redundant because Ceramco bought out the business. The only department to survive was the Gas Department.



In 1982, June took lessons in porcelain painting and her home is beautifully adorned with pieces of exquisite figurines and plates. This became the precursor to her passion of painting porcelain dolls. She is quite the seamstress as well, and made all their dresses, including some very fine lace work.

Another of June's passions is swimming. Her children had won certificates in swimming when they first came to Hamilton. The handwriting on the certificates was "atrocious", so June offered to type these for the next year's presentations. The offer was most



welcome, and June took up other support roles there as well.

She was a Recorder, Timekeeper and Chaperone to the Open National Championships. As timekeeper, she once timed a world record! Kieran Perkins, an Australian swimmer – June said it was a real honour to be in Lane 4 that day in Auckland!! June served for forty years as a Swimming Administrator – including the Auckland Commonwealth Games! She is the proud owner of a Waikato Swimming Honours Award blazer; but the even prouder owner of the New Zealand Swimming Federation Honours Award blazer!!

June has been in Villa 91 for nine years now. Her days are still busy, playing Mah Jong and going to exercises twice a week. She used to walk miles, but now contents herself by joining the walking group for morning tea each week. June was a Foundation member of the Hillcrest Probus Group, now known as Rebus Club of Hamilton, where she is still an active member.

#### Please note that Reception will be:

CLOSED: Saturday 23 December – Tuesday 26 December

OPEN: Wednesday 27 December – Friday 29 December

(9am - 3.30pm as usual)

CLOSED: Saturday 30 December – Tuesday 2 January

OPEN: Wednesday 3 January onwards

# **VILLAGE MANAGER'S COLUMN**

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

"Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day, saying 'I will try again tomorrow'."

Mary Anne Radmacher

#### **New Residents**

Rimu 15 Howard Prewer

Villa 102 Gray and Ngaire Southon Assisi Villa 1 Allison and Lyall Gallagher

#### 1. Sales

My experience of the housing market is that first time buyers are now back in the market for a family home. I believe the reason for this is that house prices have not moved for 18 months and there are bargains to be had. Young people have a sense that interest rates have peaked and whilst this may not be true, they have a long horizon when considering purchases.

So, what does this mean for your Village? We have largely held on to prices at 2021 levels and activity has picked up in the market. There are a lot more enquiries and more of the offers are quickly resulting in an unconditional deal.

2. As we move towards the Christmas season, may yourselves and your families enjoy spending time with each other. People are the reason for the season.

I will be working through December and January – apart from the statutory holidays, and for those of you who will be there, I look forward to having Christmas Dinner with you on Christmas Day in the Community Centre.

**David McGeorge** 

#### **News from the Maintenance Team**

**Re-cycling** Just a reminder regarding the rules around the recycling for our village.

- We will collect glass, tin cans and plastics on the designated rubbish day.
- All items need to be clean for re-cycling otherwise they are rejected by the re-cycling company.
- The plastics have a triangular stamp with a number inside it. We can only accept the ones that have the numbers 1, 2, and 5.
- Note the plastics are the plastic containers not plastic wrap, cellophane and /or bubble wrap.
- Lastly can all of your food scraps please go into your own compost bins if you have them, rather than with the green waste collection. The gardeners are not appreciating having to deal with the smelly scraps which have sometimes turned to liquid being among the garden waste.

<u>Rubbish Collections</u> This year the Christmas break falls on Monday 25<sup>th</sup> and Tuesday 26<sup>th</sup>. Both of these are public holidays.

- We will need to move the Tuesday rubbish collection to the Wednesday. Wednesday will also be the green waste collection.
- Thursday's collection stays the same.
- The following week will be same as above the Tuesday's collection moving the Wednesday.

Thanking you -

**Andrew** 

# **CHAPLAIN'S KORERO**

Ngā mihi manahau ki a koutou! Joyful greetings as we head towards the end of the year, mask-free in the rest home for the first time in over two years.

Ironically, the week we took off our masks was the week I caught Covid! It was my first bout of Covid and I'm grateful to the people who told me to rest and get better before returning to work. Thanks also to those who led and assisted at worship at the last minute.



We have a great team of people who help with services in the chapel. They come from local churches and from within our own Tamahere community: worship leaders, musicians, those who assist at Mass and Communion, even village and rest home residents who welcome people at the door and bring hospital residents to worship.

