



**Welcome to the  
TAMAHERE VISTA  
February 2024**



We are so very fortunate to be living at Tamahere Eventide. I've had a rare opportunity recently of being able to compare our experiences here with those of a large group of people – all Retirement Village residents from a wide range of villages – throughout the country. While it's natural to take things for granted, I encourage you to sit back and simply appreciate and enjoy your time here. It really is a special village and quite unique in this country.

A very warm welcome to all those folk who have moved in to our two villages. We trust that once you have unpacked all those boxes that you will settle into the rhythm of Village life. You will soon meet new friends as you move around the complex. I encourage everyone to remember to wear their name badges – it's a good way to get to know each other quickly.

A very warm welcome back to Tamahere to Rev. Chee. It's been so long and we are delighted you have returned.

In this issue, I introduce you to one of our staff – Versie Gareza. Versie asked to share her story with us. She is a remarkable young woman who came to Tamahere as a Registered Nurse, became a Clinical Nurse Leader, and is now General Manager at Atawhai Assisi. Her story is one of faith and inspiration. Thank you, Versie for sharing your life with us.

Have a wonderful February (and don't forget to keep the air conditioners pumping!!!)

*Carole Fleming (Editor)*

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## **Introducing Versie Gareza**

Let me introduce myself – I am Versie Gareza, and I am the new General Manager at Atawhai Assisi.

My home is in the Philippines where I lived with my parents and my brother, and completed my entire education at our local school, starting with kindergarten until I completed my Masters' Degree. Our school was set up by a United States Missionary Volunteers Church whose initial work in the Philippines was to care for orphaned children after the War.

In my third year of high school my mother's brother became the President of the School (equivalent to our University Chancellor). We were not allowed to let it be known that we were related in any way. We had to call him, "Sir", and it was only after hours, or when there was no one else around that we could enjoy normal family life.

When I graduated from high school, he presented me with my diploma and gave me a big hug. This was the first time any of the other students or staff knew that we were family.



### **My Nursing Studies**

I was fortunate to be able to continue at the same school with my nursing studies. My uncle's children (my cousins) were my teachers – one, a biologist, taught my biology class and the other a nurse, taught nursing studies.

Our nursing training was a little different to that of New Zealand students. Our studies involved intense practical experience. When we were learning about Psychiatric Nursing, we had to live in the same area as our patients, so that we might observe very closely their behaviours and mannerisms. We would meet with their families and so better understand their life experiences and challenges. When we studied Community Nursing, we were posted to remote areas where we would live, sleep and eat together with the local families. It certainly gave us a clearer understanding of their needs. Surgical Nursing was the same – we had to demonstrate competence in each of the roles in theatre and assist at ten operations. With Obstetrics, we had to assist at five births and actually deliver a further five babies. After four years, we sat our State Finals.

### **My Nursing Years**

After graduation, I worked for two years as a nurse in the Philippines and a further two years in Singapore General Hospital. This is the largest hospital in Asia with more than 1600 beds capacity.

I then went through a challenging time in my personal life; I gave birth to a premature baby at 32 weeks. She was in ICU in an incubator, and I had to stop working in order to care for her. I was jobless for four years.

There is no free education or health care in the Philippines, and I was, through all this time, dependent on my parents. My self-esteem and self-respect were at zero. After four years, I asked my mother if she would care for my daughter while I went back to study. I wanted to get my Masters Degree – an expensive undertaking, but one which I believed would help restore my reputation and self-respect. My mother agreed to support me through this although I also worked for the University (at my local school) as a school nurse, all the time studying full time. I completed my four-year degree in three years (I am

very proud of this). I gained the Award of Merit (Cum Laude) - the third highest academic award in our class.

I continued to work as a school nurse for a further year and at the same time teaching some nursing subjects. I chose to move overseas to further my nursing experience, and managed to get an invitation from The Ministry of Health in Saudi Arabia representatives who went to our hospital to recruit staff for their hospitals. I passed the interview and their licensure exam that opened the way for me to work there for two years. The salary was tax free, with accommodation, meals, return air fares, holidays home all paid for. But after a time, the cultural restrictions were “suffocating” - I wasn’t free to go to the shops on my own, to own a Bible, to express my spiritual life as freely as I would have liked. For me, the financial rewards were not enough to make up for this.

I was given an opportunity to move to the Ministry of Health in Kuwait where in contrast, I could express myself and my spirituality as I wanted. I stayed there five and a half years.