I'm grateful to them all for the generous way they share their time and gifts. As a small thanks I will be inviting them all to lunch in the cafe before the end of the year.

It's a joy to see village and rest home residents mixing together not only in the chapel but also around the pool table, on the bowling green, at craft activities and over lunch in the cafe. We may all be at different stages of our life's journey, but there is much we share and we're never too old to make new connections and friendships.

Sometimes its our families who benefit from connecting. For some time I've been aware of the needs of the families and friends of our residents who are living with dementia. They face a particularly tough journey. We recently had the first meeting of a new support group for these people. I was delighted that a diverse group attended who were keen to meet again.

If you would like to join this group - to find people on a similar journey to you who will listen and understand - give me a call at 027 538 8827.

Chapel services will continue throughout the Christmas and New Year period. On Thursday 7th December village and rest home residents, families and staff are invited to a Twilight Carol Service to sing some well-known carols and share the joy of the season together. For behold, "A boy has been born for us, a child has been given to us."

Ngā manaakitanga,

Susan

#### **NEWS FROM KAREN**

Hello everyone -

What a busy month we have coming up.

- We start December with a Dance Party This will be a great opportunity to mix it up with some fantastic music in the Community Centre from 7pm.
- The Mandarin Youth Group are here on Saturday 2<sup>nd</sup> December at 2pm with a Concert extravaganza!.
- The Village Christmas Lunch Wednesday 6 December. This is going to be really special!!
- A Twilight Carol Service in the Chapel is on Thursday 7 December, 7pm. Bring your friends or families to help celebrate this sacred season.
- A Scooter, Bike and Trike Run! Monday 11 December at 2pm. Don't forget about decorating your scooter or bike or trike to make it a fun occasion. This will be followed by Carols in the Community Centre with our very own Ukelele Group.
- Happy Hour is on Tuesday 12 December at 2pm. (The Café is closed this day).
- Fusion Annual Mini-Christmas Parade will be in our Village on the evening of Thursday 14 December. Come and see the classic cars, dancers and carol-ers!
- Christmas Day if you are expecting to be on your own on this day, think about joining others in the Centre for Christmas Dinner. You can even bring your families just remember to book in by contacting Keith at Villa 10.



The Café and Village office will be closed from Friday 22 December, and will re-open on Monday 8 January. Chris will however be available each day, other than the statutory holidays.

**New World Shopping** - David and Chris will take van trips to New World during the holiday break, but these will move from Tuesdays to Wednesdays on 27 December and 3 January. Note that there will be no online ordering of groceries possible, unless you can arrange for someone else to collect these.

On behalf of our Village team, we wish you all a happy and safe Christmas and New Year!!

<u>Karen</u> Village Activities Organiser



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

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

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

# **Chris' Housekeeping Tip for the Month**

#### **Cleaning your Chopping Boards**

Take a lemon and cut it in half.

Sprinkle the board with coarse salt and use the lemon to scrub the salt down each side of the board.

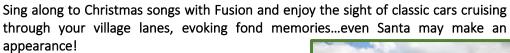
Let the solution sit for about five minutes before cleaning the board off with a sponge.

# Fusion and Friends

# Annual Mini Christmas Parade

Fusion singing trio would like to invite you to come out of your villas, open your front door or step on to your balcony to enjoy a festive parade through

your retirement village.



The parade will slowly drive through the village and stop outside the Care Home for as many residents to enjoy as possible.

WE will be at your village on the 14<sup>th</sup> December. Mark it in your diary!!! *See you There!* 









These photos were taken at our Craft Day, and show some of the work of very talented people who live here. Malcolm came from Assisi with his wonderful array of wood turning.