### **Why did I come to New Zealand?**

A cousin, a teacher, was planning a lesson for her class about New Zealand, and asked if I would come and support her. She was very interested in this country – whereas I wasn’t unduly. During the lesson, one of the observers asked me about my educational background and invited me to complete an application form.

The short story is that I was accepted and duly started work in Rotorua, and my daughter came to live with me there. I studied for my Post Graduate Diploma in Infection Prevention and Control – level 7 while in Rotorua and thereafter, gained my registration with the NZ Nursing Council after completing the CAP – Competency Assessment Program. We stayed in Rotorua until my daughter was about to move on to University and it seemed important to me to be in a University city and Rotorua only had a Polytech.

I met up with a woman who was on the staff at Tamahere Eventide, and she suggested I apply for a position with them. I did, and started work at Tamahere in November 2018. We had found an apartment near the University, but when a motel unit next to Tamahere became available, I was delighted. After all the cleaning and removal of the mould, the second-hand furniture in place, it became our home, and we are so very happy there.

My daughter studied Psychology at Waikato, but has realised she wants to be like me – and has transferred to a Nursing Degree.

From work to home to work – that’s me! Though I find gardening my happy place where I can unwind, reach into the soil, and spend time with the Lord. My prayer is always – “Make me a vessel ... To provide hope for a migrant like me”.

### **My Journey with the Tamahere Eventide Trust**

*“The LORD himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8 NIV*

It’s been 5 years since I began my journey with the Tamahere Eventide Trust and God continues to shower his blessings on me day after day.

It was 2018 that I came to work with the Trust as a registered nurse, but for me, along with that, is the huge challenge I had - to learn about working in an aged care facility. But my vast experience working in five different countries and in different clinical areas in nursing provided me with a sound nursing foundation and confidence to carry me in my day-to-day role. Of course, there are challenges in the work place especially as we deal with many different individuals – clients and staff alike, with different values, cultures and moods. Having God’s promise that He goes before me in my journey provides me that comfort in all of these challenging times.

Just over a year after joining the company, I was asked by our CEO to see him in his office. That made my heart pound like crazy – it was almost jumping out of my chest. This is because of my strict scholastic training within a Christian school, that whenever you made a mistake, you would be asked to go to the Principal’s office for discipline. So I went to see Louis as early as I could – I couldn’t concentrate and wanted to settle my nerves. He laughed when I asked him “What did I do wrong” and he replied “What made you think like that?” I said, “It’s like being called in to the Principal’s office!” Then he handed me a letter of promotion to a Clinical Nurse Leader position in the rest home. God indeed never leaves me nor forsakes me.

By January 20, 2020 our 24 bed hospital wing at Tamahere Eventide opened. My task was to look after twelve rooms to start with, and another CNL was to look after another twelve rooms. After around three months of having this wing fully functioning, our CEO again approached me and asked me to look after this whole hospital (Nikau wing). My instinct was to be very apprehensive - what “if” I cannot cope looking after the rest home wing and Nikau wing... but God had spoken to me - never be afraid - and so the challenge was embraced. God then showed me how great He is working His plan through me.

The experience working with the Lord is so amazing. It is not all a bed of roses, I also have my doubts and often cried out to Him when things got tough but he always sees me through.

Five years after coming to Tamahere, I had become comfortable with my role - knowing the ins and out of the job, building a high standard of care for our residents and ensuring the staff maintained these high standards. And yet, God is still not finished with me! He sends out and calls me for greater responsibility, but I reacted like Jonah. I tried to run away from it. And so he sent a “whale” in disguise that gobbled me and spewed me out to a place he commissioned in Atawhai Assisi.

I am now almost three months in the role of General Manager at Assisi, the role that is not my comfort zone; the facility, the staff, residents and family are all new to me as I have not worked with them before. My human nature feels that fear of the unknown - but God is in control. He again assures me with His word in Deuteronomy 31:8 “*The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.*”

Versie may only have been with Atawhai Assisi a few months, but in her role as General Manager she has demonstrated her empathy and care for her team. Her words to me were, ***My prayer is always – “Make me a vessel ... To provide hope for a migrant like me”.***

It is a reality that in the health services in New Zealand today, there are now countless migrant staff. Versie’s insight and care for them is a clear sign her prayer is being answered. She is a vessel for the Lord to work through, and she does indeed provide hope for other migrants. What an honour to share your story, Versie. Thank you for all you do for your staff and residents alike.

***(Carole Fleming (Editor))***

## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

*"It's funny how the people who know the least about you always have the most to say."*

Oscar Auliq-Ice



### New Residents

Villa 16	Trevor and Susan Wyatt
Villa 27	Jan and Tatai Beihuizen
Villa 36	Martin and Diana Visser
Harakeke 29	Janice Patterson
Harakeke 33	Welcome back to Rev Chee Keong Yong!
Assisi Villa 2	Bob and Sharon Gray
Assisi Villa 6	Trevor Pritchard and Dell Garlick

1. It is with deep regret that we accepted the resignation of our Café Chef, Kelly, over the Christmas break. Karen and I have been working hard at trying to get a replacement person for Kelly and we hope to have someone in place very soon. We apologise for the number of times when we have had to limit the menu. Please bear with us as we go through the process of restructuring the operation.
2. Water – we have been very lucky so far with our water and thank all those who have been actively conserving. I appreciate the “big dry” has not come yet, but we need to remain proactive if we are to ensure we get through this summer with limited inconvenience.

Happy New Year!

**David McGeorge**



## CHAPLAIN'S KORERO

Ngā mihi mahana o te tau hou ki a koutou katoa. Warm New Year greetings to you all.

The beginning of the year is often a time for reflection as we look back and look forward. Many people like to make resolutions and plan for the future and it's always good to set goals and have a sense of purpose. Yet, as we know, the future is never certain especially as we get older. We never know what's coming around the corner.



Our lives are in a constant process of change which never seems to slow down. They can be altered in a moment as a result of a change in health, family relationships or other circumstances. When that happens, plans have to be revised and we find ourselves needing to be flexible and adaptable, willing to consider new ways of living and being.

One thing I've learnt in ministry is that - contrary to what some people think - older people are often quite good at change. By the time you get to your 70s or 80s you've usually seen and experienced too much to know that nothing stands still. Your own life journey may have led you to make some radical changes to your ideas, lifestyle or faith.

That doesn't mean that change is easy especially if it involves giving up a sense of control or independence by accepting the help or care of others. This is one of the hardest challenges of aging: one of those calls to change that life keeps throwing at us. I'm full of admiration for older friends who have accepted the need for others' help with real grace.

As we face this new year, not yet knowing what it will bring, may we find the resources of courage, adaptability, grace and spirit to meet its challenges. May we lean into the support of friends and family who love us and share our journey. And - if the language of faith appeals - may we hold on to the ground of our hope and let everything else be as it will.

Ngā manaakitanga,

**Susan**



## **Support group for the carers of people living with dementia**

Last October we held the first meeting of a new support group for the families and friends of people who are living with dementia.

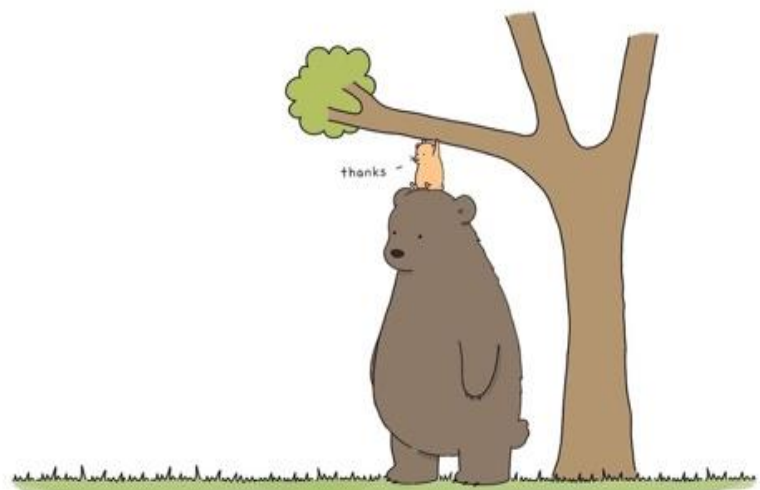
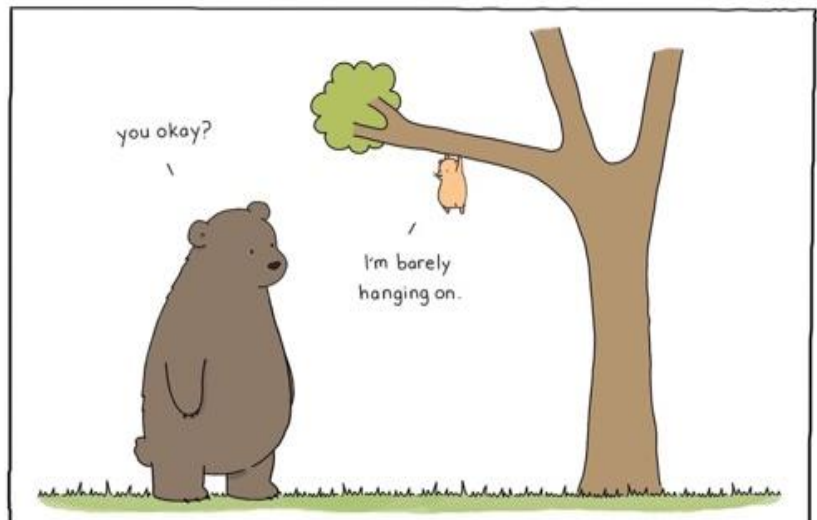
Caring for a loved one with dementia is incredibly difficult. It's hugely painful to watch someone you love gradually losing the ability to think clearly, to control their emotions, to make good decisions and even to remember who they are. People can change in unexpected challenging ways and this is a cause of grief and loss.