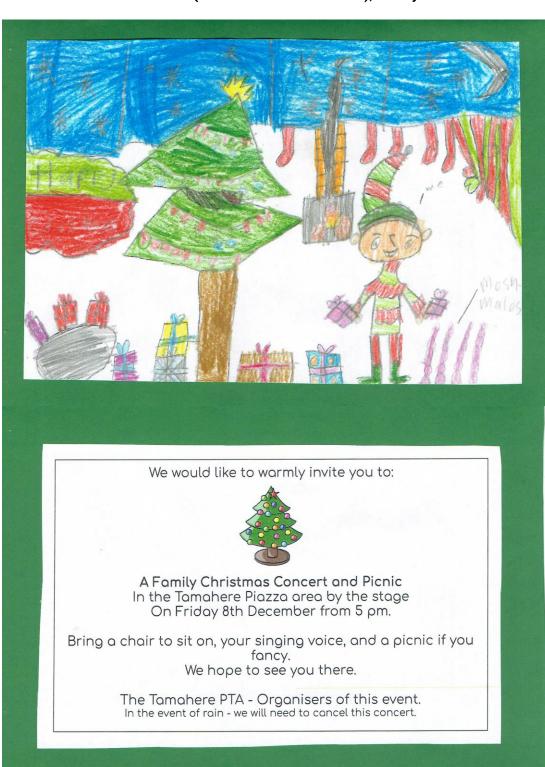




Gray and Rosemary pause while out with the Walking Group

## What a wonderful gesture!!

An invitation for us all to join in a Family Christmas Concert and Picnic in the Tamahere Piazza area (Wiremu Tamihana Drive), Friday 8 December!!



# The Assisi News



#### **Building Update**

The Village Barn is merely days away from opening!! The planting around the complex and the bowling green are looking wonderful. I'm sure the inside will be just as impressive!!

#### The Chapel at Atawhai Assisi

This is open every day for residents to use for personal prayer or simply a peaceful place to sit. Monsignor Frank celebrates Mass on Wednesdays, Saturdays and Sundays. Chaplain Clive leads services in the rest home and hospital as well as in the Chapel – the times for all of these are shown below, together with times for Christmas Day and New Years Day.

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

# <u> Atawhai Assisi Chapel</u>

#### **Ecumenical Services**

Wednesdays 10.30am Saturdays 10.30am Sundays 10.45am Christmas Day 10.45am New Years' Day 10.45am

**Catholic Mass Times** 

Bible Study, Chapel, 11am - Mondays, 4th and 11th December Mens' Group, Hata Maria Lounge – 10.30 am Wed 20 December

Blessing of the Crib, in Chapel, 12.45pm -Tuesday 19 December

#### **Garden Message from Atawhai Assisi**

During the month of November, the weather was a lot warmer; the roses were flourishing; the Community Centre gardens were planted and the centre was nearly completed; and I want to say a big thank you to everyone for your support as I recover from my illnesses.

Projects for the month of December/January 2024

- Tidying the Water Runoff Pond throughout the month I plan to weed-eat the surrounding area to keep it tidy as well as tie up and trim the trees along the edge
- Tidy the grass area behind the construction fence
- Weed spraying areas around the complex and the wooden fence line.
- Enjoy the Festive Season



Wishing everyone an amazing and safe Christmas and New Year. I will be around keeping the gardens tidy and the lawns mowed during the Christmas and New Year break except for the statutory days.

Take care and see you around.

Sandra, the Gardener

#### From the Residents' Committee

On behalf of all the members of the Residents' Committee, we wish all readers a Merry Christmas and Happy New Year and look forward to some more fun times in 2024.

Keith Glover Chairperson



### BYO Every Thursday 4pm in the Community Centre

A casual opportunity to socialise and get to know each other better.

This event has not been well attended recently so we encourage you to join in. Just BYO whatever you like to drink & nibble. We usually finish about 5pm but this is up to whoever is there. It is your event.

If you would like to come but a different day or time would suit better, please speak to a committee member or put a note in the Suggestion Box.

# From "The Home of Gardening"

Kia Ora Whanau -

It's nearly the end of what has been a really busy year.

We wish you all a very happy Christmas and look forward to seeing you all again in the New Year.



Love from The Girls in Gardening

FULL DRY CLEANING SERVICE available with a free convenient pick up and delivery service on <u>Tuesday and</u> Thursday.

Have your winter woollies and bedding cleaned before storing away for the summer.

Call Valet Drycleaners, 07 847 6492 to book a pickup.