As the disease progresses and symptoms become worse, families often struggle to keep loved ones at home. They are constantly on watch to keep people safe and sometimes their own mental and/or physical health suffers. When decisions need to be made about a higher level of care, they frequently feel distressed and guilty.

One of the hardest things about the dementia journey is that it can be a lonely and isolating experience. No-one really understands unless they've been on the journey themselves. Our support group gives people the opportunity to share with others, to learn from their wisdom and to receive each other's encouragement.

The group meets on the third Thursday of every month at 10.30am in the Cherry Blossom Cafe Library. A diverse range of people attend including the family and friends of people who are living with early and more advanced dementia. If you would like to come along, give me a call at 027 538 8827. We next meet on Thursday 15th February.

**Chaplain Susan**



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## NEWS FROM KAREN

Hello everyone –

Already it's the end of January!! How did that happen?

1. Thursday Night Drinks – This Social Hour is on hold at present.
2. Don't forget the Sunday evening Barbecues. They start at 5pm on Sundays under the large Gingko tree at the Rest Home end of the bowling green. These are a lot of fun. You just need to take everything you need (food, drink, etc) – the Resident Committee members will cook it for you - you just sit back and enjoy the atmosphere and the company.
3. The alarms in the Community Centre have been serviced. Please note that these will be live again from now on.
4. I understand there is a new Ice Cream Parlour in town. Do you know where?? It might just need checking out!!
5. **Mandarin Christian Youth Group** - The next gathering with the Youth group from the Hamilton Mandarin Christian Church is on Saturday 24 February at 2pm. This is the celebration of the Chinese Lantern Festival (the first full moon after the Chinese New Year) and it would be lovely to celebrate that together.
6. **Boon Sculpture Trail** is a walk/trail comprising twenty-three temporary outdoor sculptures, across eight public sites, that will see Hamilton Central transformed into an Artscape. They are needing volunteers to bring the magic to life. The best thing is no previous experience is required, as full training will be provided. But really the task(s) are pretty simple — handing out brochures/maps to the general public, and keeping the sites safe and tidy. We're looking for volunteers to fill as many shifts as they can, 10am–2pm, Thu–Sun, 03 Feb — 31 Mar 2024. If you are interested, talk to Karen.



Have a very happy February!!

***Karen***  
**Village Activities Organiser**



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

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

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

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

#### **Remove Finger Marks from Stainless Steel**

Whether it's the sink, fridge or the kettle, finger marks are annoying and don't always disappear with a wipe. Put a dab of baby oil or Rinse Aid on a cloth and rub the whole surface to see them vanish!



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

1. Who discovered penicillin? a. Ian Fleming; b. Alexander Fleming; c. Bob Fleming
2. How many grams are there in a tonne? a. 1,000,000; b. 10,000,000; c. 100,000,000
3. Where is Robin Hood believed to be buried? a. Nottingham; b. Derbyshire; c. West Yorkshire
4. How many grandchildren did the late Queen Elizabeth have? a. 6; b. 8; c. 10
5. Which character has made the third most appearances in Coronation Street, after Ken Barlow and Rita Sullivan? a. Gail Platt; b. Audrey Roberts; c. Percy Sugden
6. Where would you find the external occipital protuberance on a human body? a. Belly Button; b. Back of the Head; c. Heel
7. How many sections is a dartboard divided into? a. 15; b. 20; c. 25
8. What job did an “arkwright” do? a. Carved wooden dolls; b. Wooden chest carpentry; c. Mended wooden barrels
9. Who was the first female Prime Minister in New Zealand? a. Helen Clark; b. Jacinda Ardern; c. Jenny Shipley
10. What colour are the spacesuits NASA space shuttle astronauts wear? a. White; b. Silver; c. Orange

**(Answers on page 16)**

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## **From the Maintenance Team**

Last year, we introduced a change to the green waste collection - which for the village, is on a Wednesday.

- The change is we will no longer be collecting food scraps as the gardeners have to deal with the smell of the scraps that have in most cases turned to liquid. As you can imagine this also makes a mess in the truck.
- Please continue to put out your garden waste for the team to collect.
- **Plastic, tin and glass recycling is going well. Please remember it's only the ones that have the markings 1,2 and 5 - all others to go into your black rubbish bag.** Thank you for keeping the containers clean as once again someone has to sort through them.

### **Examples of plastics 1, 2 and 5: Put these in your recycling bin for collection.**

Milk, soft drink and juice bottles, large yoghurt containers, 2 litre hard ice cream containers, cream cheese, sour cream and cottage cheese containers, some dip containers, and some tomato, BBQ, and mustard squeeze bottles. It also includes meat trays and some takeaway containers. Rinse all recycling before putting it into the recycling bin.

### **Examples of plastics 3, 4, 6 and 7: All of these should go into your black rubbish bag for collection.**

Small yoghurt/sour cream pottles, styrofoam, PVC pipes, polystyrene, biscuit and cracker trays, pill packets, some dip containers, soft plastics (plastics you can scrunch in your hand such as biscuit and cracker bags and trays, packaging from bread, rice, packaged vegetables and fruit, shiny gift wrap) and some tomato sauce, mustard and BBQ squeeze bottles.

## **A Different Celebration**

On 14<sup>th</sup> January 2024, during the morning worship service at Chartwell Cooperating church, was included a time of recognition and celebration. It was 50 years to that week, when Peter West was ordained as a minister into the Methodist Church of Rhodesia.

We are regular attendees at this church. I often lead services; for this occasion, I requested that I was 'on duty'.

It was an honour and a challenge as I created a 'time line' of the varied opportunities and challenges that Peter offered in his ministry. It was in 1976 during the civil war in Rhodesia when he was invited to become a part time Military chaplain. This was on top of a busy parish ministry. In 1978 the position of General Secretary of the National Methodist church became his third position.



By the early 1980's it was time to consider the future for two of our children's education. Peter's father was born in Timaru. 'Dad' was taken to Africa as a toddler, this meant that Peter was eligible for a NZ passport. For this we have always been so thankful.

January 1984, we arrived in Dunedin (10 degrees!) and were stationed to a Union parish. Here Peter had a rapid introduction into the Presbyterian denomination; this is very strong in Otago and Southland.

In 2000, Peter became unwell and was advised to take immediate retirement; by now we were in a Hamilton parish. In the following years, Peter has had limited involvement in leading church services, but has not preached since Easter 2000.

How did we acknowledge his gifts and skills? We had three of his paintings on show in the church (he was an art teacher before entering Ministry). Our three children, their spouses, and two granddaughters came. They were reminded of what Peter had been able to share as a Presbyter, chaplain, and administrator.

I had chosen NOT to let the family and friends know that I was taking the service!! It has been such a privilege for us as a family to show our love and respect for all that Peter has given. They now support me as our roles have changed over the past 20 years.

**Mary West**



## **News from the Residents' Committee**

Some news from the Committee desk –

- We have had good turnouts for the first Sunday evening barbecues under the ginkgo tree. It was very pleasant sitting in the shade and enjoying each other's company. These will continue for 6 weeks every Sunday evening at 5pm.
- A quiz night is being organised!! The date is yet to be confirmed but already it promises to be a fun night for all.
- If you have any suggestions for any village activities, please put your comments into the Suggestion Box (outside Karen's office).



Have a happy February -

**Keith Glover**  
**Chairperson**

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### **From "The Home of Gardening"**

Kia Ora Whanau,

All our Gardening Team are back at work after the holidays.

If you have any gardening tasks that need our help, please put your request in by contacting Reception.

Lawns are mowed, Wednesdays, Thursdays and Fridays every week.

We realise everything is growing fast with the heat. Please know that we will eventually get to your place.