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

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

#### **NEWS FROM VILLAGE GROUPS**

#### The Book Club

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



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

#### Rise - Siya Kolisi (Gladys)

With the World Cup Rugby being topical, I found the autobiography of the Springbok captain, Siya Kolisi, particularly relevant. He was born to teenage parents at a township on the edge of Port Elizabeth, where hunger, fighting and stealing were normal for his first ten years. Always a rugby enthusiast, as a school boy he played on fields with stones and thorns, then giving his jersey to the next team to play. He did his homework at school so he could play rugby and watch the seniors play. In Grade 6, he was selected to play for his school and the coach became a father figure. From school, he won a bursary and became a boarder at Grey Junior and then Senior School. (These schools featured rugby).

Discipline was very different and his knowledge of English only from TV and slang. When choosing subjects for matric. he told the master his ambition to be a Springbok made accountancy no use!

His enthusiasm and ability resulted in him playing for provincial teams and with good relationships with coaches, led to his choice as Captain at the 2019 World Cup where the team was successful.

An interesting read which traced the development of a boy from a township where the mentality was all about survival, to a remarkable man who led his country in a national sport.

#### <u>Lucie Aubrac</u> – A Biography by Sian Rees (Isabelle)

In May 1943, the young pregnant French woman engineered the escape of her Jewish husband from the clutches of Klaus Barbe, the feared Gestapo chief. She later ambushed the prison vans taking members of the Resistance who were being driven to almost certain death.

Spirited out of France by the RAF, she arrived in London, a heroine.

The book covers her long life but deals mainly with the War years. A most interesting read.

#### **Leap of Faith** – Fiona McCallum (Isabelle)

Jessica is a promising horse rider who dreams of representing her country. But the recent death of her father – her coach and mentor – has left her doubting her ability.

When she falls at the Adelaide International Horse Trials her world begins to fall apart. She decides to sell her well-bred, highly trained horses languishing in the paddock while she recovers from her injury.

Then her husband, Steve, brings home from a clearing sale a little horse, Faith, skinny, forlorn, having obviously been ill-treated in the past. At first reluctant, Jessica and Faith come to trust each other. But will Faith rise to the occasion when a thunder storm brings an emergency?

A good story, but a bit drawn out.

#### **Pool**

On Mondays at 1pm and Wednesday evenings at 7pm, we play in the Cherry Blossom Community Centre. We would love you to join us. We are a friendly welcoming bunch! The only difference this month, is that we won't play on Christmas Day.

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

**Margery Bramwell** (Villa 37)

# **Vision Impaired Group**

I can't believe this is the last notice for the year. Where did it go?

I would like to thank all the members and their support people for their attendance and help throughout the year. The feeling of comradeship and laughter when we all catch up makes every minute put into organising the



group so worthwhile. I wish you all a merry Christmas and know we can make the New Year a happy one.

Our weekly get togethers will continue throughout the Christmas period. but as I am not sure when the cafe is open, we will put off our monthly meetings in Harakeke lounge until the second Thursday in February when we will all catch up, well rested and ready for 2024.

I thank Carole for all the work she puts into the Vista and wish her and Jean a wonderful festive season. Best wishes

**Lyn Pettigrew** (Rimu 1)

# **Petanque**

Well, we haven't been successful at organizing sunny Saturdays in November. Perhaps the weather will settle in December, at 10.00 am on Saturday mornings. However, the Petanque court is available all day every day. Phone 8564206 or call into villa 29 if you would like to borrow a set of boules.

Vivienne Baker (Villa 29)

#### **Lawn Bowls**

This is the last report for the year. We have had a good number of residents who have not previoously played bowls join us on Tuesday and Thursdays at 9.15am. Depending on the weather, we play indoor or outdoor. Consistently, we have enough players to make play on two rinks. Free morniong tea is provided after play.



We will continue with bowls through the festive season. Please ensure all equipment is returned to its rightful place after play.

Best wishes for a Christmas and New Year of joyful activites.

**John Grey** Bowls Facilitator (Villa 108)

#### Exercise

When the Rehab staff are on holiday, we will continue to meet in the Cafe for exercise to videos on Monday, Wednesday, and Friday mornings at 9.15 BUT not on Monday 25th of December or Monday 1st January 2024.

# **Card Making**

We have had a very enjoyable year of card making. Thanks to all who have joined with us. We hope to see you again next year.

We are having a break over December and January. In the meantime, if you want card making resources, phone either Edna (ph 856 0387), or Margery (ph 849 1171).

Wishing you a peaceful and joyful Christmas and New Year.