**Love from the Gardening Girls**

### **Have you ever wondered about what goes on in Committee meetings?**

Oh, give me your pity, I'm on a committee  
Which means that from morning to night  
We attend and amend, and contend and defend  
Without a conclusion in sight.  
We confer, and concur, defend and demur  
And reiterate all of our thoughts.  
We revise the agenda, with frequent addenda  
And consider a load of reports.  
We compose and propose, we suppose and oppose  
And the points of procedure are fun.  
But though various notions are brought up as motions  
There's terribly little gets done.  
We resolve and absolve but never dissolve  
Since it's out of the question for us.  
What a shattering pity to end our committee  
Where else could we make such fun?

*(Anon – Manukau City Council)*

## **The Assisi News**

### **Building Update**

The Village Barn is looking most impressive. What a wonderful asset to the Assisi community. Many groups are already using the Barn for gatherings. We are waiting for the official opening in the near future.



The complex is looking especially attractive at present. The gardens, the Barn, the villas and their colourful surroundings, together with all of the upgrades in the main building. Visitors I have spoken to recently all comment on the presentation of the whole complex. For some of them, it was the first time in many years that they have visited, and they were all very impressed at the differences. What wonderful feedback for all the staff involved!!

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

Hi Everyone,

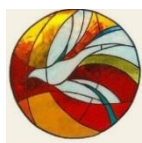
I hope everyone had a safe and wonderful Christmas and New Year. Hoping that you are all surviving the hot weather and dry wind. Your communal garden looks amazing! I will empty your green waste bin on a regular basis but if it is full and hasn't been emptied, please tell me so I can do it straight away. With the hot weather, the lawns are slowing down but I will be watering the grass around the Village Barn and some of your lawns so that we can save it over the summer period. Over the next month, I will hopefully get all the gardens in the complex weeded and shrubs shaped as well as tidying the water run-off pond and the back area behind the construction fence.

### **Projects for the month of February**

- Tidy and spray the run-off pond
- Tidy and spray the area behind the construction fence
- Weed spray the complex

Any questions or concerns, please find me around the complex, or when I am over in the village area. Enjoy the fine weather and sunshine, remembering to keep your fluids up and putting your sunscreen on. Take care and see you around.

**Sandra, the Gardener**



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### **Catholic Mass Times**

Wednesdays 10.30am

Saturdays 10.30am

Sundays 10.45am

### **Atawhai Assisi Chapel**

#### **Ecumenical Services**

Bible Study, Chapel, 11am - Mondays, 5<sup>th</sup>, 12<sup>th</sup>, & 19<sup>th</sup> February,  
and 4pm - Monday 26<sup>th</sup> February

Combined Church Service, Hospital, McAuley Lounge – 11am Monday 26<sup>th</sup> February

Combined Church Service, in the Chapel, 11am -Tuesday 27 February

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## **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 recently include:

#### **John Key** – John Roughan (Isabelle)

This lively portrait offers insights into Key's personality, political motivations, and ambitions. Roughan examines how the twin ambitions of a boy in a state house to make a million dollars and be Prime Minister have been realised beyond his dreams.

Written in 2014, the author reflects on Key's continuing popularity and he assesses his contribution to New Zealand's future.

#### **All the light we cannot see** – Anthony Doerr (Gladys)

This novel is of two teenagers in Europe during the Second World War. Marie-Laure is a blind French girl living in Paris. Her father creates wooden puzzles of their neighbourhood to assist her finding her way. Werner is an orphan German boy who grows up with his younger sister in a children's home in a mining town in Germany. From a young age, his main interest is in radios and he makes and repairs them.

The chapters are often only a page or two in length, moving the narrative quite quickly. Beautifully written with considerable detail, I thoroughly enjoyed reading this book.

#### **I am Malala** – Malala Yousafzai and Christina Lamb (Beatrice)

A very readable, interesting, thought-provoking story of the girl who stood up for education and was shot by the Taliban.

#### **What's it All About?** – Michael Caine (Briar)

Born into poverty in London's East End, his Hollywood lifestyle is a long way from his Cockney growing up. He made it there, entirely on his own.

He invented himself with a combination of humour and bringing to life the lean years – his time in the Army and Korea, and questioning the British class system. On and off the screen, his distinctive presence and natural talent make this book compelling and brilliantly entertaining.

#### **Golden Ear Rings** – Belinda Alexandra (Briar)

A story about a famous ballerina and flamenco dancer being caught up in the two cities of Barcelona and Paris. The Paris Opera Ballet Company is where Paloma studies, however her Spanish heritage becomes involved and the Civil War between Barcelona and Paris in the 1970's takes place and nothing is quite as it seems when family intervene.

#### **The Angel Tree** – Lucinda Riley (Briar)

Lucinda Riley was born in Northern Ireland and wrote her first book aged 24. Her stories are currently translated in 28 languages and published in 38 countries. A very deep read.

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## **Vision Impaired Group**

Happy New Year everyone!

Our first meeting of the year will be held on the second Thursday of the month in Harakeke Lounge at 10.30am. We have a guest speaker coming along - she is a highly experienced audiologist with a great many years of experience. She is going to explain to us the way our hearing and brain work, and why some of us have difficulty understanding what people are saying, even though you can hear them talking. It is called Auditory Processing Disorder.



So come along on Thursday 8th February to listen to this interesting speaker and enjoy morning tea with us.

**Lyn Pettigrew** (Rimu 1)  
Group Co-ordinator

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## **Petanque**



We play a simplified form of Petanque every Saturday morning beginning at 10am.

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

If it's fine, we'll play on the court near Villa 28. If it's really hot, we'll finish early and refresh with morning tea. New players most welcome.

**Vivienne Baker** (Villa 29)

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## **Bowls**

Good numbers have played bowls throughout the holiday period. It is pleasing to see residents using our Club bowling equipment at times of their choosing.



Flat soled footwear only is allowed whilst on the green. Please return all equipment to the place where it is kept. Report any loss or damage to the Bowls Facilitator. This is much appreciated.

Regular bowlers meet at 9am ready to start playing in teams at 9.15am on Tuesdays and Thursdays. Morning tea follows play. On wet Club mornings, we play Indoor Bowls.

We have introduced evening outdoor bowls starting at 6.15pm ready to play at 6.30pm on Mondays and Thursdays in the cool of the evening. Please follow our Safety Practice Rules.

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

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## **Pool**

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. We welcome new or previous players. Come and join us.

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## **Card Making**

Card-making will recommence on **Monday 4 March** and we invite anybody with a craft to join us in the Café at 10.30am. More later in Karen's weekly newsletter.

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

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## **Knit and Natter Group**

Knitters have been meeting through the holiday break as time permits.

We are looking forward to seeing more gather as people return from holiday mode. Bring your summer projects and show us what you have been doing.

We meet in the downstairs Harakeke lounge from 10am each Friday and enjoy a cup of tea or coffee together.

Hope to see you soon.



**Jill Wilson ph 856 4080**  
**Helen Painting ph 854 7662**

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

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

See you Thursday!

**Ann Hartstone Ph: 839 9082**

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## **Village World Affairs Group**

- Are you puzzled or concerned about things happening around the world?
- Do you have something to contribute?
- Like to talk to others and share ideas?
- Everyone is welcome to participate.
- Meet regularly (bi-weekly or monthly) and /or share on-line?
- What do you think?

Our inaugural meeting will be in the Community Centre at 4pm Wednesday 7 February.

**Gray Southon**  
**Ph 021 102 0977 (gray@southon.net )**

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

Don't forget the Ukelele group who meet on Thursday afternoons (but not the last Thursday of the month) at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 12.

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If you are interested in this scenery, a Riverside trail has been opened up. It is accessible by wheelchair. For more information, contact Gray in Villa 102.

### **3-Ingredient Fruit Cake**

- 1 kg. dried fruit
- 3 cups Lewis Road coffee milk (I discovered 2 small bottles equalled this)
- 2 ½ cups self-raising flour (or if you prefer, swap ½ white for wholemeal flour)

Soak dried fruit overnight in coffee milk in the fridge. Next day bring it to room temperature. Add flour, mix well. Bake at 150 degrees for approximately 2 ½ hours.

*If you do not have self-raising flour - add a small teaspoon baking soda and 1½ teaspoons baking powder well mixed this through the flour.*

***(With thanks to Trish Bishop for this recipe!!)***

### **The Answers to the Quiz on page 9**

1. Alexander Fleming
2. 1,000,000
3. West Yorkshire
4. 8
5. Gail Platt
6. Back of the head
7. 20
8. Wooden chest carpentry
9. Jenny Shipley
10. Orange

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

If you would prefer to receive your copy by email, please contact the Editor, at [christchurchclass@gmail.com](mailto:christchurchclass@gmail.com)



## .Our Rehabilitation Corner

Chair-bound exercises are ideal for people with lower body injuries or disabilities, those with weight problems or diabetes, and frail seniors looking to reduce their risk of falling. Cardiovascular and flexibility chair exercises can help improve posture and reduce back pain, while any chair exercise can help alleviate body sores caused by sitting in the same position for long periods. They are also a great way to squeeze in a workout while you're watching TV.