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

# **Knit and Natter Group**

Hello all knitters around the Village,

Thanks for the stockpiling going on for the 2024 winter season with Kids In Need Waikato. Don't stockpile the knitted squares, though!

They need to be fashioned into rugs, which will then be stockpiled as completed articles.



Anyone who is free to meet during January is very welcome to continue, but we expect numbers to be erratic while people enjoy the summer weather and families.

That never stopped a good natter with whoever is around so call in on us in the Harakeke lower lounge Friday mornings from 10am.

> Jill Wilson ph 856 4080 Helen Painting ph 854 7662











We meet every Thursday from 1.30pm until 3pm, sharing chocolates, laughter, experiences and sorting out large and small "world" problems.

Come and join us, and bring a friend. Our last Thursday for 2023 will be 21st December but we will be back in 2024 on 11th January.

Seasons Greetings (don't eat too many chocolates!)

**Ann Hartstone** Ph: 839 9082

# Widows' Wellness Wednesday

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

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

# **Ukelele Sing-a-long Group**

A group of enthusiastic residents are meeting each Thursday afternoon, at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. Many of the group are new to playing the ukelele but the leaders of the group, Keith and Janice Glover, are very happy to teach – and they have great patience! If anyone would like to play – or learn to play, feel free to join them any Thursday afternoon.

Our last session for the year will be Thursday 14 December. We will start up again January but will let you know more about that nearer the time.

Just before midnight on December 31st, raise your left leg. That way you start the New Year off on the right foot.

Once you hit a certain age life just becomes a delicate balance between trying to stay awake and trying to fall asleep while slowly getting worse at both

#### **Our Rehabilitation Corner**

Let us face it, there is a reason why so many of us have trouble eating nutritiously every day. Sometimes it is just quicker or easier to eat unhealthy food. If you are having trouble getting started on a healthy eating plan, these tips can help:

#### 1. Boost a low appetite

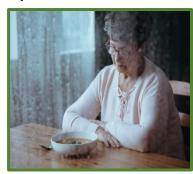
Check with your doctor to see if your loss of appetite could be due to medication, and whether the medication or dosage can be changed. Try natural flavour enhancers such as olive oil, butter, vinegar, garlic, onions, ginger, and spices to boost your appetite.

#### 2. Cope with difficulty chewing

- Make chewing easier by drinking smoothies made with fresh fruit, yogurt, and protein powder.
- Eat steamed veggies and soft food such as couscous, rice, and yogurt.
- Consult your dentist to make sure your dentures are properly fitted.

#### 3. Deal with a dry mouth

- Drink 8–10 glasses of water each day.
- Take a drink of water after each bite of food.
- Add sauces and salsas to moisten your food.
- Avoid commercial mouthwash.
- Ask your doctor about artificial saliva products.



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

#### Did you know?

Learmonth White Dalrymple, a woman, was the prime motivator in setting up the first public high school for girls in the southern hemisphere – Otago Girls' High School – in 1871.

Sir Edmund Hillary's middle name was Percival. Prior to becoming a mountain climber, he was a bee-keeper.

Alfred Hulme won the Victoria Cross after killing 33 German snipers on the island of Crete in 1941. Denis Hulme, his son, became a champion racing car driver, and was the first New Zealander to win the World Formula One driving championship.

Something different for readers to puzzle over during these holidays. Try and work out what each of these pictures means! I'll help you with the first one to get you started! The answer is – costs an arm and a leg.

The other answers are on page 17.



#### **Our Chuckle Corner**

An Aussie man phones an ambulance because his mate has just been hit by a car. "Hi. Yes, get an ambulance here quick," he screams. "My mate is bleeding from his nose and ears and I think both his legs are broken."

The operator tries to calm the man down and asks for his location.

"We are on Eucalyptus Street," the man says.

Confused, the operator asks the man to spell it out so she can send a medical team out.

The operator hears silence and then heavy breathing.

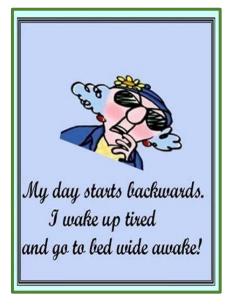
"Are you there sir?" she asks.

Again, she hears nothing but heavy breathing.