- ❖ If possible, choose a chair that allows you to keep your knees at 90 degrees when seated. If you are in a wheelchair, securely apply the brakes or otherwise immobilize the chair.
- ❖ Try to sit up tall while exercising and use your abs to maintain good posture.
- ❖ If you suffer from high blood pressure, check your blood pressure before exercising and avoid chair exercises that involve weights.
- ❖ Test your blood sugar before and after exercise if you take diabetes medication that can cause hypoglycaemia (low blood sugar).

Chair aerobics, a series of seated repetitive movements, will raise your heart rate and help you burn calories, as will many strength training exercises when performed at a fast pace with a high number of repetitions. In fact, any rapid, repetitive movements offer aerobic benefits and can also help loosen stiff joints.

- ❖ Wrap a lightweight resistance band under your chair (or bed or couch even) and perform rapid resistance exercises, such as chest presses, for a count of one second up and two seconds down. Try several different exercises to start, with 20 to 30 reps per exercise, and gradually increase the number of exercises, reps, and total workout time as your endurance improves.
- ❖ Simple air punching, with or without hand weights, is an easy cardio exercise from a seated position, and can be fun when playing along with a Nintendo Wii or Xbox 360 video game.

*Prepared by: Rosalyn Pelaez*  
*TEH Allied Health and Rehab Coordinator*  
Source: [www.helpguide.org](http://www.helpguide.org)

## Our Chuckle Corner

A senior man couldn't find his glasses one morning, so he asked his neighbour, "Could you come over and help me please? I have a great jigsaw puzzle I have just bought but I'm having a hard time getting started."

The neighbour asks, "What is it supposed to be when it's finished?" The man replied, "According to the picture on the box, it's supposed to be a rooster."

So the neighbour comes over to help. When the man shows her the puzzle spread all over the table, the neighbour studies the pieces for a moment, looks at the box and says, "First, no matter what we do, this isn't going to look anything like a rooster when we're finished."

The neighbour takes his hand and says, "Second, let's relax, have a cup of coffee and," she says with a sigh, "We'll put all these cornflakes back in the box!"

Two old ladies Dolly and Ruby were talking about their grandchildren.

Dolly said, "Each year I send each of my grandchildren a card with a generous cheque inside. I never hear from them... never receive a thank you message."

Ruby replies, "I too send my grandchildren a very generous cheque. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come?" remarked Dolly.

"Very simple solution... I don't sign the cheque."



*Don't worry about getting old!  
Worry about thinking old!*

### **And one for Valentines' Day!**

A man walks into a post office one day and sees a balding, middle-aged man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

Curiosity getting the better of him, he goes up to the balding man and asks him what he is doing.

The man says, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer."

## Tamahere Retirement Village – Calendar of Events – February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge		<b>Colour Coding</b> Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		1 <b>PODIATRIST HERE</b> 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Group/ HDL	2 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	3 10.0 Petanque– near V28
4 4.00 Service in Wesley Chapel led by Rev. Dr Susan Thompson 5.0 Summer BBQ under the gingko tree	5 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC	6 WAITANGI DAY 9.15 Lawn Bowls 11.0 Catholic Mass /C (Mons Frank)	7 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	8 9.15 Lawn Bowls 10.30 VIG Meeting/HDL 1.30 Bingo/cc 3.00 Book Club /cc 2.30 Ukelele Group/ HDL	9 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	10 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
11 4.00 Worship in Wesley Chapel led by Rev. Shelley Walker 5.0 Summer BBQ under the gingko tree	12 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC	13 9.15 Lawn Bowls 10.30 Chartwell	14 ASH WEDNESDAY 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	15 9.15 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Dementia Support Group /cc 1.30 Bingo/cc 2.30 Ukelele Group/ HDL	16 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	17 10.0 Petanque nr V28
18 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi 5.0 Summer BBQ under the gingko tree	19 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC	20 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /C (Mons Frank)	21 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Comm'n/C (Rev. Susan Thompson) 7.00 Pool/CC	22 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Group/ HDL	23 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	24 10.0 Petanque nr V28 11.0 Catholic Liturgy /C (Lyn Fromont) 2.0 Mandarin Christian Youth Group /CC
25 4.00 Worship in Wesley Chapel led by Rev. Mohu Lolohea	26 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC	27 9.15 Lawn Bowls 10.30 Chartwell	28 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	29 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 3.30 Happy Hour /CC		