"Sir, can you hear me?"

This goes on for several minutes.

"Sir, I need you to answer me," the operator says again. "Can you please spell out the name of the street you're on." Suddenly, the man begins to speak again. "Sorry about that," he says. "I couldn't spell eucalyptus, so I've just dragged my mate to Oak Street. O. A. K."



The teacher heard one of her students, Johnny, use some off-colour language and was shocked.

"Johnny Martin, don't you ever use language like that again, not near me, not in school, not anywhere! Where on earth did you learn that?"

"I got it from my dad, Miss Rollins," replied Johnny.

"Well, your father should be ashamed. I doubt you even know what all that means?"

"Oh Miss Rollins, I do," said Johnny.
"It means the car won't start."

#### The Answers to the Puzzle on page 16

- 1. Costs an arm and a leg
- 2. Long odds
- 3. Beauty is only skin deep
- 4. Blind corner
- 5. Split ends
- 6. High maintenance
- 7. Back to the future
- 8. Painless operation
- 9. Merry-go-round
- 10. Tea Party
- 11. Forgive and forget
- 12. Common Cold
- 13. Lost generation
- 14. United States
- 15. Hang in there
- 16. Wait on hand and foot
- 17. International Red Cross
- 18. Breathing Space
- 19. Wise after the event
- 20. Fill in the gaps

Tamahere Retirement Village – Calendar of Events – December 2023									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Colour Coding Green Exercise Groups Black Church Services Red Groups, Trips (Shopping etc), Games Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group			cc = Small Lounge in Cherry Blossom Centre CC = Cherry Blossom Centre and Café C = Wesley Chapel HDL = Harakeke Downstairs Lounge		1 9.15 Back Strength/CC 10.0 Knit & Natter/HDL 7.0 Dance Party/CC	2 I 0.0 Petanque nr V28 2.00 Mandarin Youth Group /CC			
3 4.00 Advent Service in Wesley Chapel led by Rev. Dr Susan Thompson	4 CAMBRIDGE EAR CLINIC HERE 9.15SeatedExercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	5 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass and Anointing /C (Mons Frank)	9.15 Sit & be Fit/CC 10.30 New World 2.30 Widows Wellness Wednesday /cc 7.00 Pool/CC	7 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC 7.0 Twilight Carol Service /C led by Rev. Dr Susan Thompson	8 9.15 Back Strength/CC 10.0 Knit & Natter/HDL	9 I0.0 Petanque nr V28 11.0 Catholic Liturgy /C (Sue Kenrick)			
10 4.00 Worship in Wesley Chapel led by Dianne Sundberg	9.15SeatedExercises/CC 1.0 Board GamesPool/CC 2.0 Scooter /bike /trike run/CC	9.15 Lawn Bowls 10.30 Chartwell 2.0 Happy Hour /CC	13 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	14 9.15 Lawn Bowls 10.30 VIG Mtg /HDL 1.30 Bingo/cc 2.30 Ukelele Gp HDL 3.00 Book Club /cc 4.0 BYO Social Evening/CC 7.0 Fusion Christmas Parade	15 9.15 Back Strength/CC 10.0 Knit & Natter/HDL	16 I 0.0 Petanque nr V28			
17 4.00 Worship in Wesley Chapel led by Nan Russell	18 9.15SeatedExercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	19 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /C (Mons Frank)	20 9.15 Sit & be Fit/CC 10.30 New World 11.00 Holy Comm'n (Rev. Dr Susan Thompson) – Wesley Chapel) 7.00 Pool/CC	9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 4.0 BYO Social Evening/CC	9.15 Back Strength/CC 10.0 Knit & Natter/HDL	23 IO.0 Petanque nrV28 11.0 Catholic Liturgy/C (Lynn Fromont)			
24 4.00 Christmas Eve Service in Wesley Chapel led by Mary West	25 CHRISTMAS DAY 11.0 Christmas Day Service in Wesley Chapel, led by Rev. Dr Susan Thompson	9.15 Lawn Bowls	27 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 4.0 BYO Social Evening/CC	9.15 Back Strength/CC 10.0 Knit & Natter/HDL	30 I0.0 Petanque nr V28			
31 4.00 Worship in Wesley Chapel led by Rev. Barry Neal		1		1	1				